

**Pilates For the Military Overview**  
**International Pilates Heritage Congress 2017**

The requirement for physical excellence within the Military is well understood. The aim of this project was to assess the benefits of a structured Pilates program within a Military context. The focus of the project was on 'fit for duty' serving Military personnel, and therefore many of the lessons learned can be transferred to other professions and sports where a high level of fitness is expected.

It can be assumed that to get to a certain level of competence and experience Military personnel have experienced some level of minor injury. These injuries do not prevent the individual from operating at full capacity, but if they can be alleviated and prevented from recurring, that individual will be more effective to the Unit.

This presentation will cover the assessment methods used to establish the physical condition of subjects before and after the project, the various test groups and some of the exercises implemented in the training routine.

Schedule:

Lecture	Pilates for the Military from planning to execution
Participation welcome	Introduction to Military Physical Fitness Testing
	Adaptations of Pilates Exercises
	8 week Progression of the Adapted Exercises from day one to pass out
Lecture	Analysis of the results