

What is Metodo Pilates?

It is invariably undeniable that one of the most popular and sought-after exercises nowadays is Pilates. In fact, this exercise has become a common household name, pushing back to ten years ago. Before, it started as a routine mainly composed of body movements that promote agility, proper body coordination, leaner muscles, and flexibility, among others. Now, it has been almost like a fad as people from all walks of life from celebrities, sportsmen, socialites have joined the Pilates bandwagon and decided to hire personal trainers, buy videos, or enroll in a pilates program.

And with the increase of its popularity comes the demand for pilates equipment and accessories like Swiss balls and mats, as they become regular items in any gyms or even household. Nevertheless, the typical man has never actually stopped in its venture of continuously seeking better pilates technique that will further enhance its positive contribution to our body. He has conducted research, talked to people, and gathered vital information just to achieve his endeavor. He employs the help of scientific breakthroughs like spinal research studies and the application of the principles of biochemistry, as well as the latest state-of-the-art equipment. It is in his quest that he has developed another variety of pilates called metodo pilates.

Commonly known as contrology or simply the pilates method, metodo pilates was initiated by Joseph Pilates almost twenty years ago as a new fitness regimen. Its philosophy is simple. Joseph Pilates believed that in order to acquire peace of mind, he must also have a healthy body. And it was this belief that allowed the robust man to live his life in forced internment when he was captured in Germany in the middle of the First World War. His imprisonment, moreover, provided him an opportunity to share his techniques to the other inmates. Altogether, they were able to withstand all worst conditions in the concentration camp.

The routines of the traditional metodo pilates promote muscular strength as well as body flexibility. For convenience and for maximum results, these exercises are also performed together with some pilates equipment such as balls and mats, all designed by Joseph Pilates.

What sets metodo pilates apart from other exercises is the principles that govern each pilates movement. There are a total of 8 philosophies or foundations that technically govern Pilates. It is a mixture of both Western and Eastern traditions. These are (1) concentration, (2), alignment, (3) breathing, (4) precision and control, (5) centering, (6) integration, (7) relaxation, and (8) fluidity.

Before actually starting any pilates exercise, one must do breathing exercises one of the most important processes. Breathing permits you to remove all forms of tension as well as helps you to perform the exercises with optimum power and efficiency. Moreover, focus is achieved with proper breathing. In pilates, you need to imagine your movements to be interconnecting, producing perfect interrelationship and balance of your mind and your body. If you are not fully concentrating, you are practically vulnerable to probable joint or muscular misalignment.

Contrary to other popular exercises that encourage repetition, pilates gives more emphasis on the techniques quality over quantity (repetition). Repetition of movements is not the technique encouraged in metodo pilates. What's more important is the proper execution, which is usually characterized by the slow but accurate movements of the legs, body, and hands. It also emphasizes the need to use your body's strong parts such as the abdomen, pelvic regions, and the spine. Overall, these slow-but-precise movements eventually aid your body to function with balance and efficiency. It is also necessary to properly perform Relaxation, after all, is what Joseph Pilates wants, not injuries.

Yet despite of the wide acclaim it has attained, the pilates method was never spared from the prying eyes of skeptics and critics. A couple of them thought that the whole regimen itself do not support exact discipline of physical fitness, because it doesn't put too much emphasis on cardiovascular endurance. It does not also help in promoting muscular strength, primarily because Pilates method produces low-power, low-impact output. Medical experts, meanwhile, are concerned of its impact to a person's health, since it is thought that it can contribute to the abnormal growth of an individual's organ.

Nevertheless, it is undaunted. After all, it has proven its worth to millions of people for such a long time.

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