

Pilates & Men

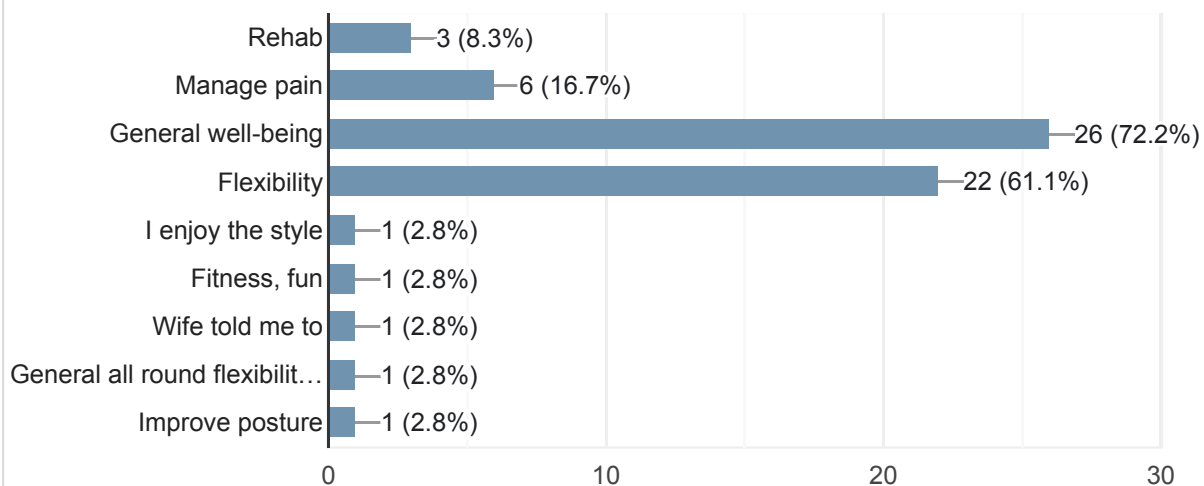
36 responses

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Why do you do Pilates?

 Copy

36 responses



What do you enjoy about Pilates?

36 responses

Knowing that I am stretching my body

The completeness and adaptability

the versatility

Challenge, complements other weights/gym/exercise (cycling,), gymnastic element

Lengthening with strength

More flexibility

I feel it will improve my golf ability through better agility and core strength

Keeps me toned

You can do it anywhere

Learning - it is a great way to exercise and keep the brain engaged, focused on brwathing etc.

The mix of strength and flexibility work with control.

As a 55 year old I find it not too physical as I imagine going to the gym would be

That it works parts that I didn't know existed! And the feeling of well-being it gives me.

It straightens me out (I sit at a desk for hours on end so often feel stooped with tight shoulders and legs)

Enjoy learning about pirates, the history and company of my instructor the laughs and cries plus the breaking the challenges

The sense of general well-being it confers.

The variation and low intensity of the sessions. Also the feeling of having stretched and worked my body from finger tip to toe.

Getting some movement back in my body and an hour for just me!

Very low impact but remarkable results

Working on core muscles which are very weak in places

Slowing down the loss of strength and mobility.

The way it gives me energy and the encouragement and excellent teaching which enables me to achieve much more than I would at home on my own.

Using various equipment. Learning different exercises . Never boring.

Doing it or

Group session and tips in posture

Stretching and helping my back

The way it surprises my brain, you think it should be easy, but it sneaks up on you and next minute your knackered from having moved a very small muscle

Learning about the body and the way I feel

Plugs you out of stress, makes you feel great afterwards

It's discipline. A good way to keep supple

The variety of exercises, sense of well-being, the social aspect of the group.

Anticipating the session to come.

Learning new challenges.

Humorous correction to my mistakes.

End of lesson summary - what we achieved.

Feeling dynamic and ready to go.

Feel better for days afterward, calms the mind like meditation

The feeling afterwards

It is good exercise for better general movement.

Flexible afterwards

What do you not enjoy about Pilates?

36 responses

Nothing

Nothing

N/A

Teachers with limited views on the style

not having access to studio equipment/apparatus

Cost ! Esp apparatus. Mixing things up can be good, but it can stray too far from pilates into just another 'the core is evil and must be punished' gym core workout. Pilates isnt dance, dont wave hands around as if it is. Other people's music - ambivalent rather than dislike, but equally i wouldn't subject a class to an hour of melodic death metal:D (yup, thats a thing !) PF cueing..

The cost

Not aware of anything.

If I don't do it for too long I'm reminded that I should do it more.

If it's too easy. If there is no challenge (strength, flexibility or coordination) there is no change.

That I'm as supple as a brick and it makes some of it hard to do!

Having to concentrate on the instructions and not really knowing what I'm supposed to be feeling in my body/muscles (haven't had many sessions).

The odd ache the following day!

Things I struggle with more especially balance and sometimes having to prance around a bit.

Nothing!

Feeling like I have worked hard

General tiredness afterwards

Nothing; it's all good.

Not aware

Not doing it

Difficulty in doing some routines- frustrating

Why would you do it if you didn't enjoy it?

Zooming is more tricky, Enjoyment is not necessarily a priority - sometime amount of effort to

put in seems hard but it's worth it

Mermaid!!

Stopping.

Struggling with some moves and feel like I'm not getting as much benefit

Nothing really-some exercises I find are challenging but do get easier with repetition!

Do you wear socks in your Pilates sessions and why?

36 responses

No

I don't tend to. I'm just not a fan of socks

Yes - don't like feet

Yes, preferably fresh -hygiene, keeps mats etc cleaner, shouldnt expect teachers to handle smelly feet !

No, I never wear socks any way - but for Pilates I wouldn't because I need to move well

Not sure

Yes, because I don't like my feet

No. For the same reason I don't wear gloves.

Sometimes, not sure why

Only if it's cold.

No but we have a home studio. Would wear socks in a public gym/studio.

I use to but not anymore not sure why

For better grip on the mat when standing.

Sometimes for added grip.

No.

Yes, horrible feet!

Normally no

It varies depending on the exercise, the weather and how cold I am. I try to manage without socks.

Find it easier without socks

Yes , hygiene

No, by nature I am a bare foot boy

No

No. Teacher suggests not and I agree it feels better

No. Tutor suggested bare feet best.

Usually, out of habit

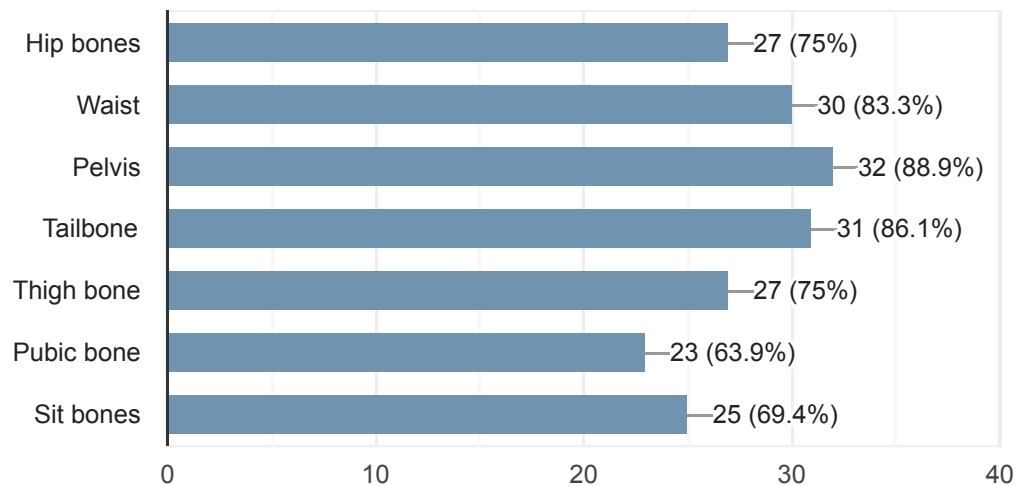
No, easier to use reformer etc..

Not usually.

When your teacher uses the following words for different parts of the body, do they make sense to you or do they seem a bit vague? Please tick the ones you like.



36 responses



Are there any other terms that your teacher uses that you do not really resonate with?

36 responses

No

N/A

None

Only if it gets too off topic

no

No, just be clear/specific (eg lengthen tailbone away...to where.? mat, somewhere else?) anatomical fine (engineer/student pilates teacher here :)) "heart to ceiling" no, use breastbone, keep the silliness in yoga/elsewhere ;)

The imagery cues - tight jeans etc

Not aware yet

N/a

No

Can't specifically think of anything.

Some of the breathing directions like breathing into one side of the ribs

Nope!

To start with some of the terms seem a bit obscure but make sense once you get the hang of it

Not really

Seams of leggings, bra strap

No

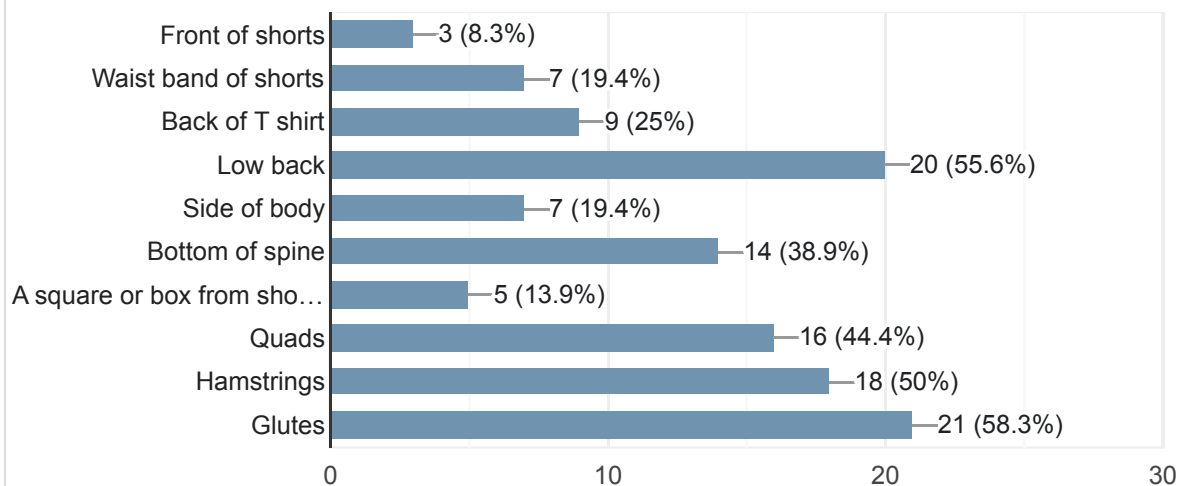
No.

I'm not too fussed about terminology but clear instruction is helpful when not looking directly at instructor.

Are there other words you would prefer such as these below? Please tick the ones you like.



36 responses



Are there any other words that your teacher uses that you like?

36 responses

No

N/A

Not sure

no

Again..prefer anatomy (or colloquial equivalent)

Draw

Not aware

Zip and belt

n/a

Bite point

N/a

Those that are synonyms

Lots of positive encouragement whilst I look confused.

None that I can think of.

Corners; fingers to thumb; crash helmet

None.

not thought about it

Well done!

Not aware of any

Well done, positive praise that I've moved a toe

Plenty but can't remember them all - she uses a good range

Bone by bone

Rest

"Shoulders down!" "Toes up" "relax, let go"

Nope

All fairly clear and self explanatory.

Roll

Do you enjoy using Pilates Equipment like bands or Reformer?

36 responses

Yes

N/A

Oh yes!

tower, chair

Yup

Not troed

Not used them

Bands yes, reformer no

Haven't done so yet

Haven't used them yet

Mini ball, spine corrector, bands. Not a fan of reformer (feels overly complicated).

100% especially when your just starting out building your body's strength and confidence

Yes.

Yes Swiss ball, smoothie ball and spiked ball

Yes. It is good to have variety and most of the small apparatus works more specifically on a particular area and muscle set.

Not much

Yes, the extra equipment always makes it more interesting/ challenging

Haven't tried it and don't want to. It looks so unattractive and reminds me of some of the machines used in films for torture!

Yes, Bands and magic circle. I choose to work over zoom so don't use other equipment.

Not especially if it's fiddly but if it makes things effective, I think it's good.

yes

Have used previously and found the equipment okay but tend to do mat Pilates now.

Are you comfortable with hands on corrections?

36 responses

Yes

Yep

yes

Yeh

Not so keen

Yes but then my instructor is my wife so I like the attention.

100%

Yes.

I am OK. My teacher is respectful

Yes

Yes. It was much harder in zoom and post covid when this wasn't possible.

Sure

Yes - prefer it as it's the extra detailed tweaks that really make the difference. I zoom a lot though for practical reasons so it's tricky/I think I miss out on most of these

Sorry, zoom addict. Would be comfortable.

Yes but I've not had an instructor that did for years

What do you think would encourage more men to do Pilates

36 responses

More advertising/social media

More male representation (as the style would naturally shift accordingly)

more visible marketing geared to men.

Selling strength/flexibility/fun/complementary exercise

Male teachers. Less pelvic floor.

More education of benefits.

Word of mouth from men already attending classes

If we talked more about muscles and strength

Promote the benefits for footballers/golfers

Greater awareness

Men only classes or if you label the class as Pilates 'for strength', 'For runners', etc. I find easier to encourage active men to try Pilates compared to the sedentary ones.

Not sure

Their partners and that they were more honest and open to themselves

Whilst I feel better after it I don't feel like I've had a "proper" workout. Maybe I shouldn't view it as something that gives me the "rush" of say cross training?

Making it more aware, the benefits it can give

It's probably down to 'selling' the product to potential customers the right way eg advertising, messaging, media etc.

Knowing how good the results can be and that men do actually do it.

No idea - men need to stop thinking it's just for women!

Probably the perception of what Pilates is, focus on the benefits to flexibility and core strength may help, because it's low impact some men may think it's not beneficial

Don't know

More information about the benefits to men

More emphasis on the need to stretch efficiently.

Feel there is a good mix in the class

A smack in the mouth

More male instructors

A better understanding of the benefits of Pilates

A better understanding about it and what makes it different from yoga, it reactivates those muscles that you have forgotten how to use, knocks them out of their normal daily routine? More and more sportsmen are using it to enhance their performance.

Understanding the health benefits

Stress that it's not girls only, is pretty physically hard in places, is really good for you, plus you feel great afterwards - both physically and mentally. My view is it's much more than just physical exercise

Tell them how hard it is!

If they tried a block of sessions and more dynamic sessions.

Encouragement from others, preferably from women.

Most people don't know the benefits.

availability of 1-2-1 sessions

A better understanding of the benefits from taking part in Pilates activities and perhaps a realisation that it is open to all genders.

Other peoples results

Please note that for the purposes of the survey, Men refers to AMAB (assigned male at birth)

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