

feel energised...vibrant and inspired



Liz Marks
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Stretch

Stabilize

Strength

February Newsletter

Those of you who know me well are probably well aware that I strive for perfection in my Pilates teaching.

Each class is carefully and thoughtfully planned to include a balance of exercises that aim to improve your:



Strength
Flexibility & mobility
Stability
Posture



What can you expect from your Pilates classes?

- **You should expect** to perform an ordered sequence of exercises that work your entire body from top to bottom.
- **Plan to work** rigorously but with no impact to your joints.
- **Prepare to stretch** & strengthen your body during every exercise, changing your position from standing to sitting to lying.
- **Ready yourself** to activate your mind as you concentrate fully on performing your exercises with control & precision, developing an increased awareness of your body.
- **Expect your workouts** to leave you feeling energised.
- **Finally,** prepare your workouts to fly by!!

How can you increase the intensity & add extra challenge to your workouts?

- **Work to your threshold.**...in Pilates we strive to work our muscles to their threshold of stability / stretch / endurance, whilst keeping the body in perfect alignment. Working below this will reduce the benefit of the exercise.
- **Continue to master** your Pilates moves, performing a mental checklist of the 5 Key Elements during each exercise: Ask yourself... am I correctly positioned and am I continuing to engage the key stabilizing muscles?
- **Focus on** the return phase of each movement to get the maximum benefit from all parts of the exercise
- **Perform your Pilates** using slow, controlled, strong and flowing movements with full thoughtful awareness.

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