




Pilates
Essential Flow
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What is Pilates?


Pilates is a body-conditioning programme designed to teach efficient movement patterns and provide general well being using controlled exercises and deliberate breathing patterns.




What is Pilates?


The focus is on integrating the mind and body to increase muscle control and balance


The result is not just to strengthen one particular muscle *action* but deliver a smooth controlled movement *pattern*



PILATES exercises develop & challenge:

Stability 

Strength 

Mobility 

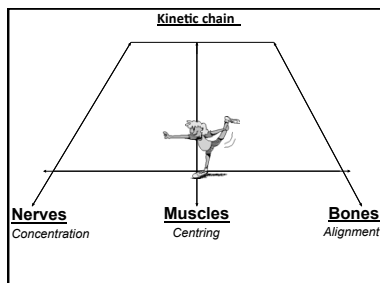
Pilates challenges stability, mobility and strength in all planes

Supine  **Prone**  **Seated** 

All Fours  **Side Lying** 

Principles


- Concentration
- Alignment
- Centring
- Breathing
- Control
- Isolation
- Precision
- Flowing movement or Fluidity
- Routine



Why Flow

* Use flow to create interest and easy transitions from one plane to another

* Helps to avoid overload whilst still getting a conditioning effect




Notes
www.cadencehealth.com.au
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