



# **PILATES. Manual completo del metodo Pilates (Spanish Edition)**

*Rael. Isacowitz*

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*Rael. Isacowitz*

## **PILATES. Manual completo del metodo Pilates (Spanish Edition)** Rael. Isacowitz

Este libro, a traves de 250 ejercicios, presenta todos los aparatos del metodo Pilates. Desde el nivel basico, pasando por el intermedio hasta llegar al avanzado, el libro le guiara paso a paso para ir avanzando en la práctica y conseguir fortalecer, elongar y esculpir los músculos. Los ejercicios se agrupan por aparatos y, a su vez, para cada uno de ellos, por regiones corporales. La descripción de cada uno de los ejercicios incluye su nivel de dificultad y el grado de resistencia recomendado; tambien, se indica la implicación muscular principal, los objetivos del ejercicio y una lista de puntos importantes con las indicaciones fundamentales para ejecutar correctamente el ejercicio. Asimismo, para facilitar la practica, se desarrollan varios ejemplos de rutinas que le ayudaran a familiarizarse con los ejercicios y a aprender cómo secuenciarlos de manera efectiva.

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