

Winsor Pilates Basic Principles & Introduction

If you are looking for some fitness program that will help you flatten your abs, shape and sculpt your body slim from top to bottom, Winsor Pilates basic principles to body conditioning can answer for you.

Before anything else, I would like to state that the Pilates fitness program is first developed by Joseph Pilates who had a lifetime interest in body conditioning in 1920s. His interest in physical fitness rooted from his strong determination to strengthen his body and improve his health after a sickly childhood. From that, Joseph formulated a distinct sequence of movements that worked the mind and muscle in harmony.

Oops, enough for history. Now, let's go to the core message of this article – Winsor Pilates basic principles. Winsor Pilates program focuses mainly on bodyweight which include exercises which stretch, strengthen, and tone all the muscles of the body, especially those of the core or abdominal and lower back regions. As such, the Winsor Pilates provide Winsor Pilates basic principles for those who are interested in such area. Among those Winsor Pilates basic principles are: Concentration; Control or Precision; Centering; Stabilizing; Breathing; Alignment; Fluidity; and Integration. Each Winsor Pilates basic principle has its own essential characteristic.

Concentration, as the first Winsor Pilates basic principle, is very important to attain a successful workout. With this Winsor Pilates basic principle, the awareness of the body will be enhanced due to the mind-body connection which results to conscious control of movement. The second Winsor Pilates basic principle, Control or precision, is not about intensity or multiple “reps” but it is more of descent form of snug, emphatic results. Centering, as the third Winsor Pilates basic principle, functions mentally within the body to calm the spirit. In this Winsor Pilates basic canon, a focus on the torso – abs, pelvic girdle, lower back, gluts – results to the improvement in a strong core and enables the rest of the body to function properly. All action with this Winsor Pilates basic principle performs from the trunk and flows outwards to the extremities. The fourth Winsor Pilates basic convention – Stabilizing – is important because in Winsor Pilates, before you move you have to be still for a safe starting place for kinesics. Breathing on the other hand, as the fifth Winsor Pilates basic principle, must range from deep, coordinated, conscious diaphragmatic procedures of inhales and exhales to initiate mobility and help in the activation of the muscles and to keep you focused. Furthermore, the sixth Winsor Pilates basic canon which is alignment is very essential because it is the key to good posture.

With such Winsor Pilates basic principle, you will be conscious of the position of your neck on the spine and pelvis, right down through the legs and toes. In the seventh Winsor Pilates principle – Fluidity – a smooth, continuous motion rather than jazzy repetitions will create an elegant and graceful look. Lastly, the integration of all those Winsor Pilates basic principles will result to a holistic mind-body workout.

A Brief Introduction to Winsor Pilates Exercise

As the world continues on its pace, many movements and developments come out and fill the entire cosmos instantly. These improvements create a titanic result to most of the people. One of those great improvements that ever came out and catch the attention of the whole humanity is the fitness industry.

It is undeniable that many people today have prodigious interest and intensity to fitness programs and one of the most popular fitness programs is the Winsor Pilates exercise. But what is it?

The Winsor Pilates exercise, was said to be developed by Mari Winsor, one of the most sought after Pilates trainers by the biggest stars and celebrities in Hollywood. Being a unique form of exercise, the Winsor Pilates exercise has various things that make it distinct from many other fitness programs. The Winsor Pilates exercise is a complete set of Pilates program that will not only help the customers get toned and sculpted but also lose weight all at the same time when abiding by the Winsor Pilates exercise Win-in-10 Meal Plan. It is interesting to note that not all Pilates programs are conceptualized and treated to help the customers lose weight and inches. But you don't have to worry because this fact is not at all impossible with the Winsor Pilates exercise.

The Winsor Pilates exercise will help everyone to lose weight because the Winsor Pilates exercise is the only program that highlights an exclusive "dynamic sequencing" which is considered as the key to Pilates system. Mari Winsor with her Winsor Pilates exercise has tutored and improved her Pilates techniques over the past 15 years to acknowledge the proper order of exercises to aid the Winsor Pilates exercise clients maximize their outputs.

As such, the Winsor Pilates exercise to further create a better result, introduced the Winsor Pilates exercise special video feature which is the "Virtual 3-D Training" which shows the Winsor Pilates exercise methods. Since it is important in every Winsor Pilates exercises and with the other Pilates exercises to be in correct position to attain the best posture, the Virtual 3-D training definitely introduces the correct positioning of the body by providing a distinct glimpse with graphics and special camera angles.

Finally, the Winsor Pilates exercise will give you a special blending of controlled kinesics that are assured to shape and sculpt long and lean muscles. So you better try it because without doubt the Winsor Pilates exercise is one of the excellent workouts ever created. You'll enjoy every minute of it!

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