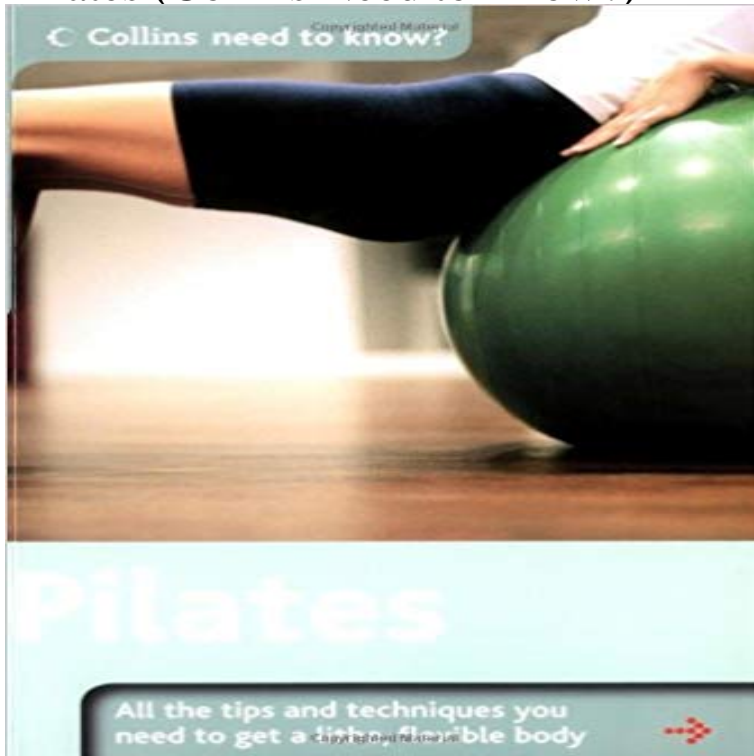


Pilates (Collins Need to Know?)



Collins Need to Know? is a series of illustrated reference books covering a wide range of popular subjects and activities. Attractively illustrated in colour throughout, these handy, practical books give you all the information you need to know in a concise and accessible way. Thinking about taking up Pilates but don't know where to start? Need to know about the best techniques? Want to know how to devise your own balanced, accessible programmes and gain the maximum benefits from Pilates? Collins Need to Know? Pilates is a one-stop guide to all the know-how and inspiration you need. Full of easy-to-follow expert advice, this introductory handbook uses clear step-by-step photography to show you how to master the techniques in order to: * stretch your muscles and develop a long, lean physique; * improve your flexibility, breathing, posture and alignment; * strengthen your abdominals; and * focus your mind. Don't wait any longer -- get Need to Know? and get a healthy and flexible body!

1. Introduction
2. History of Pilates
3. Physiology
4. Principles of Pilates
5. Pilates for you
6. Preparation
7. Warming up
8. Standing exercises
9. Lying-down exercises
10. Exercises lying on front
11. Sitting/kneeling exercises
12. Using a Swiss exercise ball
13. Other common equipment
14. Practising Pilates
15. Pilates for a healthy body
16. Suggested routines

Glossary of terms
Useful addresses/websites
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Abravanel's World of Torah, upon completion, will comprise a multi-volume set of Don Yitzchak Abravanel's commentary to the Five Books of Moses. This series is not a linear translation but rather a methodical, structured interpretation of Abravanel's commentary. It is designed to be read and studied independently or can be used as an excellent guide and helpful companion to the Hebrew original.

Abravanel's World of Torah: Bereshit was originally published by Torah Renaissance Press in 2012. This was followed by a Second Printing (2nd Ed.) in 2013 and a Third Printing in 2014.

Abravanel's World of Torah: Shemot Volume I covers the first six parshiyot in Sefer Shemot. This volume features a systematic translation of Abravanel's classic commentary beginning with Parashat Shemot until the end of Parashat

Mishpatim, plus much more.

Abravanel's World of Torah:Shemot Volume II concludes Sefer Shemot. It features an in depth analysis of the Mishkan (Tabernacle), the Thirteen Attributes, and much more.

Vayikra is due out in the Spring of 2017.

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