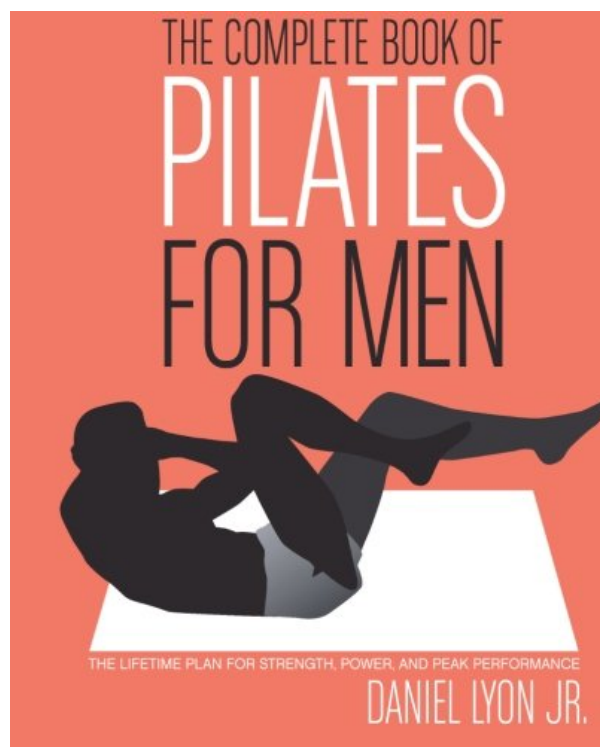
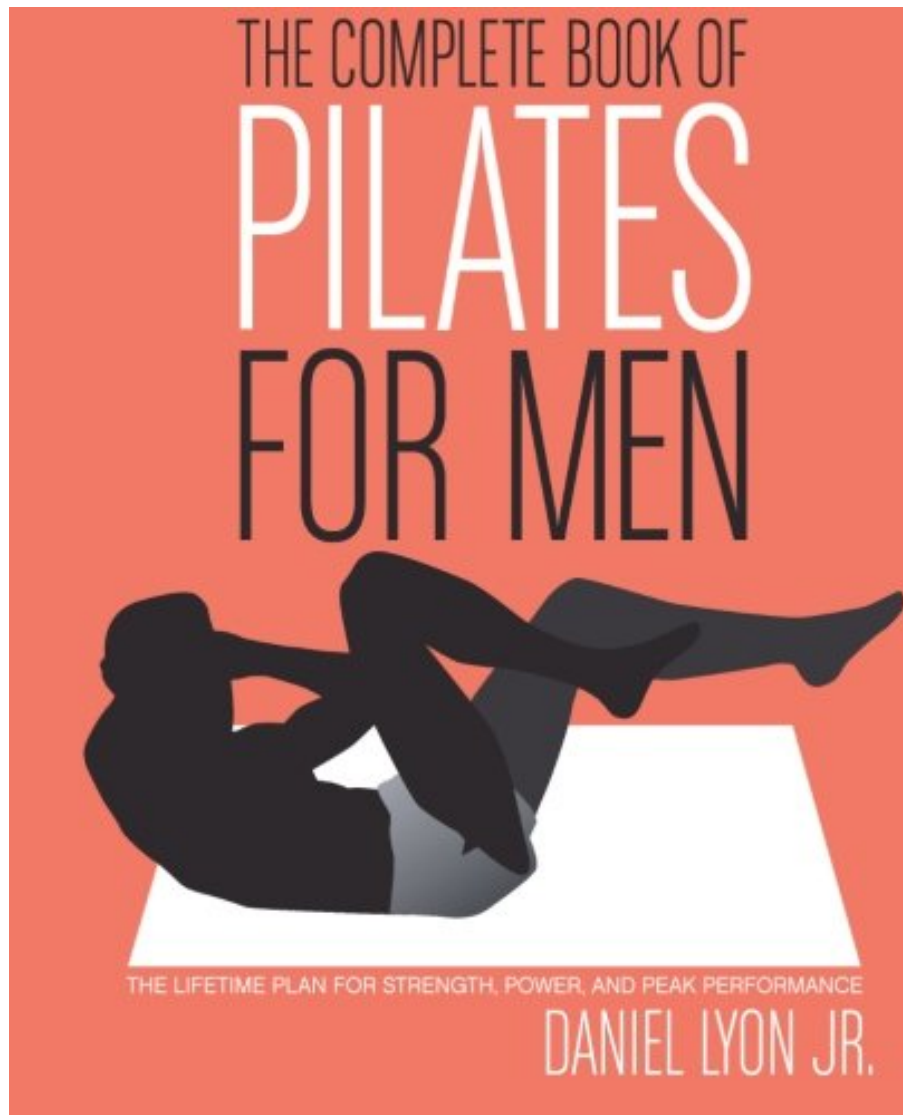


**THE COMPLETE BOOK OF PILATES FOR
MEN: THE LIFETIME PLAN FOR
STRENGTH, POWER & PEAK
PERFORMANCE BY DANIEL LYON**



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From Publishers Weekly

Former trader turned TriBeCa Pilates instructor Lyon argues men and women are different when it comes to the mat (men have more strength; women are more flexible). Guys tend to be especially tighter in the shoulders, back, legs and hips, so he has crafted a program for them. The idea is simple enough and the information is solid. There's a quick introduction on the history and basic principles underlying Pilates, followed by a section featuring 40 exercises of "traditional Pilates mat work" and another section with 66 more advanced "reformer on the mat" exercises. Accompanied by illustrations of Lyon in action, the exercises are well organized and easy to follow. The more material readers cover, however, the less convinced they'll be of the need for a book on the subject tailored exclusively for men. While it's true that Pilates classes generally have appealed more to women, the same can surely be said for yoga, aerobics and other comparable low-impact workouts. The gender angle makes for a catchy title and a clever hook, but ultimately seems like a bit of a stretch. (Oct.)

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About the Author

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THE COMPLETE BOOK OF PILATES FOR MEN: THE LIFETIME PLAN FOR STRENGTH, POWER & PEAK PERFORMANCE BY DANIEL LYON PDF

A comprehensive, take-anywhere exercise program designed to improve men's strength, flexibility, balance, and posture

Have years of office work wreaked havoc on your posture? Could your tennis or golf game use a boost? Do you appear or feel older than your age? Or do you carry yourself in a manner that expresses strength, power, and peak performance to everyone around you?

In recent years, Pilates has become a popular exercise program, especially among women. Many books on the subject show lithe female bodies stretched across their covers. Top Pilates instructor Daniel Lyon Jr. aims to break the preconception that Pilates only benefits and appeals to women. "This couldn't be further from the truth," he asserts. "Joseph Pilates was a cigar-smoking boxer, acrobat, and gymnast, and he developed his exercise program from that background for men first." Likewise, Lyon designed this book specifically with men in mind, as the number of male Pilates practitioners -- among them professional athletes, actors, businessmen, and other high-profile personalities -- has rocketed to about three million and continues to grow.

For athletes, working stiff, and men recovering from injuries, Lyon offers the first comprehensive exercise program of its kind. He walks you through forty "traditional mat" exercises and more than sixty "reformer on the mat" exercises -- each one brilliantly illustrated -- in an inspiring self-guided program that adapts to all experience levels and requires nothing more than floor space, an exercise mat, and the desire to look and feel your best. Using the Pilates method of engaging the strongest parts of the body, or the "powerhouse" (Joseph Pilates's term for the abdominals, hips, lower back muscles, and buttocks), and integrating all other body parts from this core, Lyon's program targets trouble spots for men and helps them achieve strong, lean, masculine physiques.

The Complete Book of Pilates for Men will deliver quick and long-term results to any man who seeks optimal fitness and a competitive edge in all aspects of his life.

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- Number of items: 1
- Dimensions: 9.13" h x .88" w x 7.38" l, 1.42 pounds
- Binding: Paperback
- 352 pages

Features

- The Complete Book of Pilates for Men The Lifetime Plan for Strength Power Peak Performance

From Publishers Weekly

Former trader turned TriBeCa Pilates instructor Lyon argues men and women are different when it comes to the mat (men have more strength; women are more flexible). Guys tend to be especially tighter in the shoulders, back, legs and hips, so he has crafted a program for them. The idea is simple enough and the information is solid. There's a quick introduction on the history and basic principles underlying Pilates, followed by a section featuring 40 exercises of "traditional Pilates mat work" and another section with 66 more advanced "reformer on the mat" exercises. Accompanied by illustrations of Lyon in action, the exercises are well organized and easy to follow. The more material readers cover, however, the less convinced they'll be of the need for a book on the subject tailored exclusively for men. While it's true that Pilates classes generally have appealed more to women, the same can surely be said for yoga, aerobics and other comparable low-impact workouts. The gender angle makes for a catchy title and a clever hook, but ultimately seems like a bit of a stretch. (Oct.)

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Most helpful customer reviews

1 of 1 people found the following review helpful.

This book is awesome. When I first saw it

By Casie Kempke

This book is awesome. When I first saw it, I scoffed; how different could Pilates for me be?! Well, I've been a Pilates instructor for almost a decade now and I learned a great deal. And you know what's super cool, Joseph Pilates was a cigar smoking boxer who knew that the key to health was a strong core and a flexible spine. Whoever says Pilates is for women, hand them this book, or at least read it yourself and prove them wrong. Pilates IS for EVERYONE!!!

1 of 1 people found the following review helpful.

Great book but beware...

By Airwave

This is a great book. My pilates instructor recommended it to me and I use it on a weekly basis. It is great for seeing how the exercises should be done and for listing out routines that you can do at home (and in the correct order).

BUT

I do not recommend trying to do the routines in this book without first getting a basic understanding of Pilates from a really great instructor who can help you modify the exercises for your body and physical needs. The illustrations show the most advanced forms of the exercises only. Although there is a section at the end of each exercise description that talks about modifying poses I think it's worth going to an instructor (and if you can a private one) to really understand the modifications, how to protect your back and how to

properly engage your powerhouse. Without that basic understanding you could really hurt instead of strengthen your body. Particularly your back.

Then once you have done that, this book is a great supplement to see where the exercises are going, how they build into routines that are more difficult and for when you have to miss a session and want to work out at home.

I am giving it four stars instead of five because I don't think it makes it explicit enough how crucial it is to modify the exercises when starting out. I have been doing Pilates for four years, twice a week with a private instructor and there are still exercises in the book I can't do.

0 of 0 people found the following review helpful.

A Manly Book of Pilates

By CA

I am a Pilates instructor with an out-of-shape parent that needed a means of putting the language and practice of Pilates into man-standing form. This book does that. I gave it as a Christmas gift to my Father and he has translated the great details and modifications into his burgeoning self-practice. The hand-drawn pictures show man-form, (toes slightly pointed, hamstrings a touch tight), which make him feel that movement is attainable with his body. I highly recommend this book to new and continuing students of the male persuasion in Pilates.

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