Power Without the Pain

The low-impact nature of this exercise form makes it a great whole-body workout for people who want to lose flab and get fitter without opting for bonebreaking regimens

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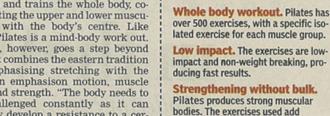
FITNESS TRAINER Nawaz Modi-Singhania has got Mumbai's swish set doing just as they are told at Pilates Hub, the city's first equipment-based Pilates studio. Singhania, who also happens to be married to industrialist Gautam Singhania, has found several new converts to this low-impact exercise form that uses equipment such as trapezius, studio reformer, wunda chair, magic circle, barrels and spinal correctors to target specific muscle groups. Sonia Garware, Ananya Goenka and Lea Dubash are among those who frequent her Hughes Road studio.

"There is a general lack of awareness about Pilates but when people come to the strength-training class, they really enjoy the Pilates segment, says Brinda Desai, head, group exerer-productive and one rarely breaks out into a sweat while doing a Pilates workout.

The method compounds muscle groups and trains the whole body, coordinating the upper and lower muscu-lature with the body's centre. Like yoga, Pilates is a mind-body work out. Pilates, however, goes a step beyond yoga: it combines the eastern tradition of emphasising stretching with the western emphasison motion, muscle tone and strength. "The body needs to be challenged constantly as it can quickly develop a resistance to a certain form of exercise. The great varierty in the Pilates regimen offers an effective alternative to people doing the more routine workouts," says Singha-

The workout is best done thrice a week. Initially, you start with 20-minute sessions, but as the body adapts to the routine, you can gradually work up to an hour.

Pilates Hub: Rs 2,500 per month Gold's Gym: Rs 1,500 per month



strength without adding bulk.

Pilates Basics

Builds endurence. Physical and mental strength and endurance are increased while fatigue, discomfort and pain are lessened.

Improves coordination. The body's coordination, posture, balance and alignment are corrected.

No over-straining. Pilates does not follow the 'no pain-no gain' approach. Any straining to the point of exhaustion is considered counter-pro-



cise, Gold's Gym at Nepean Sea Road, which offers offers mat classes as a one-hour segment of its strength-training programme.

Mat classes tend to be in large groups and are more generalised for the average person's needs, as opposed to Pilates at Singhania's studio that chooses equipment tailormade for a person's individual needs.

Pilates is an all-encompassing workout that does not involve jerky movements, heavy weights, or complicated training equipment. Any straining to the point of exhaustion is considered count-