

Nyc Ballet Workout Fifty Stretches And Exercises Anyone Can Do For A Strong Graceful And Sculpted Body By Peter Martins

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"Críticas 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 a 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

Reseña del editor *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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Biografía del autor Peter Martins was born in Denmark and began his association with the New York City Ballet thirty years ago. George Balanchine appointed him a ballet master in 1981 and since 1990 he has been ballet master in chief. Acclaimed as a dancer and choreographer, he lives in New York City with his wife, Darci Kistler, and their daughter, Talicia."

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