

Balances the Body; Counteracts the Effects of Training

Many recreational or occasional athletes develop muscle imbalances and poor posture from combining a sedentary occupation with their sport. For example, bicycling has become the sport of choice for many middle-aged men and women. Cycling has obvious cardiorespiratory, strength and endurance benefits, but as a repetitive activity it puts strain on the lumbar spine, neck, shoulders, arms and legs. Combining daily work sitting at a desk with hours on a bicycle in deep hip flexion can decrease flexibility in the hip flexors and lower back, leading to stress in these areas. An appropriate Pilates program would emphasize hip, lumbar and thoracic extension to counteract the effects of repetitive stress in a seated position.

The same principle applies to rotational athletes such as tennis players or golfers. The asymmetrical nature of their activities can lead to misalignments and strength imbalances on either side of the body. A specifically designed Pilates program could target the neglected side of the body or work on the opposite movement pattern to cross-train the body and improve symmetry.



Pyour Cores fully certified staff is trained and qualified to build a well balanced athletic conditioning program based on your sport, your body and your needs