

Why Men Should Do Pilates and Barre to Live a Long, Healthy Life

Both women and men should do pilates and barre, wonder why? Believe it or not, pilates and barre have been around for centuries and are two of the oldest fitness techniques, dating back to the early 1900s. Back then, these forms of exercise were used to help people recover from injuries and regain their strength. Nowadays, pilates and barre are more than just exercises. They are tools that can help you live a long, healthy life, and have become very popular in the past few years - for good reason.

Pilates and barre have been shown to improve your overall balance, coordination, strength, and flexibility, and can help you lose weight and boost your mood. They are great stress relievers that can help you feel happier both physically and mentally. Moreover, they are perfect for people of all ages and don't require much apparatus.

So if you're looking to improve your health and well-being, give pilates or barre - or both - a try!

The Benefits Of Pilates And Barre for Men and Women

Pilates and barre are both fantastic exercises for overall health and well-being for both men and women. They offer a wide range of benefits from improved posture and circulation to increased flexibility and strength. Although, to be honest, the benefits of pilates and barre for men and women are the same for the most part.

These exercises are focused on posture, alignment, breathing, and flow of movement, so for women, particularly, when performing these movements accurately, they can help gain muscle strength without increasing size, which will result in a beautifully defined body. They are excellent for toning the muscles in the legs and hips while promoting better circulation throughout the body and helping to promote a better posture by helping to align the spine correctly from head to toe. Not to leave behind that they also help strengthen the pelvic floor which is incredibly important when preparing for childbirth and everything that comes after it.

Pilates and barre have been very popular among women, but in fact, men are starting to adopt this style of exercise as well. Men and women both have unique needs when it comes to staying fit and healthy, so it's no surprise that pilates and barre offer slight but different benefits for each.

Men Should Do Pilates And Barre For A Specific Reason

When comparing the benefits of pilates and barre for men and women, the difference for men lies in men's tendency to train certain muscle groups a lot more than others. Men are prone to overtraining certain muscles like the "six-pack", biceps, triceps, and squads, which results in a muscular imbalance and leads to injuries.

The main reason why men should start doing pilates and barre is that they offer a holistic approach to fitness that emphasizes the use of various muscles in different ways. This type of training helps to restore balance, coordination, and symmetry throughout the body. When the body is symmetrically aligned and muscles function efficiently, and you've improved your flexibility and strength, injuries tend to occur less frequently. In addition to this, pilates and barre can also help improve your metabolism, reduce stress levels, boost your energy levels, and even help you lose weight. This is the recipe for a long and healthy life!

Pilates And Barre Exercises For Men

We've already learned that with regular pilates and barre exercises, we can achieve a stronger core, improved posture, and increased overall fitness. Now here are 3 exercises that target the areas of the body where men need to improve balance.

The Swan

The Swan is a classic pilates exercise that extends and opens up your spine. To perform it you have to lay on your stomach on a mat, put your palms to your sides near your shoulders and then lift yourself up. The focus should be on your abdominals to lengthen your spine, so you avoid putting pressure on your lower back. Then lower back down slowly.

This exercise helps to correct that rounded-back posture that people who work sitting for long periods tend to suffer, and it's a must for overall muscle balance. You can make it easier by widening your legs and facing your toes to the sides so it engages more of your glute section, or you can make it harder by bringing your legs together and maintaining an extended pointy shape.

The Hundred

The hundred is another classic exercise in pilates used for warming up the body and stimulating blood flow, and it also helps replace crunches that help increase neck tightness and overtraining abs.

This exercise consists of lying on your back on a mat, lifting your head and shoulders, extending your legs diagonally, and extending your arms along your sides. Then, whilst keeping this position, you have to pump your arms no higher than the top of your hips. And whilst you pump, inhale for 5 seconds and exhale for 5 seconds. The focus of this exercise should be on your abdominals with a relaxed neck and straight back.

The Side Bend

The spine is designed to move in all directions, but, typically, male workouts move the spine through just one plane, eventually leading to spine complications and backache. The side bend, as its name states, makes the spine bend from side to side so it's the greatest way to avoid future spine problems.

To perform it, you have to sit on your mat leaning on one hip, knees bent, and then place your same-side hand on the floor with your arm straight. Then you have to lift your hip

towards the ceiling in a semi-circular motion and distribute your weight between your arms and legs. And then return to the starting position.

How Can I Start Doing Pilates And Barre?

There are many different types of pilates classes available! You only have to find the one that suits you best.

At Paola's BodyBarre, we deliver highly efficient workouts for everybody! We fused pilates and barre with other practices like functional training and low-impact cardio to help you shape your body goals. We have different options for you: You can join us for our studio or virtual classes, ask for personal training for more private one-on-one or small group classes, order our on-demand PBB At Home classes that you can do anywhere at any time, or - as Vogue just recommended - join us in our Mykonos retreat to connect with like-minded friends!

The Conclusion Is... Men Should Do Pilates And Barre

Pilates and barre are great ways to improve your overall fitness and health. If you're a man and you want to live a long, healthy life whilst doing something incredibly fun, join us today. We'll be glad to hear from you!