



Feel The Difference - See The Difference

Pilates For Cyclists

Power Endurance

Balance Performance

Pilates By Danita

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What is Pilates?

The Pilates method of body conditioning is a unique system of stretching and strengthening exercises that tones muscles, improves posture, provides flexibility and balance, unites the body and mind, and creates a more streamlined shape.

The primary aim of the exercises is to promote stability in the "core" or "center" of the body, where the muscles that support the spine are located, and in the shoulder girdle and pelvis.

How can Pilates help me be stronger on the bike?

- Decreased susceptibility to injury and fatigue by creating an evenly balanced body
- Less fatigue - greater endurance through shoulder and pelvic stability
- Increased lung capacity and circulation through emphasis on deep thoracic breathing
- Improved performance through greater core strength
- Greater leg power and energy
- Back and neck relief