

New Dawn Pilates

NEW DAWN PILATES™

NEW DAWN PILATES (Vol. #1)

Price per Unit (piece): \$29.99



A PILATES-INSPIRED WORKOUT ADAPTED FOR PEOPLE WITH PELVIC PAIN

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Length: 93 minutes
DVD Released: March 2008

NEW DAWN PILATES™ Vol.#1 offers exercisers with pelvic pain disorders an effective, daily workout plan designed to tone and condition muscle. This first volume contains over 90 minutes of content and is rated Beginner to Intermediate Level. Unlike other exercise videos on the market, NewDawnPilates Vol.#1 has been carefully crafted in such a way, as to not cause further pain to the pelvic region. The workout adapts Pilates principles of concentration, flow and breath to achieve a total body workout through low impact movements.

Before being diagnosed with Interstitial Cystitis in 2005, owner of New Dawn Pilates™ and ex-gymnast, Jenny L. Buttaccio, practiced daily, various forms of exercise and body conditioning. Over the past two years her life has changed immensely. One of the major areas particularly difficult for her to continue in the same manner as before is exercise. Being a Registered & Licensed Occupational Therapist and a Certified Pilates Instructor, Jenny adapted a system of pilates-inspired exercise for herself and for others who suffer from chronic pelvic pain.

The New Dawn Pilates™ DVD features both an Introduction and a thirty-seven minute Tutorial that explains proper and safe body-mechanics for the exercises. The DVD menus and chapters were created in such a way that a workout can be customized in multiple ways. Exercisers are offered the option to perform the entire workout from beginning to end, or to simply target a specific area one day (i.e. arms, legs, etc.), and a different area another day. This allows an individual to personalize their workout, customizing an exercise program, anywhere from 7 to 45 minutes in length, according to their own capabilities and pain levels. Another feature for pelvic pain sufferers is an on-screen prompt wherever Intermediate-Level exercises

appear. It allows viewers to “Skip” certain exercises that may be too uncomfortable to perform.

Also, included is a bonus workout for those who find it too difficult to perform even the adapted variations of the exercises, or for anyone who has just had a rough day. This bonus workout will renew and energize exercisers through simple, fluid motion done completely from a seated position in a chair. It’s called The Rough Day Revitalizer™.

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