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Pilates For Men Improves Your Posture

What's so wrong for a man to want more strength, more agility and power as well as more endurance? Nothing. Pilates for men can give you all that and more and that is why Pilates for men is becoming a serious contender as a workout regime. Unfortunately today Pilates is considered an exercise for women. True more women love it but it doesn't mean men can't benefit from this exercise. Physically men and women may be different but both can benefit from Pilates. Ask a man to do a Pilates advanced mat class and he'll soon see the light.

Men have smaller pelvises, usually less body fat, and tighter hips and hamstrings as do women. This lack of motion among men may be the reason why so many men suffer from lower body pain especially in the back. A Pilates core strengthening program will help men benefit to achieve stronger muscles that support the spine thus resulting in better posture. After all Pilates was invented by a man, namely Joseph Pilates, who created a series of exercises for wounded soldiers. His techniques resulted in quicker recovering time for these men and today these same practices are used by physical therapists helping rehabilitate men as well as women suffering from injury.

Male clients are opting for both mat group classes and private instruction. Male clients usually break down into three categories. Men who are aging, men who are young and fit, and men who have had a significant amount of weight loss. Their reasons for seeking out Pilates for men may be different, but they can all benefit from a Pilates workout.

Men who are aging will quickly notice the difference in how their bodies feel doing Pilates. Aging men will find the gentle stretching helps them increase their mobility, keeps their lower back pain free and with core strengthening exercises, keeps their bodies strong to accomplish normal everyday physical activities. Not to mention how Pilates helps a senior's golf game. Pilates improves a senior's balance. Most injuries that result from falls may be averted if the senior had taken preventive measures.

The out of shape, de-conditioned male who may have had a sudden drop in weight losing muscle tone is a perfect candidate for Pilates. Pilates works the total body. Pilates help men maintain bone density. Pilates low impact exercises allows the de-conditioned male gradually build up strength and self esteem. But before a male who is extremely out of shape tackles Pilates it is wise for him to seek a doctor's approval before starting any physical exercise program. Once cleared for exercise please seek the help from a certified Pilates instructor who will make sure you properly do the exercises.

Usually men who have lost a high volume of weight without exercising will notice that their muscles look loose. Their muscle tone gone. Pilates helps tone the muscles. It's a complete total body conditioning workout. Pilates helps restore muscle loss. Pilates helps the de-conditioned male get physically stronger without over stressing the body. It is wise for anyone who is de-conditioned to seek the help of a certified Pilates instructor before beginning an exercise program. A user wants to make sure to avoid any injury due to lack of muscle strength.

Regardless of where you fit in with Pilates it is about staying in shape. Our bodies need exercise. It is as much as fuel to us as food. Having a fit and tone body, staying active without pain shouldn't be taken lightly. Regardless of age having more flexibility and stamina will make for a healthier lifestyle. Being able to avoid injury, having more mobility to do normal everyday activities makes life so much more enjoyable. Pilates for men may be a great addition to your life. Schedule a workout into your PDA and start a new chapter in exercise.

Ideal for a man's home gym, this [resistance pilates ring](#) tones the body fast. Why settle for an uncomfortable mat when a man can have this [cushioned Pilates mat](#) to workout with?

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