



Article of the Month

Pilates for Men

If you said to a group of men “hey, how about a form of exercise that gets you stronger, quicker than any weights at the gym, improves your performance in any sport and in bed, prevents back pain if you haven’t got it and cures it if you have”....do you think you have a captive audience?

If you think Pilates is girly, just stretching or types of yoga, then you are in for a surprise...

A studio workout involves spring loaded weights, gadgets, concentration and sweat. You can finish feeling like you’ve done a marathon but walkout with longer more flexible muscles and no stress from over working one particular muscle group. The fact is, men need Pilates just as much, if not more than women. Unfortunately, boys from any early age go heading into sport with no education and development of core strength and little attention to stretching. Later we go to the gym, work on all the superficial muscles, that look good but ignore the deeper muscles that support the spine. We then wonder why, in adulthood, the injuries become too frequent and are then accompanied by back pain and instability.

Luckily there are plenty of Pilates studios who are making Pilates accessible for men (classes that appeal to a more masculine mind and body). These guy-friendly options are appropriate for all fitness levels. If you have never before ventured into a Pilates studio, then Focus Pilates is the “FOCUS” for YOU!

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