



Ellie Herman's Pilates Reformer, Second Edition

Ellie Herman

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Finally a complete manual for the Universal Pilates Reformer by San Francisco Pilates expert Ellie Herman. This guide is meant for Pilates trainers and fitness professionals as well as for Pilates aficionados who want a deeper understanding for their own practice. This book takes you through classic Pilates Reformer repertoire as well as introducing original exercises developed by Ellie Herman and her instructors over the last fifteen years. Included in this book are: step by step photo sequences, detailed descriptions of over 100 Reformer exercises, proper breathing and specific alignment cues, benefits and contraindications, rehabilitation applications and special tips and imagery.

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