

# WINDSOR PILATES GUIDE



# **Windsor Pilates Guide**

## ***Introduction***

As the world continues to revolve on its own pace, many movements and developments came out and filled 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 caught 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 that have swept the continents by storm is the Windsor Pilates.

Windsor Pilates for long years has been setting a new level of standards to the fitness industry. It is known and favored by many dieters, athletes, and body builders worldwide because of a number of benefits that the Windsor Pilates is capable of bringing. It is even very popular among many pregnant and nursing mothers as it creates wonders that are obtainable from no other techniques. Now, it is being labeled as the most excellent approach to fitness.

## ***What is Windsor Pilates?***

Originally developed by a German national named Joseph Pilates who became well-known for his lifelong interest in body conditioning, the Windsor Pilates is noted for its ability to shape and sculpt the entire body and help you lose weight at the same time. It was conceptualized as a unique home workout that leaves you refreshed and alert with a great feeling of physical and mental well-being. And, unlike most of the well-known fitness programs, the Windsor Pilates is a perfect sculpting option for everyone, young or old, whether you are very fit or out of shape.

As a unique fitness program, the Windsor Pilates 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. It holds certain principles that are worth noting: the Concentration, Control or Precision, Centering, Stabilizing, Breathing, Alignment, Fluidity and Integration.

*Concentration* is the most basic of the Windsor Pilates principles. This is very important for attaining a successful workout knowing that the awareness of the body will be enhanced due to the mind body connection which results to conscious control of movement.

*Control or Precision* is not about intensity or multiple “reps”, but it is more of descent form of snug, emphatic results.

*Centering* functions mentally within the body to calm the spirit. In this principle, a focus on the torso – abs, pelvic girdle, lower backs, gluts – results to the improvement in a strong core and enables the rest of the body to function properly. All actions involved here work from the trunk and flows outwards to the extremities.

*Stabilizing* is also important in practicing Windsor Pilates as prior to the movement you have to make; you need first to be still for a safe starting place for kinesics.

*Breathing* 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.

*Alignment* is also very essential for Windsor Pilates as this serves as the key to good posture. This allows you to be conscious of the position of your neck on the spine and pelvis, right down through the legs and toes.

*Fluidity* is characterized by a smooth, continuous motion rather than jazzy repetitions. This is considered as very necessary as it is only through this principle that an elegant and graceful look will be created.

The *Integration* finally is deemed necessary as it serves to generate a holistic mind and body workout.

All of these principles of Windsor Pilates are generally considered for the fact that they will guide everyone practicing Pilates to achieve an adventurous workout for a stronger and healthier looks.

### ***What makes Windsor Pilates Different from Normal Weight Training and Exercise Routines?***

Everything is possible when it comes to Windsor Pilates. Originally developed by Joseph Pilates and redeveloped by Mari Winsor, one of the most sought after Pilates trainers by the biggest stars and celebrities in Hollywood, the Windsor Pilates has various things that make it distinct from normal weight training and exercise routines. It is a complete set that will not only help the customers to get toned and sculpted, but also to lose weight all at same time.

The Windsor Pilates is in the first place the only program that highlights an exclusive “dynamic sequencing” which is highly considered as the key to Pilates system. Mari Winsor has in fact tutored and improved her techniques over the past 15 years to acknowledge the proper order of exercises to aid the clients maximize their outputs.

To further create a better result, the Windsor Pilates has a special video “The Virtual 3-D Training” that features the methods applied in the workout. And, since it is very important in every Windsor Pilates exercise to be in correct position to attain the best posture, the Virtual 3-D Training introduces the correct

positioning of the body by way of giving a distinct glimpse with graphics and special camera angles.

The Windsor Pilates also gives you a special blending of controlled kinesics that are assured to shape and sculpt long and lean muscles. So you better try it because undoubtedly, the Windsor Pilates is one of the excellent home workouts ever created. You'll enjoy every minute of it.

### ***Are there Special Exercises for the Midsection or Abs Sculpting?***

The Windsor Pilates is generally considered as a powerful tool for sculpting long and lean muscles and reshaping the body from top to bottom. All of the Pilates movements necessary for attaining this goal are included on the videos, which were designed with the instructions of Mari Winsor herself. They all work primarily on the deeper abdominal muscles and the equilibrium that aid to hold it all in.

Here are the special Windsor Pilates exercises necessary for abs sculpting.

- *Hundred* – This is done by lying on the back with the knees above the chest and extending the arms at the sides. Following that starting steps is the moving up of the chin and chest a little, and if you are up on your shoulder blades, you need to raise your legs upward. Then, up-heave the arms six inches and speedily pump them up and down five times while exhaling. Note that to gain a good result, you have to repeat pumping for ten times until you make 100 pumps.
- *Roll-Up* – Sitting with the legs straight and the arms in front is the basic element in this special Windsor Pilates exercise. All you need to do is to hold your abs in, and slowly roll all the way down, feeling each vertebra pack into the mat until you are lying flat. However, in doing this exercise,

be careful not to let your feet pop up. Then, raise your arms above the chest and gradually roll your torso up and forward to tighten the stomach until you are back into the starting position. This must be executed for five to ten times.

- *Rolling Like a Ball* – This is fun and effective in the first place. The position necessary here is just sitting up and pulling the ankles in toward the buttocks and wrapping the arms around them. The important thing to note under this special exercise is not to roll on your neck and this must be done for five times.
- *Teaser* – This is performed by lying flat on the back with the legs straight out and arms on the mat, stretched up over the head. The lifting of the legs up while raising both arms overhead until the fingers are pointing at the toes is done in this Windsor Pilates exercise. In addition, you need to exhale and slowly roll back down and back to the original position.
- *Crisscrosses* – As the final special exercise for abs sculpting, this must be executed with the head slightly moved up, then bring the knees to the chest and put the hands gently behind the head. Note that the interlacing of the fingers is not advisable here. Then, inhale and gently twist to the right bringing the left elbow to the right knee while aligning the right leg. And, unlike the other special Windsor Pilates exercises, crisscrosses must be repeated for five sets with the total of ten crisscrosses.

### ***What about Windsor Pilates and Weight Loss Techniques?***

Although the Windsor Pilates is claimed to be a weight loss program that supposed to tone the body and help you get lean and shapely, numerous doubts still surround the issue with the notion that there is no such thing as “weight loss

program”. The only way to burn fat and lose weight is to undergo methods with the use of good fat burning diet.

Let us accept the fact, which sometimes becomes a fallacy in the world of infomercials that many infomercials out there just present those claims that Windsor Pilates weight loss really works by presenting models and personalities that are really lean and shapely. The Windsor Pilates weight loss programs is designed to look effective on the infomercials because everybody shown performing it is lean and shapely. They don't actually tell you that those particular personas were already lean and shapely before the Windsor Pilates was designed as fitness program. The truth is, those personalities did not attain their fat and weight loss by merely using the Windsor Pilates workout.

Having said all these, it is then necessary to note that if someone is serious with losing weight, an additional fat burning diet must be applied aside from the Windsor Pilates workout. To put it simply, the exercise must be coupled with a healthy diet and good routines. Perhaps this is the reason that the Windsor Pilates program had developed some supporting kits like the 3-D training and Win-in-10-Meal Plan.

### ***Windsor Pilates for the Advanced User***

The Windsor Pilates has adopted advanced techniques for the advanced users and this is becoming so popular these days because of its wonderful results done to most of the advanced body slimming Windsor Pilates fanatics.

Basically, the advanced Windsor Pilates techniques are viewed to be a short but an outstanding boxy program that is said to have sequentially builds in vigor. It is composed of uncommonly fast-paced exercises that highlight some of the original, challenging movements introduced by Joseph Pilates.

The advanced Windsor Pilates program was instructed by Mari Winsor herself, and many of those clients who have tried performing the advanced techniques have claimed that the instructions are clear and precise. Mari Winsor assumed in the first place that the participants of this special feature are already familiar with the fundamental Pilates routines. Accordingly, the advanced Windsor Pilates techniques are best for those who are fairly active in sports, dance or some kind of regular exercise that is applied with the range of two to three times per week.

Furthermore, the advanced Windsor Pilates program is a fast-paced exercise that starts from the intermediate to the advanced techniques known as the “Accelerated Sculpting”. It contains 28 dissimilar forms of exercises with diversified reps, blended tempos and sundry sets for interest. Many have also noted that it is more intense and yet pleasurable, and is a 52-minute workout.

Perhaps it is amazing to know that the advanced Windsor Pilates, unlike the basic techniques that require you to have on your back and side, will generally allow you to be on your stomach. The movements involved here are numerous. To mention but a few, there is the Hundred, Roll-Up, Single-Leg Circles, Rolling Like a Ball for six times, Roll Over, Crisscross, Spine Stretch Forward, Neck Roll, Saw, Jack Knife, and a lot more. All of these movements are tricky at times, making them appropriate only for those who have knowledge of the basics. It is in fact noted that once you can do the most difficult advanced movements, you can be considered as a Pilates goddess.

## ***Conclusion***

The Windsor Pilates is a revolutionary workout system with simple controlled movements. So, acquiring enough knowledge of these movements will definitely tone and tighten the entire body without having to use expensive exercise machines.



However, the Windsor Pilates is a slow-paced exercise and still remains as such, making it not really effective for weight loss. A maximum weight loss can only be answered if the exercises are coupled with the Windsor Pilates supporting tools like the Win-in-10-Meal Plan. But, still for good reasons, the Windsor Pilates remains as the hottest workout around the cosmos.