



## **Anatomy for Pilates DVD**

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*Anatomy for Pilates* is a unique resource for both Pilates instructors and students. Created in partnership with Pilates World University, this Primal Pictures DVD-ROM features computer graphic models of human anatomy derived from MRI scan data but with a special emphasis on the anatomical structures involved in various Pilates exercises. The software focuses on the skeletal, muscular, and respiratory systems by presenting 24 detailed three-dimensional views, including 12 musculoskeletal views, 4 joint views, 7 schematic joint views, and 1 respiratory system view. Each anatomical view consists of a maximum of seven layers, including a muscle attachment layer, which can be added or removed one layer at a time to allow the individual muscles to be viewed.

The anatomical structures can each be rotated and labeled, allowing users to study a specific area of interest. Individual muscles can be highlighted to view accompanying text that includes links to a 3D muscle atlas consisting of a series of illustrations that show a muscle's attachments as well as the muscle in isolation. The text includes links to animations of relevant muscle functions and videos of Pilates exercises and Pilates-specific text that focuses on four areas:

- Fundamentals that address concepts such as relaxation, concentration, breathing, alignment, control, and stamina
- Preparatory Pilates exercises for flexion, extension, or rotation of various body segments
- Classic mat exercises, such as roll-up, leg circles, and spine twists
- Movement types for the spine, hip, shoulder, knee, ankle, elbow, and wrist

In addition, two specific Pilates views are available, showing the movements of roll like a ball and pelvic tilt. These views consist of two or three layers that illustrate the core muscles of the multifidus, internal oblique, and transversus abdominis. The views in this section can be played as animations.

*Anatomy for Pilates* is an excellent resource for use in teaching and studying Pilates or as a reference. Its unique approach and detailed 3D content make it a vital tool for those striving to get the most out of their Pilates training.

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