

CONTENTS

Preface ix

- CHAPTER 1 SIX KEY PRINCIPLES OF PILATES 1**
- CHAPTER 2 SPINE, CORE, AND BODY ALIGNMENT 9**
- CHAPTER 3 MUSCLES, MOVEMENT ANALYSIS, AND MAT WORK 29**
- CHAPTER 4 FOUNDATION FOR A MAT SESSION 51**
- CHAPTER 5 ABDOMINAL WORK FOR MOVEMENT AND STABILIZATION 69**

**CHAPTER 6 FINE ARTICULATION
FOR A FLEXIBLE SPINE . . . 97**

**CHAPTER 7 BRIDGING FOR
A FUNCTIONAL SPINE . . . 127**

**CHAPTER 8 SIDE EXERCISES FOR
AN EFFECTIVE CORE . . . 149**

**CHAPTER 9 EXTENSIONS FOR
A STRONG BACK 175**

**CHAPTER 10 CUSTOMIZING YOUR
PILATES PROGRAM 193**

Bibliography 199

Exercise Finder 201

About the Authors 203