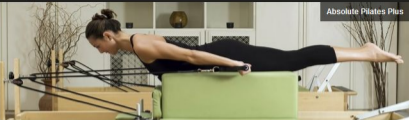


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Absolute Pilates Plus

## SPORTS & FITNESS

TRIED & TESTED

FITNESS *for fashion tip*

### Pilates at Absolute Pilates Plus

POSTED BY LUCY LAND ON 01/12/10

#### The Blurb

Absolute Pilates Plus specialises in Dynamic Reformer Pilates (but also offers a variety of other workouts), which is a machine-based full-body, core-conditioning workout designed to develop muscle strength and endurance, cardio respiratory endurance, flexibility and posture. The result is a lean and balanced body. Absolute Pilates Plus





The ultimate family Club for health, sports and relaxation.



promises to change your body after three classes; with persistence you will be able to achieve the absolute body you have been striving for.

## The Process

The workouts take place in a bright and airy loft space with only eight reformer beds, so there is plenty of individual attention from the trainer. Aaron took my first class. He has worked in many areas of the fitness industry including working with the NHS developing health and fitness programmes for schools, and it shows. I was struggling with one of the first stretches and he correctly guessed that it was because I run regularly and have tight hamstrings. Aaron took us through the stretch followed by a series of exercises using the spring-loaded Pilates reformer bed, small weights, magic circle and stretch bands with enthusiasm and plenty of individual attention.

## The Result

The workout is definitely perfect for toning muscles fast. It would need to be combined with a cardio exercise for a full-body workout (Absolute Pilates Plus also offers cardio classes such as spinning and kick boxing) but it was nice to finish a good workout without getting too hot and sweaty.

**First class free; one class £20; 20 classes £300**

**Absolute Pilates Plus, Unit G, 19 Heathman's Road, London, SW6;  
www.absolutepilatesplus.com;  
020 7731 3704**



LIMITED EDITION MILITARY DRESS, ROBEES

**TenPilates trainer Luke Meessmann reveals his top tip on how to look good in...**

### The military look

Reflecting current affairs, many designers introduced military-influence pieces including belted camp-shirt dresses, flap-pocket, high-waisted skirts and shirred cutout skirts, upside-down trenches, and inside-out pants. The designers' teen spirit is hard to resist, but equally hard to pull off...

**Area to target:** Hips, bum, inner thighs, waist. As this look requires so many areas to be toned at once you will need to combine two of the exercises that we have previously mentioned.

**TenPilates exercise:** Glute Bridge and Oblique curl-up (keeping your feet on the floor).

First perform the glute bridge (below) and when you roll back down out of the bridge into the start position (bum back on the floor) immediately roll up into the oblique curl up. Make sure you alternate sides as you perform each oblique curl-up.