

Pilates Instructions Online

The Pilates Method is more than an exercise program; it's a complete regime that incorporates state of mind, precise movement and a complete understanding of the complex network of motions. Therefore, if you are interested in practicing the Pilates Method, it's essential that you find a qualified instructor. Once you have mastered the basics of Pilates, you can find further Pilates instruction online.

Originally developed by Joseph Pilates in the 1920s, The Pilates Method is a complex program involving more than 500 exercises. The program is respected around the world for its series of controlled movements that aim to improve the flexibility and strength or condition of the body.

Of course, with so many exercises involved in one single program, it can be puzzling to try to follow written or verbal instructions to achieve proper movements. Following instructions can be nearly impossible without having a visual aid to guide you. Those practicing the Pilates Method often require illustrations to assist in their training. The Internet has proven to be a valuable source of Pilates illustrations.

Here are a few sites where you can find Pilates instructions online:

Spine-Health.com One concise and highly informational source of Pilates Method principles and exercises is Spine-Health. In addition to a wealth of information about the method itself, Spine-Health also provides comprehensive and clear illustrations to help you achieve the many exercises required in practicing the Pilates Method. You'll find illustrations of the Reformer, Cadillac, Wunda Chair, and mat exercises. All of the illustrations are presented to give you a better understanding of how to perform these essential Pilates exercises, ultimately strengthening and conditioning your body and mind.

shapefit.com One of the Internet's premier health and fitness websites is shapefit. Operated by dedicated individuals, this site provides fitness and health information to help users lose weight and get in the best shape of their lives. As part of their online service, shapefit provides a great deal of information about the Pilates Method. On this site, you'll learn more about the history of Pilates, as well as the basics and benefits. One definite bonus of this site is that it presents some of the many Pilates Method exercises, along with illustrations. For user convenience, these exercises are even categorized according to the ability of the practitioner. You'll find illustrated exercises for beginning, intermediate and advanced users. Along with the Pilates Method illustrations, shapefit provides step-by-step instructions for proper movement, purposes of each exercise, and some additional user tips.

unionsquarepilates.com Another great site for Pilates illustrations online is unionsquarepilates. The site originates from Union Square Pilates, an authentic Pilates studio popular for its bright, clean and fully equipped facilities. Most of the required Pilates equipment is in place, including Reformers, Cadillac, Wonder Chair, Big Barrel, Mini Barrel, Spine Collector and Wall Units. Union Square's vast knowledge of the Pilates Method is apparent on their website as well. unionsquarepilates provides Pilates Method illustrations that help to describe not only the movements, but also the equipment used. On this site, you'll learn about the right positions of exercises done on the Reformer. There are also illustrations showing exercises for the Wunda Chair and Cadillac.

The Pilates Method is more than a simple exercise program, and to be successful you need proper knowledge and understanding. You can find out more information at these sites, but it really is best to seek the guidance of a qualified Pilates instructor before attempting the exercises.