



Alvin Ailey Dance Moves!: A New Way to Exercise

Lise Friedman

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Alvin Ailey Dance Moves! uses the very best in dance to demonstrate that enhancing your physical condition doesn't have to be plodding or routine. In fact, Alvin Ailey Dance Moves! raises the bar on exercise, elevating it to the realm of creativity as it introduces dance-based movement as a way of life. As realized in lucid text and stunning photographs of dancers in action, Alvin Ailey Dance Moves! is filled with stimulating, dance-based exercise and movement, drawing from the myriad techniques and disciplines taught at The Ailey School. These are movements practiced daily by Ailey-trained dancers that can be done by anyone just about anywhere, in just about any clothing, on just about any surface. These exercises are designed to improve posture and increase strength, stamina, flexibility, and muscle tone; help alleviate aches and pains; and contribute to heightened self-esteem, relaxation, and well-being. They can be done successfully by beginners or increased in difficulty to challenge more advanced users. A special 'shortcut' workout is provided for those days when you're really short of time.

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