

The Revolution Reformer®

Developed by Allan Menezes the **Revolution Reformer** is exclusive to the Pilates Studio in Chatswood.

It uses a unique revolving mechanism that will balance the muscles better than an ordinary reformer. This will work the weaker muscle groups so that the stronger ones are not dominant.

As a result, more than 30 **NEW** exercises have been created by Menezes that will challenge the toughest sports professional as well as work gently with rehabilitation for limb and other issues. Consequently, this stabilizes the pelvis faster and strengthens the core more effectively.

Some other unique creations of the Menezes Method, not seen in Pilates, are:

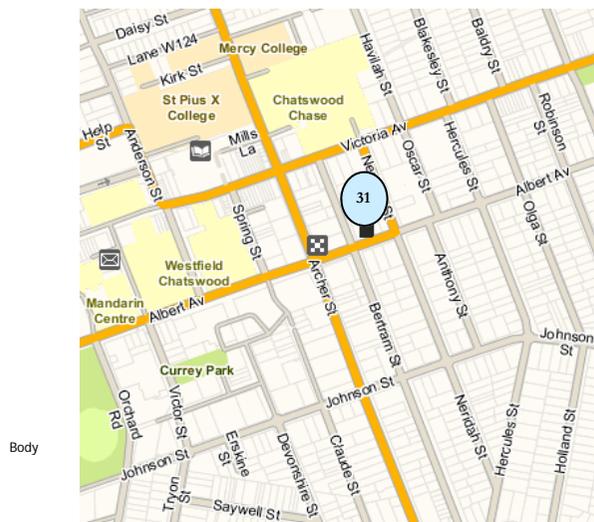
- **Ocean and Blast breaths** ("No Breath - No Core")
- **Stamina Stretch** (opens the lungs 25% in 2 minutes)
- **Lateral Core Control** - for global abdominal strength
- **Menezes Position** - to greatly reduce neck and back strain when working the core
- **Allan's Lunge** - reduce back strain when arching, fantastic for improving arabesque for dancers
- **Safety and Feedback Scales** - to keep you program challenging etc. etc.

THE PILATES STUDIO

31 Albert Avenue,
Chatswood, NSW 2067

Tel: (02) 8920 2622

www.pilatesinchatswood.com.au
for DVDs see www.pilates.net/shop



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"No longer confined to the traditional pilates studio, the method can now be found in physiotherapy rooms and in newly developed forms, such as the Menezes Method"

Sydney Morning Herald, Science & Health. Oct 2009

PILATES IN CHATSWOOD

for
SPORTS & REHABILITATION



USING THE
MENEZES
METHOD
*'Pilates —
and MORE!'*



The Pilates Studio is a fully accredited
member of the Pilates Institute of
Australasia

THE MENEZES METHOD

'Pilates - and MORE!'



The **MENEZES Method** is a specific style of **Functional Pilates™** created by Allan Menezes, the pioneer of the pilates method in Australia (1986).

The **Method** has earned the respect of amateur and pro athletes as well as prominent practitioners with respect to injury rehabilitation, muscle balancing and the relief of chronic back, neck and shoulder pain.

Using our fully equipped studio, the **MENEZES Method** is extremely effective in working weak or underused muscle groups to produce:

- Better posture & increased stamina
- Stronger core muscles
- Reduction in back pain
- Improved sports performance
- Greater flexibility & Strength
- A body that 'thinks for itself'
- More 'fluid' everyday movement

MENEZES Method for Toning and

Fitness - Our Aim is to combine the following to produce an efficient and effective 'whole' for better quality of life and wellbeing. To perfect even one of these takes time. But the results are worth it!

- Identify weak and 'unused' muscle groups
- Lengthen the over-strong, tight groups
- Strengthen the weak muscle groups
- Improve flexibility, strength and tone
- Improve stamina through breathing control
- Improve body shape

"The (Menezes Method) is the surest way I know to get back into shape fast, giving maximum effect with minimum effort." Greta Scacchi, Actress

MENEZES Method for Rehabilitation

Our programs have shown that if we are able to reduce pain levels by even 25% over six months, this is better than most others have achieved. This process takes weeks and sometimes months to 'undo' old habits. We work to:

- Lessen the 'reaction time' when an injury becomes aggravated and then
- By gradually reducing this time to 'zero' we are then able to start the strengthening phase of the program
- Increase mobility and strength while stabilizing the joints

How do I start?

An initial consultation is required by all attendees. This private one-to-one session is one-and-a-half hours long conducted by Allan Menezes.

With Australia's most experienced instructor and internationally respected trainer, you are in safe hands.

For how long should I attend ?

After your initial consultation, we recommend that you attend 2 to 3 times per week for at least three months in order to gain the most benefit and see the changes!

If you don't look after your body, it will fall apart on you - guaranteed!

The first month is required just to stabilize you!

What do I do next?

The next step is to contact the Office on **8920 2622** to make your initial consultation.

MENEZES Method™ is ideal for young and old, 8 to 80, housewives and labourers.

We also accept workers compensation, insurance accident claims, etc.

The Studio also provide rebates with selected Health Funds.

Allan Menezes is the author of the bestselling, "Complete Guide to the Pilates Method" and 13 Pilates DVDs. He also trains physiotherapists and fitness instructors in the Menezes Method worldwide.

"Even if you've already done pilates - the Menezes Method will be a real eye opener"

Diane Slater. Physiotherapist. QLD