

## Murray turns to ballet dancers' exercise regime for Wimbledon title defence

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Wimbledon champion Andy Murray will begin his title defence on Monday after reportedly turning to an exercise system favoured by ballet dancers.

Murray has reportedly been spending up to two hours a day on Gyrotonic training, which involves the use of a machine fitted with weighted pulleys to strengthen the muscles.

According to The Daily Star, the Gyrotonic system, developed in the US, combines exercise principles from ballet, yoga, gymnastics and t'ai chi.

Former ballerina Franziska Rosenzweig, who is currently a Gyrotonic instructor in east London, said that the system has a lot to do with bending and extending the spine, adding that it changes ones muscle tone and the person becomes long and lean.

Rosenzweig said that for Murray it is probably very revitalizing and realigns the symmetry of the body in a sport where a person is using one side of his body more than the other.

Gyrotonic vice president Matt Aversa said that Murray, who started using the technique during training in Miami, was curious at first but gradually grew to really like the training.

Murray, who is bidding for a second successive title following his historic win against Novak Djokovic in last year's final, will face Belgium's David Goffin on Centre Court on Monday, the report added.