

Flexibility Is The New Strength

For baseball players, the benefits include more efficient movement as well as better endurance, speed and quickness.

PILATES LIKE THE PROS



Strike Zone Elite Team Using Pilates To Improve Their Game



The Cardinals started using Pilates as one of the team's training tools in 2016

Many players such as Yankees third baseman Alex Rodriguez, Giants pitchers Tim Lincecum and Brian Wilson and Evan Longoria of the Rays are among many others who are reported to having tweaked their workout routines with flexibility in mind for more practical purposes.

Rays third baseman Evan Longoria has said "**flexibility is the new strength,**" and with the way sport-specific exercises, Pilates have caught on among players, it's possible that the desire for bulked-up pitchers and musclebound sluggers could be a thing of the past.

"All of the stuff that I was doing was more focused on the movements that we actually do for baseball," Longoria said.

"To be strong in general doesn't necessarily mean you're going to be strong from a baseball standpoint. ... When we're hitting, you want to be as stable as you can and use the three-dimensional aspect -- the rotation in your core -- to actually translate to power."

With the muscle, you think about the loading and exploding. In order to get the maximum loading, you also have to get the maximum range and the maximum stretch of the muscle. ... Pilates will help you get the explosion you need to produce the power, the speed or whatever movement you need to improve to help you perform better.

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