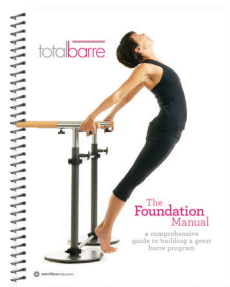


No More Excuses!

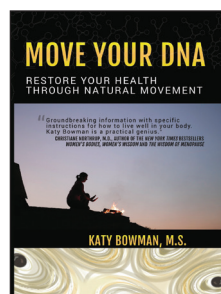
It's spring training time! Whether you want to supplement your studio sessions at home, feel better in your body, or polish your teaching skills, there's a new resource for you.



TOTAL BARRE™: THE FOUNDATION MANUAL

LEVEL all
EQUIPMENT light hand weights, mini stability ball, barre or sturdy chair, mat
WHO Authored by Merrithew Health & Fitness™ Executive Director of Education Moira Merrithew and Lauren DuBeau and Kim Kraushar, both STOTT PILATES® Master Instructor Trainers at Merrithew Health & Fitness.
WHAT A comprehensive guide to barre exercises with color photographs of exercises, and information on incorporating music, breathing, key positions and form.
TARGET Exercise segments include photographed and written workouts for spinal mobility; hip, knee, ankle and foot; arms front; arms back; hip abduction and extension; cardio legs; standing abs; calf, quad and adductor; abs, back and arms; upper- and lower-body stretches.
BUY THIS BECAUSE If you want to teach a barre class, improve your barre-teaching skills, or just improve your own workout, this book excels in clear instructions, justifications for programming, perfect photos and equipment descriptions.
SPECIAL FEATURES Ample room is provided for note-taking.

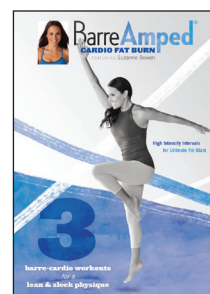
242 pages, \$75
 Merrithew Publishing
www.merrithew.com



MOVE YOUR DNA: RESTORE YOUR HEALTH THROUGH NATURAL MOVEMENT

LEVEL all
EQUIPMENT mat
WHO Author Katy Bowman, MS, is a biomechanist and the founder of the Restorative Exercise Institute in Ventura, CA.
WHAT A groundbreaking book that makes the case that exercise is not enough. What matters more is how to move correctly by changing up weight-bearing loads, frequency, posture and more, in everyday activities as well as in workouts.
TARGET All parts of the anatomy, including the brain, circulatory, muscular, skeletal and cardiovascular systems.
BUY THIS BECAUSE If you are continually hungering for ways to feel better in your body, this is valuable "movement nutrition." Retraining the brain and body to move correctly leads to better health as well as an improved Pilates practice or any form of exercise.
SPECIAL FEATURES The author's take on core activation, Kegels, walking barefoot, and diseases of behavior and affluence.

243 pages, \$24.95
 Propriometric Press
www.moveyourdna.com



BARREAMPED CARDIO FAT BURN

LEVEL all
EQUIPMENT light hand weights, sturdy chair or barre, mat
WHO Suzanne Bowen is trained in the Lotte Berk Method and the creator of BarreAmped, a program combining dance, Pilates and yoga. She teaches instructors between Santa Rosa Beach, FL, and Nashville, TN.
WHAT Bowen leads three challenging interval-based Tabata-style workouts: Extreme Cardio Fat Burn, Cardio Sculpt with light weights and Cardio Core—along with a warm-up and a cool-down stretch.
TARGET Heart-rate-revving total-body workouts with Cardio Core focus on the abdominals and lower back.
BUY THIS BECAUSE Bowen's tutorial segment provides valuable tips on positions common in barre training—parallel stance, V position, wide second position—as well as for moves like sit backs, mountain climbers and plank jacks, plus tricks for quiet landings and foundation building.
SPECIAL FEATURES Each purchase includes one-month-free access to Bowen's online streaming barre workouts.

84 minutes, \$19.99
 Bowen Productions LLC
www.suzannebowenfitness.com



JUST B LIVE! PILATES EXPRESS

LEVEL beginner
EQUIPMENT stability ball, Magic Circle, resistance tube, mat
WHO Trained by Balanced Body and in the Fletcher Method, Bernadette Giorgi is the director of Pilates at Aquatics & Fitness Center in Bala Cynwyd, PA.
WHAT Three Pilates-based workouts, along with warm-ups and cool-downs, incorporating a different prop in each. Giorgi instructs and demonstrates with two students in her studio.
TARGET Each segment consists of its own total-body strengthening and lengthening session.
BUY THIS BECAUSE It's important to change up your workout by using a variety of tools to challenge muscles from different vantage points.
SPECIAL FEATURES Giorgi is a polished instructor who gives clear direction and well-honed cues.

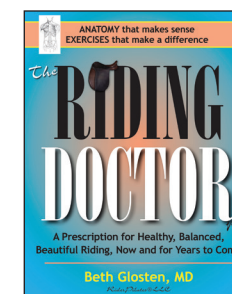
77 minutes, \$19.99
 BayView Entertainment
www.bernadettegiorgi.com



VBARRE MAT AND BAND BLAST

LEVEL intermediate
EQUIPMENT resistance bands, "squishy" ball, light hand weights, very sturdy chair or barre, mat
WHO Trained by Power Pilates, the PilatesSystem and PhysicalMind, Veronica Combs is the regional director and teacher trainer for Power Pilates at Classic Pilates in Dallas.
WHAT Four routines—standing work, barre, mat and stretch—combine elements of classical ballet, Pilates and resistance training performed at a brisk pace.
TARGET A total-body workout with emphasis on the glutes, thighs and calves.
BUY THIS BECAUSE By using the resistance band attached to a barre (or extremely sturdy chair—it must withstand major resistance), you'll incorporate typical and atypical muscle groups to execute Bridge, Reverse Abdominals, Teaser and other exercises, making for a more dynamic workout.
SPECIAL FEATURES Try the Side Sit-Ups performed with a resistance band to whittle the waist in no time.

58 minutes (workout 33 minutes), \$14.99
 Apogee Media
www.shop.vbarre.com



THE RIDING DOCTOR: A PRESCRIPTION FOR HEALTHY, BALANCED, BEAUTIFUL RIDING, NOW AND FOR YEARS TO COME

LEVEL recreational and professional horseback riders
EQUIPMENT stability ball, resistance band, light hand weights, horse, mat
WHO PMA-certified Beth Glosten, MD, is a PhysicalMind teacher and the owner of RiderPilates in Redmond, WA.
WHAT A book containing more than 50 Pilates-based exercises, 300 photos and 40 anatomical illustrations to help riders improve their horseback riding skills, avoid injury and develop a new appreciation for both disciplines.
TARGET The exercises address posture, breathing, balance, mental focus and upper- and lower-body control as applied to skills like walking, cantering, running and trotting.
BUY THIS BECAUSE As a medical doctor, Pilates instructor and rider herself, Glosten can home in on physiological keys to improving skills and posture in ways that other experts cannot.
SPECIAL FEATURES Gorgeous color photographs of riders and their horses.

256 pages, \$29.95
 Trafalgar Square Books
www.riderpilates.com

—Heidi Dvorak