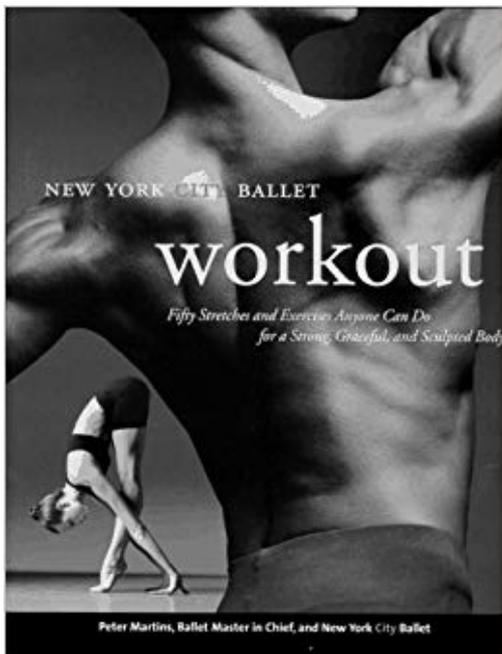


# **New York City Ballet Workout: Fifty Stretches And Exercises Anyone Can Do For A Strong, Graceful, And Sculpted Body** *by Peter Martins*



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**ISBN:** 0688148433

**ISBN13:** 978-0688148430

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**Book title:** New York City Ballet Workout: Fifty Stretches And Exercises Anyone Can Do For A Strong, Graceful, And Sculpted Body

**Pages:** 197

**Publisher:** William Morrow; 1st edition (January 13, 1997)

**Language:** English

**Category:** Exercise & Fitness

**Size PDF version:** 1710 kb

**Size ePUB version:** 1410 kb

**Size FB2 version:** 1897 kb

**Other formats:** doc rtf mbr mobi

With more than three hundred photographs of the New York City Ballet, a workout guide offers a holistic view of exercise using stretches and strengthening exercises, as well as a look at the philosophy of the New York City Ballet company. Simultaneous. Tour.



**Reviews of the New York City Ballet Workout: Fifty Stretches And Exercises Anyone Can Do For A Strong, Graceful, And Sculpted Body**  
*by Peter Martins*

## **SmEsH**

Fabulous. The exercises are not like any workout you've ever done. They are all stretch like movements - true, some I couldn't manage but I have a bad hip. There's a photo of a male dancer in the air that I copied and put in my gym bag for motivation! You won't think it's too hard. I just don't see how those males get such defined strong muscles with this workout unless they do it many times a day. Worth the money!

## **WOGY**

I wouldn't waste your money. These dance stretches are now pretty standard in any pilates, yoga, or stretching workout that's out there. This book was written in 1997. At that time, I'm sure this book was very useful. Now you can find all of these moves on Youtube for free.

## **Fordregelv**

Tired of the jarring and sore joints of the typical American workout, I bought this book. What is more beautiful and fit than a ballet dancer's body? I am not disappointed! Trying the exercises on the first day I had it, I broke a sweat in no time at all, and was sore in places I didn't know I had, but it wasn't like soreness I've had with weight work or other routines where I could barely move the next day. This works!! Already, after 2 weeks, I have some amazing definition in my thighs, which are not bulking but actually slimming down (Yay for that - I hated bulging thighs - leave those for the muscleistas) My goal was to be long and lean, and this is DEFINITELY the workout for that. It is specific about extending the muscles/body parts being worked on, rather than just achieving a static stretch, which gives the exercises a range that isn't available in other workouts. My next purchase will be the DVD, as there are some vague areas in the book. Beautiful, beautiful!! Thanks, Peter Martins and the wonderful dancers of NYC Ballet Co!!! One suggestion: buy a good diet-for-dancers book to use with this if you are sincere about having a dancer's bod and energy!!

## **Danrad**

I had high hopes for this book, but it wasn't what I expected.

While it lived up to its name -50 stretches anyone can do- I found most of the stretches to be basic, or somewhat out of date.

For someone just getting into fitness or not sure where to start this guide would be great, but it wasn't for me.

Another reviewer commented that some of the photos of the men were kind of...weird, and since it was only a single reviewer who had this complaint I didn't pay much attention, but as I flipped through the book it was something I noticed too -and I didn't care for it.

My advice: If your local library has it, check it out first to see if it's something you want to pay money for. My library didn't, so I bought it -but that's where the copy ended up.

## **Runemane**

I find this a great reference for working out, especially with the NYC Ballet workout on DVD.

My biggest complaint is that it's designed more like a "coffee-table book" than an exercise manual. A spiral binding would have made all the difference, as the pages would be able to lie flat. I \*do\* enjoy the commentary at the beginning, and the photography is simply luscious.

Because the book doesn't lie open on its own, I have a little trouble following the whole "long" routine directly from the book. However, the shorter routines in the back are easier to do, as I can usually remember all the movements (or only need to reference one or two).

I read a suggestion, somewhere, that you make an audio recording of each movement (reading out

the text description) and the number of reps counted out, and then play it back while working out. This would be instead of fumbling with the book. I'm working on doing that, myself, and I hope it will aid me in doing the whole long routine.

I think the pictures in this book are clear and detailed enough to even teach someone who doesn't have a ballet background "how" to do the movements, but, I couldn't say that for sure, as I had 8 years of lessons.

Gwen

#### **Sataxe**

Great book. Nice to read different ballet performers thoughts and passions past and present, exceptional experiences, full size pics, then exercises they do to elongate and tone, strengthen. Low-impact. Great explanations. Easy to read

#### **Frlas**

I took ballet lessons a long time ago and was never very good at it, but it was something I always loved. I still remembered some steps and one day decided to try a few out. It felt so good to put my muscles through those motions. It got me thinking and I came across this book. It teaches you ways to move and stretch to give your body a beautiful, healthy shape. Some can be difficult at first, but it does work. It contains step-by-step pictures that make it easy to follow, as well as written directions. In addition to that, it encourages you to stick to the exercises and offers advice on how to really focus on what your body feels to give you a maximum effect. Overall, this is a wonderful, helpful, and even relaxing way to tone your body. For anyone who wants to get in shape, this book is definitely the one to have.

A thoroughly wonderful book for any exercise level. If one is out of shape, go at a slower pace, pick only a couple stretches and moves to start with, and, as your body adjusts, increase activity. Use caution and common sense anytime one is starting a new exercise regiment.

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