

PILATES

Men Only Programme

@Studio16 (Est.2002)

Through education, application, motivation and a commitment to a healthy lifestyle –we will succeed!

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@Studio16 our male clients enjoy training in Pilates and have gained great results, in particular the golfers.

Pilates is a comprehensive head-to-toe workout originally created for men. Designed by a German born gymnast and boxer named Joseph Pilates his exercise system focuses on the development of the body's muscle groups:

- * Spine
- * Chest
- * Hips
- * Arms
- * Legs
- * Abdominals
- * Back
- * Shoulders
- * Gluteus

Pilates builds:

- *Strength
- *Flexibility
- *Posture
- *Balance & Stability
- *Co-ordination
- *Endurance

These are all strengths that any golfer requires in order to increase his level of golfing success and decrease his chance of injury.

Some of the benefits from regular stretching & strengthening include:



Pilates

*It's Origins Began with
Male Soldiers, Boxers &
Male Athletes.*

*It Has Been Falsely
Identified As A
"Woman Only"
Exercise*

Stretching to increase mobility in the shoulders, back and hips is the key to avoiding lower back pain and injuries, especially if you are a weekend golfer and may be a little de-conditioned.

Body strengthening will result in a stronger back and better posture; and exercises that strengthen but are gentle on joints, breathe life and vigour

back into all activities as well as golf.

Pilates for men will shape and tone all your body and help flatten your belly – no matter what age you are.

@Studio16 most male clients are aged between 40-60 yrs old. Our specialised trainer, with experience of over 20 years in the fitness industry, guides and motivates everyone to achieve their fitness goals.

Studies have shown significant increases in bone mineral density, when incorporating strength training with a healthy lifestyle – which reduces the risk of osteoporosis and reduces arthritic pain.

Australian research at the International Diabetes Institute has shown that strength training (such as Pilates), can assist in the control of:

- *Diabetes by improving blood glucose levels and carbohydrate metabolism;
- * Blood Pressure;
- * Cholesterol;
- * Body Fat and
- * Stress Management.