

# Pilates - Core Conditioning

## Definition

Pilates or Physical mind method, is a series of non-impact exercises designed by Joseph Pilates to develop strength, flexibility, balance, and inner awareness. The Many Benefits of Pilates

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Pilates strengthens your "core" (abdominal and spinal muscle)

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Pilates builds strong, long lean muscles

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Pilates helps prevent your from future injuries by correcting over-trained muscle groups

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Pilates enhances mobility and stamina

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Pilates compliments sports training and develops functional fitness for daily life activity

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Pilates offers relief from back and joint pain and enhances range of motion

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Pilates restores postural alignment and creates a stronger more flexible spine

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Pilates is a mind-body workout focusing on your breath which can decrease stress anxiety and assists in the fight of depression Who would benefit from doing Pilates? With results like these EVERYONE benefits from doing Pilates! More specifically....

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People suffering back and joint pain

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Older Adults wanting to improve range of motion and overall strength

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Mums wanting to regain their flat strong abdominals

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Those suffering from stress, anxiety and depression

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Athletes wanting to enhance results and combat injury If you are wanting to develop strong long lean muscles, increase your energy and stamina, and improve your strength and flexibility PILATES is for you! Origins

Joseph Pilates, the founder of the Pilates method (also simply referred to as "the method") was born in Germany in 1880. As a frail child with rickets, asthma, and rheumatic fever, he was determined to become stronger. He dedicated himself to building both his body and his mind through practices which included yoga, zen, and ancient Roman and Greek exercises. His conditioning regime worked and he became an accomplished gymnast, skier, boxer, and diver.

While interned in England during World War I for being a German citizen, Pilates became a nurse. During this time, he designed a unique system of hooking springs and straps to a hospital bed in order to help his disabled and immobilized patients regain strength and movement. It was through these experiments that he recognized the importance of training the core abdominal and back muscles to stabilize the torso and allow the entire body to move freely. This experimentation provided the foundation for his style of conditioning and the specialized exercise equipment associated with the Pilates method.

Pilates believed that ideal fitness is "the attainment and maintenance of a uniformly developed body with a sound mind fully capable of naturally, easily, and satisfactorily performing our many and varied daily tasks with spontaneous zest and pleasure."

There are 500 exercises that were developed by Joseph Pilates. "Classical" exercises, according to the Pilates Studio in New York involve several principles. These include concentration, centering, flowing movement, and breath. Some instructors teach only the classical exercises originally taught by Joseph Pilates. Others design new exercises that are variations upon these classical forms in order to make the exercises more accessible for a specific person.

Traditional Pilates involves the use of machines and is primarily performed using a piece of fitness equipment known as a 'Reformer'

The Reformer resembles a single bed frame and is equipped with a carriage that slides back and forth and adjustable springs that are used to regulate tension and resistance. Cables, bars, straps, and pulleys allow the exercises to be done from a variety of positions. Instructors usually work with their clients on the machines for 20&ndash;45 minutes. During this time, they are observing and giving feedback about alignment, breathing, and precision of movement. The exercises are done slowly and carefully so that the movements are smooth and flowing. This requires focused concentration and muscle control. The session ends with light stretching and a cool-down period. Mat-based Pilates is the most popular form of Pilates and is the form utilized at Proactive. Mat-based Pilates is also the form that is usually practiced in a group class. Mat-based Pilates is performed on the floor and focuses on strengthening the trunk and hip muscles. Increasing the flexibility of the spine and hips is also a focus of mat-based Pilates. When performing mat-based Pilates, gravity and body weight provide the resistance. Sourcesanswers.com - Article from Linda Chrismanweightawareness.com Proactive Gym, 11 Chicago St, Alexandra, NZ, Phone 03 440 2688, [www.proactivegym.co.nz](http://www.proactivegym.co.nz)