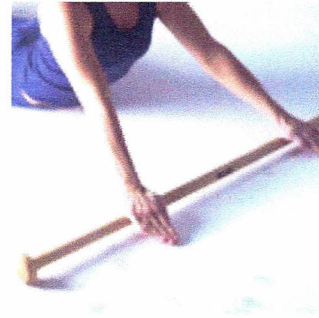


The Cool New Tool

Some of you may have noticed a new prop in the studio called the BalleCore® barre. (hint: check by the step barrels) It is a free standing 4 foot wooden barre with round flat ends.

It has always been a tradition in Pilates to utilize dowels and wooden sticks with certain exercises in the repertoire. Usually these props were meant to enhance proper shoulder mechanics or provide an assist for balance in standing exercises.



The idea behind the BalleCore® barre when placed end to end on the floor is not only to assist but to enhance balance as well as access the core muscles and powerhouse.

The round shape of the ends also facilitates an even and smooth rolling motion on the floor for a variety of exercises.

Most importantly, the BalleCore® barre helps to work the upper body in a more intense and deeper capacity. The use of the barre enables you to sense the connection of your arms to your back and your back to your abdominals in a way that you could never find without a prop. It also helps to encourage the release of the upper trapezius (neck muscles) and shoulders that tend to work too much.

Even though the barre is rather light, it offers proprioceptive feedback to remind you to constantly engage the triceps--so using the barre tones your arms too.

It sounds too good to be true right? I assure you it's not. One session with the BalleCore® and you'll be a believer!

Source: Gina Axelson Pilates Instructor and Studio Owner
