



# Functional Anatomy of the Pilates Core: An Illustrated Guide to a Safe and Effective Core Training Program

*Evan Osar, Marylee Bussard*

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## **Functional Anatomy of the Pilates Core: An Illustrated Guide to a Safe and Effective Core Training Program** Evan Osar, Marylee Bussard

This book is the first to illustrate the essential connection between the functional anatomy of the body's core and its application during Pilates' fundamental core exercises. Focusing on the inherent potential of the human body to stabilize and move, Dr. Evan Osar and Marylee Bussard combine the most current research around core stabilization with six fundamental Pilates principles to offer simple, easy-to-use strategies for relieving discomfort and improving pain-free movement. With more than 290 full-color illustrations, *Functional Anatomy of the Pilates Core* provides both Pilates practitioners and professional teachers with a comprehensive understanding of how the core functions and how stabilization helps promote health and proper movement patterns through the development of balanced muscles, joint alignment, and core control.

The authors apply current research on neuroplasticity, the brain's capacity to reorganize itself by developing new neuronal connections, and on the function of fascia, the matrix-like connective tissue of the body, to explain the six fundamental principles of Pilates—Centering, Concentration, Control, Precision, Breath, and Flow. They show how to avoid muscle imbalances, chronic tightness, and pain by incorporating the principles of functional anatomy during exercise.

Readers learn how to:

- Achieve the alignment, breathing, and control required for developing optimal posture and movement
- Alleviate non-optimal habits that relate to common postural dysfunction, muscle imbalances, and chronic tightness
- Integrate the fundamental Pilates exercises in order to develop a more stable core and eliminate the risks of common injuries while accomplishing one's health and fitness goals

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This Functional Anatomy of the Pilates Core: An Illustrated Guide to a Safe and Effective Core Training Program is brand new way for you who has interest to look for some information mainly because it relief your hunger associated with. Getting deeper you into it getting knowledge more you know or you who still having bit of digest in reading this Functional Anatomy of the Pilates Core: An Illustrated Guide to a Safe and Effective Core Training Program can be the light food for yourself because the information inside that book is easy to get by simply anyone. These books acquire itself in the form which can be reachable by anyone, yes I mean in the e-book form. People who think that in guide form make them feel tired even dizzy this e-book is the answer. So there is no in reading a publication especially this one. You can find what you are looking for. It should be here for a person. So , don't miss the idea! Just read this e-book type for your better life as well as knowledge.

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