



15minute
home
workout

Everyday Pilates

by Alycea Ungaro

Abs Workout

by Joan Pagano

Better Back Workout

by Suzanne Martin

Total Body Workout

by Joan Pagano

Gentle Yoga

by Louise Grime

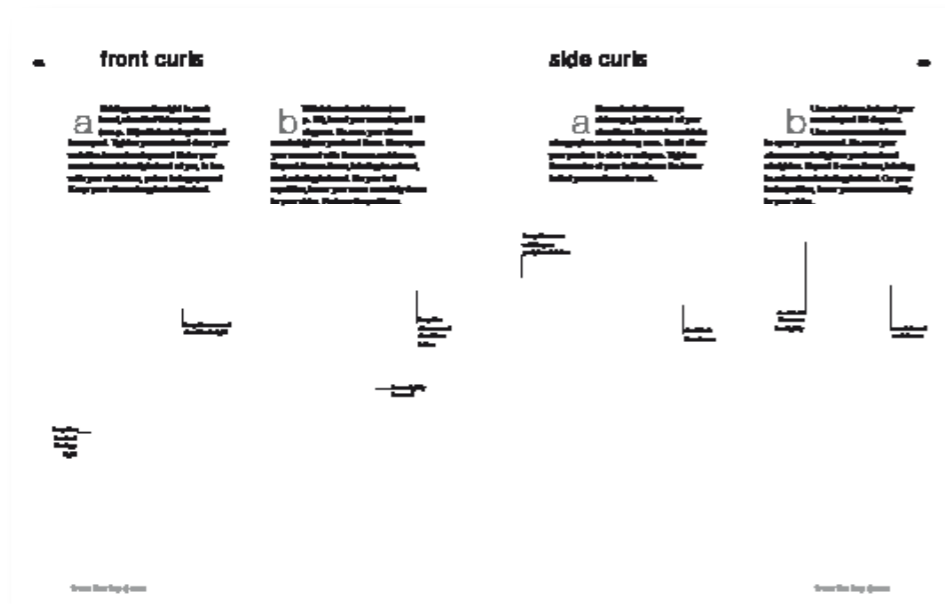


>> how to use this book

The 20 programs in this book have each been specially designed to give you a well-rounded workout in 15 minutes. With step-by-step photographs and clear instructions for each exercise, these routines are the closest you can get to having a personal trainer right by your side.

In each of the programs, the photographs capture the essence of the exercises in simple step-by-step images. Some exercises require two or three images, while others only require one. Certain exercises contain smaller inset photos that depict the first step, or starting position; in Gentle Yoga (pp308-362), they may also show a transitional

pose, the next stage of a pose, or a pose from a different angle. This is to make the sequence clearer for you to follow. You will also find targeted “feel-it-here” graphics (marked by white dotted lines) on specific exercises. These are intended to emphasize the fact that there is always a different area of the body to focus on.



annotations provide extra cues, tips, and insights

The step-by-steps Work from left to right as you follow the step-by-step exercises. Be certain you understand the beginning and end positions before progressing.

The at-a-glance charts

The at-a-glance charts help you see each program in full view. Once you’ve practised each move thoroughly, these gatefolds will become invaluable. Use them as a quick reference to trim your practice down to a succinct 15 minutes.

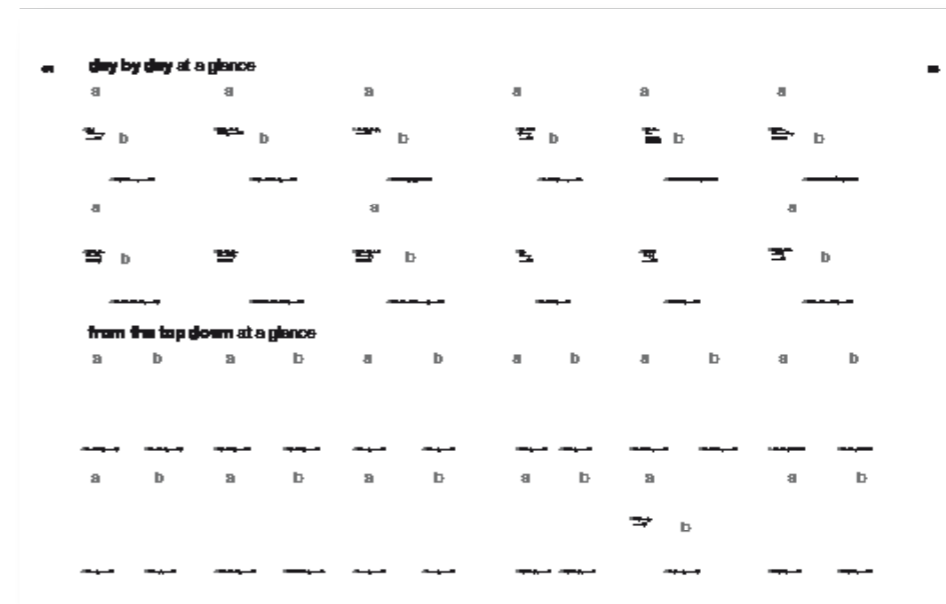
The DVD

The accompanying DVD is designed to be used with the book to reinforce some of the programs shown there. The DVD demonstrates six of the routines featured in the book – Up, Up, and Away (pp. 68–79) from Everyday Pilates; Beach Ball (pp. 108–123) from Abs Workout; Energizing the Back (pp. 200–211) from Better Back Workout; the Toning Ball Workout (pp. 258–271) and Hop, Jig, and Jump (pp. 274–287) from Total Body Workout;

and the Strengthening sequence (pp. 334–345) from Gentle Yoga. As you watch the DVD, page references to the book flash up on the screen. Refer to these pages for more detailed instructions.

Exercising effectively

The programs in Everyday Pilates, Better Back Workout, and Gentle Yoga are suitable to practice every day if you wish to do so. The programs in Abs Workout and Total Body Workout should be performed with a rest day in between. Muscles need one full day of rest in between strength-training workouts, as the recovery time is just as important to the development of muscle as the exertion. For maximum results, you can do 30 minutes of moderate cardio exercise, such as swimming, walking, or cycling, on your “off” days.



the at-a-glance charts show all the main steps of the program

At-a-glance charts These will help guide you along once you no longer need the step-by-step images. It is best to review the full program before beginning.

resources

General Fitness Resources

The American College of Sports Medicine

www.acsm.org
ACSM promotes and integrates scientific research, education, and practical applications of sports medicine and exercise science to maintain and enhance physical performance, fitness, health, and quality of life.

The American Council on Exercise

www.acefitness.org
ACE is a nonprofit organization committed to enriching quality of life through safe and effective physical activity. ACE protects society against ineffective fitness products, programs, and trends through its ongoing public education, outreach, and research. ACE sets certification and continuing education standards for fitness professionals.

The American Physical Therapy Association

www.APTA.org
The mission of the American Physical Therapy Association (APTA), the principal membership organization representing and promoting the profession of physical therapy, is to further the profession's role in the prevention, diagnosis, and treatment of movement dysfunctions and the enhancement of the physical health and functional abilities of members of the public.

IDEA

www.idealife.com
IDEA is a worldwide membership organization providing health and fitness professionals with pertinent information, educational opportunities, career development, and industry leadership.

Yoga Alliance

www.yogaalliance.org
tel: 877-964-2255
Find a Yoga Alliance certified teacher or yoga center through this national Yoga Teacher's Registry.

Pilates Method Alliance

www.pilatesmethodalliance.org
PMA is an international organization that seeks to keep the Pilates Method pure. It is the gold-standard in the certification of the Pilates Method, and is a great resource for finding studios and teachers in your location.

Fitness Equipment

Hugger Mugger Yoga Products

www.huggermugger.com
tel: 800-473-4888
Stable, non-slip mats and clothing available for wholesale or retail.

Lululemon

www.lululemon.com
Functional and fashionable apparel for Pilates.

Manduka

www.manduka.com
tel: 805-544-3744
High-performance, ecologically friendly mats, bags, towels, accessories, and apparel.

Marika

www.marika.com
The softest fabrics and clever designs keep the Marika crowd completely loyal to the brand.

Topaz Medical

www.topazusa.com
e-mail: info@topazusa.com
tel: 800-264-5623
Specializes in rehabilitation exercise equipment, selling high-quality gel-filled medicine balls.

Yoga Retreats

Himalyan Institute

www.himalyaninstitute.org
tel: 800-822-4547
Headquartered in rural Pennsylvania, the center offers programs in hatha yoga, meditation, stress reduction, Ayurveda, nutrition, spirituality, and Eastern philosophy.

Kripalu Center for Yoga and Health

www.kripalu.org
tel: 866-200-5203
Retreat center in New England with everything from great yoga classes to massages. Kripalu hosts famous teachers in yoga, Buddhism, and other contemplative arts.

about the authors

Louise Grime

Louise teaches hatha yoga in London, mainly at triyoga in Primrose Hill and Soho and at The Life Centre, Notting Hill Gate. She started practicing yoga with Silvia Prescott and Penny Neild-Smith, two of the first Iyengar teachers in London, in 1978. Since then, she has spent time in the Sivananda Ashram in Kerala, India, where she completed teachers' training and advanced teachers' training. In 1994, Louise qualified as an Iyengar yoga teacher in London and then met Shandor Remete who introduced her to Shadow Yoga. In the '90s, she practiced Ashtanga Vinyasa Yoga with John Scott. Louise takes a keen interest in Eastern and Western spiritual traditions and meditation. When teaching she likes to incorporate the yogic philosophy into her classes. She is one of the teachers on The Life Centre's Level 1 Teacher Training Programme. Louise has also worked as a journalist, restaurant manager, and as a stage manager in theatre and television.

Suzanne Martin

Suzanne is a doctor of physical therapy and a gold-certified Pilates expert. A former dancer, she is certified as a Master trainer by the American Council on Exercise. She is published by *Dance Magazine*, Dorling Kindersley, and the *Journal of Dance Medicine and Science*, among others. She is also well known as an educational presenter in Pilates, dance, and physical therapy, and has presented throughout the US and in Europe. Suzanne is the lead physical therapist for the Smuin Ballet in San Francisco and maintains a private practice, Total Body Development, in Alameda, California. She is educational director for Pilates Therapeutics LLC, devoted to the therapeutic application of the Pilates Method, and her Pilates Therapeutics® educational videos are available on DVD and as downloads on iamplify.com. For more information, go to www.totalbodydevelopment.com and pilatestherapeutics.com.

Joan Pagano

Joan Pagano is certified in health and fitness instruction by the American College of Sports Medicine (ACSM). She has worked as a personal fitness trainer on Manhattan's Upper East Side since 1988. Through her work, she has created hundreds of training programs for individuals, groups, fitness facilities, schools, hospitals, and corporations. For many years, she served as the Director of Personal Trainer Certification Program at Marymount Manhattan College. Today, Joan manages her own staff of trainers in the Joan Pagano Fitness Group. She is a nationally recognized provider of education courses for fitness trainers through IDEA (an organization supporting fitness professionals worldwide) as well as an authority on the benefit of exercise for women's health issues such as pregnancy, breast cancer, menopause, and osteoporosis. She is the author of several books. To learn more, visit www.joanpaganofitness.com.

Alycea Ungaro

Alycea Ungaro, PT, is the owner of Alycea Ungaro's Real Pilates in New York City and the author of several best-selling Pilates titles including *Portable Pilates*, *Pilates: Body in Motion*, and *The Pilates Promise*, some of which are available in 17 languages worldwide. Alycea's personal mission is to make Pilates available to everyone regardless of age, fitness level, or geographic location. To that end, Alycea has created Pilates products in every possible medium. She presents seminars and workshops nationally and also serves on the advisory board of *Fitness Magazine*. Alycea is a featured personality on Nextfit.com and iamplify.com, where you can download her signature workouts to your desktop or iPod. She lives in New York City with her family. To learn more about Alycea, visit www.alyceaungaro.com. To find out about Real Pilates, visit www.realpilatesnyc.com.

publisher's acknowledgments

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Picture credits

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DVD credits

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Not a fan of the gym? No time for classes? Exercise for just 15 minutes a day, three times a week—and see real results.



Add variety to your exercise routine with five great workout styles to choose from—Pilates, Yoga, Abs Workouts, Back Workouts, and Strength Training.

Clear step-by-step photos show you exactly what to do

A complete home-workout package, with a choice of 20 different workouts to suit your fitness needs and mood

Live-action DVD demonstrates six key 15-minute routines from the book

Written by a team of top fitness professionals—Joan Pagano, Alycea Ungaro, Suzanne Martin, and Louise Grime

Exercising at home has never been more effective!

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Home Workout



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Pilates ▶ Yoga ▶ Abs
Body Toning



Twenty express workouts to do at home—for a fit, fabulous body, fast

Based on content previously published in *15 Minute Everyday Pilates*, *15 Minute Abs Workout*, *15 Minute Better Back Workout*, *15 Minute Total Body Workout*, and *15 Minute Gentle Yoga*

