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## BURN FAT FAST!

20-Minute Cardio Blast

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## Back To Basics

6 Pilates Principles

### Eat Smart!

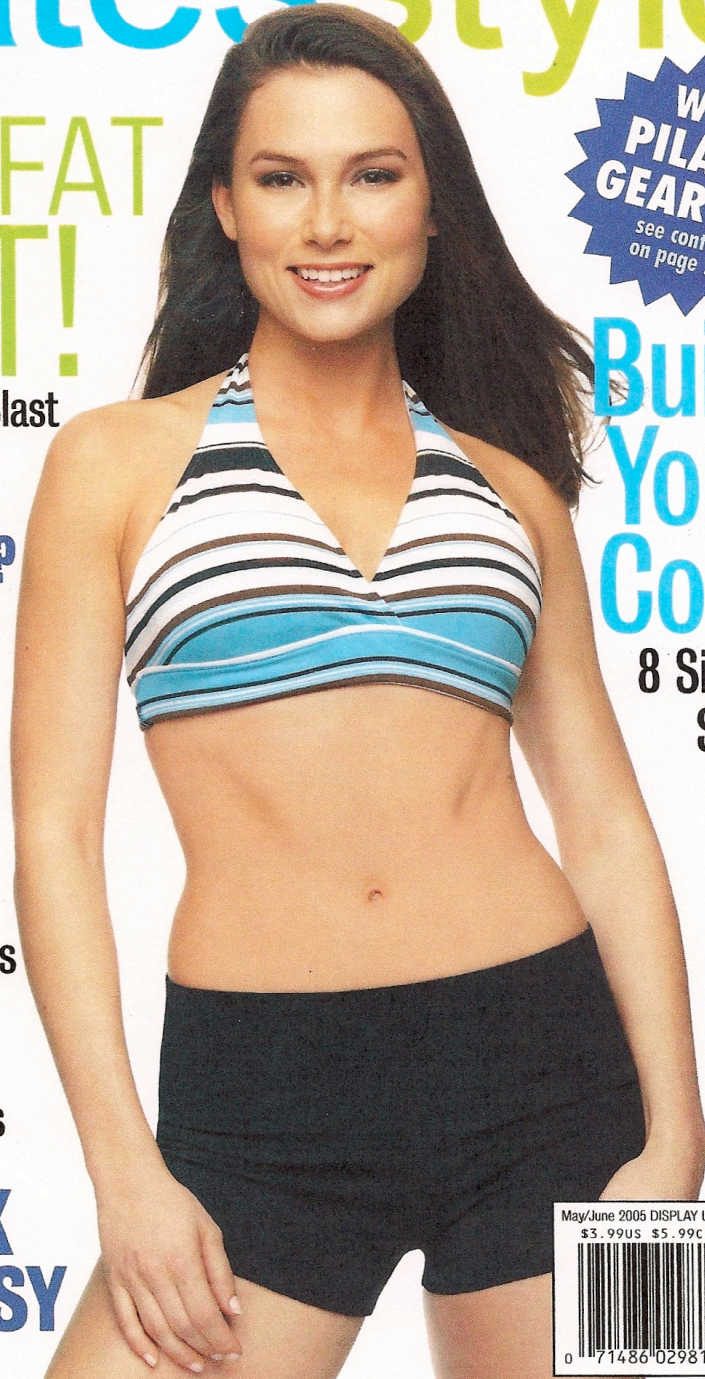
Fresh Spa Recipes

## MATWORK MADE EASY


**WIN!  
PILATES  
GEAR KIT**  
see contest  
on page 57

## Build Your Core

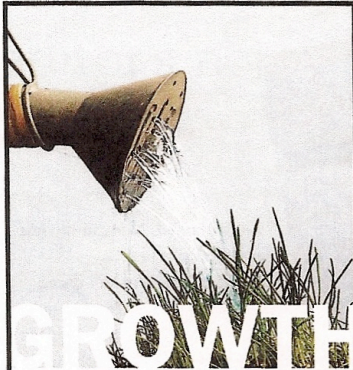
8 Simple Steps



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Some people say the growth of Pilates and of the PMA<sup>®</sup> is unprecedented. We say that when an organization grows from a small group of dedicated, professional instructors to over 2,000 members worldwide in less than 4 years, something must be going very right.

The PMA is proud to announce yet another milestone in this growth – the creation and establishment of the first international certification for the Pilates method. Beginning in the summer of 2005, registration will open for the PMA Pilates Certification Exam.

The PMA is the only international membership association of Pilates professionals. Call now or visit our web site today. Join our growing family of professionals.



[www.pilatesmethodalliance.org](http://www.pilatesmethodalliance.org)

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## contributors



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Cardio Pilates, page 31



*Kathy Corey*, began her career with the Pilates technique in 1979, and is now the director of the West Coast Pilates Certification Program in Del Mar, California. Kathy travels worldwide teaching workshops, training and certifying teachers and giving seminars on the benefits of Pilates for the body, mind and spirit. She is also publicity director and a feature writer for the Pilates PhysicalMind Institute.

Work the Core, page 36



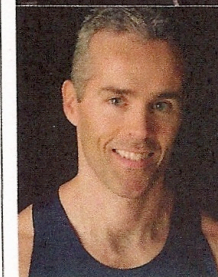
*Kim Gibilisco* owns and directs The Pilates Lab in New York City with her husband Robert Turner. She danced professionally with Murray Louis and Nikolais Dance before earning her Pilates certification in post-rehabilitation from Polestar Education. She continued her teacher training in fitness through Stott Pilates and has taught on the faculties of NYU's Steinhardt School of Education and Peridance Center.

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*Daniel Loigerat* was certified by Pilates elder Romana Kryzanowska. He is the co-founder of The Pilates Edge Studio in New York City, co-author of the book *The Pilates Edge* and the creator of the video *Pilates Excellence* and the website [Liveworkout.com](http://Liveworkout.com). Daniel has over 20 years of experience training athletes, and has multiple degrees from the University of Aix-Marseilles and its School of Medicine.

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*Tom McCook* is a yoga instructor, body therapist and certifying Pilates teacher trainer for the PhysicalMind Institute. He is director of Center of Balance in Mountain View, California, and producer of the video, *Combining Pilates and Yoga for Balance*. Tom conducts workshops and retreats in the United States and internationally and is a guest instructor with Pilates on Tour.

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pumped UP pilates

BY KIM GIBILISCO



## ADD PUNCH TO YOUR PILATES WORKOUT, BURN MORE FAT AND JUMP START YOUR METABOLISM, ALL BY BOOSTING YOUR HEART RATE

Despite its gentle appearance, Pilates is one of the most intense strength-training programs around. But Pilates' effectiveness as a cardio workout is more debatable. To work in the cardiovascular zone, you must have a moderate- to high-intensity heart rate output for a minimum of 30 minutes, not including warm-up and cool-down periods. It is possible to push into moderate cardio levels with Pilates exercises alone, especially if you have experience with the material and can move quickly from one exercise to the next. But for people less familiar with Pilates, or those looking to get a more intense workout, a pre-Pilates cardio blast will really get your heart going, and keep it beating hard during your Pilates workout.

Try doing 30 to 45 minutes of cardio right before your Pilates session to warm up your body and burn more calories. As you fatigue, your heart rate will go up and stay up. By scheduling an intense cardio workout before a Pilates session—with only a few minutes break between the two—your heart rate will increase during the session itself. At the end of your one-hour Pilates workout you'll be burning more fat than usual, because you have to work harder to properly perform the exercises as your body tires.

To get the most out of both segments of the workout, test yourself and build your stamina, see how long a cardio session you can complete without sacrificing your form in Pilates. Work toward increasing the length, speed and resistance of both the cardio and Pilates portions of your workout, making sure to maintain your precision of movement and control. With consistency and determination, you'll be flowing through your Pilates material and feeling terrific for hours afterward.

### Track Your Progress

At my studio, The Pilates Lab in New York City, I have several pieces of Pilates apparatus as well as a Spinner bike. When clients want to burn fat,

amp their energy level and work even harder than usual, they bike for at least 30 minutes right before their Pilates session.

To gauge my clients' output during a session, I outfit them with heart rate monitors. With a monitor, I can see if they are working at a low, moderate or high level of intensity. When they are working at moderate- to high-intensity rates, they not only burn fat but also enjoy a revved up metabolism for the rest of the day. (To determine your ideal aerobic and fat-burning heart rates, see the box on page 30.)

Heart rate monitors can also help you determine the rate at which your heart recovers. A sign of a healthy heart is a quick recovery (i.e., a few seconds) from a high- or moderate-intensity zone to a low-intensity zone. The monitor also indicates if you aren't breathing correctly. When you hold your breath during an exercise, your heart rate will not elevate as much as it should, but when you finally exhale after the exercise it will spike.

In addition, your heart rate can reveal whether or not you're challenging yourself enough. If an exercise is too easy, your heart rate will remain in the low-intensity zone or drop from a moderate rate to a low one. However, moves that take your heart rate down are great for cool-downs. [Note: A chest-strap heart monitor was used for this

## Teacher Tip!

Want to work your pregnant clients out safely? Use a heart rate monitor to be sure they are working in the appropriate ranges as specified by their doctor. A heart rate monitor is also a good way to monitor the breathing of your client. When a pregnant woman holds her breath, she gets a rush of blood to her heart once she begins breathing again, and so does the fetus. Depending on the exercise and how long she holds her breath, she could put the fetus at risk. One of the main indicators that your client is holding her breath is an unchanging heart rate when she performs an intense activity, followed by a spike in heart rate once she resumes breathing normally.

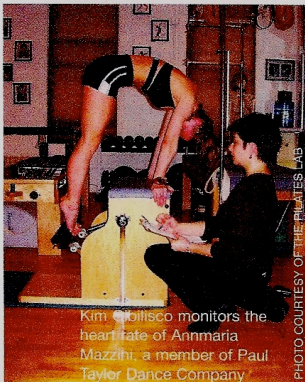
## Aim High

Here are three tricks to keeping your heart rate up:

- (1) Pace yourself.** The speed at which you perform each Pilates move makes all the difference. Some exercises will yield a higher heart rate when you slow down your pace, thus increasing the challenge (like Scissors). Some exercises yield a higher heart rate when performed at an upbeat tempo (like Step-Ups).
- (2) Minimize breaks between exercises.** Working with a trainer is a good way keep you moving. As you complete one exercise, your trainer can set up for the next one so you can keep your heart rate up. Can't hire a trainer? Try using upbeat music to set a pace for your exercises and stick to it.
- (3) Use Props.** Add free weights, ankle weights, foam rollers or magic circles to your exercises.

article and is more accurate than handheld or wristwatch monitors.]

Working out at a fast pace following a cardio session is only recommended for people who have a strong grasp of Pilates material already. If you



Kim Gibilisco monitors the heart rate of Annmaria Mazzini, a member of Paul Taylor Dance Company

PHOTO COURTESY OF THE PILATES LAB

are new to Pilates, I recommend trying this method under the guidance of a trainer to prevent any stress injuries.

### The Cardio Component

When working with clients, or doing my own intense session, I

have found that a 5-minute warm-up followed by a 30- to 45-minute cycling workout warms up and utilizes the muscles the best. When cycling, I recommend alternating between 5 minutes of seated pedaling and 5 minutes of standing. Use the heart rate monitor to pace yourself in the moderate-level zone for seated pedaling and the high-level zone when standing. Do this three times for a 30-minute workout. Once this routine gets easier for you, or in about a month's time, perform the seated pedaling for one fewer minute and stand for a minute more. Build on this until you are sitting for 3 minutes and standing for 7 minutes, and spending more time in the high-intensity range.

If you want to work the gluteal and hamstring muscles harder, pedal backwards for one of the cycles. Try to keep your upper body still, working only your legs and core muscles. Don't bounce up and down when standing or waddle from side to side when on the seat. Be sure to change your

## Rapid Results

The exercises that caused my clients' heart rates to increase the most were those done on the apparatus in kneeling, standing or inverted positions and those performed with hand weights. Because they use larger muscle groups, moves that work the lower extremities yielded higher outputs than exercises that target the upper body. Here are some of my results, showing average heart rates when exercises are done with and without a pre-Pilates cardio blast:

### Bridging with the Magic Circle

	No Cardio	Cardio
52-year-old female	112 bpm	128 bpm
41-year-old male	68 bpm	98 bpm

### Mid-Back Series

	No Cardio	Cardio
52-year-old female	117 bpm	123 bpm
33-year-old female	102 bpm	113 bpm

### Elephant

	No Cardio	Cardio
52-year-old female	127 bpm	138 bpm
41-year-old male	90 bpm	99 bpm

routine every four to six weeks to prevent hitting a plateau in your workouts.

### Pilates Progress

I monitored the heart rates of several of my clients during their sessions at my studio over a series of weeks. Overall, they averaged a 15-point heart rate boost throughout their workouts with higher rates—up to 24 points—toward the end of the workout. Just 10 to 20 points of increased heart rate output can bump you up to the calorie-burning zone.

My clients report that by adding cardio to their workout they feel like they get a more complete workout and that it makes their sessions more effi-

cient. By the time they begin their Pilates sessions, they are performing closer to their peak levels, at a faster pace and with increased energy. Clients also notice increased flexibility and stamina in their Pilates performance when starting with a cardio blast. When asked how this workout affects the rest of their day, a student of mine, Nancy Lowery, said that she had "increased physical energy combined with a calmer frame of mind, less trouble with insomnia and overeating and less trouble with muscular stiffness." If these results, along with increased flexibility and stamina, sound good to you, hop on the bike and get your heart pumping. **PS**

## DETERMINING YOUR IDEAL HEART RATE

**Resting Heart Rate:** The rate at which your heart beats when you are not engaged in any physical activity.

**Maximum Heart Rate:** The fastest rate at which your heart should be able to beat. To figure out your maximum heart rate, use this formula:  $220 - \text{your age}$ .

**Aerobic Zone:** The aerobic zone is often defined as 70 to 85 percent of your maximum heart rate. To calculate your aerobic heart rate, use this formula:  $(220 - \text{your age}) \times .80$ .

**Fat-Burning:** The fat-burning zone is often defined as 55 to 70 percent of your maximum heart rate. To calculate your fat-burning heart rate, use this formula:  $(220 - \text{your age}) \times .65$ .

*Kim Gibilisco owns and directs The Pilates Lab in New York City with her husband Robert Turner. She holds an MA in Dance Education from New York University and earned her Pilates certification in post-rehabilitation from Polestar Education.*