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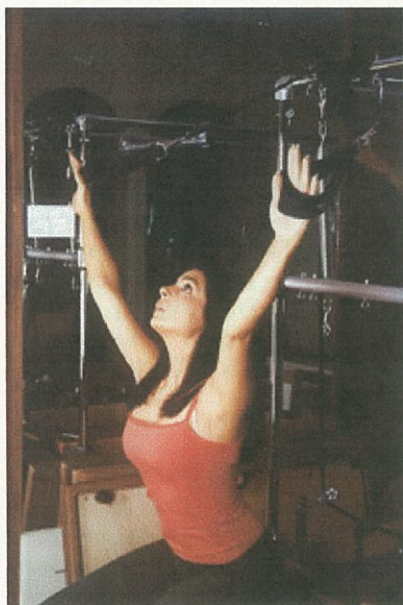
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New Moves In Fitness

Nawaz Modi Singhania



The next big wave on the fitness scene is gyrotonics, says Nawaz Modi Singhania

Gyrotonics Helps By:

Developing better breathing habits; the method clears toxins and revitalises all the major systems in the body. Emphasising breath management, controlled resistance and developing strength and flexibility.

What Is Gyrotonics?

Gyrotonics (pronounced jy-ro-ton-ics) is a form of exercise that is gaining huge popularity worldwide. Focusing on physical alignment and deep muscle control, Gyrotonics focuses on becoming healthier, both

in body and mind. About 50 sets of exercises, with approximately 130 variations, involve bends, twists, stretches, and the spiral and turn muscles and the skeletal system with minimal effort. According to the founder's methods, this is the way the body was constructed to move. Like Pilates, Gyrotonics emphasises the placement and alignment of the body, and is about the quality of the movement and not the quantity. The Gyrotonics system is often combined with the Pilates Method, but may be used independently.

Benefits Of The System

It targets 'core training', which means the whole mid-section of the body, comprising the abs and the lower back. This three-dimensional system of exercise guarantees an increased range of motion, aerobic stimulation, neuromuscular rejuvenation, improved balance and better coordination. The system even works wonders in rehab. Bone strength and density are increased, countering osteoporosis. Faulty ingrained posture is corrected, eradicating movements that lead to pain and fatigue. The gyrotonic technique also works on energy level stimulation and strengthening the meridian flows of the body, which helps to develop a powerful strength from within and an improved sense of wellbeing. The system is used widely for therapeutic purposes as well as for general body conditioning or as part of a dance/sport specific training programme. Tension in the body is diminished and released. Specific breathing patterns timed correctly with each exercise help detoxify the system. The system helps mobilise the spine and increase flexibility of the joints. Spatial awareness is improved. Profound core

body strength is easily developed. Bone structures and ligaments are strengthened by working internally. It also promotes cardiovascular stimulation by raising the heart rate for a sustained period of time.

Equipment Used

The equipment includes the Gyrotonics Tower/ Handle machines, hand and foot operated wheel bases, wheels, levers and pulleys. The handcrafted equipment allows total freedom of movement. It can be adjusted to suit any body weight, height, frame and level of strength. The even and constant resistance in the handle unit and pulleys completely eliminates any jarring or tension at the ends of the movements, unlike many other conventional exercise machines.

Types Of Movements Engaged

Start off with Gyrokinesis, which is virtually the floor-version of Gyrotonics. Encouraging a complete range of circular motion, all major muscle groups are worked interdependently with corresponding breathing patterns. Adopting a wide range of spherical movements, which articulate and mobilise the joints, the system strengthens the body's core musculature. Gyrotonics encourages a lot of movement in the spine. Particular attention is paid to increasing spinal flexibility, releasing tension in the upper body and improving co-ordination through movement. Gyrotonics works major muscle groups in a very non-impactful fashion, without bouncing or jumping. It demands sweeping, fluid, circular movements that promote strength and flexibility.

Get It Right

Gyrotonics is best done thrice a week. Initially it's fine to start with sessions of about 20 minutes, but as your body adapts to this, gradually work up to an hour.

Always warm up and cool down adequately in order to ensure safety and maximum efficiency and work out under supervision. Wear comfortable exercise gear, which does not restrict your movements. Stick to cottons, while avoiding synthetic fabrics. Gyrotonics is done bare-foot, so there's no need to worry about footwear.

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