

"PILATES FOR HORSE RIDERS"

Let's know how to take care of our body using specific techniques with Pilates.

What is Pilates?

-It is a training system which was created at the beginning of the 20th century by Joseph Hubertus Pilates in England.

Target of Pilates:

- Developing internal muscles to keep the body balance and strengthen the spine.

Which are their principles?

- Concentration and control.
- Accuracy and fluency.
- Breathing and central power.

Benefits for Horse riders:

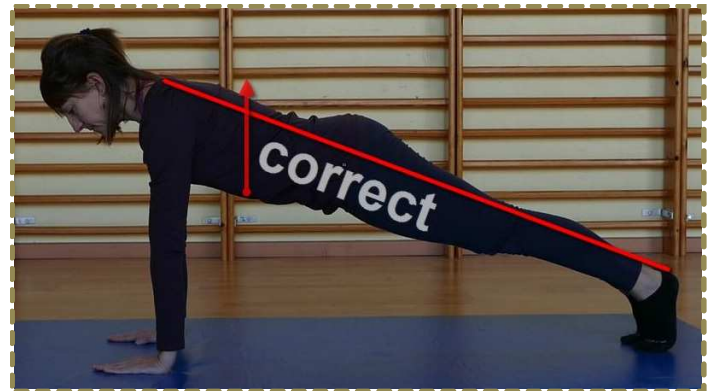
- Better communication with the horse.
- Better control over the horse.
- More balance on the horse.
- Less risk of damage at back area.
- It helps to improve the dressage skills.

Which are the best exercises for riders?

- "Powerhouse" or core area: abdominals, lower back and hips.
- Stretching and bending of the spine.
- Adductors and legs.

Planning

- 3-4 exercises of each group, 5-8 repetitions each one and 2-3 times a week



Watch the video by
catching the QR code
or visit
<https://youtu.be/AHGS17JSs0>

Quiz section
(Check it with your classmate)



A: Where is located the "Powerhouse area?"

B: Who was the creator of Pilates system?

C: How many days a week it is recommended to train with this system?