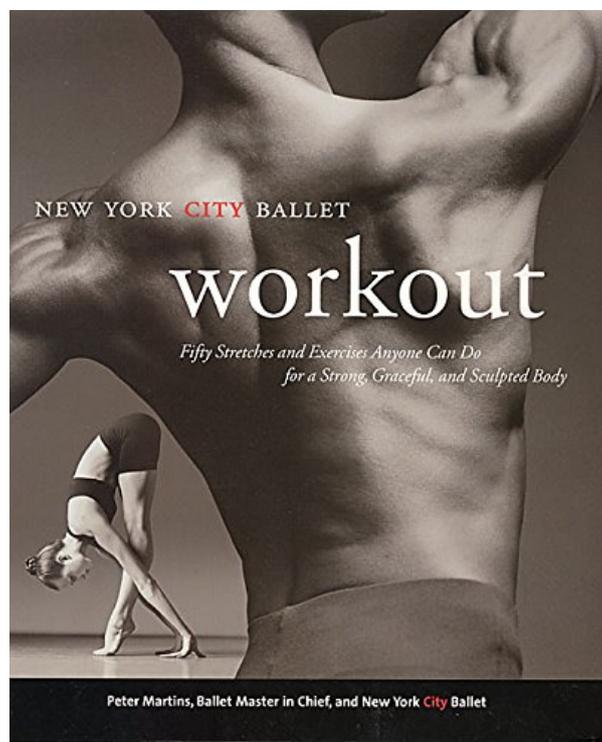
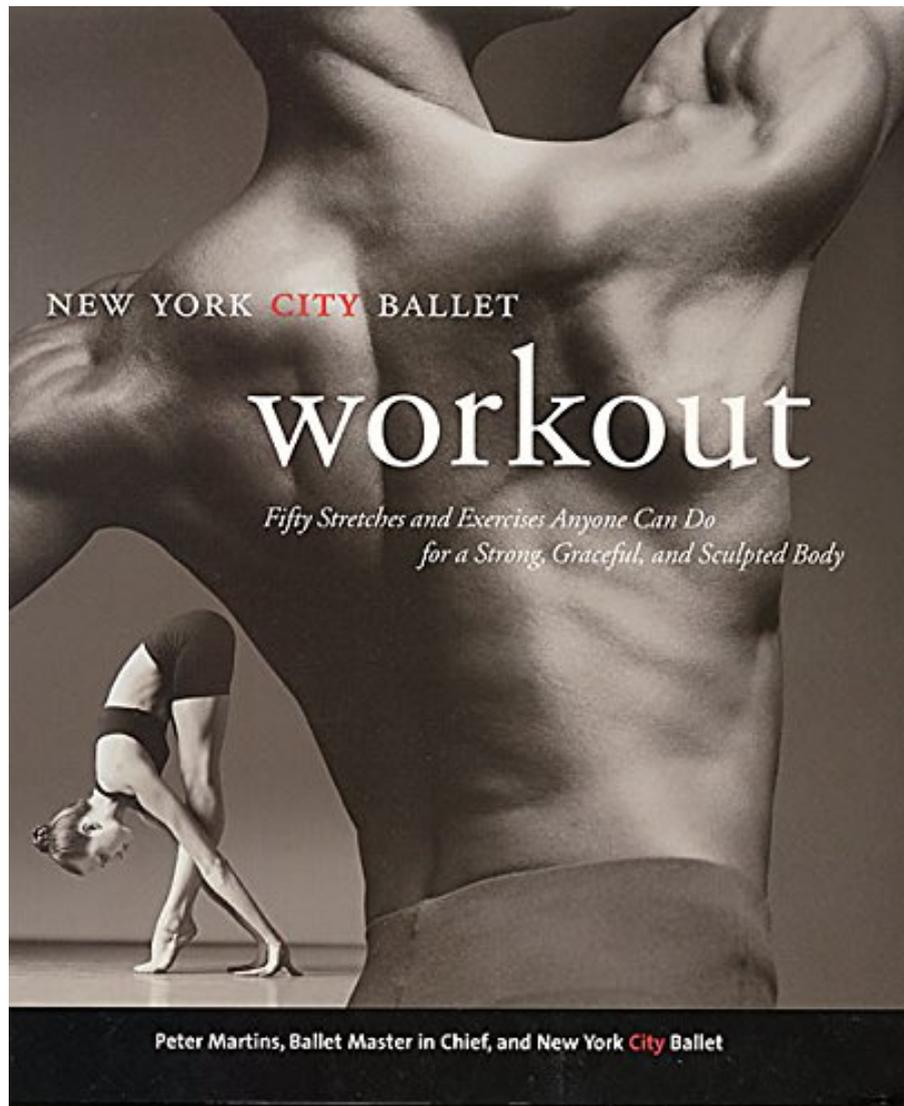


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STRETCHES AND EXERCISES ANYONE CAN  
DO FOR A STRONG, GRACEFUL, AND  
SCULPTED BODY BY PETER MARTINS**



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Dancers get their beautiful bodies by dancing, right? Well, there's more to it than that. They also do specific exercises and stretches to build their strength and keep their magnificent physiques injury-free. This book offers 50 of those exercises, ranging from routine abdominal movements to "center exercises" (which develop coordination and stability) to advanced leg movements (which, of course, give you legs like a dancer). The book even offers suggestions for music to play while you follow the training tips.

## Review

Want to add a little grace and dignity--not to mention strength and flexibility--to your workout? Pick up a copy of *The New York City Ballet Workout* (William Morrow, 1997). With exquisite black and white photos by Richard Corman and Paul Kolnik, the book illustrates the stretches and workout routines used by dancers of the world-renowned New York City Ballet (NYCB). "This is a full-body conditioning workout," says Melinda Roy, a former principal dancer with the NYCB and co-creator of the book. "It will help you strengthen and lengthen your muscles, and improve your posture."--*Fitness*, December 1996 "The body is our instrument. One thing to remember is that we all have the same instrument, whether some of us have shaped it into the body of dancer or not...When I began to develop a workout based on the principles of New York City Ballet, I kept thinking of Michelangelo's unfinished sculptures that are part stone, part dancer. You want to be a sculptor of your muscles in order to achieve maximum muscle tone."--Peter Martins, from the Foreword

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By combining elements of New York City Ballet's balletic regimen with practical strength-building exercises, The New York City Ballet Workout can help people achieve a strong, graceful, and flexible body--one that displays the impeccable poise that is the trademark of New York City Ballet dancers.

Many exercises of The New York City Ballet Workout were once confined to the world's elite rehearsal studios. Now, as refined by Peter Martins and his company, these exercises have been designed as a comprehensive, holistic approach to the body that can be used by anyone from the out-of-shape to the serious athlete, to attain a lean, hard, beautiful body. From flexibility to endurance, this is a complete exercise program for men and women.

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- Brand: Martins, Peter
- Published on: 1997-01-13
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- Original language: English
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- Binding: Paperback
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Most helpful customer reviews

33 of 33 people found the following review helpful.

Wonderful book

By Effulgent girl

I have had this book for at least 3 years and I got it because like lots of other girls, I liked ballet and it has always been a dream for me, another dream for me is mac'n cheese so, girls if you know nothing about ballet and can't even do a split don't worry, this book is perfect. You can go at your own pace and pick out the exercises that target your undesirable areas but don't pass up the ones that don't look hard, you don't work up a sweat but every one of the stretches does something good, pretty soon people will start to notice you because, you will start walking different, I sometimes do one or two of the balancing exercises before I go out and I have to say that this book will have you striking a pose without even knowing it. There is one thing that I think can be done to make this book perfect. I have literally worn out my book and I would purchase it again if it were smaller and wire bound and use it for travel. The pictures are lovely and even if you are a "couch potato" this book will do wonders for your posture and personally, the Complete Spinal Stretch has worked out crooks in my back like magic. This is the kind of book that becomes like a big secret because it does not take much for you to feel a difference, the change will be gradual but lasting.

39 of 40 people found the following review helpful.

Results That Come Easy

By KAREN ROBISON

This is a great book for anyone that wants to achieve results without a lot of hard work. I ordered this book just before Christmas, and within just a few weeks of doing these exercises for about 45 minutes 4 to 5 times a week, I am already seeing results. The exercises are easy to do, and there are so many different ones in the book, you can pick the workout that's perfect for you. This is one workout I really look forward to.

27 of 27 people found the following review helpful.

Oo-oo-oo-oo-oo-oo!

By A Customer

No. I didn't say "Ow". I said Oo-oo-oo! That's what I said when I opened the box and saw this book for the first time. This book is so beautiful! There is no escape. You can't get away from the enlightening commentary of Peter Martins. The photographs are spectacular and spellbinding. The dancers' stories are real stuff - I had to admit I thought ballet dancers were all those uppity kids in well-to-do families who took riding lessons and went to the shore for the summer...NOT SO!

The most compelling thing about this book, however, is that the information is accurate and healthy, and the

exercises are DO-ABLE!! Maybe not all of them right away all at once, but then, why should they be? These things take time. Anything which produces such litness, flexibility and grace requires dicipline. There is nothing referenced in this book that is not achievable, and Martins and his company are as encouraging as they can be without coming to your house.

There are so many silly diets out there enticing people with that "lose-a-lot-of-weight-fast-without-sacrificing-or-exercising-at-all" siren song. You need to snap out of the delusional drift and do something beautiful for yourself that DOES take a little time, energy and commitment. You're going to love what it does for you!

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