

Rev up your Pilates workout

Many of us are creatures of habit when it comes to exercising. We tend to attend the same classes or log the same workout and it's perfectly normal especially if it's a class that you simply love or a workout that your body is comfortable with. Though, it's good to maintain a regular exercise routine but it is also important to vary your workout from time to time.

You may also start seeing better results when you switch up your exercises a little.

Read on as Sun, our senior instructor shares more on the different types of tools (and its benefits) that she likes to incorporate to spice up her Group Pilates reformer/ Strength & Conditioning classes in Focus.

Here's 5 different types of tools that you can add in your workout:

Foam Roller / Franklin Balls - After a long day at work, this is a great tool to help loosen those stiff muscles. You can roll it under your neck, back, thigh or any other parts of your body as it helps to release the painful knots and increase your blood circulation. Not only does it help in myofascial release, it also helps to improve your flexibility, range of motion, balancing and stability in your movement workout. Try adding it to your mat exercises or even on the reformer!

Thera Bands - Also known as resistance bands, it is effective in stretching, toning and warming up the body before class. It is also a handy tool as you can bring it anywhere easily and its perfect for someone with a desk bound job or travels often. Thus, there's no more excuse to skip a workout even when you are travelling or on a work trip!



Flexi-Bar - is a specially designed pole like equipment which when actively shaken, it vibrates the same frequency as your body, making it possible to target your deep muscle tissue. The swinging motion of the Flexi-bar creates a vibration allowing you to actively engage your core muscles and stabilizers to counter balance the force.

What's amazing is that it gets your body warmed up very quickly with no impact as it recruits all your muscles fibres, lengthens the spine and strengthen your deep core

muscles.

In time, you may also see that it helps to improve your posture and even your concentration. Also by achieving a greater number of oscillations, it helps increase your heart rate and metabolism rate.

Dumb Bells - If you want to increase the intensity level in your usual Pilates workout, try incorporating free weights in some of your exercises to work your muscles a little harder. This will help to tone up your muscles, increase your strength and endurance as well. Hype it up by tuning into one of your favourite workout song!



Magic Circle - Want to tone up or have a bikini body ready next summer, start using the Magic Circle now! This ring-like looking tool, about 13 inches in diameter, is effective in firming up your inner thigh and glutes (butt muscles). Definitely one of the popular props to use in a Pilates practice.

With the variety of workout props to choose from, you can start making your workout more enjoyable & fun by adding in these props & switching up the exercises. You can also modify the exercises and explore different variations to up the challenge!

Alternatively, if you need a little motivation, come join our group classes regularly, and be prepared to sweat it all out but feel refreshed after each session!

- Sun Bok, Senior Pilates Instructor

For more enquiries or booking of classes, call us at 6235 3938 / 6327 2072 or email us at info@focusmovement.sg.

