

Strengthen Through the Screen

Over the years, Pilates has earned something of a fancy-pants reputation—but it truly is an exercise you can do from virtually anywhere. On the go? You're set with just a soft surface, a device, and Wi-Fi, says Campbell. Hit "play" on...

● Pilatesology

To quote everyone's favorite club kid, Stefon: This place has everything. Mat workouts. Reformer workouts. Chair workouts. With over 1,600 videos, it won't bore you, trust. \$20/month, pilatesology.com

● Glo

On-demand yoga, meditation, Pilates classes, big bang fitness bucket, also filter via different \$18/month

low-impact, barefoot bliss. I'm far from the only one obsessed with Pilates—loyal *WH* readers have likely noticed that nearly every celeb on our cover lately has sung the praises of the modality. But it's not some inaccessible celeb trend, say pros. "Fitness fads come and go, but Pilates has stood the test of time," says Carrie Campbell, who owns and teaches at Positively Pilates

Pilates can be a nice
ance to all that push
and pounding. One
found that Pilates
setting improved
ment in recreation
which could lead
per the *Internatio*
Sports Medicine
to hit the mat (or
first teaser? Whe
in-home sweat s
hour, we've got y
ting into the Pil

BUILD YOUR

It takes only a few pro
your own practice to c