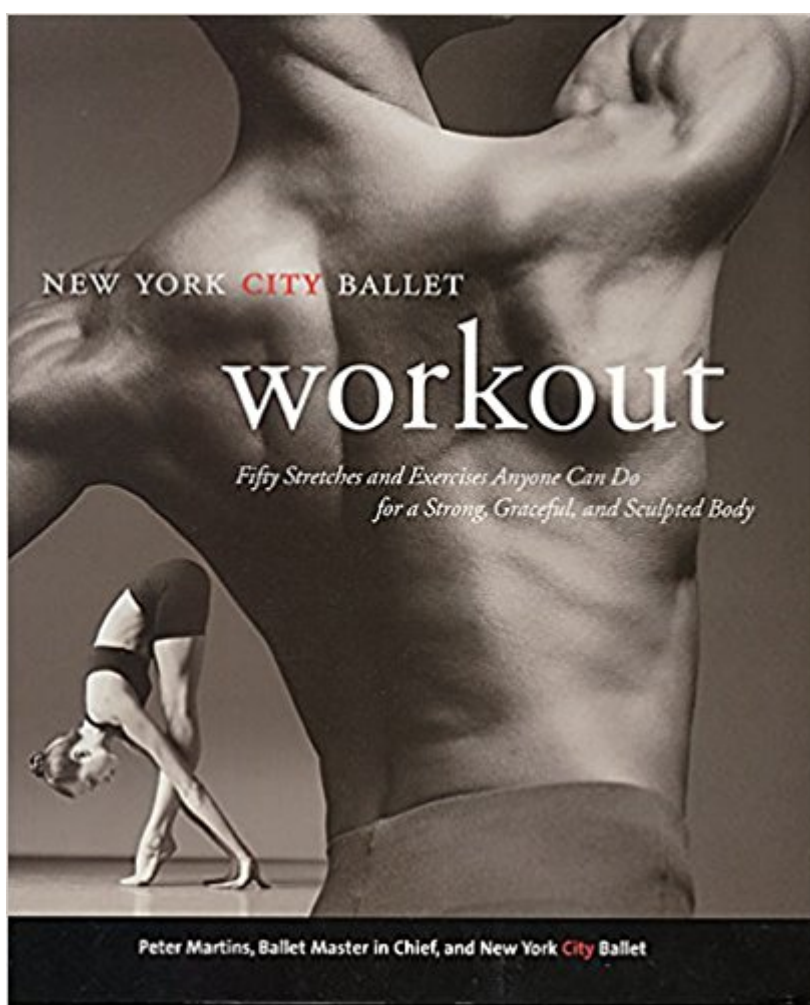


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# NYC Ballet Workout: Fifty Stretches And Exercises Anyone Can Do For A Strong, Graceful, And Sculpted Body



## Synopsis

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.

## Book Information

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## Customer Reviews

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. --This text refers to an out of print or unavailable edition of this title.

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

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!

This is a great resource book for safe and effective strength and flexibility exercises. There is a LOT of material in this book. Also, the authors realize that many different types of people will be using this book, not just ballet dancers, so they have taken the time to organize recommended exercises for various sports. E.g., there is a section in the back with recommended exercises for racket sports, based on the typical movements one gets in those sports. In fact, this is what I mainly use the book for since my primary sport is tennis. Bottom line is I highly recommend this book.

Very, very basic - a conflation of very basic yoga stretches, some ab work, and leg lifts. The book has nothing to do with ballet, although they pretend it does with some of the exercises. I was very

disappointed in this big, expensive book that offered so little. Forget about the pictures on the front - they don't reflect the actual content. I saw that some people really enjoyed it and got a lot out of it, but I did not. In my opinion, for less money, you could buy a good hatha yoga book with lots more to offer, and also one with basic Pilates floor exercises.

I think this is a wonderful book on stretching. I only wish there was a video. I found a typo in the book and tried to contact the publisher but there is no contact information in the book. I attempted to contact the publisher via facebook but I have heard back from them. Otherwise, this is an excellent book for anybody and everybody.

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!!

When I was a little girl, I dreamed of becoming a ballet dancer but was unable to take lessons. When I opened my .com shipment and took out this book, many (MANY!) decades later, I actually got a lump in my throat, feeling that at last I can participate in a personal way, in that awesome world of the dance. The book is beautiful, informative, and challenging. It presents enough exercises to keep me busy for years, and best of all, it is written with a true sense of what a body is capable of doing. I go to the health club and do aerobics and weight training, but this book takes working out to a much higher level, a level where we work toward grace, balance, and elegance in movement. We are reminded to pay attention to the "quality of movement," and to "move like a dancer," which is very good advice, especially for women. Not that these are easy exercises, by any means. You can pace yourself, work as hard as you wish, and know that every erg of energy you expend will bring

you closer to having a beautiful body. Motivating! (Do NOT look for me onstage at the NYC Ballet, however. Alas.)

Beautiful photography. I have used this book for only a few weeks but so far have found: The Pros: Not so challenging as to discourage someone starting. Clear explanations accompanied by photo illustrations. Wide variety of stretches and exercises so just develop your own program! The Cons: The standard soft-back binding results in keeping pages flat a minor problem. I recommend this book for anyone.

Definitely a great book if you have current/previous dance experience. With no prior experience, the exercises might be on the more difficult side to follow and/or could lead to injury or might not be as effective because of incorrect execution of the exercises. I found it very helpful in designing a warm-up/conditioning program for my intermediate and advance dance students.

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