



Cardio Pilates advanced classes

Using reformer beds and 'jump boards', the new cardio classes at Pilates HQ incorporate traditional Pilates moves into a high-powered workout loved by the likes of Jennifer Aniston and Gwyneth Paltrow



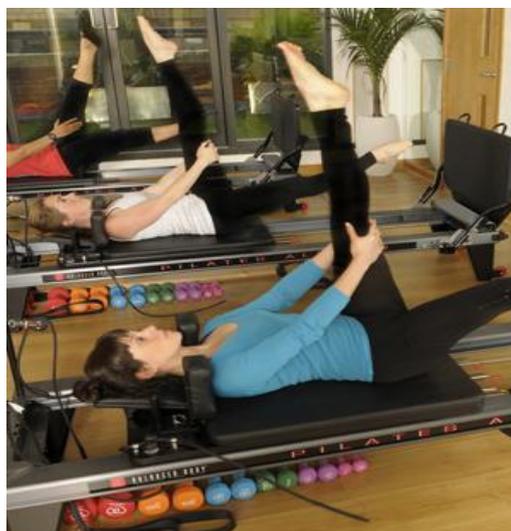
By [Bridget March](#) 04.01.2011, [Comments \(0\)](#)

The art of Pilates has evolved a lot in recent years and there are now many takes on the traditional exercise that focuses on strength, flexibility and body conditioning.

The latest is introducing cardio into classes, meaning you can burn fat as well as sculpt your body and improve posture and flexibility - a winning combination.

At Pilates HQ in Angel, London, the cardio classes are done on the reformer Pilates beds which are multi-purpose machines with a gliding platform that you exercise on using springs, straps and pulleys for resistance. Using these already makes the traditional Pilates techniques more dynamic, but the new cardio elements really up the ante.

The major difference is the use of the 'jump boards' which are fitted to the base of the reformer beds to allow you to perform fast fat burning jump routines off the board whilst lying down.



You do various sequences with increasing resistance levels by selecting different spring tensions. By the last couple of routines your thighs and gluts are seriously burning and you can't fail to feel the effects the next day.

But it's not just your lower body that benefits; your upper body is sculpted by using the reformer pulleys in various ways and with weights. Throughout the class your abs are constantly engaged and strengthened plus your heart is always pumping so you know you're burning calories.

Classes are an hour long but they fly by thanks to the motivational instructors, music and varied exercises. For these energetic classes it helps to have experience in the Pilates technique and good core awareness although its easy to pick up.

It's rare you find a workout like this that is fun yet seriously effective *and* relaxing. We can so see why the likes of [Gwyneth Paltrow](#) and [Jennifer Aniston](#) are already hooked - and you can't argue with their phenomenal physiques!

Classes start at £14.50 with no membership fee. See pilateshq.co.uk