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Pilates para Dummies

By Ellie Herman

CEAC EDICIONES, 2010. Condition: Nuevo. El pilates es una moda que llegó para quedarse. Esta completa guía de referencia te ayuda a desarrollar una rutina personal de ejercicios que te permitirá tener un envidiable estado físico, tanto si practicas pilates en casa como en un gimnasio. Los siguientes ocho principios básicos te enseñan a aprovechar al máximo las series de suelo, a tonificar los músculos y a adquirir mayor control corporal: - Control -Cuando aprendes a controlar cada uno de los movimientos del cuerpo al iniciar y terminar un ejercicio, tus músculos se fortalecen. - Respiración - Como el yoga, el pilates posee formas de respiración específicas. - Fluidez - El movimiento fluido integra el sistema nervioso, los músculos y las articulaciones. - Precisión y estabilidad -Concentrarse en los músculos que deben trabajar en un ejercicio y relajar aquellos que no deben hacerlo es precisión. La estabilidad, por su parte, hace del pilates un perfecto sistema de rehabilitación.- Centralización- ¿Empujar el ombligo hacia la columna? (o meter la barriga) es fundamental en pilates. Esto es centralización. - Amplitud y oposición - Adquirir mayor flexibilidad y aprender a moverse como los bailarines, que parecen flotar, implica usar más músculos y de...

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