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Pilates Expanded Stand Up Paddle Board

Eme Cole

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This manual is designed for fitness enthusiasts who wish to combine their love for two great core workouts: stand up paddle boarding and Pilates. It contains 100 pages, 179 exercises, and 376 color photos. The contents include: Section 1: Pilates Inspired Boardwork Exercises This section converts traditional and progressive Pilates matwork exercises into movements appropriate for the added instability of the paddle board. Section 2: Pilates Boardwork Exercises with the Paddle This section incorporates the paddle to add resistance to the exercises. Section 3: Pilates Miniball Boardwork Exercises This section incorporates the Pilates miniball: a floating prop that adds further challenge to the exercises. Section 4: Cross-Training Using the BOSU & Reformer This section demonstrates indoor exercises that can be done to cross-train for stand up paddle boarding using the BOSU and the Pilates Reformer. Section 5: Routine Design Cut Away Pages This section divides the exercises into multiple routines to keep paddle board workouts interesting and challenging. The pages can be cut out, laminated, and brought along on the paddle board for reference.

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Linda Amato:

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Gary Jensen:

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