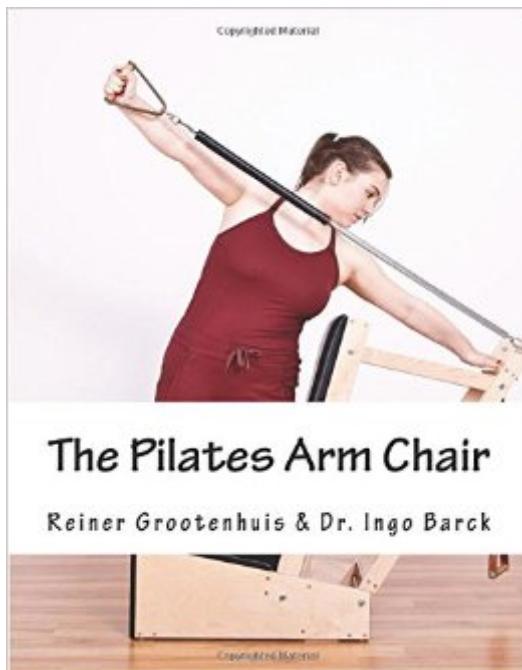


The book was found

# The Pilates Arm Chair (The Pilates Equipment) (Volume 2)



## Synopsis

The Pilates Arm Chair is a rather rare piece of Pilates equipment, only to be found in few, especially well equipped Pilates studios. Due to this circumstance, written knowledge about the Arm Chair is also rare to come across. With this training manual, Reiner Grootenhuis is now publishing the first worldwide publicly available reference book for the Pilates Arm Chair. The Pilates Arm Chair is especially suitable to tackle shoulder and neck problems, as many of the exercises cover these areas. It is also well fit for training with people with weaker arm, shoulder or chest muscles as well as elderly persons. Almost all of the Arm Chair exercises can be adapted to the Cadillac or Tower with the help of a box or even easier by using a chair and a Thera-Band ®. This makes the manual flexible to use also on these pieces of equipment. The book is directed at both Pilates trainers and practitioners, who have performed the Pilates method for some time already and would now like to familiarize themselves with the Arm Chair. The manual covers 42 Arm Chair exercises. Each exercise is precisely described on an individual page and visualized in 3 easy-to-follow steps with large, professional photos. Consequently, the manual is fit to both learn the exercises for the first time as well as deepen your knowledge about each one. Due to its format, it is also invaluable as an easy-to-use reference guide for your daily work at the studio.

## Book Information

Series: The Pilates Equipment

Paperback: 72 pages

Publisher: CreateSpace Independent Publishing Platform; 1 edition (September 5, 2016)

Language: English

ISBN-10: 1537486888

ISBN-13: 978-1537486888

Product Dimensions: 8.5 x 0.2 x 11 inches

Shipping Weight: 8.6 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 starsÂ See all reviewsÂ (2 customer reviews)

Best Sellers Rank: #44,288 in Books (See Top 100 in Books) #8 inÂ Books > Health, Fitness & Dieting > Exercise & Fitness > Pilates

## Customer Reviews

Excellent book and very good value, clear and concise with thorough photos to demonstrate the exercises. I also appreciated the designation whether it was a traditional or modern version exercise as well as modifications and specific muscle focus. I highly recommend this comprehensive arm

chair book which is very reasonably priced. Thank you Reiner!Katherine Rice

This is an excellent resource for pilates teachers and students alike that use the Pilates Arm Chair in their practice. I believe this is the first comprehensive technical resource manual for all of the the arm chair exercises. The pictures are great and each exercise has a description of the proper set up, the stated focus as well as modifications/variations and common mistakes to look for. Any studio that has a 'baby chair' should have this resource manual on hand!

[Download to continue reading...](#)

The Pilates Arm Chair (The Pilates Equipment) (Volume 2) Arm Action, Arm Path, and the Perfect Pitch: Building a Million-Dollar Arm Healing Pilates: Pilates - Successful Guide to Pilates Anatomy, Pilates Exercises, and Total Body Fitness - 2nd Edition TI MSP432 ARM Programming for Embedded Systems: Using C Language (Mazidi & Naimi ARM Books) Arm Knitting: 24 Simple and Popular Arm Knitting Patterns: ( Modern Crochet, Knitting Projects, Cochet Projects, DIY Projects, Crochet For Beginners, Crochet ... Tunisian Crochet, Make Money With Crochet) ARM Assembly Language Programming & Architecture: Second Edition (Mazidi & Naimi ARM Books Book 1) Jane's Airport & Atc Equipment 1993-94 (Jane's Airport Equipment and Services) Jane's Airports Equipment & Services 2004-2005 (Jane's Airport Equipment and Services) Jane's Airports Equipment & Services 2005-06 (Jane's Airport Equipment and Services) Understanding Anesthesia Equipment (Dorsch, Understanding Anesthesia Equipment) The Complete Guide to Chair Caning: Restoring Cane, Rush, Splint, Wicker & Rattan Furniture Chair Caning and Seat Weaving: Storey Country Wisdom Bulletin A-16 First Chair Clarinet Solos: Orchestral Excerpts Book And CD The Empty Chair: Handling Grief on Holidays and Special Occasions Pilates and Bodyweight Exercises: 2-in-1 Fitness Box Set: Shred Fat, Look Great (Pilates Exercises, Bodyweight Exercises, Fitness Program, HIIT Program, ... Muscle Building, Lean Body, Total Fitness) Jennifer Kries' Pilates Plus Method: The Unique Combination of Yoga, Dance, and Pilates Pilates Six Pack Exercise Bundle: Learn How to Exercise Correctly Today - Intro to Pilates - Beginner Six Pack Exercises (Ultimate Mind Body Fitness - Strengthen, Tone and Heal Your Body) Discovering Pure Classical Pilates: Theory and Practice as Joseph Pilates Intended - The Traditional Method vs. The Lies for Sale Woodcarving: Tools, Material & Equipment, Volume 1 Computer Organization and Design: The Hardware Software Interface: ARM Edition (The Morgan Kaufmann Series in Computer Architecture and Design)

[Dmca](#)