

PLLE

Plle is great for strengthening and toning with a focus your core and for increasing your flexibility. Since it is not designed to be an aerobic activity, don't forget your cardio!

Plle involves precise moves and specific breathing techniques. It's not for you if you prefer a less structured program. It also won't fit your needs if you are looking for an aerobic workout.

Plle can be very demanding, so start slowly. Instructors do not have to be licensed, so it's best to get recommendations before selecting one.