



Brian Doben for Newsweek

Converts to core-strength training regimens like Pilates boast a range of benefits from improved balance and circulation to well-toned limbs

## Concentrating on the Body's 'Core'

**Techniques that strengthen torsos are a hit with celebs and Ordinary exercisers as Well**

(Edited from article appearing in January 20, 2003 issue.)

**By Karen Springen**  
NEWSWEEK

**Power Primer** Core training focuses on the body's "powerhouse," the torso. There is a wide range of old and new methods incorporating this principle:

**Pilates** The granddaddy of strength and toning programs stresses flexibility of the spine and controlled movements, often using special apparatus.

**Yogilates** A style of yoga that incorporates Pilates principles, this regimen focuses on proper alignment of the spine. No equipment, handstands or headstands required.

**BalleCore** Combining Pilates, hatha yoga and ballet, classes are choreographed to music. The goal is long, lean muscles and improved balance.

Pilates also faces plenty of competition from newer core-training regimens... Gyrotonics (done with machines) and gyrokinesis (not necessarily with machines) use sweeping, full-body motions designed to develop flexibility in the torso and spine. Both techniques use circular movements from gymnastics, ballet and yoga. BalleCore also uses ballet and yoga.