

Fitness Trend: Break A Sweat With Piloxing



By [Carly Horowitz](#)

Imagine a world where fitness gurus combine the intricate skills of boxing with the flexibility of Pilates. Well, you don't have to imagine anymore, because we are living in such a world! Allow us to reveal the latest [fitness trend](#): Piloxing. People around the globe are partaking in this cool new workout.

Piloxing is a fitness trend that will get you feeling sexy and powerful!

There are a multitude of ways to work your body in order to achieve the fitness level you desire. This piloxing movement is striving to target both the mind and body by inspiring everyone to reach their fullest potential.

Here are some benefits to this exciting fitness trend:

- 1. Burn up to 1200 calories per hour:** Not only is this workout fun, it also works to burn an abundance of calories so you can be rocking your summer body in no time!
- 2. Improve cardiovascular ability:** This amazing workout will enhance the transportation of oxygen to your muscles from your heart, lungs, and blood. It truly strives to improve your overall well-being.
- 3. Strengthen and lengthen muscles:** Piloxing isn't designed as

a workout to help you get buff. It works to lengthen your muscles for a lean, toned look while still gaining plenty of strength.

4. Improve balance and posture: By practicing piloxing, you will gain agility as well! So many different aspects are added into this workout so that it serves as such an inclusive total body experience.

Related Link: [Celebrity Style: Active Wear Inspiration to Kick Start Your Workout](#)

The ornate mixture of both pilates and boxing works to combine grace and power. A touch of dance is even added in! The movements are meant to empower everyone and exhibit that you can be elegant yet strong during this workout. Look into where piloxing is offered near you and try it out!

Related Link: [Fitness Secrets: Learn More About Your Body in a Metabolic Chamber](#)

If you live in New York City, try visiting the Piloxing Studio at Adelante Studios or Bally Total Fitness. If you reside in the LA area, check out the Real Ryder Cycling Studio on San Vicente Blvd.

You can even purchase a piloxing DVD or search for some fun piloxing YouTube videos. Work those muscles!

Do you want to try out piloxing? Comment below!