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Joseph Pilates is credited as one of the authors because his two original books, YOUR HEALTH (1934 Edition) and RETURN TO LIFE THROUGH CONTROLOGY (1945 Edition) are reprinted here in their entirety. (Note: These two volumes can also be found in previous release A Pilates' Primer : The Millennium Edition.)

Book Reviews | Joseph Pilates

Connecting With Pilates. The mind/body connection associated with yoga and meditation also plays an integral part in Pilates. Unlike exercise techniques that emphasize numerous repetitions in a single direction, Pilates exercises are performed with very few, but extremely precise, repetitions in several planes of motion.

Pilates Primer - ACE

A Pilates' Primer: The Millennium Edition. Incline Village, NV: Presentation Dynamics Inc. Pinto-Carral, A., et al. 2018. Pilates for women with breast cancer: A systematic review and meta-analysis. Complementary Therapies in Medicine, 41, 130-140. Rayes, A.B.R., et al. 2019. The effects of Pilates vs. aerobic training on cardiorespiratory ...

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Republished in 1998 in A Pilates' Primer: The Millennium Edition. Incline Village, NV: Presentation Dynamics. Rogers, K., & Gibson, A. 2009. Eight-week traditional mat Pilates training program effects on adult fitness characteristics. Research Quarterly for Exercise and Sport, 80 (3), 569-74.

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