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Abstract: The purpose of this study was to determine the effect of a 3-week Pilates program on the physical fitness of healthy young adults. The study was conducted in a university setting and involved 30 participants who were randomly assigned to either a Pilates group or a control group. The Pilates group performed a 3-week program of Pilates exercises, while the control group did not perform any exercises. The physical fitness of both groups was measured at the beginning and end of the study. The results showed that the Pilates group had significantly higher levels of physical fitness at the end of the study compared to the control group.

Keywords: Pilates, physical fitness, young adults, 3-week program, university setting, random assignment, control group, measurement, results, significantly higher levels.

Introduction: Pilates is a form of exercise that focuses on core strength, flexibility, and overall physical fitness. It has become increasingly popular in recent years due to its low-impact nature and its effectiveness in improving physical fitness. The purpose of this study was to determine the effect of a 3-week Pilates program on the physical fitness of healthy young adults.

Methods: The study was conducted in a university setting and involved 30 participants who were randomly assigned to either a Pilates group or a control group. The Pilates group performed a 3-week program of Pilates exercises, while the control group did not perform any exercises. The physical fitness of both groups was measured at the beginning and end of the study.

Results: The results showed that the Pilates group had significantly higher levels of physical fitness at the end of the study compared to the control group. This was true for all measures of physical fitness, including cardiovascular fitness, muscular strength, and flexibility.

Conclusion: The results of this study suggest that a 3-week Pilates program can effectively improve the physical fitness of healthy young adults. This finding has important implications for the use of Pilates as a form of exercise for health and wellness.

References: Castellano J. (2017) The Effect of a 3-Week Pilates Program on the Physical Fitness of Healthy Young Adults. J Nov Physiother 7:6(Suppl). DOI: 10.4172/2165-7025-C1-020

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hospitals, wellness centers and other health associations worldwide. He is a pioneer in the formal training of the prescription of exercise for health and Pilates method in physiotherapy in Spain. His programs have been accredited by professional colleges of physiotherapy, universities and by the National Continued Training department of the Ministry of Health. He begun his pre-doctoral program initiating clinical trials on diabetes type II in 2009. His research focused on the development of a Pilates program for the prevention and treatment of chronic low back pain. He has published several articles in scientific journals and has presented at numerous international conferences. He is currently a professor of Physiotherapy at the University of La Coruña, Spain. He is also a member of the Spanish Society of Pilates and the International Pilates Association. He has been a speaker at several international Pilates conferences and has been a member of the jury of the Pilates World Championships. He is also a member of the Spanish Society of Pilates and the International Pilates Association. He has been a speaker at several international Pilates conferences and has been a member of the jury of the Pilates World Championships. He is also a member of the Spanish Society of Pilates and the International Pilates Association.

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