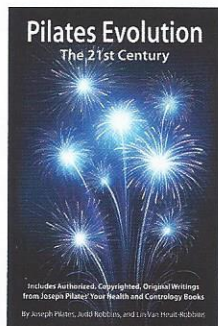


Whether you're looking to get beach ready, or for that perfect Pilates beach read, we've got the thing for you. *by Heidi Dvorak*



## PILATES EVOLUTION: THE 21<sup>ST</sup> CENTURY

**LEVEL** all

**EQUIPMENT** none

**WHO** Joseph Pilates, along with Physicalmind Institute—certified Judd Robbins and Lin Van Heut-Robbins.

**WHAT** This three-part book encompasses the history of the original work up to the present: First is Joseph Pilates' *Your Health* (1934), second is *Return to Life Through Contrology* (1945) and the third is 10 chapters written by Robbins and Van Heut-Robbins devoted to updates on props, techniques, fusion classes and more.

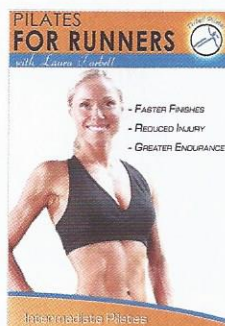
**TARGETS** All 34 of Pilates' original poses are here with the copyrighted and republished photographs from his book and his step-by-step instructions.

**INTENSITY** High emotional impact because it becomes startlingly apparent that the powerful, enduring quality of the practice over a period of 79 years is nothing short of miraculous.

**BUY THIS BECAUSE** For those who don't know the history of Pilates, this is a must read. For classicists, this book makes a strong case for modernizing the discipline in a way that would honor the master's work.

**SPECIAL FEATURES** The authors make solid recommendations on new approaches that build on the original work by citing developments from such heavyweights as Joan Breibart, Elizabeth Larkam and Ron Fletcher.

256 pages, \$19.95  
Presentation Dynamics  
[www.presentation-dynamics.net](http://www.presentation-dynamics.net)



## PILATES FOR RUNNERS WITH LAURA TARBELL

**LEVEL** intermediate

**EQUIPMENT** mat

**WHO** STOTT PILATES—certified Laura Tarbell owns Tarbell Pilates in Hogsburg, NY, and is the creator of Plyo-Pilates.

**WHAT** Classic matwork designed with the runner's needs in mind: building endurance and increasing lower-body strength with core-enhancing exercises like the Hundred, Roll-Up, Plank and lunges galore.

**TARGETS** Spine, torso, diaphragm, glutes, quads and and—most important—body alignment. These exercises seem to be specifically chosen to enable runners to detect their muscular imbalances so they can self-correct.

**INTENSITY** Moderate.

**BUY THIS BECAUSE** Runners don't need more joint-jarring exercise: This workout plays up the importance of overall conditioning, flexibility, balance and stretch, which all contribute to an injury-free jaunt.

**SPECIAL FEATURES** Two standing segments focus on arm positioning.

56 minutes, \$14.99  
208 Entertainment, Inc.  
[www.collagevideo.com](http://www.collagevideo.com)



## TRACEY MALLETT'S FUSE DANCE CARDIO MELT

**LEVEL** all

**EQUIPMENT** mat, set of 3- to 5-pound hand weights

**WHO** Master BASI Pilates—certified instructor Tracey Mallett is the co-owner of ATP Specific Training and Physical Therapy in Pasadena, CA.

**WHAT** Two workouts: a 30-minute, low-impact dance segment divided into four circuits that "fuses" elements from salsa, jazz, funk and ballet with emphasis on the Pilates principles of core strength and balance; a second 30-minute sculpting segment combined with adrenalin-pumping dance moves maximizes multifunctional movement.

**TARGETS** This is a total-body-strengthening workout with a well-timed, momentum-building cardio component.

**INTENSITY** Moderate.

**BUY THIS BECAUSE** As always, Mallett's philosophy of moving with "attitude" reminds us why we should exercise: to feel good, look good, and—especially—have f-u-n.

**SPECIAL FEATURES** Check out Mallett's students: *Pilates Style's* May 2012 "Success Story" gal Emilee Garfield is among them, strutting her stuff in style.

60 minutes, \$19.99  
ATP Fitness Productions  
[www.collagevideo.com](http://www.collagevideo.com)