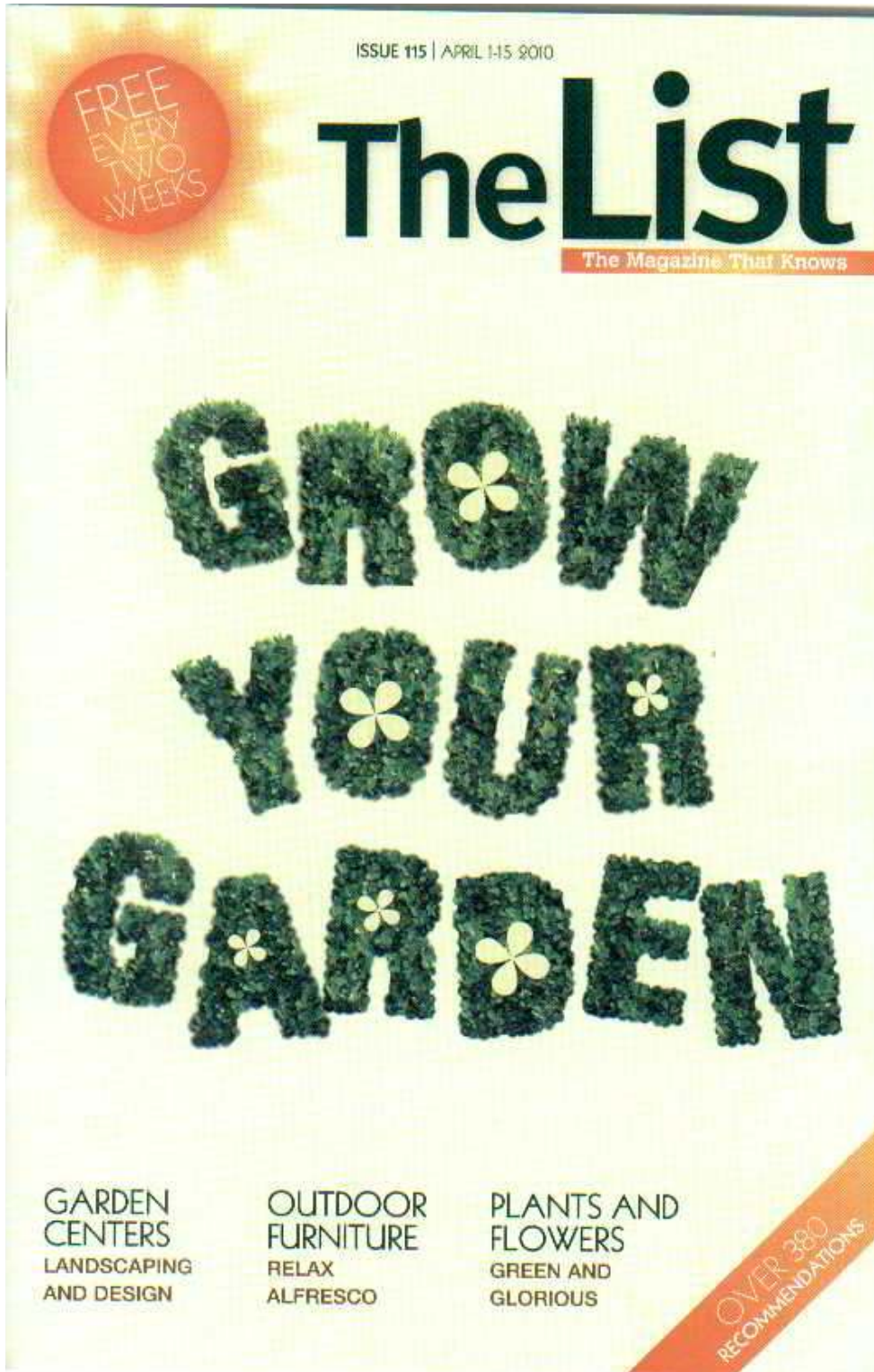


THE LIST



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THE LIST

✦ People

HOW TO BE A ... Pilates Instructor

» Dawnna Wayburne, director of education at Pilates Studio Iso Fit, shares some of the tools of her trade with us. Visit www.isofit.com.hk for more information.



Magic Circle

"I use this for a lot of my exercises—it targets specific muscle groups for toning and builds muscle strength as well as endurance. The magic circle isn't a complicated piece of equipment, but in my book it's an essential."



Small Pilates Ball

"This adds more challenge and resistance (and fun!) to the mat exercises and can also be used to release tension in the muscles. Studio Pilates is a spring-based resistive/assistive system and the ball helps replicate some of these movements."



Theraband

"The Theraband is one of Pilates' most commonly used small props. This stretchy band is easy to carry around in a purse and can be used to stretch and strengthen, targeting specific muscle groups wherever you are, even at your desk!"



Body Bolster

"This is great for increasing free movement in the body, which is one of the main aims in Pilates. The Body Bolster helps support the back and spine during exercises and helps release myofascial (connective tissue) tension to allow for increased mobility and flexibility."

If you have an interesting job or hobby and would like to tell us about it, email thelist@asia-city.com.hk. We'd love to hear from you.

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