

# WHAT IS A **realpilates** POWERHOUSE?

A **realPilates™** body works out all the time, not just when you're exercising. Practice these Pilates concepts both in and out of the gym, and get a Pilates Powerhouse built to last!



## Scoop Up!

Draw your stomach muscles in and up— but don't curve your spine or hunch your shoulders. You'll feel taller and your whole body will be supported.



## Squeeze In!

Tense your buttocks, wrap your thighs, and create a tripod with your feet for the perfect "Pilates position".



## Square Off!

Picture a box defined by your shoulders & hips. Now keep it square and strong!

Your **POWERHOUSE** is the center of strength & control for your whole body. Now turn this page over to learn how to put your powerhouse to work with our **realPilates™** Everywhere Workout.

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# realpilates

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