**Malibu Pilates Chair Review:**

**How to Use the Chair to Keep Fit?**

If you are simply looking for the way to lose weight, then the **Malibu Pilates Chair** is not what you really need. Why? Well, its primer purpose is to assist in building physical strength and help to tone up muscles rather than get rid of a few pounds.

**What about Cons and Pros?**

The chair has them both. If speaking about pros, they are multiple, as this is one of the rarest equipments that help to workout all body parts. In addition, it includes video workouts that aid in using the chair, thus getting maximum benefits. One more plus is the fact a user can see the results that are equal to those gained from traditional Pilates classes.

Though the benefits are various, cons are also possible, including price and personal preferences: some people may find such chairs uncomfortable.

**The Chair Is Portable**

There are many users, who keep stating in their **Malibu Pilates chair reviews**, that one of the greatest equipment’s benefits is the fact it is portable. It is really portable and allows exercising at home whenever you have a couple of free minutes. Some people workout during whole day, using the chair to perform simple cardio moves.

The split pedals assist in working out legs and arms, one at time or together. Various movements help to build fanny muscles, abs, arms and legs, making the core stronger and your body much healthier. In addition to all the above-mentioned benefits, this chair is easily adjusted to any resistant type a user needs.

**Choose Your DVD**

Unlike many other Pilates chairs, the Malibu Pilates has a choice of three DVDs and a special exercise wall chart. This means that this program can suit anyone. In case you are restricted in time, select a short workout. And in the other day, opt for a rather advanced program, if you have more spare hours.

Some people choose to follow the wall chart program as it is very easy to do, besides, it doesn’t require much time and can be followed daily.

**Basics of the Exercising Method**

The method of exercising on this chair was developed by Joseph Pilates (this is where the name of the system comes from). Though he died more than forty years ago, his system still works, keeps developing and living.

According to **Malibu Pilates Chair review**, when you see the chair for the first time, it seems this is a common stepstool, but as soon as you start working out on it and examining with a closer look, you’re going to find out that it offers a number of exercises for abdomen, arms, legs, etc. The chair mainly works on core muscles as well as Pilates mat exercises. The only difference is the fact it also has aerobic exercises and resistance. Aerobic exercises on Pilates are done to improve metabolism, burn more calories and improve heat health.

The seat of the chair is mainly used, while a user is performing leg exercises, as they should be performed with resistance pedals. While doing other routines, the seat of the chair serves as a stability surface.

The **Malibu Pilates Chair** is beneficial for those, who want to be slim and keep fit. Regular exercises will help to improve your body and the way you feel. So, don’t waste your time on workouts in gyms.