



Clinical Pilates Studio 20
20 Chisholm St, Wangaratta
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THE **SIX C'S** of CLINICAL PILATES

- ❖ **CONCENTRATION** –Conscious focus on movement enhances body awareness.
- ❖ **CONTROL**- It's not about intensity, rather it is about isolating and working the body's critical stability muscles. *Ideal* technique brings safe, effective results.
- ❖ **CENTRING**-a focus on specific muscles to hold and stabilize the pelvis and shoulder blades, underlies the development of a strong core and enables the rest of the body to move efficiently. All action starts from a stable core.



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- ❖ **CONSCIOUS BREATHING**- deep, conscious diaphragmatic inhaling to initiate a movement helps activate deep stabilizing muscles and keep you focused.
- ❖ **CORE ALIGNMENT**- maintaining a neutral position (joints held in mid-position by deep stabilizing muscles) is the key to proper alignment, and this leads to good posture.
- ❖ **CO-ORDINATION**-the aim is smooth, continuous motion. Work “smarter” not harder. Repetition is used to “cement” good movement into your brain.

(extracted from Pilates is the real deal in core conditioning. Find out why, and learn how to tell whether your instructor is up to scratch. Author Ulrik Larsen. A Special Report from Peak Performance)