

Pilates for Men: Build a Strong, Powerful Core and Body from Beginner to Advanced

By Sean Vigue

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Pilates for Men: Build a Strong, Powerful Core and Body from Beginner to Advanced By Sean Vigue

Sean has helped millions of guys become stronger and healthier with Pilates...why not YOU?

This all fitness levels, easy to follow total Pilates training manual includes 35 dynamic Pilates mat exercises (only your body weight is needed. No equipment necessary.) complete with color photos, descriptions and add-ons/modifications so you'll get a great workout no matter your age or fitness level.

There's also 6 complete Pilates workouts (beginner, intermediate, advanced, hard abs, strong back, athletic training) so you can get moving right away and reaping the many benefits of adding Pilates to your life: strength, control, endurance, flexibility, massive core strength, agility, focus and pure POWER. You can also train directly with Sean as all of the 6 workouts have been filmed and added to his popular YouTube channel with links in the book. It's always Sean's goal to make getting in incredible shape as convenient, effective and fun as possible.

Never underestimate the importance of cross training (combining of various exercises and workouts to work various parts of the body) so Sean has included an exclusive training program (link provided) which includes 10 different diverse and challenging workouts from Power Yoga to Cardio Core. You will never get bored with your workouts!

Pilates is the perfect stand alone workout or can be added into your current routines. It's super convenient and can be done anywhere and anytime according to your schedule and will dramatically enhance your performance on every level, for EVERY sport and EVERY activity....Pilates has you covered!

Sean Vigue - the Most Watched Pilates and Yoga Guy on the Planet, winner "Best Pilates for Men Workout" from Pilates Style magazine and the recent author of the popular paperback, "Power Yoga for Athletes" from Fair Winds Press and the bestselling eBooks, "30 Day Flexibility Training", "30 Days of Planks", "Sean Vigue's 30 Day Beginner Workout Program" and "Sean Vigue's 45 Day Workout Program".

P.S. If you'd like to check out my other bestselling fitness books simply type in 'Sean Vigue' in the search bar!

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Editorial Review

Review
"Sean brings a lightness to any heavy-duty workout. His sense of humor keeps you smiling when your mind is telling you to frown and possibly give up. In my opinion, a light and kind teacher that can also encourage you to meet your edge is a treasure - and Sean is that!" - **Adriene Mishler of Yoga with Adriene**
"Sean has the moves, mojo and motivation you need to reach that next level of fitness. His energy is contagious and his pipes are sublime!" - **Brooke Siler, Pilates Icon and Bestselling Author**
"Sean is a talented and knowledgable fitness instructor that I am proud to have the privilege of working with." - **Dean Pohlman of Man Flow Yoga**
"Sean's **Pilates for Men DVD** is the *Best Male Workout*!" - **Pilates Style Magazine**
"Seans Power Yoga workouts are my go to yoga workouts. He is an amazing instructor and I love the way he always makes me laugh. Sean's Power Yoga workouts are a great way to start my day!" - **Laura London of Laura London Fitness**
"Working out with Sean is a blast! I refer my online clients to him because I know not only will they get a safe & effective workout, they are sure to be entertained in the process!" - **Dana Chapman of RealFitTV**
"I love Sean's dedication to yoga and working out, his fun personality and his commitment to helping people" - **Ali Kamenova of Ali Kamenova Yoga**
"I was in search of inspiration for yoga and pilates and when I found Sean online, I felt like I could accomplish my fitness goals and have fun at the same time! I had taken many different classes in person and online, but never did I connect with someone in such a human way." - **Natalie Cummings, Founder Cardio Yoga Fusion**

From the Author
I wrote this book for all the men out there who need to discover the HUGE benefits of Pilates. Core strength, flexibility, strength, control, precision and endurance.

Pilates for Men is extremely straightforward and easy to follow with lots of full color photos, descriptions and 6 complete workouts that are also linked as videos. Pilates will improve your performance in every sport and activity. The workouts can last 3 minutes or 60 minutes - it fits into the busiest of schedules.
I've worked with millions of men of all fitness levels around the world and helped them become healthier, stronger and more flexible. You can't afford to ignore the massive benefits of Pilates anymore. This book is for YOU. I'll see you on the mat!

About the Author
Sean is Colorado's premier Yoga and Pilates instructor, author of "Power Yoga for Athletes" from Fair Winds Press and "Pilates for Men" eBook, creator of Pilates Style's "Best Male Workout of 2011″ Pilates for Men DVD/Download, the official Yoga and Pilates Guest Instructor for YouTube giant HASfit and has the distinct honor of being named the "most watched yoga and Pilates guy on the planet". Also, professional opera singer (sings arias while holding planks) and member Actor's Equity Association (professional singer/actor for 12 years).

He passionately teaches yoga, power yoga, yoga for athletes, mat Pilates, Power Pilates, Pilates for Athletes, HIIT Boot Camps, Spinning, yoga core, Pylata (original workout method) and personal training with well over 5000 live classes (and 1500+ workout videos worldwide) to his credit. He's had the pleasure of teaching for Walt Disney World (outside vendor and taught thousands of cast members all over property), Florida

Hospital, Nick's Pro Fitness, Orange and Osceola country public schools, Gold's Gym Orlando (largest in the southeast United States), Montessori School and much more. Sean loves what he does and can't wait to work with you!

Recently featured in The Washington Post, CureJoy, Ultra Running magazine, Lifestyle for Men magazine, Curious.com, Fox News, MoveMeFit, Grokker, Pilates Style magazine, The Denver Post, Fit Bottomed Girls, The Broadway Blog, YoFitTV.com and recently named one of the most influential fitness instructors by the Huffington Post.

Users Review

From reader reviews:

Donald Davisson:

Typically the book Pilates for Men: Build a Strong, Powerful Core and Body from Beginner to Advanced has a lot associated with on it. So when you make sure to read this book you can get a lot of advantage. The book was authored by the very famous author. The writer makes some research prior to write this book. This particular book very easy to read you can get the point easily after looking over this book.

Joel Barnhardt:

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Krystal Sutherland:

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Henry Buford:

What is your hobby? Have you heard that question when you got students? We believe that that question was given by teacher to the students. Many kinds of hobby, All people has different hobby. And you know that

little person similar to reading or as reading become their hobby. You should know that reading is very important in addition to book as to be the matter. Book is important thing to incorporate you knowledge, except your own personal teacher or lecturer. You get good news or update concerning something by book. Numerous books that can you take to be your object. One of them is niagra Pilates for Men: Build a Strong, Powerful Core and Body from Beginner to Advanced.

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