


北京市重点学科《体育教育训练学》2010年度资助项目  
The Beijing key subject of the physical education training in 2010-funded program



# 普拉提<sub>(垫上)</sub> 双语教材

# Pilates<sub>(mat)</sub> bilingual text book



杨 萍 主编



北京体育大学出版社

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## 编写说明

普拉提是一项在世界上非常流行的新概念健身方法，在我国也正逐渐兴起，目前一些健身房已经开设了普拉提课，同时普拉提也正在走进学校，受到越来越多的人的喜爱。

普拉提双语教材（垫上）的编写旨在加深人们对普拉提健身法的正确认识，满足社会和学校普拉提教学的需要，可用于学校普拉提教学，也可作为健身房教练的参考用书或作为对普拉提感兴趣的人的自学材料。

普拉提双语教材（垫上）采取中英文对照的形式，重点强调常用的专业术语和单词，可使读者在学习普拉提知识的同时，了解其英文术语和原意，进一步加深对普拉提的理解。本教材配以大量的动作图片和详细的动作说明，图文并茂，理论与实践相结合，便于学习和掌握。

本教材由杨萍担任主编、英文翻译和通稿全书。具体分工如下：杨萍（首都体育学院）编写第一章、第二章、第四章、第五章；易海燕（北京邮电大学）编写第三章的第一节、第二节、第五节；张平（北京体育大学）编写第三章的第三节；袁睿超（北京大学）编写第三章的第四节。动作示范为易海燕和袁睿超，拍摄服装和器材由阿迪达斯公司赞助。

本教材在编写过程中，查阅了大量国内外有关普拉提的文献资料，并力争准确和通俗，但由于编写人员的水平和经验有限，书中不妥之处，敬请指正。

此成果是北京市重点学科《体育教育训练学》2010年度资助项目。

编者  
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## 编写组名单

主编：杨 萍 首都体育学院  
编委：易海燕 北京邮电大学  
张 平 北京体育大学  
袁睿超 北京大学

英文翻译：杨 萍  
动作示范：易海燕 袁睿超  
拍摄服装和器材赞助：阿迪达斯公司

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# 第一章 普拉提介绍

## Chapter 1 Introduction to Pilates<sup>①</sup>

### 第一节 什么是普拉提

#### Section 1 What is Pilates

普拉提是西方世界中第一个“全身心”的健身体系，“全身心”意味着把身体作为一个整体来考虑，而不是毫不相关的各个部分。目前的健身趋势和正在不断增长的全方位关照自己的意识：身体、大脑和精神，可以说明为什么普拉提近年来快速流行的原因。

Pilates is the first exercise systems in the West to take a “*holistic*<sup>②</sup> approach” to fitness, the “holistic approach” means that taking your body as a whole, not the separate parts. The current trend for health and fitness and an ever-growing *awareness*<sup>③</sup> of the importance of looking after ourselves on all levels: body, mind and spirit, may explain the growing popularity of Pilates over recent years.

普拉提是一个使身体更强壮和在结构上更有效率的健身项目。在这里“结构上”是一个关键词：普拉提的练习重点是加强围绕和支撑躯干的核心肌肉的力量，从而使我们感觉更健康和更有能力去应付今日世界高标准的生活。

Pilates is an exercise program designed to make our body stronger and more structurally efficient. “*Structurally*<sup>④</sup>” is the keyword: Pilates focuses on strengthening our body’s core muscles—the muscles that surround and support our trunk—so that we will feel fitter, and be better able to cope with life in today’s demanding world.

现代生活对我们的身体造成了前所未有的影响。100多年前，人们在田地或工厂中劳动，或在没有“省力设备”的情况下清理家居。但是现在我们中的大多数人整天坐在齐腰高的桌子前或电脑前，身体向前弯曲着去读书或写字，我们正在

① Pilates 普拉提    ② Holistic 整体的、全盘的、全身体的    ③ Awareness 意识

④ Structurally 结构上的

训练自己的身体成为“躬背”的姿态，使胸前的肌肉缩短，背部的肌肉紧张，骨盆底肌减弱，并抑制了我们的呼吸。

Modern life makes unprecedented impacts on our bodies. A hundred years ago, people would have been bending and stretching in the fields or in a factory, or cleaning the house without the aid of labor-saving devices. But today most of us spend all day sitting in front of a waist high desk or a computer, with our bodies leaning forward to read or write. We are training our bodies into a **rounded posture**<sup>❶</sup> that cramps the muscles around our chest, strains our back muscles, weakens our pelvic floor muscles and inhibits our breathing.

普拉提练习可以帮助我们消除上述损害。通过伸展紧张的肌肉、增强无力的肌肉和改善全身心的健康状况来重新训练你的身体，建立一种新的身体运动模式，使之能更好地工作，并使我们看起来更高、更苗条和更强壮。

The Pilates method can help us to counteract the damage by retraining our body to work better, stretching tight muscles and strengthening weak ones, and improving overall physical fitness and mental wellbeing, build a new body **kinematics pattern**<sup>❷</sup>, giving us a longer, leaner, stronger look.

普拉提经常在垫上或普拉提床上练习。普拉提床是一种阻力练习器械，具有可移动的架子，沿着木制或金属制的轨道滑动。弹簧和绳索提供了助力和阻力，练习是以仰卧位、坐位、跪位或站位来进行的。

Pilates is most often performed on a mat or a **Reformer**<sup>❸</sup>. A Reformer is a resistance-based piece of equipment with a moving carriage that slides along a wooden or metal frame. Springs and ropes provide assistance and resistance, and exercises are performed lying down, sitting, kneeling or standing.

许多普拉提热衷者喜欢普拉提床练习，因为普拉提床练习比垫上练习可以提供更多的阻力和支撑。还有一些人喜欢垫上练习的灵活性，可以更灵活地决定练习的场地和时间。

Many Pilates enthusiasts prefer working on Reformers, which offer more resistance and support than a mat. Others love the flexibility of mat workouts, which allow us more flexibility in where and when we work out.

在垫上练习还是在器械上练习可自由决定，但是目前在我们国家普拉提床还

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❶ Rounded posture 躬背姿势、圆背姿态    ❷ Kinematics pattern 运动模式    ❸ Reformer 普拉提床，一种专门的普拉提练习器械。

不普及，原因之一就是普拉提床相对来说价格比较贵。实际上，虽然可以在市场上买到一些基本的器材，但普拉提技术并不需要去买任何特殊的器材，所需要的只是一个折叠的毯子或一张放在地上的垫子、一个小毛巾、一条长巾或弹力练习带。假如需要的话，还可以有一个放在头下的小扁平垫子。衣服应该是舒适的，可以让我们自由地运动。

It is ourselves decision to work on a mat or a Reformer. However, currently in China, Reformers are not popular, one of the reasons of this is Reformers are comparatively expensive. Actually the Pilates technique does not require us to buy any special equipment, although some basic equipment is available should we choose to purchase it. All we need is a folded blanket, towel, or exercise mat to place on the floor; a small towel, scarf, or *stretchy exercise band*<sup>①</sup>; and a small, flat cushion to place under the head if needed. Clothing should be comfortable and allow us move freely.

## 第二节 普拉提练习的特点

### Section 2 Characteristics of Pilates Method

在西方世界中，普拉提被归属于“意识——身体”类练习。“意识——身体”类练习还包括瑜伽和太极等，其主要特点是动作慢而有控制，强调大脑和身体的结合，每一个动作的完成都是在意识控制之下的。

In West world, Pilates is considered to be a part of *Mind-Body*<sup>②</sup> exercise which including Yoga and Tai Chi as well. The characteristic of Mind-Body exercise is that movement done in a slow and controlled way, emphasizes on the integration of mind and body, every movement is executed under the control of consciousness.

普拉提是一种“精细”的练习，每一个动作都有特定的练习目的和练习部位，同时还要保持核心部位的收紧，需要大脑对身体的精确感觉和控制，要静下心来细心体会。

Pilates is a “delicate” exercise, each movement has a special aim and target muscle, and maintain *bracing*<sup>③</sup> of the Core at same time, which needs the precise

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① Stretchy exercise band 弹力练习带 ● Mind-Body 意识——身体 ● Bracing 收紧、绷紧

perception and control of the body, so calm and serious are needed to experience.

普拉提练习强调用练习者自身的体重作为阻力来提高身体力量。

Another aspect of the Pilate's exercise program is that it emphasizes one's own body weight for resistance training to build body strength.

大量的普拉提练习是躺或坐在垫子上来完成的, 这些练习经常模仿人们在日常生活中的动作, 因此与日常生活紧密相连。

A great number of Pilate's exercises are done lying or sitting on a mat which often imitates movements that are employed in daily life, so closely associated to every day life.

### 第三节 练习普拉提的益处

## Section 3 The benefits of Pilates

普拉提练习可以极大地改善身体的外形、感觉和运动能力。普拉提练习可在不增大肌肉块的情况下提高肌肉力量, 形成苗条的腿部和平坦的腹部, 使身体外观看起来圆润和健康。

Pilates exercise dramatically transforms the way your body shape, feels and performs. It builds strength without excess bulk, creating a sleek, toned body with slender legs and a flat abdomen.

普拉提练习可提高身体意识, 形成良好的身体姿态和轻松、优雅的动作, 改善柔韧性、力量和运动效率, 甚至还有助于减轻背部的疼痛。

Pilates teaches body awareness, good posture and easy, graceful movement. It improves flexibility, strength and economy of motion. It can even help *alleviate*<sup>❶</sup> back pain.

专业舞蹈演员把普拉提作为一种练习手段已经有数十年了, 高水平运动员也通过普拉提来提高力量、柔韧性并预防运动损伤, 好莱坞的明星们和超级模特们通过普拉提来保持美丽的体形。

Professional dancers have used Pilates as a exercise method for decades. Top athletes use it for increasing strength, flexibility, and injury prevention. Hollywood celebrities and supermodels use it to maintain beautiful physiques.

❶ Alleviate 减轻

普拉提发展自约瑟夫·普拉提的康复技术，通过使用垫子和器械来进行练习，是一种安全和有效的练习体系，可以帮助我们看起来更好，感觉更好！不管年龄和身体状况怎样，普拉提都会对我们有效。

Developed from the rehabilitation techniques of Joseph Pilates, Pilates is a safe, effective exercise system using a floor mat or equipment, that will help us look and feel better. No matter our age or condition, it will work for us.

普拉提练习发展强壮的“核心”或身体的中心。这个身体的核心包括腹部的深层肌肉和离脊柱最近的肌肉。普拉提可提高核心的控制，把躯干、骨盆和肩带联合在一起。

Pilates develops a strong “**body core**” or center of the body. The core consists of the deep abdominal muscles, and the muscles closest to the spine. The exercises develop core control, integrating the trunk, pelvis and shoulder girdle.

- 发展力量而不会形成大肌肉块。

Builds **strength** without “bulking up.”

- 提高柔韧性和平衡。

Increases **flexibility** and **balance**.

- 改善精神/身体意识。

Improve mind/body awareness.

- 增强核心控制能力。

Develops optimal core control.

- 形成平坦的腹部、苗条的腿部和强壮的背部。

Creates flat abdominals, slender legs and a strong back.

- 减轻压力和疲劳。

Reduce stress and fatigue.

- 减轻疼痛、僵硬和紧张。

Relieves pains, stiffness and tension.

- 具有挑战性但很安全。

Challenging yet safe.

- 普拉提的原理可用于其他任何运动形式。

The principle of Pilates can be applied to any other forms of movement.

## 第四节 普拉提的发展历史

### Section 4 A history of Pilates

目前在健身界什么最流行?当然是普拉提!近十年来,普拉提在世界各地一直处于爆发性的流行状态。在数十年中,普拉提是精英们训练的手段,但现在普拉提已经成为健身的主流。在普拉提起源的背后有什么吸引人的故事?为什么普拉提在一夜之间取得了成功?下面是普拉提历史的简要介绍。

What's all the fuss about in fitness world now? Of course Pilates! Pilates seems to have burst on the scene out of nowhere in the last 10 years. After decades as the workout of the elite, Pilates has entered the fitness mainstream. What's the fascinating store behind how Pilates began, and why the recent "overnight success"? Here's a brief Looking at its history.

普拉提起源于20世纪20年代中期,由约瑟夫·普拉提发明,并以其名字命名。

Pilates originated from the mid of 20s last century, *invented*● by Joseph Pilates, and obtained its name after him.

约瑟夫·普拉提1880年生于德国,从小体弱多病,患有多种疾病,包括哮喘、佝偻病和风湿热。为了战胜身体上的弱点并更加强壮,约瑟夫·普拉提开始练习肌肉健美、跳水、滑雪和体操,经过长时间的练习,他变得非常擅长这些项目,到14岁时,他不仅身体非常健康,而且成为解剖图谱的模特。

Joseph Pilates was born in 1880, Germany. He was a sickly child, suffering from a variety of ailments, including asthma, rickets, and rheumatic fever. Determined to overcome his physical weakness, he dedicated himself to becoming physically and strong. He studied and became proficient at various activities, including bodybuilding, diving, skiing, and *gymnastics*●. He was very good at these sports after a long time practice. By the time he was fourteen years old he had become so physically fit that he was able to work as a model for anatomical charts.

1912年,约瑟夫·普拉提搬到了英国,并以拳击手、马戏表演和自我防卫教练为职业。在第一次世界大战期间,因为是德国人,约瑟夫·普拉提被抓进了监狱,在狱中他成为一名护士并为其他的狱友编排了一套健身动作。他还开始发明器

械，把床上的弹簧固定到墙上，使狱友们躺在床上就可以利用弹簧进行练习，这就是后来普拉提器械设计的原型。在一场杀死了数千人的流感大流行中，普拉提健身法得到了大家的承认，因为在普拉提的所有练习者中没有一人死于流感。

In 1912, Joseph Pilates moved to UK, where he worked as boxer, circus performer, and a self-defense trainer. During World War I, he was taken prisoner of war because of his nationality. In prison, Pilates became a hospital nurse and developed a fitness exercise routine for other internees. He started constructing equipment, removing bed springs and attaching them to the wall so that inmates could use the springs to exercise while lying on their beds, an innovation that led to his later equipment designs. After a flu epidemic that killed thousands, Joseph Pilates' fitness method was given credit for the fact that none of these exercisers *succumbed*<sup>①</sup> to the virus.

第一次世界大战后，约瑟夫·普拉提回到了德国并定居汉堡，继续他的普拉提事业直到他参军。1926年，由于对德国的失望，约瑟夫·普拉提决定去美国。在轮船上，他遇到了一名年轻的护士克拉瑞，她后来成为了约瑟夫·普拉提的夫人。

After the war, Joseph Pilates returned to Germany, settling in Hamburg where he continued with his Pilates program until he joined the army. In 1926, despaired of Germany, he decided to sail for U. S. On board ship, he met a young nurse, Clara, who later becomes his wife.

到达纽约后，约瑟夫·普拉提建立了自己的第一个普拉提工作室。但早期的工作状况不尽如人意，直到40年代，普拉提在舞蹈界开始流行。到60年代，许多纽约的舞蹈家都定期去普拉提工作室练习，同时还有演员、体操运动员和其他项目的运动员。随后，普拉提健身法持续发展、变得越来越流行。近年来，越来越多的人发现了普拉提健身法的好处并参与到练习中来，因此普拉提健身法逐渐成为世界上最流行的健身体系之一。

After arriving in New York, Joseph Pilates set up his first Pilates studio. Little is known about the early years of the studio, but by 1940s, Pilates started to gain popularity in the dance world. By the 1960s, many of New York's dancers visited his studio regularly, as were actors, gymnasts and athletes. From then on, the Pilates method has continued to grow in popularity. In recent years, many more people have discovered the benefits of Pilates and participated in Pilates exercise.

① Succumb 屈服、屈从、死于



Therefore, Pilates technique is becoming one of the most popular fitness systems.

约瑟夫·普拉提在20年代最初发明的普拉提练习有34个动作,这些发明来源于约瑟夫·普拉提对东西方体育和健身方式的研究。他的成套动作不是和生活的各个方面毫无关联的、简单的身体动作,而是致力于改善个体的全面身心健康状况、作为日常健康维护项目的一部分。约瑟夫·普拉提从来没有固定过他的成套动作,而是使每一个动作都能适合练习者的个体需要。因此后来他的追随者们逐渐发展了各自的普拉提健身法的版本,结果是虽然基本的普拉提健身法的原理没有改变,但实际的教学在风格和着重点上都有轻微的改变。

The original exercises, devised by Joseph Pilates in the 1920s, consisted of 34 moves, which came from his studies of various sports and fitness exercises from both Eastern and Western disciplines. His routine was not simply a set of physical movements separate from every other aspect of life, but part of a program of health care designed to improve an individual's *well-being*<sup>①</sup>. Joseph Pilates never formalized his routine, instead adapting the moves to the needs of each individual. Consequently, many of his followers have developed their own version of the Pilates technique. The result is that, although the basic principles of Pilates are unchanging, the actual teachings now vary slightly in style and emphasis.

## 第五节 有关普拉提的误区

### Section 5 The myths about Pilates

普拉提的快速普及是一件好事,但在发展过程中人们对普拉提也产生了一些误解。下面是有关普拉提的几个经常出现的误区。

The increasing popularity of Pilates is a wonderful thing, but the meaning of Pilates gets distorted as it is passed along. Following are a few of the *myths*<sup>②</sup> about Pilates that often occur.

#### 误区 1: 普拉提是瑜伽的派生物

这种说法使普拉提和瑜伽两方面的从业者都咬牙切齿,特别是对那些有学生认为瑜伽和普拉提是可以互换的老师们。虽然约瑟夫·普拉提确实研究过瑜伽和

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● Well-being 全面身心健康状况 ● Myths 误区、荒诞的说法