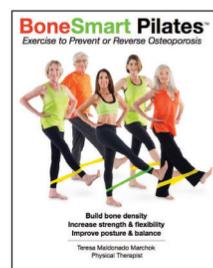


No More Excuses!

Stay *warm* this winter with this impressive new lineup of materials, which seek to elevate your practice, Pilates knowledge and more.

by Heidi Dvorak



BONE SMART PILATES

LEVEL all
EQUIPMENT resistance band, two tennis ball halves, ankle resistance loop, mini ball, plus a barre, rail or high-backed chair and a dowel
WHO Teresa Maldonado is the owner of Pilates With Teresa, LLC, in Mountain View, CA. She is certified by PMA and is a graduate of both BASI and Polestar Pilates, as well as a licensed physical therapist.
WHAT Five workouts, each preceded by tutorials: mat, standing counter series, band, hip blaster and bone dance workout.
TARGETS Addresses alignment, balance, strength, flexibility, bone building and injury-risk reduction.
INTENSITY Mild to moderate, but it may be strenuous for those with physical limitations.
BUY THIS BECAUSE User-friendly doesn't do justice to Maldonado's hands-on practical advice and exercises. Rise and Shine even shows her in bed in pajamas, giving tips on how to stretch in the morning.
SPECIAL FEATURES While most viewers skip intros, this one is well worth watching. Maldonado discusses the dangers of forward flexion and delivers relevant health tips, facts and statistics like "Research shows that only five minutes a day of balance training can reduce the risk of falls"—words to heed.

2 hours, 19 minutes (56-minute workout time), \$29.95;
 with prop kit, \$76.42
 Cheeky Girls Productions
www.pilateswithteresa.com



THE WOMEN'S HEALTH BIG BOOK OF PILATES

LEVEL all
EQUIPMENT reading light
WHO Brooke Siler, certified by The Pilates Studio of New York under Romana Kryzanowska and the founder of the re:AB Pilates studio and teacher-training program in NYC, along with the editors of *Women's Health*.
WHAT An 12-chapter soft-cover manual that goes beyond exercise, covering such topics as Pilates history, nutrition, frequently asked questions, exercising on the road, apparatus explanations, philosophy, breath and realistic expectations.
TARGETS There are 300-plus exercises with black-and-white photographs for the mat, wall, various props, posture problems, targeted workouts, cardio, calorie burning, flexibility, endurance, mobility, sports performance, injury prevention and different ability levels.
INTENSITY These days, anyone and everyone claims they're a Pilates instructor, and this book will help you separate the real deal from the imposters.
BUY THIS BECAUSE If you're an instructor, this book should be kept at your studio; if you're a student, slip it in your gym bag, or keep it near your workout space for quick reference.
SPECIAL FEATURES Memorize and cherish the section on the 12 Pilates first-generation teachers. All students and instructors should be well informed about the masters who've kept—and still keep—the discipline alive.

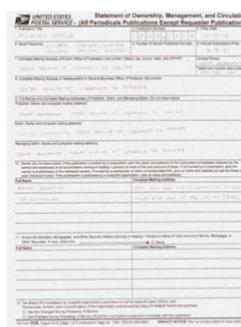
432 pages, \$26.99
 Rodale
www.amazon.com



MARI WINSOR'S PINK RIBBON PILATES

LEVEL all
EQUIPMENT resistance band, mat
WHO Mari Winsor is the owner of two Winsor Pilates studios in Los Angeles, CA. Romana's Pilates-certified Susannah Cotrone demonstrates the moves.
WHAT Despite the title, this program isn't just designed for breast cancer survivors. The Pilates-based program contains five 15- to 20-minute floor workouts: Energize, Sculpt, Flow, Restore and Stretch and Road to Recovery.
TARGETS Increases energy, circulation and flexibility while strengthening the entire body and reducing tension.
INTENSITY Mild to rigorous, depending on the counter-resistance placed on the band.
BUY THIS BECAUSE One dollar from the sale of each DVD goes to the Breast Cancer Research Foundation.
SPECIAL FEATURES A bright pink resistance band is included. Winsor's precise delivery and energy-efficient workouts make for an enjoyable, studio-like experience.

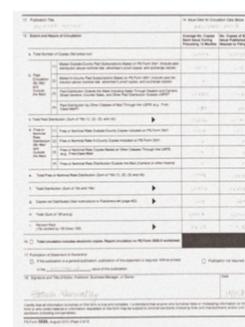
85 minutes, \$14.98
 Gaiam
www.amazon.com



TIGHTEN, TONE AND TORCH

LEVEL all
EQUIPMENT two 5-pound (or lighter) hand weights, mat and chair
WHO Suzanne Bowen is the creator of BarreAmped, based in Bay County, FL.
WHAT This never-boring workout combines Pilates, a bit of yoga, strength training and cardio in three 20-minute workouts: Upper Body Sleek; Lower Body Lean; and the killer Cardio Torch, which includes bonus ab work.
TARGETS Do all three segments for a complete total-body workout, or mix and match them.
INTENSITY Moderate to rigorous.
BUY THIS BECAUSE Includes a one-month trial membership to Bowen's online streaming workout site.
SPECIAL FEATURES A separate warm-up and cool-down, which introduces an inventive way to stretch the hamstrings, are included.

\$14.99, 75 minutes
 Bowen Productions, LLC
www.suzannebowenfitness.com



THE LOST TREASURES COLLECTION

LEVEL all, but viewers should be proficient on the Reformer and Tower/Pole
EQUIPMENT mat, Reformer, Tower/Pole
WHO The Pilates Center owners Rachel Taylor Segal and Amy Taylor Alpers, both trained by Romana Kryzanowka, along with Kelli Burkhalter Hutchins and Kaile Larson Ziemba, all based in Boulder, CO.
WHAT A four-DVD set based on original silent 1940s footage of Joseph Pilates teachings on the mat, Reformer and two workouts for Pole/Tower. More than 40 original exercises are demonstrated, including Headstand on the Reformer and Flying Corkscrew on the Tower/Pole.
TARGETS Full-body integration.
INTENSITY Only those expertly trained on apparatus should attempt these exercises.
BUY THIS BECAUSE This might be the closest you'll get to seeing how classic Pilates exercises were meant to be performed.
SPECIAL FEATURES Since the archival footage was silent, Alpers and Segal had to conceive their own order, breath and spring tension for the program. As a result, this reveals a graceful way that present-day instructors can weave their perspectives into the original work while still maintaining its integrity.

1 hour, 45 minutes, \$89.99 for the set, or \$24.99 per disk
 Northern Lights Studios
www.thepilatescenter.com



INTENSE BODY BLAST: PILATES INTERVAL TRAINING

LEVEL intermediate and advanced
EQUIPMENT mat
WHO PJ O'Clair is a Merrithew Health & Fitness™ master instructor trainer and represents the ZEN•GA™ Mindful Movement and STOTT PILATES® programs. She owns Clubxcel and Northeast Pilates, in Manchester-by-the-Sea, MA. Two students also demonstrate the workout.
WHAT This three-disc set is called Body Blast for a reason. Each contains approximately 30 basic mat exercises performed with interval sequences. The workouts graduate from moderate to high to super-high intensity in a carefully coordinated series to boost strength, stamina and coordination. If proper form is maintained, it's a worthy challenge.
TARGETS Your every muscle.
INTENSITY Moderate to rigorous.
BUY THIS BECAUSE There's a cardio component that you don't often get with standard Pilates programs, so your heart rate elevates gradually.
SPECIAL FEATURES As in all Merrithew DVDs, there's a primer entitled "Five Basic Pilates Principals" that provides expert instruction on breath and alignment as well as a music-only option.

1 hour, 40 minutes (workout only), \$34.95
 Merrithew Health and Fitness™
www.merrithew.com