

Pilates and Pole Dancing

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Pilates and Pole Dancing are an excellent combination to achieving the perfect body and great health. As a result of providing three major components to considering oneself physically fit; strength, endurance and flexibility all can be accomplished when practicing these exercise forms together.

Two of the most important benefits from practicing Pilates are strengthening core muscles (low-back, abdominals, hips, gluteals and inner thighs) and increasing flexibility. Pole Dancing incorporates core strength in order to move with grace ease around the pole. So, it is fair to say one helps you become better at the other and these exercise forms compliment each other.

Dancing, of any kind, is an enjoyable way to burn fat by increasing your heart rate. Escalating your heart rate while Pole Dancing and breathing techniques taught in Pilates help build your lungs and strengthen your heart. Cardiovascular exercise not only burns fat, lowers bad cholesterol, but also decrease high blood pressure. Resistance training in Pilates and climbing, spinning and holding your own body weight when working the Pole equally build strength. Both exercises improve flexibility allowing all body types to move easily.

These two fantastic exercise routines, when performed together, create toned, healthy-looking bodies. At last, exercise methods done safely with a certified instructor leave us feeling younger, sexier and energized!

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