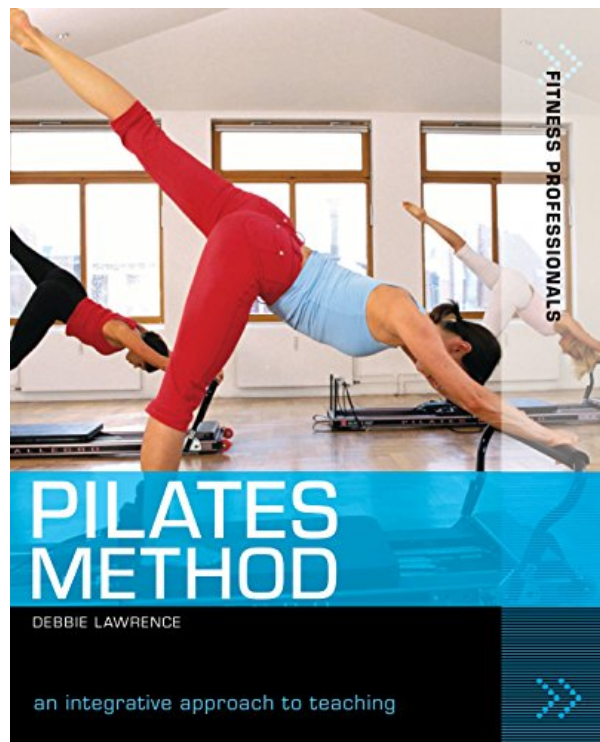
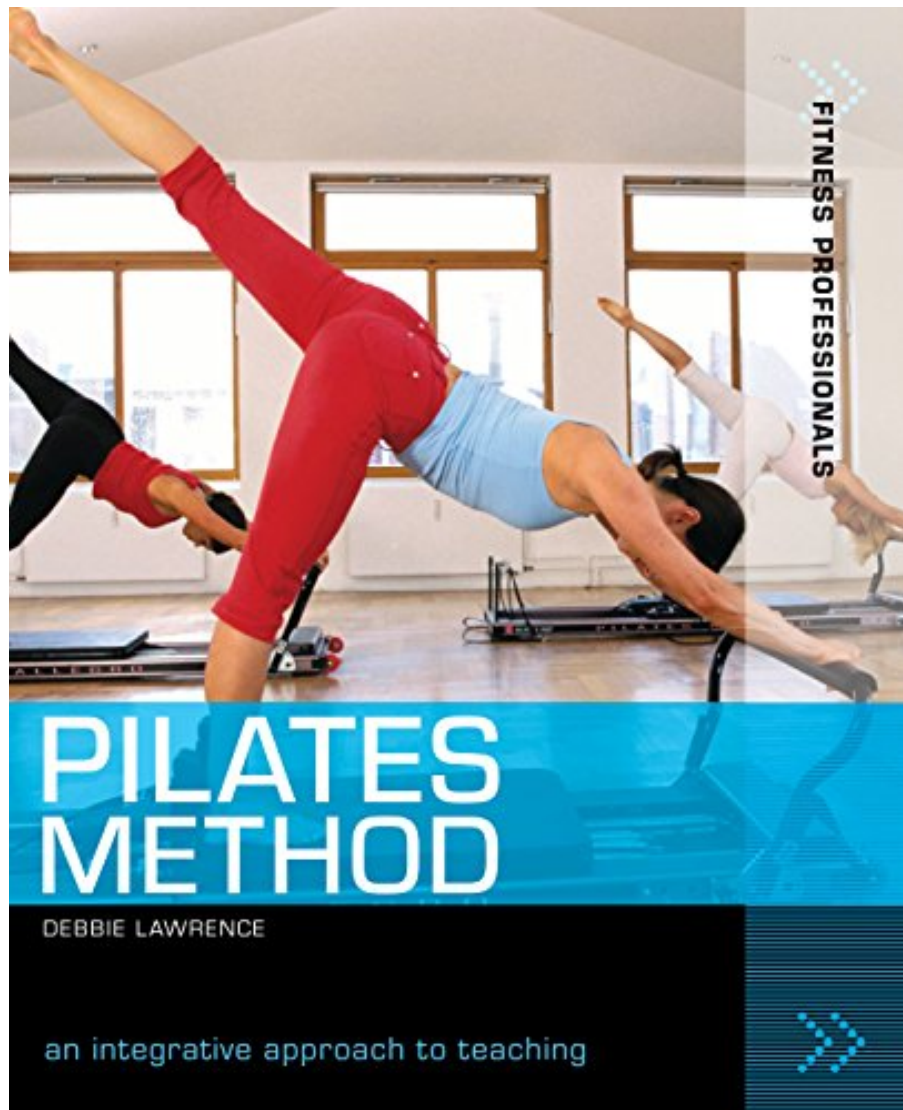


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Debbie Lawrence is a highly regarded fitness professional and author of five books by A&C Black. She is a fully qualified Pilates instructor and currently works as a technical contributor to Central YMCA.

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Fitness Professionals: Pilates Method is the first book to be written for the specific needs of Pilates instructors. It contains everything a new teacher needs to know in order to pass the national qualification and is an ideal reference for experienced instructors.

Pilates is one of the most popular - and fastest growing - group exercise classes in the UK. For many years it has not been possible to write a definitive book for instructors as there have been many different schools of teaching. However, these have recently been brought together under a single national assessment, meaning that all Pilates instructors must have the same foundation knowledge.

This book will cover these foundation subjects, which include:

anatomy

the key principles of Pilates

assessment

structuring a session

teaching a session.

Written to the requirements of the national standards, this book contains everything an instructor needs to know in order to successfully teach Pilates.

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About the Author

Debbie Lawrence is a highly regarded fitness professional and author of five books by A&C Black. She is a fully qualified Pilates instructor and currently works as a technical contributor to Central YMCA.

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