



Pilates: Strength Training Style – Stephanie Glickman

Use strength training techniques (sets/reps, working to failure) to take Pilates based repertoire to a higher level and build serious hip and shoulder strength. Mobility of important but under-appreciated joints like ankles, fingers and wrists will also be a focus.

Stephanie Glickman has been teaching Pilates full time for 14 years. She owns and manages Brunswick-based Armature, a pilates and strength training facility which has just celebrated its 12th anniversary.

A former Stott Pilates Instructor Trainer, she now lectures in Pilates and Clinical Pilates for Breathe Education on both Cert IV and Diploma courses and regularly presents at national fitness and Pilates conferences.

She's trained through Stott Pilates, Breathe Education, Polestar and Pilates ITC and holds principal trainer status with the PAA (Pilates Association Australasia).

When not pilates-ing, she is parenting two children, writing dance reviews for the Herald Sun, instructing Les Mills Body Step and recreationally powerlifting.



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