

BENJAMIN RASHLEIGH



TO THE MAX

Workshop Presenter:
Benjamin Rashleigh

Date:
Friday 24th of July 2026
Time: 1pm

Location:
The Movement Room Pilates
2-4 Arthur St,
Point Arkwright, QLD
4573

Duration:
3 hours

Presentation style:
Combination of lecture,
practical &
participation

Brief

To the Max is a thought-provoking workshop that challenges how Pilates practitioners understand, prescribe, and apply maximal effort within movement training.

Rather than equating maximal effort with “harder” or “more reps,” this workshop explores what maximal effort actually means physically, neurologically, and psychologically. How it can be used with intention inside Pilates programming. Participants will examine the theory behind different maximal-effort techniques and how these approaches influence strength development, mobility expression, control, and movement output.

The focus is on discernment: when maximal effort is appropriate, when it is not, and how to scale it intelligently without compromising movement quality or client confidence. Through discussion, practical participation, and applied examples, participants will experience how maximal effort can coexist with the Pilates principles rather than sit in opposition to them.

The aim is not to make every session harder, but to make effort purposeful, strategic, and effective.

Outcome

Participants will leave with a clearer understanding of how, when, and why to apply maximal effort techniques within Pilates programming, and the confidence to integrate them in ways that enhance strength, capacity, and movement performance.