



The Core Training

The Core training is a good addition to the Pilates exercises. Balance (balance exercises) make strenuous training, because the deep muscles - especially abdominal, back and pelvic floor muscles - are trained intensively. Exercising with or without the support of small appliances you strengthen your core muscles. Whether you use Core Training during a Pilates or interval training, during Circuit Training or simply as pure Core Workout - every single move you make is a challenge.