



NYC Ballet Workout: Fifty Stretches And Exercises Anyone Can Do For A Strong, Graceful, And Sculpted Body

By Peter Martins

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New York City Ballet Workout is a revolutionary fitness program that will help you begin to develop lean abs, firm buttocks, a contoured waist, sculpted legs, slim thighs, strong arms, perfect posture, flexibility you never thought possible--and grace and poise of a dancer. More than three hundred stunning step-by-step and other photographs throughout make this the most beautiful and easy-to-use exercise book ever created. This elegant book is unlike any exercise book ever published. Graced with more than 300 instructional exercise photographs and extraordinary duotone portraits of New York City Ballet dancers, *The New York City Ballet Workout* explores the company's philosophy of balancing art, life, and fitness.

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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Editorial Review

Amazon.com Review

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

From the Back Cover

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Users Review

From reader reviews:

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Sculpted Body the mind will drift away through every dimension, wandering in every aspect that maybe unidentified for but surely will become your mind friends. Imaging just about every word written in a guide then become one type conclusion and explanation this maybe you never get just before. The NYC Ballet Workout: Fifty Stretches And Exercises Anyone Can Do For A Strong, Graceful, And Sculpted Body giving you yet another experience more than blown away your brain but also giving you useful data for your better life on this era. So now let us present to you the relaxing pattern is your body and mind will likely be pleased when you are finished studying it, like winning a. Do you want to try this extraordinary investing spare time activity?

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