

Questions and Answers

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What is Physique 57®?

Physique 57® is a 57 minute series of exercises that strengthens and stretches every muscle group in the body. Using isometric movements, a ballet barre and your own body weight for resistance, your muscles will become strong, lean and limber.

What do you do in a Physique 57® class?

The class begins with a warm up and sequence of upper-body exercises which includes free weights, push-ups, plank positions and specific exercises that target the bi-cep, tri-cep, shoulder, chest and back muscles. Students then use the ballet barre to focus on the thigh, seat and abdominal muscles. The abdominal wall is also strengthened through a series of “C Curve” exercises and the thigh and seat muscles are worked with a complete routine of knee and back “dancing”.

Intense, isometric movements are used to tone muscles which are fully stretched after each set of exercises. Instructors offer personalized attention to perfect posture and body alignment and encourage students to work at their optimal level. Lively and fun music helps students stay focused and work even harder.

Will Physique 57® help me to lose weight?

If you attend Physique 57® classes 3-4 times per week and maintain a healthy diet then yes, you will become slimmer. Our system of exercises focuses on strengthening and lengthening the muscles. The more muscle you have (instead of fat), the more calories you will burn all day. Remember, muscle tissue burns about 15 times as many calories as fat, even when you're not exercising!

Exercise will help you accomplish more than just weight loss. Exercise has been proven to reduce heart disease, diabetes, and depression. Studies also show that regular exercise promotes life expectancy and cognitive function.

Questions and Answers (cont 1)

How often should I attend Physique 57® class?

To see significant results, we recommend that students take class 3-4 times per week. Beginners are encouraged to take class often to gain a better understanding of the positions and to build muscle memory and efficiency. Students experiencing soreness are also encouraged to attend class often, even on consecutive days.

Muscle soreness and stiffness usually happens to people who are just beginning an exercise program or to those who work the same set of muscles in a new and different way. Because of the large variety of strength and stamina building variations at Physique 57®, students are apt to feel some muscle soreness after every class. Sore muscles will have ample opportunity to be stretched and relaxed during class because of the method's emphasis on musculoskeletal stretching.

Does Physique 57® shape the body?

Physique 57® works muscles to their fullest potential and then stretches and elongates that same muscle group. This routine causes muscles to rapidly change shape. Our students see the transformative effects of the method such as smaller waistlines, shapely thighs, a more rounded seat and stronger, flatter abdominals. Just ask them!

Is Physique 57® aerobic?

Yes, Physique 57® is much like interval training. In each class, students alternate between sprints of intensive aerobic exercise and slow, recovery activity such as stretches. This sequence helps build muscle efficiently and strengthens the heart muscle. Overall, interval training leads to improved performance particularly within the cardiovascular system. Interval training also helps prevent the injuries often associated with repetitive endurance exercise.

How are the benefits of Physique 57® different from yoga?

The right yoga class can help tone your muscles and beginners can make significant strength gains. But as you get stronger, you will need to work your muscles harder to see results. Physique 57® delivers lasting results because students are continually challenged to increase their strength and stamina with different variations of strength building exercises.

Physique 57®'s stretching and strengthening movements are accessible to everyone so injuries can be avoided. The movements are less taxing on joints and the alignment is easier for clients to obtain.

Questions and Answers (cont 2)

How are the benefits of Physique 57® different from Pilates?

Pilates exercises are usually done while lying on the floor to target the abdominal and back muscles. Physique 57® also uses this position to work these important muscles. However, Physique 57® offers many standing, weight-bearing exercises that effectively strengthen muscles while helping to increase bone density. Our system offers a greater variety of exercises to target all of the major muscle groups.

What is so important about elongated, flexible muscles?

Flexibility offers several benefits such as decreased risk of injury, improved posture, reduced muscle soreness, and decreased risk of lower back pain. Plus a stretched, flexible muscle is considerably stronger than a tight muscle. Lastly, flexibility helps relax the mind and body and makes you look and feel better.

Why is it important to stretch and strengthen the back?

Most people at one time or another have experienced back pain. By keeping your postural muscles strong and flexible, you can greatly reduce the risk of herniated discs and other back related issues. Plus, there are many other benefits to having a strong “back-bone”!

Why does Physique 57® emphasize the abdominal muscles?

Besides reducing your waistline, building a strong core improves posture and lessens back pain. Strong abdominal muscles will help you stand tall which makes you look slimmer and more confident. Physique 57® does not include traditional sit-ups because they do not work the correct abdominal muscles. Physique 57® uses the “C Curve” which incorporates hollowing, bracing, and slow measured movements which are proven to be the most effective mix for strengthening all four abdominal muscle groups.

Why does Physique 57® use a ballet barre?

The ballet barre helps to balance and properly position the body. As a result, students can better target all major muscle groups. The ballet barre allows clients to build resistance and strength unlike any other exercise apparatus.

Why does Physique 57® use a stall bar?

A stall bar is a specially designed piece of gymnastics equipment that offers enormous benefits for a multitude of stretching and conditioning exercises. Hanging from the stall bar helps to release upper and lower body tightness. Pregnant women and those with shoulder or back injuries should not hang from the stall bar.

Questions and Answers (cont 3)

Why do we use carpet in our studios?

Purpose: Plush carpeting is essential for the Physique 57® technique as it provides a comfortable surface and extra cushioning for your bones and joints.

Benefits of the carpeted floor:

- Softer on your hips when lying laterally for thigh work, on the knees while kneeling for thigh dancing and on the forearms during plank– generally reduces impact.
- Allows you to lift on the balls of your feet for extended periods without causing undue stress to this delicate area.
- Gentle on the vertebrae when you are lying supine and when curling up for abdominal work.

What other activities complement Physique 57®?

Physique 57® is complementary to most other workouts. If in the same day you plan to couple a Physique 57® class with a sustained aerobic activity such as running, it may be best to take the Physique 57® class first.

Can I take class if I am pregnant?

Moderate exercise during pregnancy can help pregnant women feel healthy and fit. Many post-natal students assert that this system of exercise helped them enjoy a smooth pregnancy and eased recovery after delivery. If you have no serious medical problems and you have an uncomplicated pregnancy, it may be safe to exercise. For Physique 57® expecting moms, we developed Prenatal Physique, a unique trimester based program that combines cardiovascular activity, strength training and stretching exercises. Prenatal Physique was created with recommendations from medically trained professionals and closely follows the guidelines of the American College of Obstetricians and Gynecologists. Pregnant women must present written consent from their doctor before they can take class. Pregnant women must notify their instructor to ensure that instructors can teach appropriate modifications.

Can I come to class if I am injured?

Yes, the method was developed to rehabilitate the body. Many of the stretches and strengthening exercises have been suggested by sports medicine physicians and orthopedists. It is recommended that injured students consult with their doctors before beginning any new exercise method. Also, please speak with your Physique 57® instructor about your injury before class begins.

PHYSIQUE 57®

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