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Pilates for Men: Bringing Back the Balance

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PILATES FOR MEN

Bringing Back The Balance

Rael Isacowitz M.A.
The Intricate Balance of Nature
Pilates was created by a man... for men!
Joseph Pilates looked (and exercised) like a typical man!

He practiced head wrestling
Grace and Power

The embodiment of masculine power and feminine grace

The embodiment of self discipline and commitment

The embodiment of mutual respect for each of these qualities and for each other
Has the balance been lost?

Has the work lost its power?

Has the work lost its athleticism?

Has the work become mindless?

Has the work become a trend, a fashion?
Martial Arts
Meaning and Definition

**Martial** – bravery, strategic, exact

**Art** – creative, imaginative, emotional

Body **Arts** and **Science**
The study of the **art** and the **science** of human movement (in general and as it relates specifically to Pilates)
Alignment – being in tune with gravity

Balance – developing the musculature proportionately

Control – refining and improving motor skills

Flow – harnessing energy
Specific areas of focus in men

Abdominals (obliques and transversus)

Flexibility (all areas)

Gluteals (maximus and medius)

Upper body (correct shoulder function)

Back extensors (mid and upper)
Not all abdominal exercises are created equal

Notes:
The abdominal obliques are often severely lacking

Notes:
Upper body strength is a fundamental part of Pilates

Notes:
Horseback on the Avalon Chair demands strength and control

Notes:
Hip abductors are important and neglected
Hip adductors are non-existent

Notes:
What man does not practice pushups?

Notes:
Performed on the Avalon Step Barrel

Notes:
Balance Control Front on the Reformer

Notes:
Upper body strength and a strong powerhouse

Notes:
The advanced work was clearly created by a man!

Notes:
Men need back extension!

Notes:
Every man wants to do handstands!

Notes:
Activities Pilates will help – ALL!

**Golf** – physical and mental

**Tennis** – powerful upper body and rotation

**Surfing** – powerful upper body and balance

**Volley ball** – powerful jumping
Activities Pilates will help – ALL!

Running – better gait

Cycling – muscle balance

Windsurfing – coordination and balance

Sexual activity – many reasons
Activities Pilates will help – ALL!

Life – better quality!
Strive for BALANCE!
Let’s stay connected...

THANK YOU!
Thank you for attending!


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