

PILATES (Pil-lot-eeze)

**By
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Pilates is best described as muscular toning and flexibility exercises that look like calisthenics (muscular toning without weights, for example: laying side leg lifts, abdominal curl-ups, kneeling rear leg lifts, etc.) and Yoga, (the plough, bridge, and lotus, etc.) but are really an exclusive technique in and of itself. Pilates was created and developed by Joseph Pilates in the early 1930s, but has since evolved to a more careful, safe and contemporary format acceptable to the exercise and dance industry of today.

The focus of Pilates exercises is on core strength and stability, which is established in the abdominal and lower back areas, but all major muscles of the body are conditioned with Pilates exercises. The movements incorporate full-range of motion muscle contractions as well as isometric muscle contractions (muscle contractions without any joint movement involved).

There is no impact with Pilates exercises, therefore it is a more gentle form of movement that could improve natural body alignment. Pilates also concentrates on total-body joint and muscular flexibility and stability, improving range of motion and ease of movement around all joints. Breathing is an important component of all Pilates exercises, therefore breathing capacity is improved. In addition, Pilates exercises improve posture, balance, and endurance.

“Pilates” has a base of 25 different exercises that are performed in sequence in a similar fashion to any other type of exercise class, however, Pilates is a very technical form of movement that must be correctly executed and carefully monitored by a trained Pilates instructor in order to be safe and effective. A careful evaluation and analysis of each participant’s physical ability is made before entering Pilates classes.

Why should you do Pilates? Pilates is for the person who wants to achieve an optimal (not maximal) level of muscular strength, flexibility and tone through an alternative method of exercise that does not involve any impact, does not require weight training and takes place in a more peaceful environment. Pilates provides a more functional type of fitness by producing strong and toned abdominal muscles and a more flexible and stable back that supports the entire body throughout any movement pattern. Pilates is very rehabilitative for many people in that it can help to adjust muscle imbalances that may cause muscle and joint pains. Pilates is gentle, flowing, noninvasive movement that feels good to perform because it makes you feel graceful and in control. Pilates offers another alternative for you to get moving. The next page shows illustrations of some of the Pilates exercises.



Hundreds



Open Leg Rocker



Teaser



3. Rollover

Saw



Double Leg Kick

Spine Stretch



Swimming



Side Kick