



Pilates Infused Circuits + Props

Instructor

Erika Quest



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Introduction

Pilates Circuit Training is an innovative way to take small groups of clients and provide an inventive and cardio driven circuit training session.

Pilates inspired repertoire and utilization of small props (optional) will be spliced into rotations to keep your heart rate up and whole body challenged.



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ABOUT ERIKA

PMA – NCPT

Balanced Body Master Instructor

BASI Graduate

BOSU Elite Development Team

IDEA Fitness Expert/Author

Former Corporate Marketer



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Introduction

Fusing Pilates movement patterns, we will focus on ways to implement repetition-based circuits in any moving environment.

You'll walk away with 2 circuit structures and exercise ideas to infuse in your classes.



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Why Circuit Training?

- Maximize time
- Improve any fitness component
- Progress athletic skills
- Ignite metabolism
- Change up routine



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Circuit Goals

- Ability to sustain muscular force production and skill execution
- Time under tension
- Quality vs. quantity



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THANK YOU FOR JOINING!

THIS PROGRAM IS PROVIDED BY ERIKA QUEST

STAY IN TOUCH | ERIKAQUESTFITNESS@GMAIL.COM

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