

What do rugby legend Brian O’Driscoll, olympic swimming medallist Eamon Sullivan and golf superstar Tiger Woods all have in common? They all practise **Pilates!**

IS PILATES FOR MEN?



The mention of a Pilates workout often makes men screw up their noses, after all, it’s for lightweight ballerinas and men who drink soy lattes, isn’t it? That may be the stereotype, but adding some Pilates-style training to your workouts could see you getting fewer injuries and lifting heavier weights. Just ask modern day rugby players.

The Pilates method was developed by Joseph Pilates who used it to train groups as diverse as British army troops, to boxers, gymnasts, & of course dancers.

5 reasons why men do Pilates

1

It increases your flexibility and range of movement

The structure of the male body is different to women and usually tighter. Pilates uses specific exercises and techniques to increase range of motion in all joints and movements of the body.

2

Its improves your all-over strength

Pilates offers functional strength, employing often neglected muscles to work with the more common muscles trained to improve core and overall body strength.

3

Prevents and repairs injuries

Pilates is one of the best ways to prevent injuries from occurring, which is why Doctors and Physiotherapists refer consistently to Pilates for pre-rehabilitation and re-habilitation.

4

It improves your posture & first impressions

Pilates builds up the muscles that help to stabilise & lengthen your spine, giving you great posture, and a taller presence.

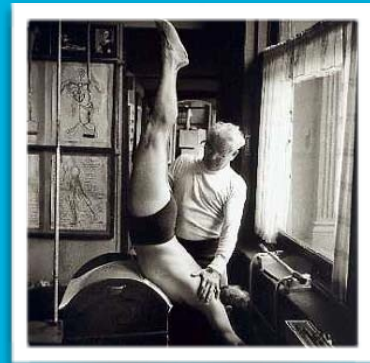
5

Makes you feel happier

Pilates workouts release internal anti-ageing and stress relieving chemicals into the body, giving a natural high after each session. So you not only look better, but feel better as well.



A lot of athletes, particularly rugby players are now doing Pilates for pre-hab preventative exercises, as well as re-hab work after an injury



This is a photo of Josef Pilates training an athlete. Don't worry we don't expect you to train in your underwear - shorts, socks and a t-shirt are just fine.

Ready for a challenge?

**Classes will be at
Hardwicke Chambers**

**Every Wednesday
1 pm -1.45 pm**

**From 27th of January
2016
till 1st of March 2016**