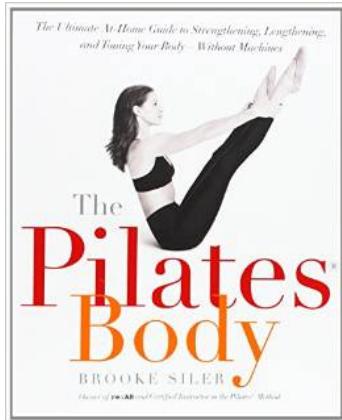


The Pilates Body by Brooke Siler

This is one of the first Pilates books I ever bought and I still use it 15 years later! Brooke Siler is one of the most well known Pilates instructors today. Originally trained by Romana Kryanowska, Brooke is known as the celebrity Pilates guru. The tagline on the front cover of *The Pilates Body* reads,



"The Ultimate At-Home Guide to Strengthening, Lengthening and Toning Your Body-Without Machines"

Using the word *ultimate* definitely leads to high expectations but I believe that is one of the most comprehensive books on the Matwork repertoire, excepting of course *Return to Life Through Contrology*.

The book begins with a chapter on the philosophies behind the Pilates system which clearly sets the guidelines for success when undertaking a Pilates exercise programme. Staying authentic to Joe Pilates own writings and beliefs, she concludes,

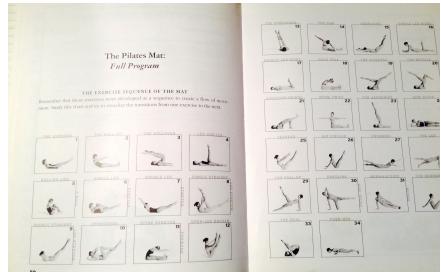
"There is no good fairy who will come to you in the night and transform your body for you."

The following chapters outline the principles and fundamentals of the Pilates Method and then we arrive at the exercises.

We begin with a section of 7 exercises explained at a modified beginner level to help introduce you to the Mathwork in a safe and effective way. These include 100, Roll Up, Single Leg Circle, Rolling Like A Ball, Single Leg stretch and Double Leg Stretch.

Then one of the most useful pages in the whole book for me! A double spread page showing the 34 Mat Repertoire in single photos.

Each exercise is then clearly and comprehensively analysed. I absolutely love that each exercise is given a double page spread. There is a step by step guide to performing the exercise, photos, clear purposes of each move, an "inside scoop" stating goals, focus and watch points and finally fantastic drawn illustrations showing visualisations that are effective.



A note of caution though, this book does not completely stick to the original repertoire as stated by Joe Pilates. The influence of Romana is apparent throughout the book, from the inclusion of exercises such as Criss Cross, Double Leg Straight Stretch and Single Leg Straight Stretch (these were created by Romana) to the number of leg kicks.

There are also some addition exercises in the book to add further variation to your Mat repertoire including a short standing arm series.

One of the things I love most about this book is that it honours Joe Pilates System, it does not water down the exercises and any modifications still maintain links to the original exercise. It is pure Pilates, not "Pilates based".

For me, this book should be on every Pilates instructor's bookshelf. Love, love it!

The book is available on Amazon and from other retailers.