



Welcome!

As mindful movement continues to grow, its impact is being felt in areas that ten years ago – perhaps even five years ago – didn't seem possible. Mindful movement is growing beyond its importance for maintaining a healthy lifestyle. Many of you are now pushing the boundaries of what mindful movement can do for the human body.

Our community has always been one full of agents seeking positive outcomes, and every day we see change coming to those with compromised bodies (several of the stories in this catalog reflect that). See how instructors like you apply movement with equipment, to bring hope to people whose lives have been turned upside down because of a severe physical challenge or a devastating injury. And get inspired by the drive these clients have to get their lives back.

It is truly inspiring and exciting to be a Pilates and mindful movement practitioner. Great things are happening and we are thrilled to be a part of it!

Thank you. We hope you enjoy this 2016 Balanced Body catalog.



What's new at Balanced Body®?

As always, something is cooking at Balanced Body.

Some of our newest additions for this year:

Guillotine Tower | page 53

One of the original pieces of equipment in Joe Pilates' studio, our re-engineered, freestanding Guillotine Tower is a remarkable tool to improve pelvic/lumbar stabilization, hip and leg alignment and articulation, deep core strength and upper hemisphere organization. The often-overlooked apparatus works wonders for those with tight hamstrings or a less-than-flexible lower back.

Ron Fletcher called the Guillotine Tower the "definitive apparatus for hip and spine articulation."

Balanced Body Clean™ | page 58

Made from banana bark extract, Balanced Body Clean™ is an all-purpose, industrial-strength cleaner that is 100% natural, organic, odorless and biodegradable. It cleans, disinfects and removes dirt, grease and oil from porcelain, plastic, glass, vinyl upholstery and metal. It also eliminates odors and is safe for use around those with chemical sensitivities.

Oov™ | page 84

Made of highly durable foam to complement the natural curve of the spine, the Oov activates core stabilizing muscles while gently extending the spine to stimulate healthy disc lubrication. From stretching to core strengthening to rehabilitation, the Oov offers significant benefits for spinal health.

Video Streaming | video.pilates.com

In addition to our DVD library, you can now purchase many video titles in streaming format. Check them out online!

Pilates Education for 2016 | pages 4-5

Our 2016 calendar continues our run of outstanding instructor training and continuing education opportunities, including Pilates, CoreAlign®, Balanced Body Barre®, Bodhi Suspension System®, MOTR®, and Anatomy in Three Dimensions™. See our full schedule online at pilates.com/education-finder.

SmartBells® Bell Tower | page 69

The perfect space-saving storage solution for your SmartBells. Store up to 24 SmartBells on this attractive wood rack. Assembles quickly and attaches to a wall for safe, easy storage.

Apparel | pages 118-119

Brand new tees, tanks and socks! If you're going to work out you might as well look good doing it.



Balanced Body® – Mindful of More than Movement

At Balanced Body, mindful movement isn't just exercise. It is a foundation we build on in everything we do. We are also mindful of...

... WHERE YOU COME FROM

To say that the mindful movement community is diverse is an understatement. We come from many different educational backgrounds and teaching styles. But we all keep our eyes on the singular prize – for our clients and customers to leave feeling better and healthier than when they arrived.

... THE TOOLS OF YOUR TRADE

Balanced Body equipment is safe, beautiful and built to be totally inclusive—for every body and all forms of teaching. A lot of thought and hard work goes into making our equipment for you and your clients, and we're proud of that. We think you'll be proud owners, too.

...THE RESOURCES YOU NEED TO SUCCEED

How can you help more people discover the life-changing services you offer? Ask us. If you succeed, we succeed and vice-versa. Our goal is to help you develop a vibrant and flourishing program. We offer:

- » Business and return-on-investment planning
- » Training for instructors at any level
- » Expert technical assistance
- » Marketing programs

... YOUR FUTURE

Teaching Pilates and mindful movement is an extremely rewarding and inspirational vocation. What do the most successful teachers all have in common? They keep learning.

Our flexible training modules are all taught by the world's top educators and lets you progress at your own speed, from a full comprehensive Pilates curriculum to CoreAlign®, MOTR® and more. Plus all our programs are designed to meet your specific goals and budget.

In addition, our Pilates on Tour® conferences and other programs provide continuing education in classical and contemporary techniques from master teachers. These are unique opportunities to learn from the best! For more information on our education offerings see pages 4-5.

...OUR PLANET

Our mission is to do everything we can to leave this planet in better shape than we found it. In fact, our headquarters is now almost completely powered by solar. See more about our green business practices on p. 29.

...OUR CALIFORNIA ROOTS

Home for us is California. Our equipment is manufactured right here at our (new!) headquarters in Sacramento. It is one of the most diverse and innovative places in the world—a reflection of the global community of life-changing people we work with.



TABLE OF CONTENTS

Features

- 4 Balanced Body® Education
- 7 Pilates on the Pitch
- 9 Mindful Movement and ABLE
- 11 MOTR'n in Honolulu
- 12 Nora's Corner: Mindfulness 101
- 14 What is a Reformer?
- 29 Working Green at Balanced Body
- 38 Respect the Nervous System
- 78 Absolute Center
Endeavor Program

Pilates Equipment

- 16 Allegro® 2 Reformer System
- 20 Allegro® Reformer System
- 24 Studio Reformer®
- 27 Konnector®
- 30 Clinical Reformer®
- 32 CenterLine® Reformer
- 33 Ron Fletcher™ Reformer
- 34 Reformer with Tower
- 36 Reformer Trapeze Combination™ (RTC)
- 39 Pilates IQ® Reformer
- 40 EXO® Chair
- 42 Wunda Chair / CenterLine® Chair
- 43 Combo Chair
- 44 Arm Chair
- 45 Ladder Barrel

- 46 Step Barrels / Arcs / Pilates Arc®
- 48 Trapeze Table (Cadillac)
- 51 CenterLine® Cadillac / Pole System
- 52 Wall Tower
- 53 Guillotine Tower
- 54 Incline Mat Table / Ped-o-Pull
- 55 Pilates Springboard™
- 56 Finishing Touch:
Wood and Upholstery Choices
- 58 Balanced Body Clean / Tool Kit /
Hanging Gridwall

Mindful Movement Equipment

- 60 CoreAlign®
- 63 Orbit™
- 64 MOTR® and MOTR® Home
- 66 Bodhi Suspension System®
- 68 Elastik® and Balanced Body Barre™
- 69 SmartBells® and Hand Weights
- 70 Tower on the Go®

Accessories

- 72 Equipment Accessories
- 73 Balanced Body® Signature Springs
- 74 Sitting Boxes and Foot Straps
- 75 Sitting Box Riser
- 76 Reformer Accessories
- 80 Foot Products
- 81 Circles and Rings

- 82 Mats and Mat Accessories
- 84 Positioning Products
- 85 Balance and Resistance Tools
- 86 Rollers and Releasing
- 88 Exercise Balls and Accessories
- 90 Pads, Poles and more

DVDs

- 92 General Pilates and Mat
- 96 Mat with Accessories
- 98 Reformer
- 100 Tower
- 101 Cadillac / Multi-Apparatus
- 102 Chair / Barrel
- 103 Barre / Orbit™ / Pregnancy
- 104 Health Topics

Books

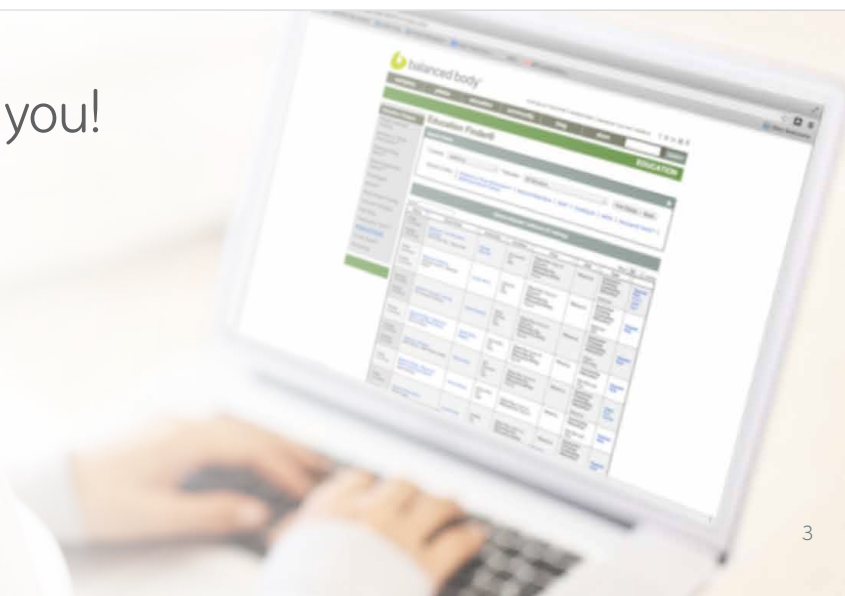
- 106 General
- 109 Anatomy and Movement
- 110 Health Topics
- 111 Manuals

Furnishings

- 114 Historical Posters and Photos
- 115 Begin Chair®
- 116 Posters / Notecards / Gift Certificates
- 118 Apparel
- 120 Returns / Shipping / Warranties

Pilates.com has more for you!

- » New streaming video channel
- » New products all year long
- » DVD and book samples
- » Online Store specials
- » Equipment and education podcasts
- » Education Finder® – See where we'll be in 2016!



Balanced Body® Education

Make Your Passion Your Career

Balanced Body believes movement changes people's lives. For anyone passionate about the art and science of movement, Balanced Body provides workshops, instructor training and continuing education to begin or expand your fitness career.

Our courses are organized around the Balanced Body Movement Principles and our unique Track System, allowing instructors to understand how the body works and how to make it work better. The Balanced Body Track system creates dynamic, balanced programming with ease. Join the world's largest network of extraordinary movement teachers. Take a course with Balanced Body today.

Pilates Instructor Training

Balanced Body offers our outstanding Pilates instructor training program at over 150 authorized training centers around the world. Choose from Mat, Reformer or full comprehensive training with detailed manuals, video support and Balanced Body Movement Principles to make you a better teacher, faster.

Balanced Body's highly-regarded Pilates instructor training program delivers education to fit your goals, your budget and your schedule. Your future as a Pilates professional may be just around the corner.

Anatomy in Three Dimensions™

This is the best way to understand the musculoskeletal system and integrate anatomical knowledge into your teaching. In these courses you build the muscles out of clay on a specially designed skeleton helping you imprint the body's design deeply into your mind and body. Understanding how the body works provides an invaluable foundation for any fitness professional.

Balanced Body Barre®

Barre is a fast growing, music-driven format designed to create strength, flexibility and a strong, beautiful body. Balanced Body Barre provides a fantastic introduction to teaching a Barre class appropriate for clients of any shape, size or fitness level. Includes the Balanced Body Track system to help instructors keep their classes fresh and their clients coming back for more.

Bodhi Suspension System®

The Bodhi Suspension System brings mindful movement principles to suspension training, creating an innovative and inspiring workout experience. Bodhi features two dynamic ropes and four possible suspension points providing an environment to challenge clients at any level. Bodhi instructor training includes the Balanced Body Movement Principles to help you become an amazing, inspirational instructor.



CoreAlign®

CoreAlign is a revolutionary fitness method combining integrated, full-body exercises and a mind-body approach—a unique way to experience fitness, function and fun. The CoreAlign method is the perfect complement to a Pilates, personal training or rehabilitation practice providing balance, gait, core, posture and strength training. Courses are offered for both fitness and rehabilitation professionals.

MOTR®

Combine Balanced Body Movement Principles, the power of aerobic conditioning and the balance and release exercises of a foam roller in this inspiring weekend workshop. You will learn key positions and exercises as well as sequences and programming for private and group sessions. MOTR is the ultimate portable gym for one-on-one, small group or group exercise classes.

Continuing Education

Pilates Bridge Program

Already a trained Pilates professional? Our Bridge program allows you to earn a Balanced Body certificate built on your past experience.

Whether you are starting your teaching journey or looking for inspiration along the path, Balanced Body's goal is to help you become a confident, creative and inspiring teacher.

See all our education listings in the US and around the world, on our Education Finder® at pilates.com/education-finder.

Pilates on Tour® Conferences for 2016

Discover what thousands of your peers already have—Pilates on Tour is the premier continuing education learning experience featuring the industry's top presenters, tons of equipment and cool, intimate settings. See details at pilates.com/PilatesOnTour.

Phoenix, AZ	April 8-10, 2016
Istanbul, TK	TBD
London, UK	TBD
Seoul, SK	May 14-16, 2016
Chicago, IL	October 21-23, 2016
Italy	TBD

Studio Tours for 2016

Like Pilates on Tour®, our Studio Tours feature a weekend of great instructors, lots of equipment and a variety of classes. The Studio Tours are smaller events held at Pilates studios.

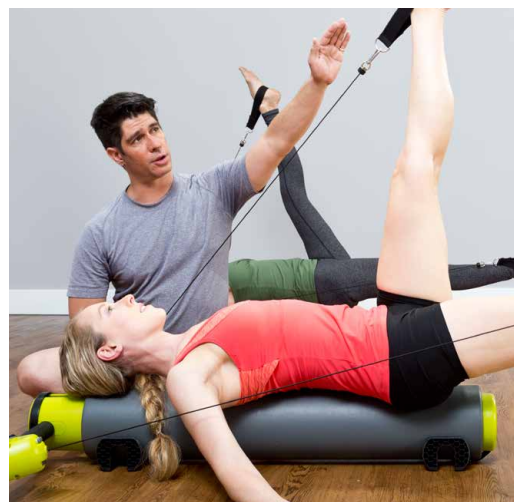
Mountain View, CA	Center of Balance	July 23-24, 2016
Mission Viejo, CA	Konnect Pilates	August 13-14, 2016

More Studio Tour dates to come.

See updates at pilates.com/PilatesOnTour.

Passing the Torch™ Pilates Mentorship

Be inspired by an in-depth opportunity to study with the best teachers in the world. Perfect for any teacher who is ready to take his or her practice to the next level.



Mindful Movement & Studio Professionals

For 40 years we have worked with Pilates and mindful movement professionals like you with one goal in mind: changing people's lives for the better.

There are many different ways to teach and practice mindful movement. Our mantra has always been this: if what you do is changing you and your clients' lives for the better, then that's all that matters. And no matter what your background is, we know we have equipment you will be proud to own.

Education

Our flexible, modular program allows you to begin teaching quickly, then proceed with continuing your education at your own pace. Learn more about Balanced Body educational programs at pilates.com/education.

Online Tools

Check out pilates.com, where you will find great online tools to help you make the best choice for your business, including a Space Planner and an ROI Calculator.

Equipment Suggestions

We encourage you to look through the entire catalog; it's packed with all kinds of great Pilates and mind-body equipment, big and small, that would make an excellent addition to any Pilates studio. Here are a few suggestions you might be interested in.

Studio Reformer®

There's nothing like the original, standard-setting Balanced Body Reformer. Effective, beautiful and built of solid Rock Maple, our Studio Reformer is the most smooth, quiet and durable machine on the market. Reformers we built 20 years ago are still hard at work today. Learn more about the Studio Reformer, p. 24, or the Clinical Reformer® on p. 30.

Allegro® 2 Reformer

The Allegro 2 takes ease of use to a whole new level. Its footbar adjusts easily and moves to many new positions along the frame. Its rope system adjusts even while lying on the carriage. All of this, and much more, adds up to a fluidity that maximizes every exercise session. It also stacks or stands for storage. Learn more about the Allegro 2 Reformer, p. 16.

CoreAlign®

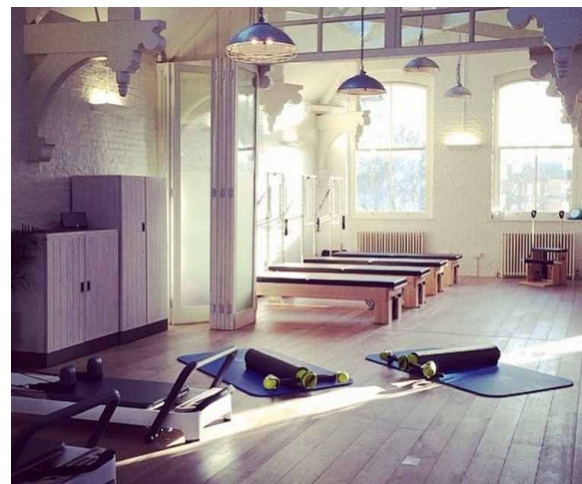
The CoreAlign combines cardiovascular work with strength training and mind-body exercise. Studio owners find integrating the CoreAlign into Pilates Studio sessions helps apply the Pilates principles to standing and gait. Learn more about the CoreAlign, p. 60.

Balanced Body Barre®

A portable, easily assembled barre for your barre-based workouts. Constructed of aluminum with an anti-microbial, powder-coated satin gray finish, it's a great-looking addition to your studio or home workout area. Learn more about Balanced Body Barre on p. 68.

MOTR®

MOTR combines the balance and release exercises of a foam roller with the strength challenges of a variable resistance pulley system, in a 43" long cylinder that takes up minimal space. It provides a challenging and incredible diverse workout tool to focus on core, balance, cardio and strength. Learn more about MOTR, p. 64.



bePilates in London

Bodhi Suspension System®

The Bodhi Suspension System has two independent ropes and four suspension points. No other single suspension system offers this. Each point adds fun and unique physical challenges. Exercise options include strength, stability, balance, proprioception, and flexibility. Learn more about Bodhi on p. 66.

Other Equipment

EXO® Chair, p. 40.

Orbit™, p. 63.

Trapeze Table, p. 48.

Ladder Barrel, p. 45.

Reformer with Tower, p. 34.

Konnector®, p. 27.

Begin Chair®, p. 115.

Accessories, beginning p. 71.

DVDs, Books and Manuals, beginning p. 92.

Pilates on the Pitch

How professional soccer players are using it to train

Pilates and athletes - what a match. It's an exercise perfectly designed to correct muscular imbalances caused by the repetitive movements an athlete undertakes while doing his or her sport. It increases flexibility, agility and, because it creates an even musculature, can prevent injury. It's no wonder so many professional athletes and teams use Pilates as a necessary adjunct to their training regimen.

Lauren Cross, co-owner of Poise and Strength Pilates in Salt Lake City, UT, can verify that first hand. Several months ago she got a call from a contact at Real Salt Lake (the Major League Soccer team in the area) to come and work with one of their players—MLS all-star and Men's National Team member, Kyle Beckerman.

"Kyle got a Reformer and is a big Pilates advocate, but he needed an instructor to get the most out of the equipment," says Lauren. "So I went out to work with him in the off season. And some of his teammates noticed and asked to join. We started getting good results."

Then more players started to take note

Kyle agrees: "I've been doing Pilates for a while. It's an essential part of my workout regimen. When my teammates saw the results I was having and tried it themselves, they realized this was something they also had to have."



Then the trainers approached Lauren and told her to do what she needed to do to keep the players healthy. Most of the team is now working with her at the studio, where they do a lot of sessions on the Reformer and Tower.

Adaptive, gentle, effective

Lauren feels Pilates is great for athletes because no matter what exercises she gives them, they always leave feeling better than they did when they came in. "It is such an adaptive exercise. You work out the body you have in front of you. The day after a game they can be a little beat up but they still need to work out. I can change that day's workout to add flexibility back into a strained hip or increase their range of motion. It is so different than the other modes of workout that athletes do – it's gentle yet extremely effective."

Within six weeks of working with the players they were seeing good results. "Originally they thought that this was just an exercise to make them feel better and recover after games," she says. "But then they started seeing results in performance. They're stronger and have more flexibility in their smaller muscle groups, which, when working with powerhouse muscles, is essential in maximizing movement potential and injury prevention."

For soccer players, hips are a huge problem spot. Lauren points out that their hips are so tight from being in a turned out second position much of the time and from the strain of the sport. "Most of the guys can't even sit cross-legged on the floor without their

legs being up to their elbows, and they need their hips to open up to execute an effective shot in soccer."



Devon Sandoval was one such player. "As a striker I've got to have flexible hips in order to maximize each shot attempt. For the longest time I had really tight hips. Pilates helped me find any weaknesses and has helped me become a stronger and more balanced athlete," says Devon. "Working on the Tower opened my hips and made me much more flexible, which has led to a much more powerful shot. It's been an absolute game changer."

Lauren is excited to keep working with the players. "Pilates is so important for them – not just from a performance level, which is one big aspect, but it's also going to be key to their longevity in the MLS."

Mindful Movement and Physical Therapy

Effectively assess and isolate the source of an injury. Enhance specialized corrective exercise. Give patients a new way to learn or re-learn movement in a safe, pain-free and functional way.

That's the power of mindful movement and rehabilitation. And that's why thousands of clinicians use it to treat a wide variety of maladies—from back pain to cancer to neuromuscular disorders. Not to mention that mind-body exercises like Pilates and CoreAlign® can also be profitable post-rehab programs for your practice. Safe? Effective? Profitable? That's a win-win for you and your patients. Need help getting started or expanding your practice? We can do that—we've been working with rehabilitation professionals for nearly 40 years.

Education

Balanced Body's flexible education modules allow clinicians to add Pilates and other mind-body programs to your practice quickly and easily. See more about our education at pilates.com/education.

Online Tools

Great online tools at pilates.com help you make the best choices for your business, including a Space Planner and ROI Calculator.

Equipment Suggestions

Reformer

- » Assist/resist movements. Patients can accomplish movement they are unable to do on their own.
- » Great for working with older adults. Is low impact and easy on the joints.
- » Effective diagnostic tool. Watch clients put spinal movements together in flexion, extension, rotation and lateral flexion, in combination with upper/lower body movements.

Check out: Clinical Reformer®, p. 30; Studio Reformer®, p. 24; and Allegro® 2 Reformer, p. 16.

Trapeze Table (Cadillac)

- » Provides a wide array of exercise options, from gentle, spring-assisted sit-ups to advanced acrobatics on the upper bars.
- » Great for initial patient evaluations and teaching patients how to attain neutral spine.
- » Very good for working with older adults – easy on/off.

Check out the Cadillac on p. 48.

Chair

- » Provides a challenging strength workout within a small footprint.
- » Activates the core muscles in a variety of functional positions.
- » Great value-add service for post-rehab patients.

Check out: Combo Chair, p. 43, and EXO® Chair, p. 40.

CoreAlign®

- » Combines mind-body exercise with cardiovascular work and strength training.
- » Powerful tool for gait therapy, balance and neuromuscular retraining.
- » Exercises are easy for patients to learn and understand.

Check out the CoreAlign on p. 60.



Maria Mankin, founder of Begin Pilates in Portland, OR, and Point Reyes, CA.

Bodhi Suspension System®

- » Four-point system can suspend the entire body.
- » Works with all populations.
- » Developed by the inventor for her own rehabilitation from a brain trauma injury.

Check out the Bodhi Suspension System, p. 66.

Other Equipment

MOTR®, p. 64

Ladder Barrel, p. 45.

Reformer with Tower, p. 34.

Begin Chair®, p. 115.

Accessories, beginning p. 71.

Physical therapy DVDs, Books and Manuals, beginning p. 92.

Mindful Movement and ABLE

Helping the Physically Challenged in Singapore

In a world where different business, theological, and charitable philosophies can stifle even the best intentions in many countries, it is pleasant to know that the inverse also exists.

Abilities Beyond Limitations and Expectations (ABLE) began operations in 2010 as an affiliate of Caritas Singapore, the official social and community arm of the Catholic Church in Singapore. Its mission: to rehabilitate, retrain and reintroduce physically challenged persons into the workforce. It is a unique non-profit collaboration between several different organizations united to help those in need.

"We are constantly looking for ways to improve the lives of the less privileged and those who take care of them, says Raymundo A. Yu, the Chairman of ABLE. "We have partnerships with several charities and businesses to provide vocational training and job placement services. We also provide 'respite' programs for caregivers so they can recharge themselves."

One of Raymundo's initiatives was to open a rehabilitation center for ABLE in September 2015. For that he turned to The Moving Body Group, a Pilates and Pilates-based physiotherapy studio run by Audrey D'Cotta, where he had been a client for many years.

Audrey had heard that ABLE was opening the center and thought she had the perfect rehabilitative match. For years she had studied with Pilates Master Instructor Elizabeth Larkam, who had developed a rehab curriculum called Movement Strategies for instructors working with clients with motor control impediments. The program has already been successfully implemented to facilitate recovery for wounded soldiers around the world.

"I've experienced firsthand what Pilates can do for the body," reports Raymundo, "and had heard it had been used to help those with muscular dystrophy, cerebral palsy and other conditions. When Audrey approached me with the Movement Strategies proposal it appeared to be exactly what I was looking for: structured, modular and, most importantly, effective on an ongoing basis for the population we work with."

ABLE and the Moving Body Group invited Elizabeth (pictured here working with volunteers) to Singapore in June - she was already in Asia teaching for Pilates on Tour and Passing the Torch in South Korea - where she trained volunteers from there and other studios in her repertoire. "My studio will provide ABLE with a portion of volunteers who will work with the wards there on a daily basis," Audrey says. "We have also obtained permission from Elizabeth to document the repertoire into a manual for ABLE."



Audrey's long term goals for the program are to complete case studies to educate other Pilates instructors and to present the collaboration of The Moving Body and ABLE at the annual meeting of the Pilates Method Alliance.* From there she hopes to expand the team to include both physios and occupational therapists to be trained by Elizabeth. "Ultimately I want to help ABLE establish their own in-house team of Pilates instructors. Movement is so important to the human condition; it enhances our freedom and independence."

Adds Raymundo: "Our main goal is to bring our beneficiaries back from the fringes of society, and I think the center will go a long way in doing that. We are very excited and hopeful for the future of this program."

**The Pilates Method Alliance is the professional association and certifying agency for Pilates instruction.*

Learn more about ABLE: www.able-sg.org/

Learn more about the Movement Strategies curriculum: roman.saenz@pilates.com

Learn more about the Moving Body Group: www.themovingbodygroup.com.



Mindful Movement and Fitness Facilities

Members are the lifeblood of your business. Your ultimate goal is to retain members through healthy exercise and attract new ones with unique value-added services. Balanced Body's goal is to help you do just that.

Pilates and mind-body programs are now proven revenue streams for fitness facilities all over the world. Correct implementation is key. That's where we come in. Balanced Body has the equipment, training and know-how to get your program off the ground and flourishing.

Instructor Training

Balanced Body's flexible, modular program allows instructors to begin teaching quickly, then proceed with additional training at their own speed. And we help keep them at the top of their game with world-renowned continuing education opportunities.

Learn more about our education programs at pilates.com/education.

Online Tools

Check out pilates.com! We have great online tools to help club managers and instructors make the best choices for your facility – including a Space Planner and ROI Calculator.

Equipment Suggestions

This annual catalog is packed with all kinds of great Pilates and mindful movement equipment – big and small – that would make an excellent addition to your fitness facility. We break out a few suggestions here that have a proven track record of success.

MOTR®

Combines the balance and release exercises of a foam roller with the strength challenges of a variable resistance pulley system. MOTR provides a challenging and incredible diverse workout tool for group ex/personal training, with an endless array of programming options that mix and match. All in a 43" long cylinder that takes up minimal space.

Learn more about MOTR, p. 64.

Bodhi Suspension System®

Has two independent ropes and four suspension points. No other single suspension system offers this. Each point adds fun and unique physical challenges. Exercise options include strength, stability, balance, proprioception, and flexibility. Perfect for group ex/personal training. Options include attachment anchors for a wall, ceiling or door.

Learn more about Bodhi Suspension System, p. 66

Reformer

The most popular and versatile piece of Pilates equipment. Private and group Reformer sessions are a major revenue stream for clubs and fitness centers. Our new Allegro® 2 Reformer is engineered specifically for commercial fitness and designed to create a fluid, enhanced Pilates experience that will keep your members coming back for more.

Learn more about the Allegro 2 Reformer, p. 16.



Svetlana Shapiro, Allegro Pilates & Dance.

CoreAlign®

Get in on the ground floor with a powerful differentiator for your facility. The CoreAlign combines cardiovascular work with strength training and mind-body exercise. The exercises, though challenging, are easy for members to learn and understand. And they will feel a difference after one session!

Learn more about the CoreAlign, p. 60.

Balanced Body Barre®

A barre is a stationary handrail traditionally used during ballet warm-up exercises. Barre refers to group exercise programs to music performed at the Barre and on the floor. Now many fitness facilities are offering Barre classes as part of their group programming.

Learn more about Balanced Body Barre on p. 68.

Other Products

Orbit™, p. 63.

EXO® Chair, p. 40.

Pilates Arc®, p. 47.

Accessories, beginning p. 71.

DVDs, Books and Manuals, beginning p. 92.

MOTR'n in Honolulu

The Honolulu Club has high hopes for its new "lifMOTR" program.

The Honolulu Club is the premier health and fitness club in the state of Hawaii. The 35-year-old company recently decided to evolve its brand, aiming to reestablish its expertise as innovative leaders in the state. One of the initiatives of this brand evolution is the launching of a sub brand, LiF (Lab for Innovative Fitness). LiF's mission is to develop cutting edge programming by combining ground-breaking products and technology to inspire health, fitness, wellness and growth.

Enter MOTR®.

MOTR combines the comfort of a foam roller with the challenge of three weight level resistances, giving clubs a challenging and diverse workout tool. Exercise categories include cardio, balance, functional training, mind-body, agility, strength training and more – all in an economic 43" cylinder.

"The versatility of MOTR, as well as the portability of the unit makes this a great option for a market like Hawaii," says Janna Young, the director of LiF and the club's Pilates program. "We see the limitless ways to work with MOTR to condition the body as a huge benefit. And in a place like Honolulu, where space is at a premium, the compact nature of the MOTR is key for both storage and usage. It also nicely lends to future formats where we can take the MOTRs offsite and potentially do scenic outdoor classes."

The Honolulu Club purchased 18 MOTRs for the program. Since MOTR is relatively new, building awareness within the club was key. This began by having the team experience the product. "We opened up a series of classes for a three-week period to all our staff members. Additionally, the club members who we identified as our highly engaged 'fitness ambassadors' were also invited into these sneak preview sessions," she said. "Everyone just loved it."

From there, organic buzz took off within the club community, supported by its usual channels of club communication: in club screens, the monthly email newsletter, social media, and promotional cards circulated by the management team offering a free trial class, among other things.

Janna assembled and trained a staff of current teachers to become her lifMOTR Master Trainers who then began working with members.

"Our members are revved about feeling both stronger and elongated in their bodies after training on the MOTR with our master trainers," she said. "Your instructors are so important to any program's success. And these lifMOTR Master Trainers were

hand-picked because of their exemplary verve, proven track records, and commitment to fitness."

As mentioned, LiF also brings an integration of technology in the class. In the current lifMOTR sessions each participant wears a heart rate monitor with their stats displayed on a large flat screen. Janna says this addition creates a high level of engagement, competitiveness and fun.

The formal launching of the brand evolution will take place in various stages starting in September 2015. Honolulu Club plans to promote the brand both internally and externally and it will be reflected in all of the company's advertising and marketing.

The club already has seven lifMOTR classes offered during the week at various times. As the demand grows it plans to scale the classes accordingly, something which Janna sees happening quickly: "We foresee lifMOTR as being a powerful magnet for the Gen Y and Z populations, as we continue to infuse new energy into the club through the growth of the young professional segment."

Learn more about Honolulu Club and their MOTR program at www.honoluluclub.com.





Nora's Corner

Mindfulness 101

At Balanced Body we develop equipment, programs and education based on the principles of "Mindful Movement."

What is Mindful Movement? Mindfulness is defined as 'the intentional, accepting and non-judgmental focus of one's attention on the emotions, thoughts and sensations occurring in the present moment'. An increasing number of studies provide evidence that mindful practices such as meditation, tai chi and yoga are helpful in treating depression and anxiety, strengthening the immune system, decreasing pain and inflammation, and increasing personal satisfaction, concentration, creativity and productivity. Applying these principles in movement can be a great way to improve not just your physical performance, but your overall health and wellbeing.

To be mindful means simply to pay attention to what you are doing at the moment you are doing it. Many athletes, both amateur and competitive, talk about "hitting the zone" or "getting in the flow." It is that feeling of moving effortlessly and knowing exactly where your body needs to be at every moment. This is one example of mindful movement.

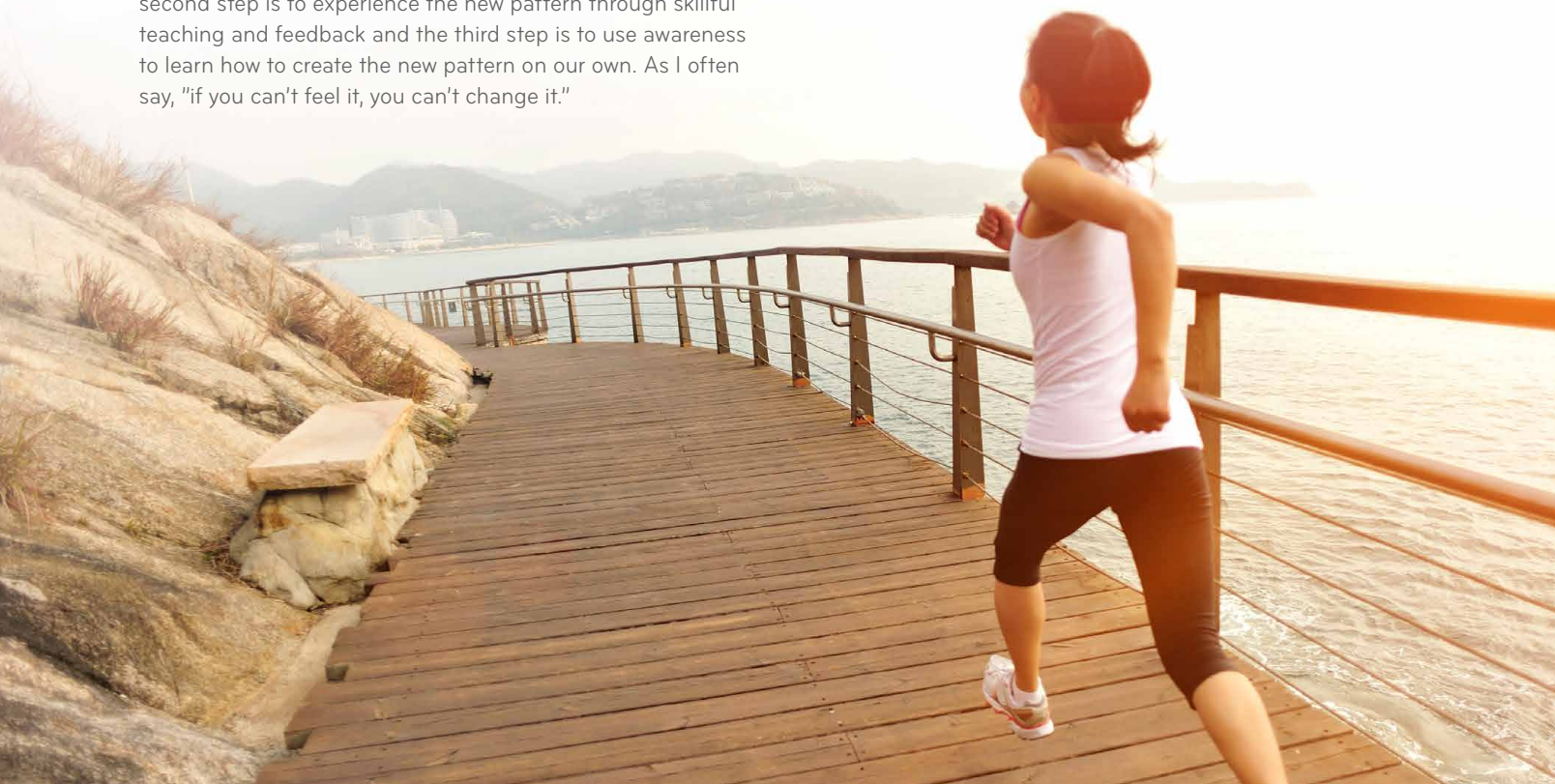
Being present in one's body can happen at any time, during any activity, and can be encouraged through a few simple practices:

- » Pay attention to the breath. Many exercises have a specific breathing pattern. Use it to stay focused on the task at hand. Feel the breath moving in and out of the nose. Is the inhale or the exhale longer? Feel the movement of the ribs and the belly with the inhale and the exhale.
- » Notice the interface between your body and the floor, your mat or the apparatus you are working out on. Is the sensation the same on both sides of your body? If not, can you use your awareness to move the body toward balance?
- » Feel your body in movement. Can you feel your legs moving? Your arms reaching or your spine bending? Learning to pay attention to your internal state allows you to influence it for the better.
- » As practitioners, the first step to improving a movement pattern is to recognize that something is out of balance, the second step is to experience the new pattern through skillful teaching and feedback and the third step is to use awareness to learn how to create the new pattern on our own. As I often say, "if you can't feel it, you can't change it."

As a teacher, when you encourage your clients to focus on their breath or their physical sensations, you are teaching mindfulness. To put it in Pilates terms, one of the key Pilates principles is concentration. Concentration means paying attention to just what you are doing right now. This is an unusual state in our multi-tasking-dominated world and a very healing state according to current research. Concentration or mindfulness can decrease inflammatory factors in the blood stream, lower blood pressure, improve mood and enhance creativity.

So, the next time your client asks you why you keep asking them what they are feeling, you can tell them you are working to improve their long-term health through the practice of mindful movement.

[Nora St. John is Education Program Director for Balanced Body.](#)





- 16 Allegro® 2 Reformer System
- 20 Allegro® Reformer System
- 24 Studio Reformer®
- 26 Studio Reformer® Options & Upgrades
- 27 Konnector® and Konnector® Lite
- 30 Clinical Reformer®
- 32 CenterLine® Reformer & Tower
- 33 Ron Fletcher™ Reformer
- 34 Reformer with Tower
- 36 Reformer Trapeze Combination™ (RTC)
- 39 Pilates IQ® Reformer
- 40 EXO® Chair
- 42 Wunda Chair / CenterLine® Chair
- 43 Combo Chair
- 44 Arm Chair
- 45 Ladder Barrel
- 46 Step Barrels / Arcs / Pilates Arc®
- 48 Trapeze Table (Cadillac)
- 51 CenterLine® Cadillac / Pole System
- 52 Wall Tower
- 53 Guillotine Tower
- 54 Incline Mat Table / Ped-o-Pull
- 55 Pilates Springboard™
- 56 Finishing Touch: Wood Choices
- 57 Finishing Touch: Upholstery
- 58 Balanced Body Clean™ / Tool Kit / Hanging Gridwall

*“Never believe that a few caring people can’t change the world.
For, indeed, that’s all who ever have.”*

—Margaret Mead



What is a Reformer?

And what makes Balanced Body® Reformers different?

The most popular and versatile piece of Pilates equipment, the Reformer opens the door to hundreds of strengthening and stretching exercises. Add in variations on Joseph Pilates' original exercises, and the Reformer is limitless in its possibilities.

Mat vs. Reformer work

In mat work, your body provides both resistance and assistance for Pilates exercises, affected only by gravity and your body weight. Reformers extend the exercise options much further, offering both extra challenge and support along with resistance, to improve overall strength.

How does a Reformer work?

Springs attached to the Reformer carriage provide resistance or assistance as you push on the footbar or pull on the ropes.

How do Reformers differ?

All Reformers share a same basic functionality. Balanced Body makes several styles of Reformers to meet differing needs.

Balanced Body's classic wood Reformers are the recognized world standard for function, adjustability and beauty. While some prefer the easy storage capability of our portable Reformers, others need Reformers that adjust to a wide variety of body sizes, or can accommodate add-on towers for additional versatility.

➡ See our Reformer Comparison Chart at pilates.com.

Footbar

Pushing off the footbar initiates spring resistance at the start of an exercise.

Buying Tip: The more vertical or horizontal adjustability your footbar has, the more accurately the Reformer adjusts to different body sizes and range of motion needs. Footbars that lock provide added safety and security, and offer additional exercise options.



Ropes and Risers (or Leather Straps and Casters)

Ropes connect the carriage to your hands or feet via pulleys at the head-end of the Reformer. Loops or handles attach the ropes to your hands or feet. Risers at the head-end of the Reformer change the angle of resistance and allow ropes to pass smoothly above the shoulder rests. Alternatively, more traditional Reformers use leather straps and casters.

Buying Tip: Look for a rope system that allows quick, secure and easy adjustments between exercises.

Springbar

The springbar lies at the foot-end of the Reformer. Attaching or detaching springs to the bar changes how much resistance is created when the carriage moves.

Buying Tip: An adjustable springbar allows greater accommodation of a user's size, range of motion and ability.





Springs

Springs provide resistance for each exercise, and are color-coded to indicate resistance level. Safety is critical; always use high quality springs, and follow care and replacement guidelines.



Buying Tip: Choose springs that have been thoroughly tested for precision, consistency and durability. Nickel-plating prevents corrosion and extends spring durability.

Head and Shoulder Rests

The headrest provides head and cervical support. Shoulder rests offer stability and comfort.



Buying Tip: For effective positioning and maximum comfort, head and shoulder rests should be adjustable and padded. It is also convenient if shoulder rests can be removed for some exercises.

Carriage

Lie, sit, kneel or stand on the carriage, and move it by pushing against the footbar or pulling the ropes.



Buying Tip: Your carriage should be covered with commercial-grade padding and durable upholstery, and the ride should be quiet, smooth and comfortable.

Standing Platform

The standing platform is aptly named; you stand with one foot on the platform while the other moves the carriage back and forth.



Buying Tip: Bigger is better for standing platforms, and a large non-skid surface is an important safety feature.

Frame

The key to your Reformer's lifespan will be the strength and durability of the frame. The frame houses the other Reformer components; some frames are wood, others are metal.

Buying Tip: Wood or metal, choose frames of the highest quality and construction methods, the most durable materials, and with an appropriate height for your needs. Wood frames should be smooth and finished.

Sitting Box

Placed on the carriage, a Sitting Box increases the exercise options, including seated and prone positions, side stretching and more.



Buying Tip: Boxes should be extremely sturdy with durable upholstery and handles for easy lifting. Rounded edges make them more comfortable.

Foot Plate

Also called a jumpboard, the foot plate is a padded, upright platform that attaches to the foot-end of a Reformer. You can do cardio exercises like running and jumping while lying on the carriage and pushing off the foot plate with your feet.



Buying Tip: Bigger is better. Foot plates should be padded and must install securely.

Allegro® 2 Reformer



The Allegro® 2 Reformer is all about creating the best Pilates experience. Smooth transitions and seamless flow. Easy adjustments and maximized comfort. The result is an enhanced, effective session for clients, club members, rehabilitation patients and for you, the Pilates professional.

How does the Allegro 2 do this? First, the EasySet™ Footbar and SoftTouch™ rope system will change the way you teach Pilates. The new universe of exercise possibilities will inspire you, along with smooth-as-silk transitions even while lying on the carriage. Smaller delights await, too, like Spring Collars™ for a better grip, pop-out shoulder rests, and a seamless carriage and headrest for nothing-gets-caught comfort.

The Allegro 2 also grows with your Pilates program. Start beautifully basic, then add legs, a tower and accessories, all without requiring additional space. If space is limited, your Allegro 2 rolls, stacks and stores on end.

Quite simply, the Allegro 2 is the most intuitive, adjustable, easy-to-use Reformer on the market. Perfect for professional and home use. And did we mention it's incredibly beautiful?

EasySet™ Footbar

Fluid transitions, innovative exercise options.

- » Adjust it vertically (3 positions plus down) by simply lifting the footbar and moving it to the next position.
- » Slide it horizontally to 9 locking positions along the frame. You'll discover a world of effective, innovative exercises and therapeutic possibilities! Accommodates different body sizes, including children.
- » Streamlined and fully-padded, this innovative footbar is a smooth and grippy surface for both hands and feet.
- » Footbar locators on frame precisely indicate the horizontal position of the footbar (great for instructors).

SoftTouch™ Rope System

Instant, accurate, no clips or cleats.

- » Adjust ropes instantly even while lying on the carriage, with a simple-to-use lever tucked beneath the headrest. One pull releases ropes for adjustment, then locks them into place again when you release it. Revolutionary!
- » Switch between loops and handles using our unique soft attachment loops. No metal components to create noise or impede flowing movement.
- » No cleats or extra rope to manage, so rope adjustments do not interrupt the flow of your class or session.



Allegro 2 Reformer shown at right and next page with optional legs and wheels. **Specifications:** Height, 9" (22.5cm) or 15" (37.5cm) with legs; Length, 94" (238cm); width, 25.5" (65cm). Footbar width, 31" (79cm); Weight, 140 lbs (64kg) or 146 lbs (66kg) with legs.



Easy to use. Easier to teach. Easiest to love.

More to love

- » Strikingly beautiful design, with the durability you expect from Balanced Body. Frame is powder-coated aluminum, with warm maple accents.
- » Choose standard/low height for easy stacking, or add legs for personal training and easy on-and-off.
- » Integrated, seamless carriage and 3-position headrest – no seams or crevices where hair can catch. Maximum comfort with custom stability padding.
- » Smooth, quiet ride provided by precision carriage system.
- » Shoulder rests adjust to narrow or wide, or remove quickly for a larger flat carriage – helpful for so many exercises.
- » Ergonomic risers feel great for Pull-Ups, and remove easily to allow stacking your Allegro 2.
- » Built-in, stratified maple standing platform, pre-configured to accept padded foot plate.
- » Five Balanced Body Signature Springs™ (p. 73), with Spring Collars™ for comfortable spring changes.
- » Free DVD workout and introduction to the Allegro 2.
- » Choice of upholstery color; see p. 57. Stock: Storm.
- » CE approved medical device (Class 1).

Take a video tour!

See the Allegro 2 in action at pilates.com/allegro2.

Pricing

Allegro 2	900-018
Allegro 2 with Legs	900-016
Complete Allegro 2 System; Allegro 2 Reformer, Tower, Mat & Legs (see p. 18)	900-017
10 Year Limited Warranty	

Training & equipment packages

Reformer training and equipment packages are an economical and efficient way to launch a profitable Pilates program. For information, call 1-800-PILATES or email info@pilates.com.



More Allegro 2 accessories, options and upgrades on next pages.
Reformer DVDs, pp. 98-99.
Reformer instructor training manuals, pp. 111-112.



Allegro® 2 Tower System



When you're ready, expand your Allegro® 2 system—no additional space needed.

Why add a tower?

- » Gain 95% of the full Trapeze Table exercise repertoire, with no additional space required.
- » Program mat workouts on either side of the Tower.
- » Add integrated exercises using the Tower with the moving Reformer carriage.
- » Remove Tower easily for storage if needed.
- » Add Tower to any Allegro 2 Reformer.

Your tower includes

- » Complete stability and security.
- » Three-sided push through bar is extra wide (2.5" wider than the original Allegro) to accommodate larger or less flexible clients. Safety strap and carabiner included.
- » Maple roll-down bar.
- » Easy mat conversion – just move carriage to the head-end and drop in the one-piece mat.
- » Eight Balanced Body Signature Springs™ for arm and leg exercises (4 regular, 4 long).
- » 27 attachment points for springs, for maximum versatility.
- » Simple, ingenious storage area for springs not in use. Keeps them quickly at hand yet out of the way.
- » Pair of single, cotton SoftTouch™ loops.

Pricing

Complete Allegro 2 System with Tower includes: Allegro 2 Reformer with legs, plus Tower and Mat Conversion.

Complete Allegro 2 System	900-017
Tower and Mat Conversion	900-015
Tower only	700-010
Mat Conversion only	714-015

Upholstery

Nine colors (Stock: Storm).

Included

Custom upholstery in 42 colors.

Add

Add a F.I.T. Kit® to your tower

Offer clients enhanced functional training with Balanced Body's Functional Integrated Trainer (F.I.T.), an economical upgrade to your Allegro 2 Tower.

Adjust the angle of resistance for Tower exercises. Pulleys quickly adjust the full height of the Tower, allowing effective workouts that target specific movement patterns, such as a baseball pitch or a golf or tennis swing.

No other adjustable pulley allows you to work from both sides of the Tower, integrated with the carriage for a stabilization challenge, or on the floor for a stable surface. Increase your ability to train effective, functional movement patterns for all body positions, including standing.

F.I.T. Kit for Allegro 2 Tower	929-010
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Specifications: Tower height, 61" (155cm) from top of Reformer frame. Weight of tower with springs, 38.5 lbs (17.5kg). Weight of complete Allegro 2 system (Reformer and Tower), 184.5 lbs (84kg).



Allegro® 2 Reformer Accessories, Options & Upgrades

Accessories

Sitting Box

Extend your Reformer's versatility with abdominal exercises, side stretches and more, plus added comfort for seated exercises. Get a free padded foot strap when you purchase a sitting box with your Allegro 2. More sitting box details on p. 74. Stock: Storm.

721-002S

Allegro 2 Foot Strap

Padded foot strap for use with Sitting Box. Adjustable to 3 lengths.

210-047

Allegro 2 Padded Foot Plate (Jumpboard)

For jumping, plyometrics and cardio exercises, as well as re-creating a bio-mechanically correct standing position while lying on the Reformer. More foot plate details on p. 77.

720-050

Leg and Post Kit

Raise your Allegro 2 to a personal training height of 15" (37.5cm). Kit includes legs plus posts for convenient loop storage on a higher Reformer. Elevates the frame an additional 6" (15cm) off floor.

102-010

Padded Footbar Cover

Need extra cushioning? Our cover perfectly matches the color of the Allegro 2 footbar. Self-adhesive foam core attaches securely to footbar, and textured cover ensures a confident grip for hands and toes. Wipes clean with a damp cloth. 1/4" (6mm) thick.

950-191

Wheel Kit

Allegro 2 wheels are optional, since many of you tell us you don't often move your Reformers. If you do, wheel kits add convenient portability and you also need them if you want to store your Allegro 2

Reformer vertically. Kit includes a cotton twill undercarriage cover to attractively conceal mechanisms on the underside of the carriage. See wheels on p. 17.

Wheel Kit for Allegro 2 with no legs
950-163

Wheel Kit for Allegro 2 with legs
950-164

Options & upgrades

Upholstery

Nine colors (Stock: Storm)	Included
Custom upholstery in 42 additional colors	Add

Tower (see previous page)

Tower and Mat Conversion	Add
Tower only	Add

➡ Reformer DVDs, pp. 98-99.

Allegro® Reformer



The Allegro® is the most widely used and recognized Reformer, with 40,000 in service around the world. And it keeps getting better.

SoftTouch™ ropes and loops are standard, and you'll love the TwistLock™ shoulder rests and Tower features.

Choosing equipment to build or expand a Pilates program can be challenging. The Allegro lets you build your program at your speed. Start with the standard Allegro, then expand your programming by adding legs, a tower and accessories. And do it all without giving up additional space. No Reformer is more versatile—use it for profitable group exercise, personal training and rehabilitation sessions, or for workouts at home.

Fits all body shapes and sizes

- » At 36" (91cm), the securely-locking footbar is the widest on the market. Its 4 horizontal and 4 vertical positions accommodate users of all sizes and abilities.
- » For large and tall users, we recommend the Stretch Allegro; it is 18" (46cm) longer with an oversized carriage.

Easy to use, move and store

- » Fast to set up right out of the box – really! And at just 110 lbs., it's incredibly easy to move and store.
- » Stacks or stores vertically, with or without legs.



You receive

- » Your choice of standard/low height for easy stacking, or add 14" legs for personal training and easy on and off.
- » SoftTouch ropes and loops have unique, soft attachment loops. No more metal clips to create noise or impede flowing movement.
- » Adjust or remove the shoulder rests quickly and securely with the new TwistLock system. Secure and quiet!
- » Footbar lockout knobs allow easy horizontal adjustments with just one hand.
- » Built-in transport wheels make the Allegro easy to move.
- » Smooth and quiet ride provided by precision carriage system. Maximum comfort with custom stability padding.
- » Five Balanced Body Signature Springs (p. 73).
- » Foot strap included if Sitting Box is purchased with Allegro.
- » Free DVD workout and introduction to the Allegro.
- » Choice of upholstery color; see p. 57. Stock: Black.
- » CE approved medical device (Class 1).

Shown here in Greystone. **Standard Allegro:** Height, 6.75" (17cm); Length, 93" (236cm); Carriage width, 22.5" (57cm); Footbar width, 36" (91cm); Weight, 110 lbs (48kg). **Stretch Allegro** [designed for users taller than 6'4" (195cm)], with wider and longer carriage: Height, 6.75" (17cm); Length, 111" (282cm); Carriage width, 24.5" (62cm); Footbar width, 36" (91cm); Weight: 123 lbs (56kg).



Build your program at your own speed.

Pricing

Allegro, Standard	714-020
Allegro with Legs	900-023
Allegro, Stretch	714-002
Allegro, Stretch with 14" Legs	900-004
Complete Allegro System	900-021

10 Year Limited Warranty

If not 100% satisfied, return within 30 days for refund (excluding freight).

Ask about volume and quantity discounts.

Call for details about our Allegro Stretch Reformer.

Training & equipment packages

Launch a profitable Pilates program economically and efficiently with Allegro training and equipment packages. For information, contact us at 1-800-PILATES or info@pilates.com.

- ➡ Allegro accessories, options and upgrades, see pp. 22-23.
- Reformer DVDs, pp. 98-99.
- Reformer instructor training manuals, pp. 111-112.





Allegro Tower of Power®

Expand when ready — add a Tower to any Allegro

- » 95% of the full Trapeze Table functionality.
- » Mat workouts on either side of the Tower, and Integrated Tower exercises with the Reformer's carriage.
- » Convenient knobs allow easy lift-off removal of Tower if you want to stand your Allegro vertically for storage. (It no longer folds down onto the carriage.)
- » Eight Balanced Body Signature Springs™.
- » Multiple resistance angles, with 22 spring attachment points on the Tower.

You receive

- » The most stable and secure tower on the market, for the safest workouts. Will not flex or bend.
- » Three-sided push-through bar made of anodized aluminum. Adjusts quickly to three heights. Includes safety strap and carabiner.
- » Easy mat conversions – just move carriage to the head of the frame, and drop in the one-piece mat.
- » Free DVD workout and introduction to the Allegro.
- » Custom stability padding. Choose upholstery color, p. 57. Stock: Black.
- » CE approved medical device (Class 1).

➡ Tower DVDs on p. 100.

Pricing

Complete Allegro Tower of Power package includes an Allegro Reformer with legs, plus Tower and drop-in Mat Conversion.

10 Year Limited Warranty

Complete Allegro with Tower of Power	900-021
Tower & Mat Conversion	900-020
Tower only	700-020
Mat Conversion only	714-005

Add a F.I.T. Kit®

Get enhanced functional training with Balanced Body's Functional Integrated Trainer, an economical upgrade to your Allegro Tower.



- » Adjust the angle of resistance for Tower exercises. Patented pulleys quickly adjust the full height of the Tower, for effective workouts that target specific movement patterns, such as a baseball pitch, or a golf or tennis swing.
- » No other adjustable riser allows you to work from both sides of the Tower, integrated with the carriage for a stabilization challenge, or on the floor for a stable surface. Improve your ability to train effective, functional movement patterns for all body positions, including standing.

F.I.T. Kit for Allegro & Studio Towers 929-000

Shown here in Greystone. Shown at right with optional Contour Sitting Box. Tower height, 68" (173cm); Weight of tower with springs, 29.5 lbs (13.4 kg). Weight of complete Allegro Tower of Power (Reformer and Tower), 134 lbs (60.9 kg).

Accessories, Options & Upgrades for Allegro® Reformer

Accessories

Sitting Box

Increases Reformer versatility with more exercise options and provides a comfortable option for seated work. Foot strap included when sitting box is purchased with Allegro.

Sitting box details, including optional Contour Sitting Box shown below right, are on p. 74.



Sitting Box for Allegro 721-002

Allegro Foot Strap

Allegro foot strap (not shown) 28.5" (72cm). Padded foot strap also available; see, p. 74.

Foot Strap for Allegro 101-012

Allegro Padded Foot Plate (Jumpboard)

Add cardio and plyometric exercises to your workout, or create a biomechanically accurate standing position while lying on the Reformer. 30"w x 23.5"l (76cm x 60cm).



Foot Plate* 720-045

*For Allegros purchased after June 21, 2007. Older products, please call to purchase adapter kit.

Allegro 14" Retrofit Kit

Raise an Allegro or Stretch Allegro to personal training height of 14" (36cm). Select kit based on your reformer's serial number. Includes legs (and shoulder posts for earlier Allegros).

Allegro 14" Retrofit Kit, SN36396 and up 102-020

Allegro 14" Retrofit Kit, SN36395 and below 102-000

Add-a-Platform™

Sit or stand at the head-end and use spring resistance to pull rather than push. Great for spinal mobilization or for standing adduction exercises, by pulling the carriage towards you. Select kit based on your reformer's serial number. Stock: Black. Custom colors, see p. 57.



Add-a-Platform, SN36396 and up 729-002

Add-a-Platform, SN36395 and below 729-000

Wall Security Strap

To secure Allegros to a wall vertically.

Wall Security Strap 101-000



Options & upgrades

Upholstery

Nine colors (Stock: Black)

Included

Custom upholstery in 42 additional colors

Add

Standard foam padding (no additional cost)

Optional

Loops

Double cotton loops, SoftTouch

Included

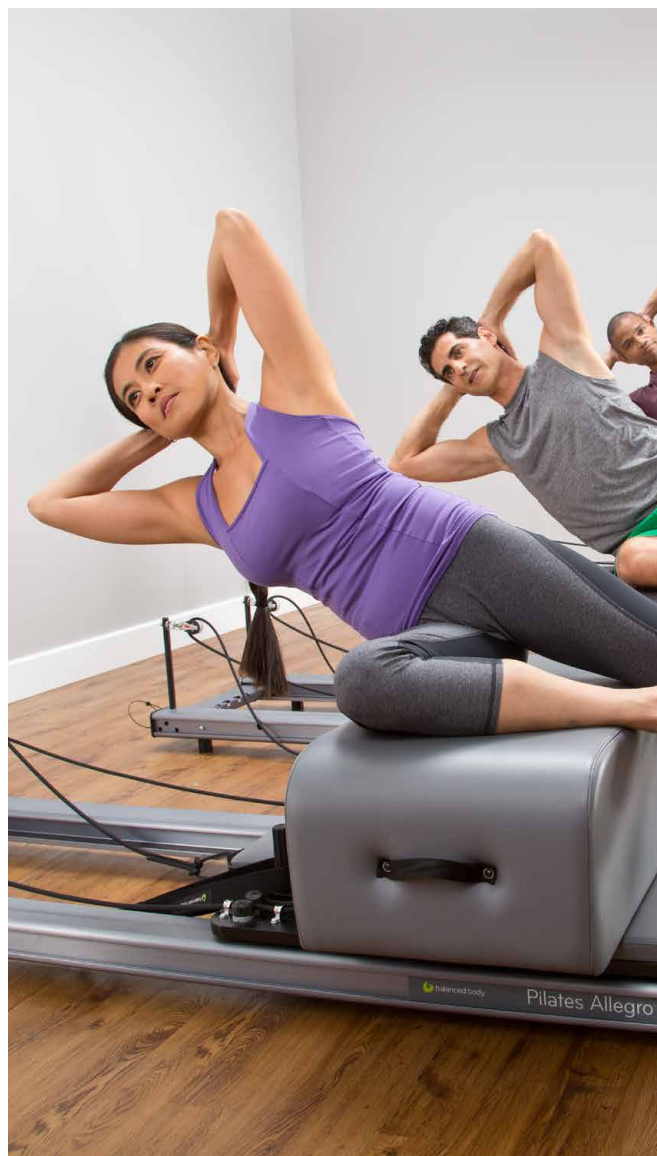
Tower

Tower and Mat Conversion

Add

Tower only

Add



Studio Reformer®



Pilates changes lives. As an instructor you are deservedly proud of that, and should be equally proud of the equipment you own. The Balanced Body Studio Reformer® is elegant and beautiful, handcrafted from Rock Maple, and it's a gorgeous workhorse, too. No other Reformer performs better or lasts longer. Adjustable, comfortable, so natural it feels like an extension of your body.

Create a beautiful space with a Balanced Body Reformer built like fine furniture. Surfaces are hand-sculpted and smooth, with sleek, clean lines—appealing to the eye and inviting to the touch. Coordinate custom upholstery colors with your studio furnishings for a perfect fit.

Comfortable, customizable & ergonomic

- » Enjoy the quietest, safest, longest carriage ride in the industry.
- » Work in comfort with a frame height that's best for you.
- » Choose a footbar/springbar system to match how you teach.
- » Get safe, consistent resistance with long-lasting Balanced Body Signature Springs™.
- » Adapt quickly to accommodate users of any size or ability.

Included at no extra charge

- » Choice of frame height
- » Standard or New York sitting box (your choice)
- » Cotton foot strap
- » Neoprene® handles



Customize your reformer

- » Choose a frame height to best meet your ergonomic needs:
 - a. 14" (36cm)—Standard height, great for all exercises including standing work, and for facilities with low ceilings.
 - b. 18" (46cm)—Less bending for instructors when working with clients, and good accessibility for wheelchair transfers.
 - c. 24" (61cm)—Easiest working height for clinicians and manual therapy. Also good for clients challenged by getting on and off a lower Reformer. More challenging for standing exercises.
- » Choose from fine-furniture-quality woods: Strata® Rock Maple (standard), Strata® Artisan Maple or other Select Strata® woods (p. 56).
- » Select a footbar/springbar system to match your teaching style (p. 26).
- » Choose your upholstery color (p. 57). Stock: Black.

Shown: Strata Rock Maple 14" with Revo Footbar® and Springbar System, in Cadet. **Specifications:** Height: 14" (36cm), 18" (46cm) or 24" (61cm); Length: 93" (236cm); Width: 27" (69cm); Width with Infinity Footbar: 39.25" (100cm). Weight: 152 lbs (69kg).



Your investment will last a lifetime.

You also receive

- » Longest standard carriage ride in the industry, at 41" (104cm).
Control extension with 5 range-limiting carriage stops.
Smooth, quiet ride provided by precision carriage system.
- » Precise, non-slip adjustments with easy-to-use ropes, cleats, and cotton loops.
- » Five Balanced Body Signature Springs™ (p. 73).
- » Built-in standing platform with non-slip surface for safety.
- » Maximum comfort with sculpted, adjustable and easily removable shoulder rests.
- » CE approved medical device (Class 1).

Pricing

With Revo Footbar® / Revo Springbar™
 With Infinity Footbar® / No-Roll Springbar
 With Infinity Footbar® / Revo Springbar™
 With Classic Footbar / No-Roll Springbar
 Limited Lifetime Warranty

Stretch Studio Reformer®

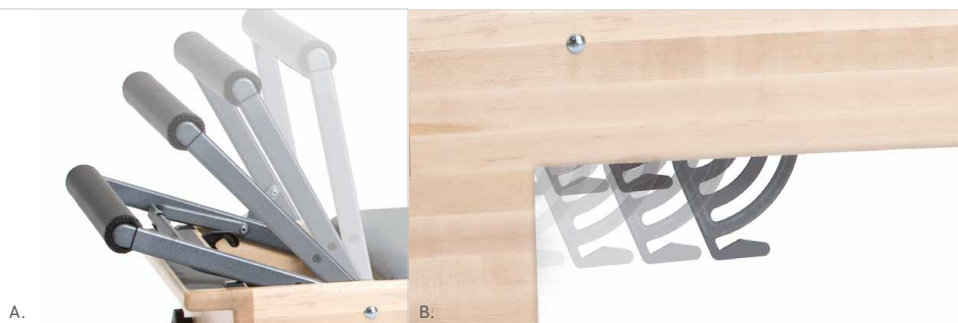
Six inches longer than standard Studio Reformers, with 47" (199cm) of carriage travel. A stretch Reformer is recommended for anyone over 6'4", and often for those between 6'1" and 6'4" depending on flexibility and body proportions. Call for more information. Additional cost

Studio Reformer with Tower

Expand your exercise options with the addition of a Tower. Purchase a Tower with your Studio Reformer, or add a Tower in the future. See pp. 34-35.

- ➡ Options and upgrades, p. 27-28.
 Reformer DVDs, pp. 98-99.
 Reformer instructor manuals, pp. 111-112.

Reformer Footbars & Springbars



A system to match your teaching style.

Adjust for different client sizes while keeping the footbar at the correct height. Options that allow one-step horizontal adjustments with no change in footbar height are a Balanced Body exclusive.

Revo Adjustment System™

Easiest and quickest adjustment on the market. Works like a car seat—just lift the springbar lever and slide the carriage until it clicks into the next position. No need to get off the carriage.

- » Fits any user's size or range of motion.
- » Locking Revo Footbar® (A) offers 4 positions, comfortable padding and non-slip surface.
- » Moving the Revo Springbar™ (B) moves the carriage yet keeps neutral spring tension. Five positions allow 12" (31cm) of adjustability. Create an ergonomically correct position for every user.
- » Two spring positions: no-load (neutral) and pre-loaded.
- » Available on most Balanced Body wood Reformers and the Reformer Trapeze Combination™ (RTC).

Classic Footbar/No-Roll Springbar

If you have a classical Pilates background, this feels like the footbar you trained on.

- » The Classic Footbar (C) has 2 supports and adjusts to 3 heights (including down), with comfortable padding and non-slip surface. Does not lock.
- » Balanced Body's No-Roll Springbar (D) adjusts resistance in 2 "gear" positions. A patented safety feature, the oval shape will not rotate downward when spring tension is released.



C.



D.

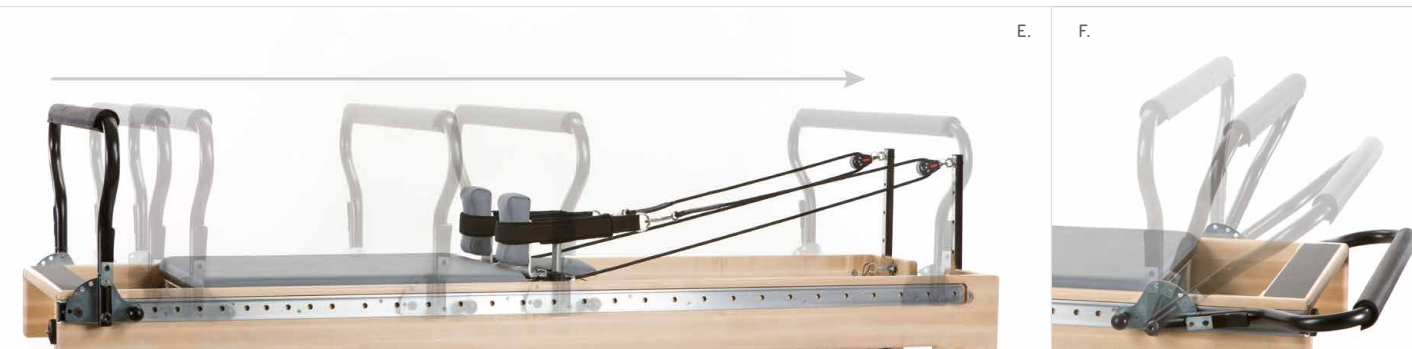
Infinity Footbar® and Choice of Springbars

Great for working with clients of all heights (including children), because it adjusts the entire length of the frame (E).

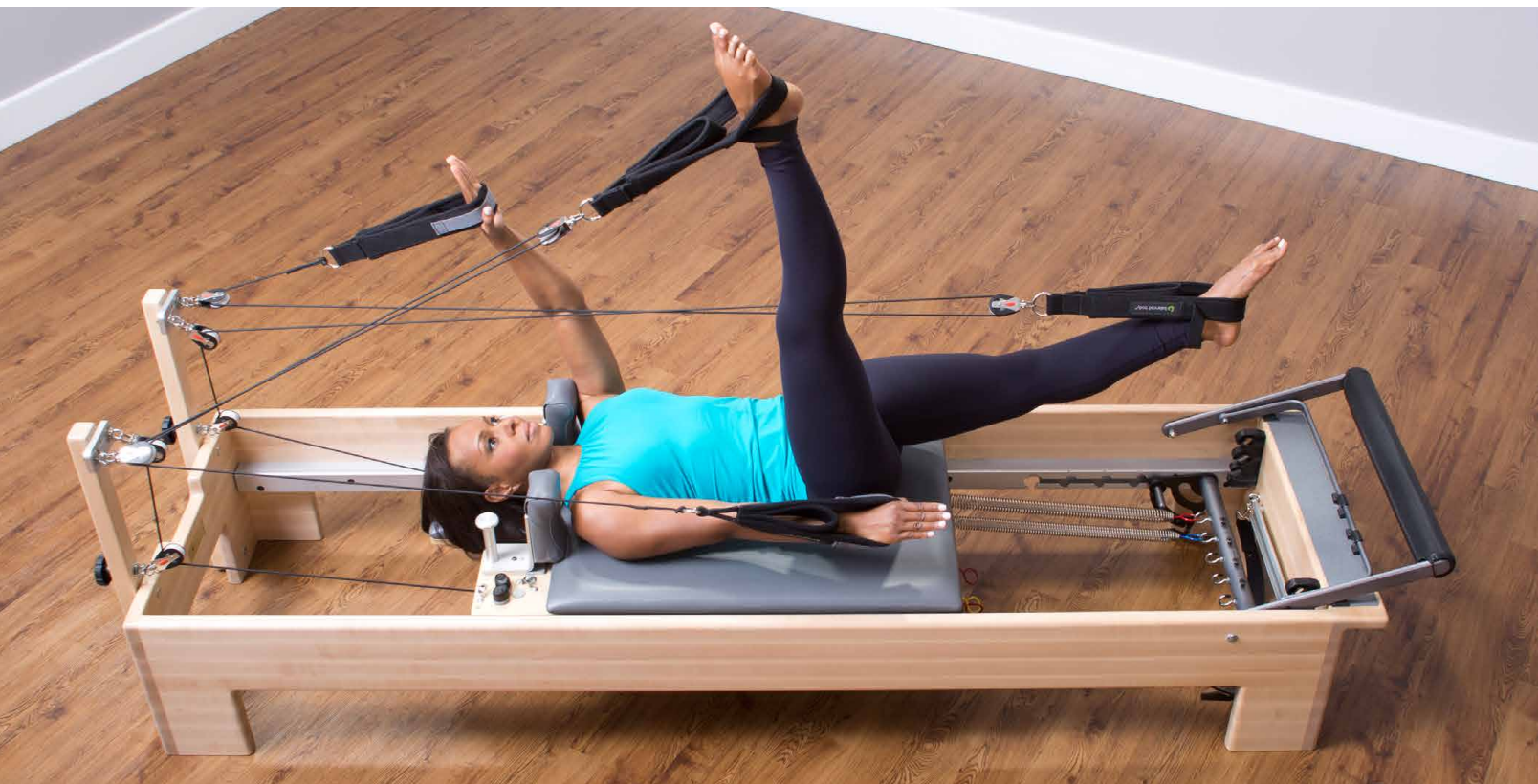
The unmatched adjustability and extra-wide surface also support a wider range of Reformer exercises, including upper body work. Infinity Footbar lockout knobs make horizontal adjustments easy with one hand.

- » Combine the multiple-position Infinity Footbar (F) with a Revo Springbar™ for the most precise system available, or choose the more traditional No-Roll Springbar.
- » Free demo DVD. Dr. Brent Anderson of Polestar Pilates demonstrates the use of this remarkable footbar system on our Clinical Reformer®.

See details/demos of our footbars and springbars at pilates.com.



Konnector®



Developed by and created in collaboration with Viktor Uygan of Konnect Pilates, the patented Konnector® from Balanced Body is an extraordinary Reformer accessory that makes Pilates more versatile (and fun!) without changing it.

Konnector is a brilliant creation to cross-train the body as a whole. It's a true "Pilates in 3D" system for athletes, dancers and clients with asymmetries. We have to have this yesterday. —Marie-José Blom

Konnector®

A single-rope pulley system with loops for all four limbs, Konnector enables independent, simultaneous movement of both arms and legs. Your client will experience constant proprioceptive feedback through the single rope, facilitating full-body integration and stronger core activation in dynamic new ways.

- » One-rope pulley system with loops for all four limbs.
- » Increases a client's awareness of imbalances and asymmetries.
- » Can perform all the traditional Reformer repertoire.
- » Exciting new functional movement possibilities moving all four limbs independently.
- » Tri Loops, also a collaboration between Viktor Uygan and Balanced Body, have a versatile third "hidden" loop to provide support for a full range of foot positions.

Konnector® Lite

Konnector Lite is a simplified version of the one-rope pulley system, and a nice option for group classes.

- » Enables independent movement of two limbs rather than four.
- » Includes two Tri Loops.
- » Can upgrade to full Konnector system at any time.

Konnector® Upgrade Kit

Not sure you want the complete system? The upgrade kit allows you to start with Konnector Lite and upgrade to Konnector at any time in the future.

Pricing

Purchase the complete Konnector system, or buy Konnector Lite to start and upgrade at a later date.

Compatible with all Balanced Body wood reformers that have wood risers and removable shoulder rests.

Konnector	948-000
Konnector Lite	948-001
Upgrade Kit	950-223



Options & upgrades

Wood Frame

Strata® Rock Maple	Included
Strata® Artisan Maple (no additional cost)	Optional
Select Strata® Woods	Add
Choice of 3 frame heights	Included

More about Balanced Body wood choices, p. 56.

Stretch Studio Reformer

Length 99" (252cm)	Add
--------------------	-----

Ropes/Pulleys or Leather/Casters

Ropes/Pulleys	Included
SoftTouch Ropes and Padded Loops	Add
Leather Straps and Casters	Call

Upholstery

Nine colors (Stock: Black)	Included
Custom upholstery in 42 additional colors	Add
Custom stability padding	Add

Sitting Boxes, Foot Straps, Foot Plates

Standard Sitting Box with cotton foot strap	Included
New York Sitting Box (no additional cost)	Optional
Contour Sitting Box™	Add
Padded Foot Strap, all lengths	Add
Padded Foot Plate (Jumpboard)	Add
Jumpus Maximus Padded Foot Plate	Add

Loops and Handles, sold in pairs

Single cotton loops	Included
Single padded loops	Add
Double padded loops	Add
Double cotton loops	Add
Tri Loops	Add
Leather handles with wood grips	Add
Y-Loops	Add
Multifunctional Straps	Add

Tower & Mat Conversion

Tower with Twin Mat Conversion	Add
Tower only	Add
Twin Mat Conversion only, standard foam	Add
Twin Mat Conversion only, custom stability padding	Add

Future Upgrades

Factory pre-drilled for Tower upgrade	Add
Factory pre-drilled for T-Bar (see p. 31)	Add

F.I.T. Kit®

Our Functional Integrated Trainer (F.I.T.) Kit adjusts the angle of resistance for Tower exercises along the full height of the Tower, using patented pulleys. Effective workouts target specific movement patterns, such as a baseball pitch, tennis swing or golf swing. No other adjustable pulley works from both sides of the Tower: integrated with carriage for a stabilization challenge, or on the floor for a stable surface. Improve your ability to train effective, functional movement patterns for all body positions, including standing.



F.I.T. Kit for Allegro & Studio Towers 929-000

Add-a-Platform™

Sit or stand at the riser-end and use spring resistance to pull rather than push. Great for spinal mobilization, or to increase adductor work in standing exercises by pulling the carriage towards you. Pilates instructors worldwide offer Balanced Body new product ideas; Add-a-Platform is a result of this valuable collaborative process. Fits any Studio Reformer, with or without a Tower. Choose upholstery color; see p. 57. Stock: Black.



Add-a-Platform for Studio Reformer 729-001

➡ See the Reformer Rocker and Oversized Standing Platform on p. 76.



Keeping it Green at Balanced Body®

At Balanced Body, we want to leave this planet in better shape than we found it.

All Balanced Body woods come from FSC (Forest Stewardship Council) suppliers who purchase wood from well-managed North American forests. In these forests, tree growth exceeds removals by a nearly 2-to-1 margin.

From choosing only sustainably harvested lumber for our wood products to using recyclable shipping containers and packing materials, we are constantly improving our efforts to conduct business in environmentally-friendly ways.

In 2014 we moved our entire operation into a new, "green" building in Sacramento. It's a 100,000 sq. foot building on 88th Street that houses our office space and manufacturing facility. The building features 1,000 solar panels, as well as skylights, climate controlled fans, dust collection systems and a foam roof.



Visit pilates.com and see how much energy we save each day and month!

Clinical Reformer®



For over 20 years, Balanced Body has worked with rehabilitation professionals to refine our Clinical Reformer® into a versatile and practical rehabilitation tool used today by clinicians worldwide.

Accommodates patients of all sizes

The Infinity Footbar® allows you to work with clients of varying heights (children to adults), by positioning and locking the footbar over the entire length of the frame.

Coupled with the Revo Springbar™, you can create an ergonomically correct position for any user's size and range of motion, while the client stays on the carriage. Lockout knobs make horizontal adjustments easy with just one hand. More details, p. 26.

Safe and comfortable for you and your patients

- » Provide comfortable, cervical support with a padded, three-position headrest.
- » Protect against slipping with a built-in, non-slip standing platform.
- » Enjoy the quietest, safest, longest carriage ride available.

Accurate and easy adjustability

- » Make quick mat conversions and accurate calibrations with locking, retractable metal risers and adjustable/removable shoulder rests.
- » Adjust ergonomic positions easily with the Revo Springbar.
- » Get safe, consistent resistance with 6 long-lasting Balanced Body Signature Springs of your choice.

Customize your reformer

- » Choose a frame height to best meet your ergonomic needs:
 - a. 14" (36cm)—Standard height, great for all exercises including standing work, and for facilities with low ceilings.
 - b. 18" (46cm)—Less bending for instructors when working with clients, and good accessibility for wheelchair transfers.
 - c. 24" (61cm)—Easiest working height for clinicians and manual therapy. Also good for clients challenged by getting on and off a lower Reformer. More challenging for standing exercises.
- » Choose from fine-furniture-quality woods: Strata® Rock Maple (standard), Strata® Artisan Maple or other Select Strata® woods (p. 56).
- » Choose your upholstery color (p. 57). Stock: Black.

You also receive

- » Longest carriage ride in the industry, at 41" (104cm). Control carriage extension with 5 range-limiting carriage stops. Smooth, quiet ride provided by precision carriage system.
- » Precise, non-slip adjustments via easy-to-use ropes/cleats.
- » Maximized comfort with Custom Stability Padding on carriage.
- » CE approved medical device (Class 1).



Versatile. Safe. Effective.

Pricing

Used worldwide by clinicians in private practice, rehabilitation facilities and hospitals, the Clinical Reformer® from Balanced Body provides superior performance under the rigors of daily clinical use.

Clinical Reformer

Limited Lifetime Warranty

BONUS

Included at no extra charge

- » Choice of frame height.
- » Standard Sitting Box.
- » Padded Foot Plate & Oversized Standing Platform.
- » Padded Double Loops and Foot Strap; Neoprene® handles; adjustable thigh cuffs and ankle cuffs.
- » Factory pre-drill for Tower & Proprioception T-Bar.
- » Infinity Footbar® demo DVD, with Dr. Brent Anderson of Polestar Pilates.

Options & upgrades

Clinical Reformer® with Tower

Enhance your rehabilitation options, now or later. See pp. 34-35.

Proprioceptive T-Bar

Swivels on horizontal and vertical axes to aid observation of weightbearing tendencies. Facilitates proprioception, trunk and pelvic stabilization, and hip alignment in a dynamic environment. For pre-drilled Reformers only.

Proprioceptive T-Bar

720-026



Wood Frame

Strata® Rock Maple

Included

Strata® Artisan Maple (no additional cost)

Optional

Select Strata® Woods

Add

More about Balanced Body wood choices on p. 56.

Upholstery

Nine colors (Stock: Black)

Included

Custom upholstery in 42 additional colors

Add

Sitting Boxes and Foot Straps

Standard Sitting Box with padded foot strap

Included

New York Sitting Box (no additional cost)

Optional

Contour Sitting Box™

Add

Tower & Twin Mat Conversion

Tower with twin mat conversion

Add

Tower only

Add

Twin mat conversion only, standard foam

Add

Twin mat conversion only, custom stability padding

Add

Other

Factory pre-drilled for future Face Rest Mount

Add



Reformer DVDs on pp. 98-99.

See more product details: pilates.com/clinical_reformer.

CenterLine® Reformer



Created in collaboration with Amy Taylor Alpers and Rachel Taylor Segel of The Pilates Center in Boulder, Colorado, CenterLine® equipment replicates measurements Joe used on his original components—from carriages to springs to straps—upgraded with Balanced Body's unparalleled craftsmanship and materials.

Made to the same dimensions as an original built by Joseph Pilates, the CenterLine® Reformer frame is slightly narrower and shorter than our Studio Reformer®. Also available in the CenterLine Suite: Chair (p. 42), and Cadillac and Pole System (p.51). See Amy and Rachel's video tour of the CenterLine suite at pilates.com/centerline.

Features

- » Softer, textured carriage wheels increase carriage drag, facilitating balanced joint and core activity.
- » Two-position footbar, non-locking and loosely hinged for swift transitions. Padded with non-slip cover.
- » Leather straps are uniquely adjustable in length, helpful as they relax over time. Leather and wood handles swivel for ease of movement.
- » Balanced Body Signature Springs: 2 green, 2 red, 1 blue.
- » Curved shoulder blocks like Joe's original. Shoulder posts hold straps off the floor.
- » Frame height is 14"/36cm. The removable, three-position headrest is flush with the carriage, like Joe's original.

Pricing

CenterLine Reformer
Complete CenterLine System
Purchase Reformer, Tower & Mat together
Limited Lifetime Warranty

BONUS

Included at no additional charge

- » Gondola pole and short box dowel, with storage brackets on side of frame.
- » Kneeling pads (2).
- » Sitting Box: handles and extra padding on all 4 sides.
- » Cotton foot strap and extender straps.
- » Foot plate bracket pre-installed (for optional accessory).

CenterLine® Reformer Tower

Ready to add a Tower to your CenterLine Reformer? Tower components are identical to those that come with the Pole System Tower (p. 51). Details online at pilates.com/centerline.

Tower and Mat Conversion for CenterLine 951-010

Tower only for CenterLine 707-250

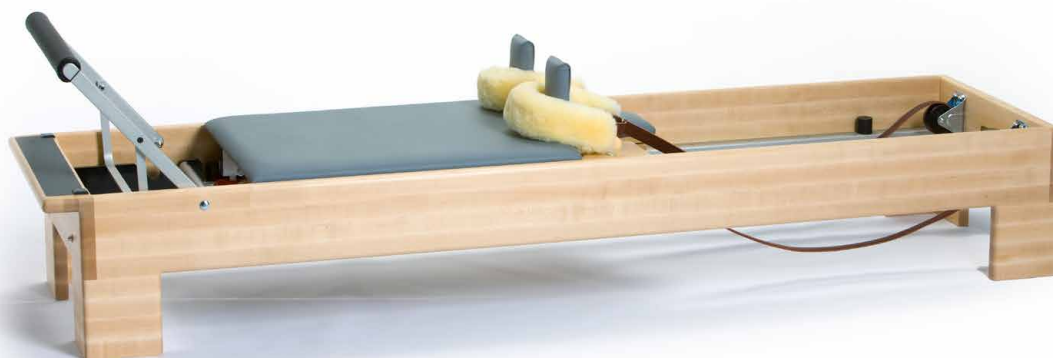


Options and upgrades

For wood frame and upholstery options, see pp. 56-57.

Shown here in Greystone. **Specifications:** Frame height, 14" (36cm); Width, 25.5" (65cm); Length, 89.5" (227cm). Weight, 145 lbs (66kg). Gondola pole, 60" (152cm). Short box dowel 27" (69cm). CenterLine Sitting Box: handles and extra padding on all 4 sides, 26" x 14" x 9.5" (65cm x 35cm x 24cm).

Ron Fletcher™ Reformer



Great for Fletcher Pilates® at studios and teaching centers, and for instructors with a classical Pilates influence.

The Ron Fletcher™ Reformer is based on plans given to Pilates Elder Ron Fletcher by Clara Pilates. Ron studied with Joseph and Clara Pilates beginning in 1946. Balanced Body has built custom Reformers for Fletcher Pilates for more than 30 years. Classic in design, size and function, the Fletcher Reformer is slightly narrower than our Studio Reformer®.

Features

- » Classic configuration with leather straps and casters.
- » Footbar is 2" (5cm) diameter, with 3 unlocked positions for smooth transitions. No-Roll Springbar has two "gear" positions for resistance changes.
- » Package of 4 red Balanced Body Signature Springs (p. 73).
- » Built-in standing platform with non-slip surface for safety.
- » Choose your upholstery color; see p. 57.

BONUS

Included at no additional charge

- » Standard sitting box, foot strap (25"/64cm) and pair of wool fuzzies.

Also from Fletcher Pilates

Braided Towel and Video for Fletcher Towelwork®

Fletcher Towelwork enhances shoulder girdle stabilization and arm movement, opens anterior chest and shoulder muscles, corrects forward head posture and more. Safe and effective for beginners, Towelwork can be done standing, seated or supine. The streaming video provides an 11-minute introduction to Fletcher Towelwork technique as well as an 18-minute intermediate Fletcher Towelwork movement program. (Total run time: 30 min)



Towel and Video available separately.

Fletcher Towel	108-016
Fletcher Towelwork Video	SDVD8348

Pricing

Ron Fletcher Reformer

Limited Lifetime Warranty

Options and upgrades

For wood frame and upholstery options, see pp. 56-57.

Reformer with Tower



A Reformer, Mat Station and Tower, all in the space of a Studio Reformer® or Clinical Reformer® from Balanced Body®. Add new programming options: work in multiple planes of resistance, on a mat or moving platform, and from both sides of the Tower.

Purchase your Reformer and Tower together, or add the Tower Retrofit Kit later.

Tower

- » Exercise safely with the most stable and secure frame on the market, engineered for maximum stability.
- » Perform exercises from both sides of the Tower.
- » Push-through bar (anodized aluminum, adjusts to 3 heights) and maple roll-down bar increase exercise repertoire. Safety strap and carabiner included (chains available on request).
- » Tower has 37 spring attachment points. Springs package includes 8 springs, with snaps. Regular: 2 yellow, 2 blue. Long: 2 yellow, 2 purple.
- » Add optional F.I.T. Kit® for wide choice of rope positioning.
- » CE approved medical devices (Class 1): Studio Reformer® with Tower and Clinical Reformer® with Tower.

Mat Conversion

- » Transform your Reformer into a raised mat quickly and easily. Two lightweight mats fit over the carriage and on top of the frame. No need to lift, flip or turn the carriage.
- » Add floor exercises by using the mats on the floor.
- » Choose your upholstery color; see p. 57. Stock: Black.

Tower Retrofit Kit

Add a Tower to your existing Balanced Body Reformer. Install on any Balanced Body wood Reformer fitted with ropes and risers. Includes mounting bracket and all hardware.

Tower & Twin Mat Conversion for Studio/Clinical Reformers	951-000
Tower only	707-190



Pricing: Studio Reformer® with Tower

Includes Studio Reformer with Revo Footbar®/Springbar (p. 26), Tower and Twin Mat Conversion.

Limited Lifetime Warranty

Studio Reformer with Tower

BONUS

Included at no extra charge

- » Complete Studio Reformer Bonus Package: choice of frame height, Standard or New York sitting box, cotton foot strap and Neoprene® handles.
- » Additional pair of cotton loops.

Pricing: Clinical Reformer® with Tower

Includes Clinical Reformer with Infinity Footbar®/Revo Springbar (p. 26), plus Tower and Twin Mat Conversion.

Limited Lifetime Warranty

Clinical Reformer with Tower

BONUS

Included at no extra charge

- » Complete Clinical Reformer Bonus Package: choice of frame height, Standard or New York sitting box, padded foot plate, oversized standing platform, padded double loops and foot strap, Neoprene® handles, factory pre-drilled for Tower and Proprioception T-Bar, Infinity Footbar® DVD.
- » Additional pair of cotton loops.

All-in-one flexibility, new programming concepts & space-saving versatility.

Options & upgrades

- ➔ F.I.T. Kit® for your Reformer's Tower, see at pilates.com.
- Reformer instructor manuals, pp. 111-112.
- Reformer DVDs, pp. 98-99.
- Tower DVDs, p. 100.

Reformer Trapeze Combination™ (RTC)



Ideal in settings where Reformer and Trapeze functionality is needed and space is limited. The RTC combines the Balanced Body Studio Reformer® with a full-featured Trapeze Table (Cadillac). The Reformer easily converts to a Trapeze Table with two removable mats. The carriage stays in place—no need to lift, flip or turn it.

Reformer

- » Choose frame height to best meet your ergonomic needs:
 - a. 14"/36cm—Standard height, great for all exercises including standing work and lunges, and for facilities with low ceilings.
 - b. 18"/46cm—Easy reach and less bending for instructors, and good height for older clients and wheelchair transfers.
 - c. 24"/61cm—Excellent working height for clinicians and manual therapy. Good for clients challenged by getting on and off a lower Reformer. More challenging for standing exercises.
- » Choose from two footbar/springbar configurations: Classic Footbar with No-Roll Springbar, or the Revo Footbar®/Revo Springbar System (p. 26).
- » Choose from fine-furniture-quality woods: Strata® Rock Maple (standard), Strata® Artisan Maple or one of our Select Strata® woods, (p. 56).
- » Retractable metal risers adjust easily, up to 9" (23cm) above the frame, and allow for quick mat conversions. Risers lock into 4 positions for accurate adjustment.
- » Five Balanced Body Signature Springs™ (p. 73).
- » Choose your upholstery color (p. 57). Stock: Black.

Shown: RTC 18" in Strata Rock Maple, in Greystone.. **Specifications:** Width of working mat surface, 26.5" (67cm). Width including brackets, 30.5" (78cm); Length, 93" (236cm). Weight including canopy and all Reformer and mat conversion parts, 249 lbs (113kg). Height of canopy above table pad, 61.5" (156cm). Table height including pad, from 15.5" (39cm) to 25.5" (65cm), depending on frame height.



Two incredible machines in one.

Trapeze Table

- » The RTC is a complete Trapeze Table, including all components listed on pp. 48-49.
- » Twin mat conversion is easy for one person to install and store. Can also use as a floor mat exercise station.
- » CE approved medical device (Class 1).



Pricing

Originally created by Balanced Body for Marika Molnar in 1994, this is a deluxe machine with all top-of-the-line features.

With Revo Footbar®/Revo Springbar™

With Classic Footbar/No-Roll Springbar

Limited Lifetime Warranty

Options & upgrades

Most options and upgrades for the Trapeze Table (p. 48) and Studio Reformer (p. 24) are available for the Reformer Trapeze Combination.

BONUS

Included at no extra charge

- » Choice of frame height.
- » Standard or New York sitting box (your choice) and padded foot strap.
- » One pair each adjustable thigh cuffs, ankle cuffs, padded double loops, Neoprene handles, fuzzies.

Respect the Nervous System

"Work With Me," Not "For Me"

By Theo St. Francis, theovercoming.org

As a Pilates instructor you know never to put a limit, either expressed outwardly or held inwardly, on the potential of one of your students. As a Pilates student, you know the joy that comes from finding new ability or strength through a routine movement. You may also recognize that realization would not have been possible if you had been told along the way that your dreams were too lofty, that given your body, your goals were simply unattainable...

"You will use a wheelchair, and will likely never walk again."

These condemning words would terrify anyone, as they did me just two years ago. I had fractured my sixth cervical vertebra in my first semester at the Massachusetts Institute of Technology in Mechanical Engineering. This spinal cord injury (SCI) left me unable to feel or move muscles in my arms and hands, or in anything chest-down. I received spinal-fusion surgery at Massachusetts General Hospital and, after a week in the intensive care unit, transferred to their Spaulding Rehabilitation Hospital. After ten weeks, I relocated to the Shepherd Center which specializes in spinal cord rehabilitation.

During my stays in those hospitals, I was taught how to manage a body that no longer listened to me. Notably, I did not receive much encouragement toward my goals of recovering the abilities to walk, to sit with proper posture, to move my fingers.

To be told, just three weeks after placing at swimming Junior Nationals and two weeks after completing a 50-mile backpacking trip through California's Kings Canyon, that I should simply get used to a "new normal" was absolutely horrifying. It took effort to block that out – still does – and even more focus to

reverse the effects of those extrinsically-projected limitations, as well as to never to let the same doubts and pessimism develop from the inside.

Upon returning to California, I found terrifically energetic neuro-exercise therapists at SCI-FIT in Pleasanton. While there, I recovered some neuromuscular connection, though only on my right side. A friend and fellow SCI-recoverer suggested I try Pilates by working with experienced spinal-cord therapist Alejandra Monsalve at Body Wellness Hawaii in Maui.

A game-changer in Hawaii...

For four intense weeks in Maui I immersed myself in her method, Neuro-Kinetic Pilates, which is derived from traditional Pilates techniques, her expertise in neurology, and from the fascial maps outlined by Thomas Myers in his treatise [Anatomy Trains](#). Our goal is to show the body novel ways of reconnecting muscles through the nerves invested in my connective tissue, instead of relying solely on a path through a damaged spinal cord. Those four weeks absolutely rocked my world.

For my therapy, Pilates is ideally situated on the spectrum between the body-grinding, pumping-iron CrossFit approach, and Transcendental Meditation. I am certainly "working out" but I'm doing it in a focused way to bridge the trauma-induced chasm between my mind and body. The beautiful part is how this healing, connecting, synchronizing component is already built into the methods by the Pilates Principles.

After working with Alejandra, I started at Absolute Center, a Pilates and Movement studio in Lafayette, California. I also

installed a Balanced Body Springboard in my home, which I use every day. Under the tutelage of terrifically creative therapists – including Stephanie Behrendt, Louise Johns, Rachel Kahn, and Michaela Lien – I continue to focus on developing stability in my body as a precursor to mobility in those muscle chains. Since beginning this work in March, I've developed some voluntary movement in my abdominals and continue to discover deep connections in my body, elusive to me without Pilates.

An exercise for every body...

To me, what is perhaps most exceptional about Pilates as a discipline is how it celebrates the individual. One can benefit from the method no matter what level of ability or muscular connectedness.

In contrast to some exercise methods, which demand of the nervous system – "work for me" – Pilates respects that matrix, in its unsolved and infinite complexity, and encourages connection in whatever way the body may respond best – "work with me."

While the flow of signals from and to my brain is disrupted, Pilates exercises enable me, although slowly, to regain connection to my body. In contrast to the dependency sentence handed to me in hospitals, Pilates is the modality and the guide that has allowed me to take control of my own recovery and given me new hope for continued progress. As someone who, for now, has lost so much independence, that is an incredibly powerful thing.

Follow Theo's journey: theovercoming.org.

For questions or comments, please contact the author at: team@theovercoming.org.



Pilates IQ® Reformer



A professional-quality Reformer for home that is easy to store and so affordable.

The Pilates IQ® sets up in seconds, then disappears under your bed or in a closet when your workout is done. No other reformer shortens for storage and still provides a smooth, seamless carriage ride.

Easiest to store

- » Stores flat or upright, with wheels for easy moving. Choose from two configurations, depending on your storage needs.
- » Telescoping frame lengthens for use, shortens for storage. Lever locks make this fast and foolproof.

Your Reformer includes

- » Professional-quality carriage and rails for a smooth, seamless ride.
- » Five Balanced Body Signature Springs.
- » Padded, 4-position footbar provides 9" (22.5cm) of adjustment - now with easier-to-use knobs for fast changes.
- » Three-position headrest for comfort and cervical support.
- » Built-in, non-skid standing platform. 5.5" (14cm) wide, a full inch wider than other Reformers.
- » Carriage features custom stability padding for maximum comfort. Heavy-duty upholstery. Stock: Storm gray.
- » DVD included, with a 40-minute workout plus instructions on setting up your Pilates IQ Reformer.

Optional accessories

A. Sitting Box

A sitting Box expands your Reformer's versatility, including prone exercises, abdominal exercises, side stretching and more. Sitting Boxes also offer a more comfortable option for many seated exercises. Get a free foot strap when you purchase a Sitting Box with your IQ Reformer. We recommend this size: 15"w x 27"l x 10"h (36cm x 69cm x 25cm)

Sitting Box 721-003

B. Padded Foot Plate

A padded foot plate (jumpboard) adds versatility, allowing jumping, plyometrics and cardio exercises. It also re-creates a biomechanically accurate standing position while lying on the Reformer.

Padded Foot Plate 702-004



Foot Strap

Get a free cotton foot strap when you purchase a Sitting Box with your IQ Reformer. (For padded foot strap, see p. 76.)

Foot Strap 210-032



Pricing

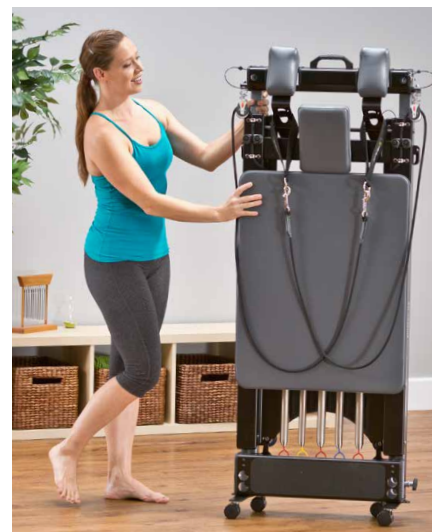
Choose Wheelbarrow wheels (shown upper left) to move the IQ like a wheelbarrow, or Library wheels (shown upper right and below) to stand the IQ on end and store in a closet.

with Library wheels
702-019

with Wheelbarrow wheels
702-000

Two year limited warranty for non-commercial use. 30 day money-back guarantee.

➡ For Reformer DVDs, see pp. 98-99.



Specifications: Length: Extended, 98" (249cm); Closed, 62" (158cm). Width, 24". (61cm) Footbar height, 18" (46cm). Weight, 70 lbs (31.8kg).

EXO® Chair



The EXO® Chair delivers great programming for any fitness level. Keep your clients coming back with challenging, strength-building classes and private sessions. Great for home use, too. Did we mention it's economical and beautiful?

Originally designed by Joseph Pilates as a compact workout system for New York City apartments, Chair workouts enhance stability, balance and body control. The focus on upper and lower body strength and conditioning makes the Chair a superb tool for athletes.

The right fit and resistance for just about anyone

- » Wide range of resistance choices with 2 springs and 8 positions
- » Heavier resistance than competitive products
- » Deep, wide and comfortable sitting area

When we say "easy," we mean it

- » Ready right out of the box—no assembly or hardware needed.
- » Easy spring adjustments from front or back of chair
- » Easy to store, with a 40% smaller footprint than competitive products when storing six chairs
- » Easily carried and stacked by one person

You also receive

- » Built from premium stratified maple with hardwood core, the beautiful and sturdy EXO Chair complements other wood studio equipment.
- » DVD included, which guides you through a Beginning/Intermediate workout.
- » The optional split pedal allows adding reciprocal and rotational movements for more exercise options. Converts to single pedal with included dowel.
- » Choose upholstery color; see p.57. Stock: Black.

Training & equipment packages

EXO Chair training and equipment packages are an economical, efficient way to launch a profitable Pilates program. For details, email info@pilates.com or call 1-800-PILATES.

Pricing

Ask about volume and quantity discounts.

EXO Chair with split pedal 728-001

EXO Chair with single pedal 728-000

Five year limited warranty



Durable. Versatile. Compact.

Optional accessories

Reformer exercises on a Chair? Yes! Combine the Functional Resistance Kit with the pedal's spring resistance for new exercises—now you can push *and* pull.

EXO® Functional Resistance Kit, Light (shown above)

Two cotton loops, two Neoprene® handles, and Slastix® resistance bands: two 25" (64cm) yellow (light), two 31" (79cm) yellow (light), and one single 42" (107cm) red (heavy).

Resistance Kit, Light

926-000

EXO® Functional Resistance Kit, Heavy

Two cotton loops, two Neoprene® handles, and Slastix® resistance bands: two 25" (64cm) blue (medium), two 31" (79cm) blue (medium), and one single 42" (107cm) red (heavy).

Resistance Kit, Heavy

926-001

EXO® Split Pedal Retrofit Kit

Converts single-pedal EXO Chair to a split pedal.

Split Pedal Retrofit Kit

950-132

Sitting Box Riser

Use your sitting box with our new Sitting Box Riser to elevate your sitting box to the height of your EXO Chair. Provides an extended surface with extra support for exercises like Sidelying or Reverse Swan. More details on p. 75.

Sitting Box Riser, Short

720-053



EXO® Chair instructor manual, p. 111.

Slastix® products also sold individually at pilates.com.



Wunda Chair



Steeped in tradition, our Wunda Chair System is easy to use, comfortable, sturdy and expandable, with optional handles and a High Back.

Wunda Chair includes

- » Classical design and size.
- » Widest range of resistance for any single-pedal chair, up to 83 lbs. Two springs (black/heavy) are adjustable to 8 resistances and provide 28% more usable resistance than other chairs.
- » Simple, fast and safe spring changes with Balanced Body's exclusive Cactus Springtree System and easy-grip spring tabs.
- » Comfort-padded, non-slip step.
- » Secure handholds with cut-out handles.
- » Choose upholstery color; see p.57. Stock: Black.

Optional Wunda Chair accessories

- » Removable handles: padded, with three locking positions.
- » Removable High Back System: includes upholstered cushion and foot alignment platform.
- » Removable, padded pedal stopper to limit the step's range of motion.
- » Cushions (seat and back, not shown) to convert from Pilates apparatus to chair.

Pricing

Wunda Chair	704-000
3-Position Handles	720-035
High Back System	720-036
Wunda Chair cushions	704-003
Padded pedal stopper	950-093

10 Year Limited Warranty

Chair DVDs on p. 102, instructor manuals on pp. 111-112.

CenterLine® Chair



Comfortable, durable and easy to use, the CenterLine® Chair offers practitioners a great classical experience with a small, single-pedal footprint.

Created in collaboration with Amy Taylor Alpers and Rachel Taylor Segel of The Pilates Center in Boulder, Colorado, the CenterLine Chair is part of a suite from Balanced Body that replicates the smaller measurements Joe used on some of his original equipment. Also available: the CenterLine Reformer (p. 32), CenterLine Cadillac and CenterLine Pole System (p. 51).

CenterLine® Chair includes

- » Two black (heavy) springs, adjustable to 8 resistance settings on safe, secure and easy-to-reach "cactus."
- » Center-positioned cactus centers strength into the body.
- » CenterLine Chair seat is 21.5" (55cm) wide. Its narrower width facilitates exercises like Horseback and Spine Stretch.
- » Lightweight for studio mobility, stable and secure for all Chair exercises.

Pricing

CenterLine Chair	728-002C
5 Year Limited Warranty	

Specifications: Height, 23.5" (60cm); Length, 29" (74cm); Width, 21.5" (55cm). Seat, 21" x 16" (53cm x 41cm). Weight, 58 lbs (27 kg).

Shown here in Greystone. Specifications: Height, 24.5" (62cm); Length, 30" (76cm); Width, 21.5" (55cm). Seat, 21.5" x 16" (55cm x 41cm). Weight, 36 lbs (16.3kg)

Combo Chair



The split-pedal Combo Chair from Balanced Body delivers a functional workout that combines strength, coordination and balance with rotation and reciprocal exercises.

The strongest and most stable chair on the market, the Combo Chair's padded split pedal adds rotational and reciprocal movements to traditional exercises. Conceived by Brent Anderson, PhD, PT, OCS, its height is ideal for use with a Trapeze Table.

Combo Chair includes

- » Widest range of resistance on the market. Each pedal has one white (light) and one black (heavy) spring, for a total of 4 springs and up to 90 lbs. of resistance. Pedals are comfort-padded, non-slip and washable.
- » Expand exercise options by using a split or single pedal. Convert to single pedal with finished dowel (included). Dowel also provides hand grip.
- » Spring changes are simple, fast and safe with our exclusive Cactus Spring-tree System and easy-grip spring tabs.
- » Quick changing, locking handles adjust to 3 heights. Padded for comfort and safety, and removable.
- » Easy to move with transport wheels.
- » Choose upholstery color; see p. 57. Stock: Black.
- » Optional, removable High Back System includes upholstered cushion. Not shown; see at pilates.com.
- » Optional Sitting Box Riser provides extra support for prone and sidelying exercises. Raises your existing sitting box to the height of the Combo Chair. See on p. 75.

Pricing

- Combo Chair, with handles 715-000
- Combo Chair High Back 715-001
- Sitting Box Riser, Tall 720-052
- 10 Year Limited Warranty



Shown here in Greystone. **Combo Chair Specifications:** Height, 25.5" (65cm); Length, 28.5" (72cm); Width including handles/knobs, 27.5" (70cm). Seat, 21.5" x 13" (55cm x 32cm). Weight 91 lbs (41 kg).



Arm Chair

Inspired by the passion of master teacher Julian Littleford and originally designed by Joseph Pilates, the Arm Chair is unparalleled for developing scapular stability and functional upper body strength, and for improving upper body posture.

Great for clients at any level and especially appealing to men, the Arm Chair develops upper body strength with scapular stability, and effectively integrates core and upper body work.

You'll find it useful for correcting posture for clients who work at a desk all day, for professional athletes and for seniors working to improve posture and maintain strong bones.

The comfortable, stable seat provides support and proprioceptive feedback to the upper body during arm exercises. Two sets of springs give you the flexibility you need for any client.

The Arm Chair's functionality, small footprint and portability make it a great addition to your studio.

Arm Chair includes

- » Solid and sturdy, our stratified maple frame construction holds up to rigors of daily use. Seat is padded and upholstered for comfort.
- » Transport wheels for easy moving and storage when not in use.
- » Comes with a pair of Neoprene® handles and 4 Balanced Body Signature Springs (2 regular yellow, 2 long purple). The medium-resistance purple springs offer more resistance for upper body work than is possible on the Reformer.
- » Choose upholstery color; see p.57.

Pricing

Arm Chair 715-002
10 Year Limited Warranty

➡ Arm Chair instructor manual, p. 111.



Ladder Barrel



Twice the foam padding—double the comfort. You will love the extra support, stability and comfort of Balanced Body's "comfort zone" padding, especially during prone exercises like Swan or sidelying exercises like Side Sit Up or Mermaid. Our Ladder Barrel combines a full-sized barrel arc with ladder rungs, connected by a sliding base that adjusts 11" (28cm) to accommodate different torso sizes and leg lengths.

You also receive

- » Ruler scale on sliding base allows for precise, repeatable adjustments, with locking knobs for safe use.
- » Grab bar beneath the barrel for enhancing flexibility.
- » Secure footing provided by bottom foot brace.
- » Durable, beautiful reinforced frame of Rock Maple and Maple laminate.
- » Choice of upholstery color; see p. 57. Stock: Black.

Pricing

Ladder Barrel 719-000
10 Year Limited Warranty

➡ Barrels instructor manuals, p. 111.

Optional accessories

Barrel Frame Extender (not shown)

Provides 9.5" (24cm) of additional adjustment between barrel and ladder.

Barrel Frame Extender 719-009

Vertical and Horizontal Foot Plates

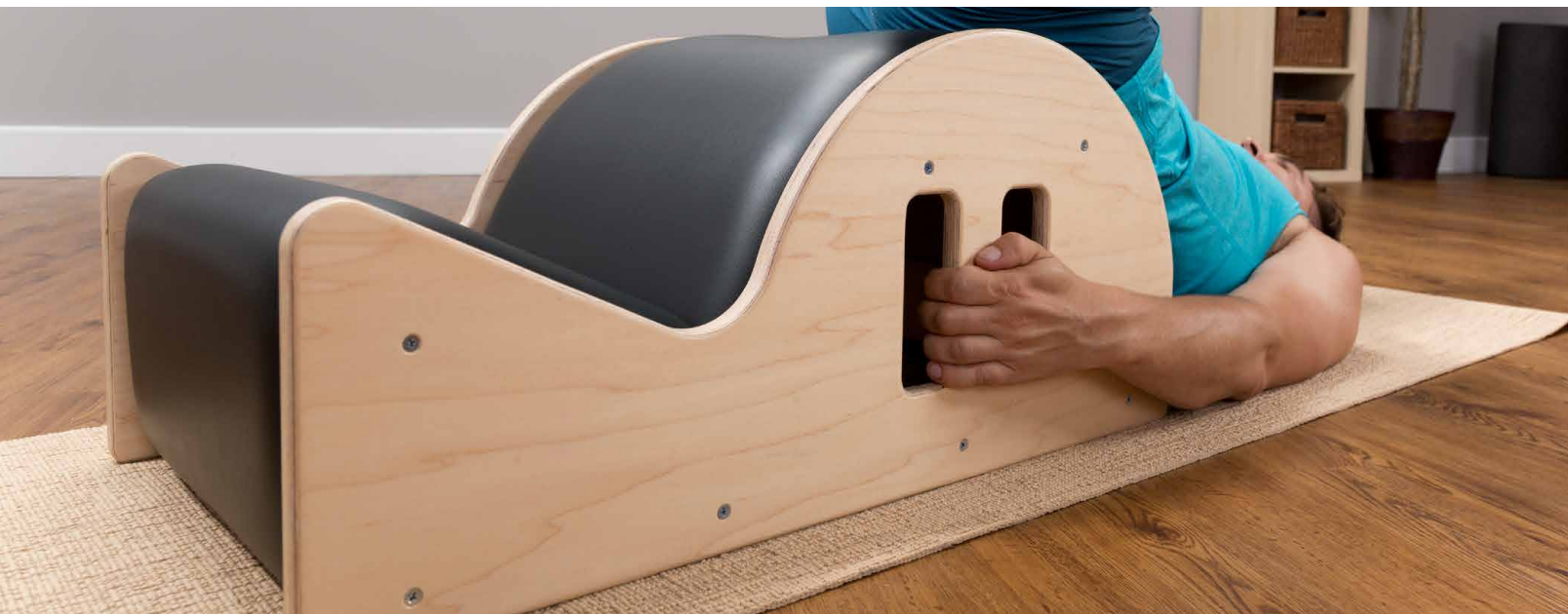
Foot plates provide options for elevated standing between the rails or against the uprights. Vertical plate is 23" x 7.25" (58cm x 18cm). Horizontal plate is 23" x 12.5" (58cm x 32cm).

Vertical and Horizontal 912-000
Horizontal only 719-006



Shown in Lite Gray. **Specifications:** Height, 38" (97cm); Barrel Height, 35.5" (90cm); Length, 47.25" (120cm); Width, 24.5". (62cm). Weight, 79 lbs (36kg).

Step Barrels & Baby Arcs



Step Barrels and Arcs increase spinal strength and flexibility. A great addition to mat classes for new challenges and variety.

Balanced Body's wood Step Barrels (Spine Correctors) and Baby Arcs are the strongest in the industry, with wood three times the thickness of other manufacturers. The result is a super-strong barrel that maintains its shape, even for standing exercises. Or try our Pilates Arc® or Arc Lite™ for lightweight, economical options. All our wood Barrels have a 10 Year Limited Warranty.

Clara Step Barrel®

The steep barrel curve of the Clara Step Barrel is often preferred by classically-oriented teachers. Stacks conveniently for storage after group classes. Maple-faced sides, vertical cut-out handholds. Padded, upholstered top.

719-003



Contour Step Barrel™

Provides superior comfort and ergonomics for less flexible users, and wonderful for larger clients with its gentle arc radius and rounded step. Designed in collaboration with Rael Isacowitz, it can be upgraded to the full functionality of the Avalon Step Barrel® using springs for resistance-based repertoire. Dowel and cut-out handholds facilitate a variety of exercises.

727-000



Step Barrel, East Coast

A more gradual barrel curve than the Clara, and a shallower well. Sides and top are padded and upholstered. Metal handles.

719-002



Baby Arc, West Coast

A stackable, lightweight arc with open sides. Padded and upholstered top over wood base.

719-004



Baby Arc, East Coast

Padded and upholstered top and sides, over wood base. Cotton web handles in two positions.

719-005



Arc Lite™

The Arc Lite is identical in size to our Baby Arcs, but so much lighter.

At just 2.5 lbs (1.1kg) and enticingly affordable, this high-density foam arc is destined to be a favorite for group classes or personal training. Use it upright or flip it over for fun balance challenges.

108-240



Mini-Mat

For extra comfort and stabilization, our Mini-Mat is a great companion for your Step Barrel, Pilates Arc® or MOTR®. Deep Gray, 1/4" x 34.5" x 12" (1cm x 88cm x 31cm).

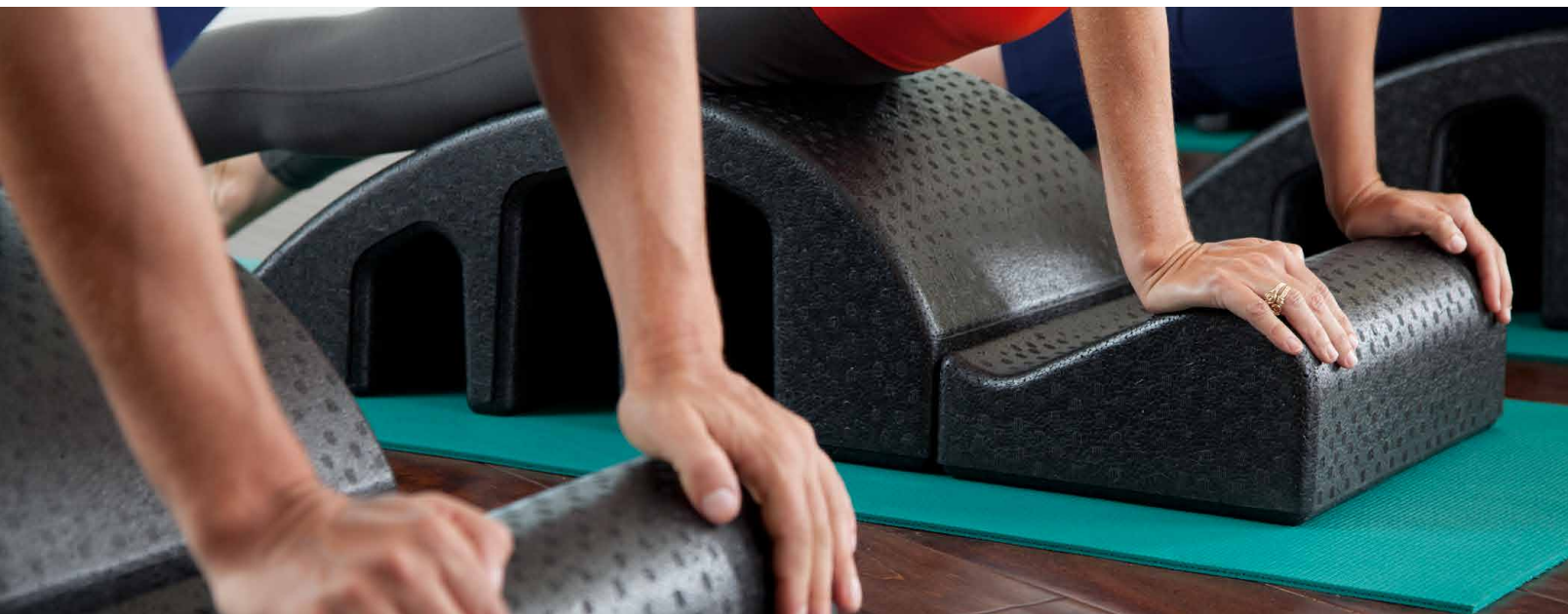
108-232



➡ Step Barrel DVDs, pp.102.
Instructor manuals, pp. 111-112.

Specifications: Contour Step Barrel: Weight, 28 lbs (13kg). 16"w x 37"l x 13.25"h (41cm x 94cm x 34cm). Clara Step Barrel: Weight, 23.5 lbs (11kg). 17.5"w x 29"l x 13.5"h (45cm x 74cm x 34cm). East Coast Step Barrel: Weight, 18 lbs (8kg). 16"w x 31"l x 13.25"h (41cm x 79cm x 34cm). Baby Arc, West Coast: 20.5"w x 23"l x 7.5"h (52cm x 58cm x 19cm). Baby Arc, East Coast: 20.5" w x 23"l x 7.5"h (52cm x 58cm x 19cm). Arc Lite: 20.5"w x 23"l x 7.5"h (52cm x 58cm x 19cm).

Pilates Arc®



Looking for a space-saving, economical yet challenging Pilates workout? You've found it! Never has anything so light packed such a punch.

Even though it weighs less than four pounds, the versatility of the Pilates Arc makes it a heavy hitter.

Use as a spine corrector or exercise arc—great tools for mobilizing the spine, shoulders and hips—and for core, abdominal, lateral rotation and back extension work. Or, as a Reformer wedge to provide trunk stability and back support for a variety of strength and mobility challenges. Especially useful during pregnancy.

Great for group classes, personal training or home

An ideal add-on for mat classes in fitness facilities that don't have budget or space for larger equipment. Affordable and easy to store between workouts.

Comfortable and ergonomic for all body types

A gentle curve on the barrel and a more rounded step add comfort. The innovative asymmetrical shape makes it extremely versatile for different uses and body types.

Pricing

Pilates Arc

108-162

One year warranty

You also receive

- » Beginning/Intermediate workout DVD
- » Instructional booklet with convenient flip-up stand

Mini-Mat

For those who need a bit of extra comfort and a non-slip surface, try our Mini-Mat (p. 46) sized to fit the Pilates Arc and Step Barrels. Also great for use with the Orbit™, MOTR® and for Barre classes. Deep Gray.

1/4" x 34.5" x 12" (0.6cm x 88cm x 31cm).

Mini-Mat

108-232

➡ Pilates Arc instructor training manual, p. 111.



Specifications: Made of high-density, recyclable foam—just 3.7 lbs (1.7kg). Black. 15.5" w x 38" l x 10.5" h (39cm x 97cm x 27cm)

Trapeze Table (Cadillac)



Also called a Cadillac, the Trapeze Table offers both fitness and rehabilitation programs for all ages and abilities. It is a raised horizontal table topped by a four-poster canopy with bars, straps and springs. An extraordinary variety of exercises are possible, from gentle, spring-assisted sit-ups to advanced acrobatics.

A Balanced Body® Trapeze Table is designed for maximum stability, efficient adjustment, and safe use for both instructor and client.

- » Wider and longer than a traditional Trapeze Table, to accommodate a broad range of body types.
- » Easy, secure and unlimited adjustments of horizontal and vertical slider bars, for efficient exercise transitions.
- » Constructed of hardwood core, joints lapped and fitted for maximum stability.
- » CE approved medical device (Class 1)

You also receive

- » Canopy of extruded chrome-plated steel tubing, to eliminate seams and increase tensile strength.
- » Smooth-sliding horizontal and vertical crossbars come with greaseless, self-lubricating bearings. Plastic-tipped butterfly knobs prevent burrs.
- » Anodized aluminum push-through bar increases exercise repertoire. Adjusts quickly to three heights, and can be used as a 3- or 4-sided bar. Safely secure your push-through bar with a safety strap and carabiner (included). Maple push-through bar available on request at time of purchase.
- » Maple roll-down bar (23"/58cm) with inside hooks.
- » Package of 12 Balanced Body Signature Springs™ with snap hooks. Regular: 2 each yellow, blue, red and black (for Trapeze Bar). Long: 2 yellow and 2 purple.
- » Trapeze Bar, padded with padded spring sleeves (see on p. 50), plus cotton canopy loops (long web, black) and a pair of soft lambswool fuzzies.
- » One pair each: cotton loops, adjustable thigh cuffs and adjustable ankle cuffs.
- » Belly Strap (cotton, black).
- » Choice of upholstery color; see p. 57. Stock: Black.

Pricing

Trapeze Table

Limited Lifetime Warranty



Trapeze Table Options

Optional accessories

A. Roll-Down Bar

Outside hooks, 23" (58cm)

710-011

B. Long Roll-Down Bar

Inside hooks, 30" (76cm)

710-012

C. Trapeze Table Extender, Pull-Out Shelf

Includes upholstered box, adds 12" (31cm) to table length.

Factory-installed, available only with original purchase.

Trapeze Table Extender

D. Padded Foot Stopper

An alternative surface for the feet. 9" x 38" (22.5cm x 95cm)

710-006

E. Non-Slip Bar Cover

Soft, rubberized material creates a comfortable, secure, non-slip surface for feet and hands. Two sizes: 20.5" (not shown) or 11.5".

710-007

11.5" (29cm)

710-008

20.5" (52cm)

F. Maple Push-Through Bar

If your preference is for wood rather than anodized aluminum.

710-009

G. Face Rest

Removable and articulated; almost unlimited positioning. Vinyl upholstery. Trapeze Tables are pre-drilled for the Face Rest.

105-040

H. Stability Sling

Use with your Trapeze Bar to support mat and core control exercises. Designed by Marie-José Blom for clients with special needs like fibromyalgia, Parkinson's Disease, multiple sclerosis, and the elderly. Printed guidelines. Requires long yellow springs.

SS1006

J. Wedge

Supports your client on a gentle, 12-degree incline, including cervical support. For clients who have shoulder, neck or facial injuries, or who can't lie supine due to dizziness or postural patterns. Stock: Black. 31" x 23" x 7" (34cm x 34cm x 8cm).

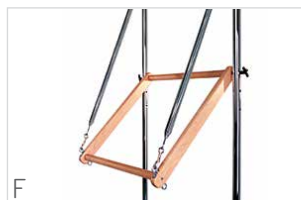
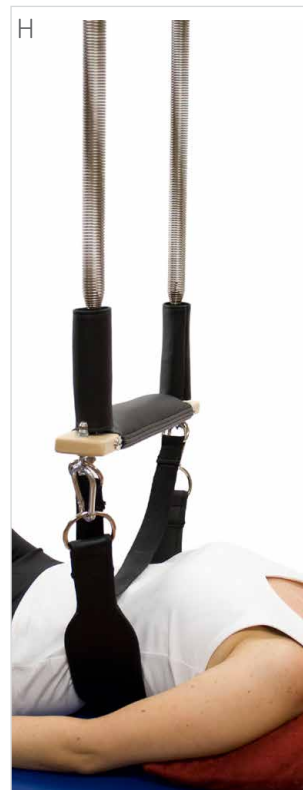
734-000

K. Sitting Box Riser, Tall

If your Trapeze Table does not have a pull-out shelf with box cushion (C), our Sitting Box Riser (Tall) extends the surface of your Trapeze Table. The riser elevates your Standard or Contour Sitting Box to the height of the table. More details on p. 75.

720-052

L. Co-Tear Non-Slip Tape, see on p. 90.



CenterLine® Cadillac



CenterLine® Pole System



The CenterLine® Cadillac and Pole System belong to our CenterLine® Suite, created in collaboration with Amy Taylor Alpers and Rachel Taylor Segel of The Pilates Center in Boulder, Colorado. See Amy and Rachel's video tour of the suite at pilates.com/centerline.

CenterLine® Cadillac

Sized to offer users and teachers easier reach, the upper canopy tubes are 5" (12.5cm) closer to the base table than on the Balanced Body Trapeze Table. The CenterLine Cadillac matches our Trapeze Table's standard for maximum stability, efficient adjustment and safe use (p. 48-49).

You also receive

- » Roll-down bar, maple, non-swiveling with outside hooks.
- » Push-through bar: maple, 4-sided, with safety strap.
- » Package of 10 Balanced Body Signature Springs™.
Regular: 1 red, 1 green, 2 blue, 2 gray, 2 white (for Breathing Bar). Long: 2 red.
- » Breathing Bar (also known as a Trapeze Bar), padded with spring sleeves and with long black strap.
- » Pair of lambswool fuzzies with short black webs.
- » Belly Strap (cotton, black), foot strap (24"/61cm) and pair of single cotton loops.
- » Choice of upholstery color; see p. 57.

Pricing

CenterLine Cadillac

Limited Lifetime Warranty

CenterLine® Pole System

The CenterLine Pole System is a Wall Tower variation that allows you to perform much of the Cadillac repertoire. You can purchase the Pole System separately, or save if purchased with a Mat & Moon Box package. **The Pole System must be mounted to both wall and floor for proper installation.**

You also receive

- » Push-through bar: maple, 4-sided, with safety strap.
- » Roll-Down Bar, maple, non-swiveling with outside hooks.
- » Package of 8 Balanced Body Signature Springs™.
Regular: 1 red, 1 green, 2 blue and 2 gray. Long: 2 red.
- » Loops/handles: single D-ring cotton loops (1 pair).

Optional Mat and Moon Box Package

- » Padded/upholstered raised mat with dowel handles.
- » Two Moon Boxes, padded/upholstered.
- » Weighted metal roll-up bar, 3.8 lb (1.7kg).
- » Foot Strap (24"/61cm).
- » Choice of upholstery color; see p. 57.

Pricing

CenterLine Pole System 716-006C

CenterLine Pole System with
Mat & Moon Boxes 930-001C

Limited Lifetime Warranty

Shown in Cadet. **Specifications for Cadillac:** Table surface height, 25.5" (65cm); Table width, 29" (74cm); Table length 81" (206cm) plus 4.5" (11cm) for canopy brackets; Trapeze frame height (top to floor): 81.5" (207cm). Weight, 190 lbs (86kg). **Specifications for Pole System:** Tower; Height 89" (226cm), Width 27" (69cm), Depth: 20" (51cm). Mat; Height 6" (15cm), Width 22.5" (57cm), Length 84" (213cm). Moon Boxes; Height 6" (15cm), Width 9" (30cm), Length 14" (36cm).

Wall Tower



Efficient. Space Saving. Economical.

Wall Tower

Trapeze Table functionality in a compact space. Unique to the Balanced Body Wall Tower, the push-through bar adjusts quickly to 9 positions along the entire height of the Tower, for ease of use with floor mats, raised mats, and Reformers of any height.

The polished, chrome-plated steel tubing is exceptionally strong and rigid. Only Balanced Body has a one-piece, welded and curved top frame. Must be mounted to both wall and floor. Installation hardware not included.

Mat and Moon Boxes are sold separately, or save when you buy the complete package.

You also receive

- » Package of 8 Balanced Body Signature Springs™ with snaps. Regular: 2 yellow and 2 blue. Long: 2 yellow and 2 purple.
- » Anodized aluminum push-through bar. Safely secure the bar with safety strap and carabiner (included). Chains on request.
- » 29 spring attachment points.
- » Maple roll-down bar, pair of cotton loops.

Pricing

Wall Tower Only	716-000
Wall Tower, Mat and 2 Moon Boxes	930-000

10 Year Limited Warranty

Wall Tower Mat

Stable, comfortable, padded/upholstered raised mat comes with dowel handles and cotton foot strap. Choose your upholstery color; see p. 57. Stock: Black.

Wall Tower Mat	716-001
Mat and 2 Moonboxes (save \$50)	716-002

Moon Boxes

Moon Boxes increase and enhance exercises using Wall Towers, Reformers and Chairs. Sturdy wood core with padded upholstery. Stock: Black.

6"h x 9"w x 14"l (15cm x 30cm x 36cm)	716-003
3"h x 9"w x 14"l (7.5cm x 30cm x 36cm)	716-004



Wall Tower Chain

Allows attaching a spring between the tower verticals when needed. Attach this chain to the frame, and then attach springs to the chain. 29" (74cm).

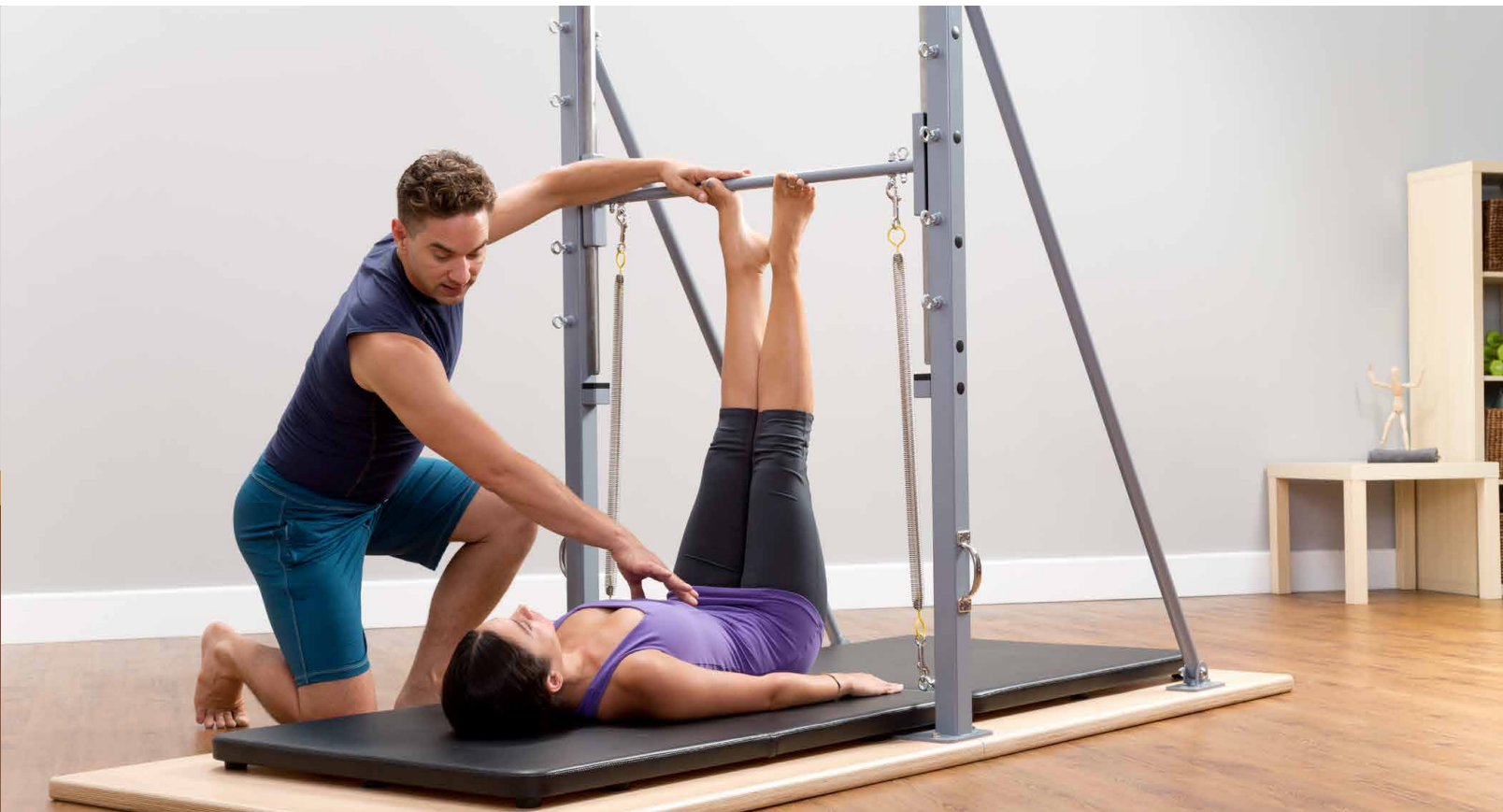


Wall Tower Chain 716-005

Wall Tower Mat shown here in Cadet, with optional Moon Boxes.

Specifications: Wall Tower; Height 89" (226cm), Width 27" (69cm), Depth 20" (51cm). Wall Tower Mat; Height 6" (15cm), Width 22.5" (57cm), Length 84" (213cm).

Guillotine Tower



"...The definitive apparatus for hip and spine articulation." -Ron Fletcher

Guillotine Tower

A fundamental piece of equipment in the original New York Pilates Studio, Ron Fletcher embraced the value of the Guillotine Tower during his years of study with Joe and Clara because it:

- » Creates a remarkable environment for developing mobility and strength of the hips and spine.
- » Provides incredible feedback. Clients can see when they are out of alignment, which makes it a great assessment tool for stability, flexibility and articulation.

Some instructors have adapted traditional Guillotine Tower exercises to the Cadillac. However, the arc of the Cadillac's push-through bar does not provide the same pelvic stabilization and spinal articulation that you get with the vertical line of the Guillotine Tower. The vertical slider allows clients with limited hamstring and lower-back flexibility (like many male clients) to experience the full benefit of these exercises.

More details: pilates.com/guillotine-tower.

The Balanced Body difference

The Balanced Body Guillotine Tower is vastly easier to install compared to similar products that require bolting the apparatus to both floor and ceiling. It is available in two versions:

- » With a freestanding base (stratified wood), requiring no installation (shown above).
- » With no base, which requires bolting only into your floor (not the ceiling). Bolts for floor mounting not included.

You also receive

- » Powder-coated steel frame
- » 2 generously-sized upholstered mats. Stock: Black.
- » Slider bar* (wider than others available) with limiting strap.
- » 10 Balanced Body Signature Springs™ with snap hooks. Regular: 2 each yellow, blue, red. Long: 2 each yellow and purple.
- » 2 Neoprene handles and 2 single cotton loops
- » Chain with carabiners (for narrower leg work, not shown)

Pricing

930-005 Guillotine Tower with freestanding base

716-008 Guillotine Tower without base

10 Year Limited Warranty

Available January 2016.

Shown above with freestanding base. Specifications: Tower; Height 80.25" (203.9cm), Width 40.25" (102.2cm), Length 42" (106.7cm), (80.5", 204.5cm with mats installed), Mats (2); Length 46" (116.8cm), Width 31.25" (79.4cm) Length 36" (91.4cm), Width 31.25" (79.4cm), Base; Length 92" (230cm), Width 42" (106.7cm), Height 1.5" (3.8 cm).

*The weight limit for standing on the slider bar is 200 pounds.

Incline Mat Table



Versatile for clients.
Great working height for instructors.

Incline Mat Table

Use the Incline Mat Table as a horizontal table surface, or tilt from either end to add assistance or resistance to Pilates Mat exercises.

Beginning clients love the assistance of moving with gravity, while advanced clients can intensify their workout and target new areas by working against gravity. Used by top instructors in the US and UK to keep clients working at their optimum level.

Padded and upholstered, the Incline Mat Table is 19" high, an excellent working height for instructors. Use the sturdy box (included) at either end to incline the table by 6" (15cm).

You also receive

- » Maple box riser matches table legs. Use for optional tilting of the table at either end by 6" (15cm).
- » Dowel handles and foot strap.
- » Choice of upholstery color; see p. 57. Stock Black.

Pricing

Incline Mat Table 720-048
10 Year Limited Warranty

Ped-o-Pull



Classic and space-saving.

Ped-o-Pull

Complete your equipment suite with this classic, space-saving apparatus. The Ped-o-Pull challenges core stability in functional standing position. Choose a kidney-shaped base to help properly align feet (developed for Ron Fletcher), or original square shape designed by Joseph Pilates.

You also receive

- » Trapeze springs with snaps: 2 regular, yellow. Pair of Neoprene® handles.
- » Wall brackets stabilize the unit 6" (15cm) from wall. Maple-faced hardwood laminate base is 1.5" (4cm) thick.

Pricing

Square base (not shown) 717-000
Kidney-shaped base 717-001
10 Year Limited Warranty



Fletcher Pilates® Ped-o-Pull Video

Available separately. Expand your knowledge on this piece of equipment. Includes 6 exercise categories in a 28-minute workout.
Fletcher Ped-o-Pull Video DVD8396

Incline Mat Table shown in Greystone. **Specifications for table:** height, 19" (48cm); width, 24" (61cm); length, 84" (213cm); weight, 81 lbs (37kg). **Specifications for box:** height, 6" (15cm); length, 24" (61cm); width, 8" (20cm); weight, 10 lbs (4.5kg).

Ped-o-Pull: Height 84" (213cm), Kidney-Shaped Base 22.5" x 16" (57cm x 41cm), Square Base 17.5" x 17.5" (45cm x 45cm).



Pilates Springboard™

Affordable and space-saving, with an optional push-through bar.

Our very popular Pilates Springboard, designed by Ellie Herman, is economical and versatile. The optional push-through bar allows even more Tower exercises in your workouts.

- » Maple wood faced high-quality laminate. Easy-to-use engraved measurements and 22 spring attachment points.
- » Maple roll-down bar, two cotton loops and Neoprene® handles. Maple dowel footbar.
- » Balanced Body Signature Springs™ with snaps. Regular: 2 yellow. Long: 2 purple.
- » Hardware included for attaching Springboard to wood wall studs with standard 16" spacing.
- » Included: Springboard DVD with 40-minute workout. Classic Pilates exercises as well as original exercises created for the Springboard.

Pricing

Pilates Springboard 720-040

10 Year Limited Warranty

Optional Push-Through Bar

Enjoy more versatility by upgrading your Springboard with a push-through bar, making possible even more Trapeze Table (Cadillac) exercises with your Springboard.

The anodized aluminum bar attaches quickly to your existing Springboard (mounting brackets and hardware included). Bar Installation does not require removing already-installed Springboards from the wall.

Don't have a Springboard yet? Save and buy a Springboard with push-through bar together.

Choose your preferred resistance: two blue or red springs.

Pricing

Pilates Springboard and Push-Through Bar,

with blue springs	945-000
with red springs	945-001

Push-Through Bar Kit for Springboard,

with blue springs	945-010
with red springs	945-011



Specifications: Height 72" (183cm), Width 20" (51cm), Weight 33 lbs (15kg).

The Finishing Touch: Wood Choices

Wood choices

Strong, beautiful, environmentally sensitive. No compromises.

Balanced Body® wood is beautiful, inviting to the touch, absorbs noise and is built to last a lifetime. Our woods and construction methods are time-tested for 40 years, giving us the seasoned confidence to offer—and stand behind—our Lifetime Warranty.

We offer two standard wood choices, Strata® Rock Maple and Strata® Artisan Maple. Strata's superb strength and durability come from its solid, multi-grained core, laminated in alternating grain directions. This creates an exceptionally strong, straight board, neutralizing the forces that could otherwise cause twisting. The result is an unusually strong, sturdy wood—ideal for Reformer frames—with a distinctive “butcher block” look.

The Strata engineering process also uses more of the tree with very little waste, making it not only stronger than single-plank wood, but more environmentally sensitive.

All Balanced Body woods come from FSC (Forest Stewardship Council) suppliers who purchase wood from well-managed North American forests. In these forests, tree growth exceeds removals by a nearly 2-to-1 margin.

A. Strata® Rock Maple

Standard for Balanced Body Reformers, Rock Maple is one reason our equipment lasts practically forever. Rock Maple has a hardness rating unmatched by beech, oak and pine, and also a tighter, more consistent grain. You get a superior frame:

- » Better resistance to expansion and contraction from changes in temperature and humidity.
- » Better durability against dents and wear.
- » Joints remain strong.
- » Bolts remain tight in the solid wood.

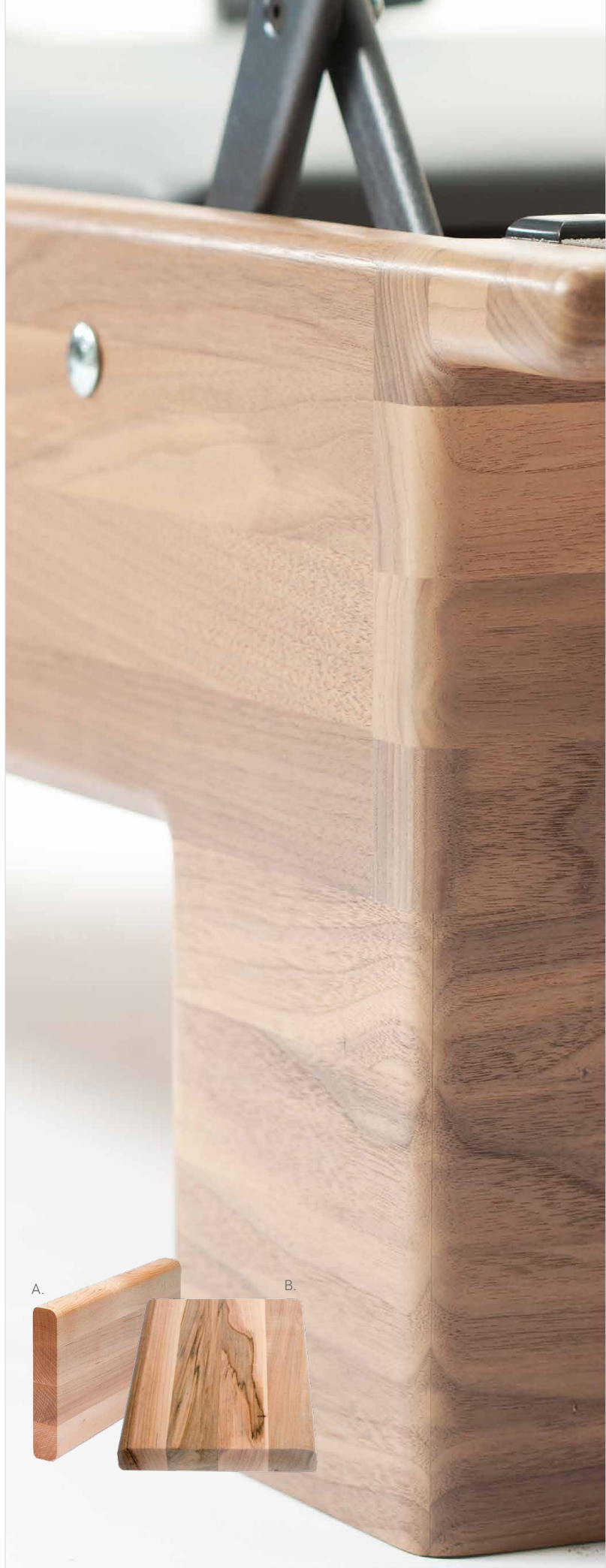
B. Strata® Artisan Maple

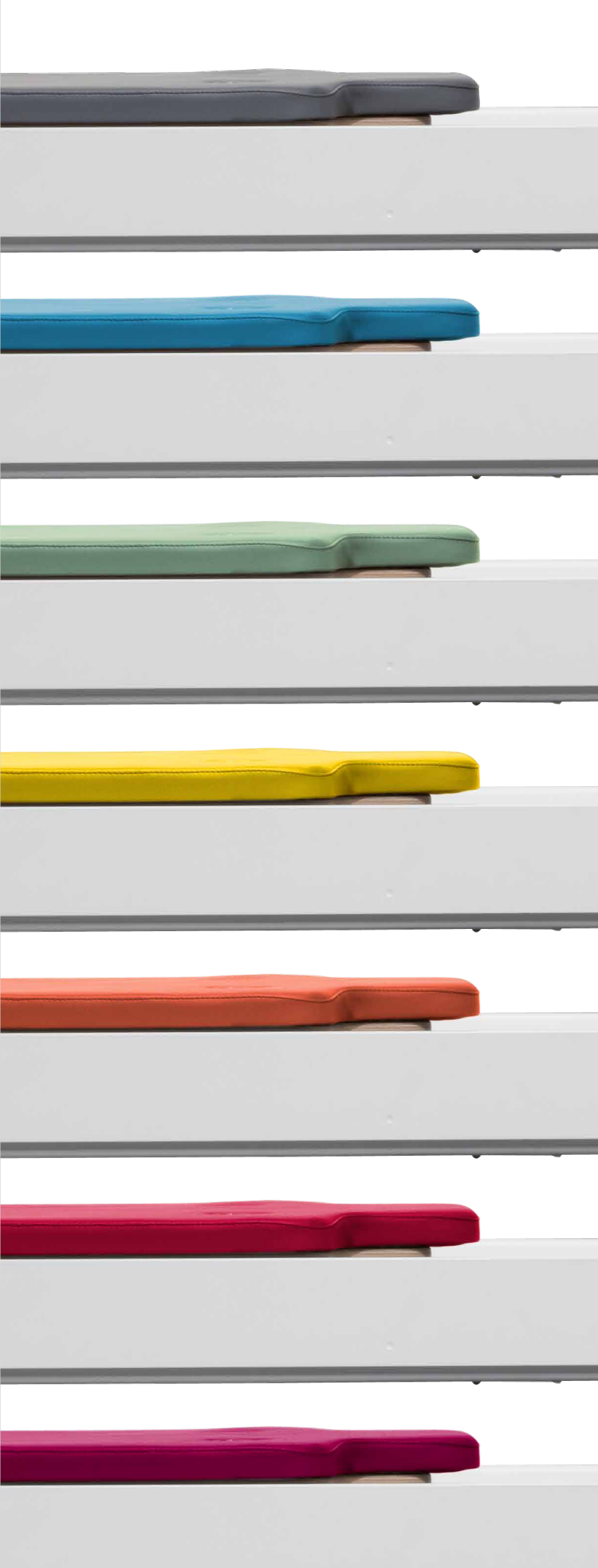
Strata Artisan Maple is also durable and even more eco-friendly because it uses still more of the tree. A beautiful alternative to the more uniform grain and color of Strata Rock Maple, it is available at no additional cost. You will notice more natural color, character and pronounced grain detail. An artful alternative to consider.

Balanced Body Select Strata®

We also offer Balanced Body Select Strata in Cherry (shown at right), Mahogany, and Walnut, for an additional cost

All Balanced Body woods are complemented by a smooth, lustrous finish that brings out the beauty of the natural grain and protects the wood. Our wood Reformers and Trapeze Tables are backed by the Balanced Body Limited Lifetime Warranty.





The Finishing Touch: Custom Upholstery Colors

Upholstery—a rainbow of colors!

Add your own final, personal touch to your Pilates equipment. Create exactly the look you want from our palette of 51 gorgeous colors.

Balanced Body features Naugahyde® with BeautyGard®, the finest US-made upholstery on the market. In addition to its beauty and durability, It wipes clean with common cleaning agents and provides outstanding resistance to scuffing, perspiration, bacteria and stains.

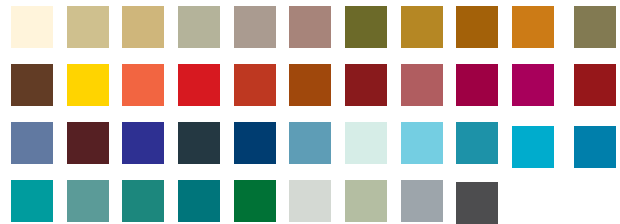
Call for a free sample palette. Or have some fun and play with the rainbow using our Color Tool at pilates.com.

Choose from nine standard colors, no extra charge



Balanced Body offers nine standard colors at no extra charge (Adobe White, Sage, Greystone, Wedgewood, Burgundy, Dark Cherry, Oak, Storm, Black), although additional lead times apply.

Forty-two more colors (custom charges apply) give you many beautiful choices!



Black is used on most of our in-stock items that are available for immediate shipment.

See all at pilates.com. **However**, do not base your final color selection on these samples. Please request actual color samples so you can be sure to get the color you want. Color availability subject to change without notice.

Custom upholstery color charges

Boxes, Chair Pads, Small Barrels & Arcs, per item

All other equipment, per item

Balanced Body Clean™

NEW! 100% Organic, Safe and Odor-Free
Industrial Strength Cleaner and Disinfectant.



Balanced Body Clean™ is an all-purpose cleaner that is 100% natural, organic and biodegradable. It cleans, disinfects and removes dirt, grease and oil from porcelain, plastic, glass, vinyl upholstery and metal.

- » Extends the life of your equipment's vinyl upholstery.
- » Kills 99.99% of bacteria.
- » Eliminates odors, cleans and removes dirt and grease.
- » Made with banana bark extract, 100% natural and organic.
- » Safe for use around those with chemical sensitivities.

Balanced Body Clean™ comes in 650ml bottles with an easy-to-use trigger spray. Place them conveniently around your facility for easy access. Very useful at home, too!

Balanced Body Clean is odor-free and made completely from a natural plant extract taken from the bark of banana trees. Does not contain VOCs, alcohols, petrochemicals, solvents, phthalates, ammonia, bleach, phosphates, dyes, preservatives or perfumes. Safe for use around those with chemical sensitivities.

Your choice: available as a pack of two 650ml bottles, or as a carton of eight 650ml bottles

Pricing

Pack of two 650ml bottles	955-001
Carton of eight 650ml bottles	955-000

Balanced Body® Toolkit

A convenient toolkit for maintaining your equipment in perfect condition.

This handy toolkit comes with everything you need to service any piece of Balanced Body equipment (excluding power tools), all in a convenient zippered carrying case.



You will never again have to track down a tool that came with your equipment!

You receive

- » 6 allen wrenches in various sizes
- » 2 open-end wrenches
- » 1 each Phillips and flathead screwdriver
- » 4 drill bits
- » 1 knob wrench
- » 3 custom wrenches
- » 2 sockets
- » 1 socket arm
- » Zippered carrying case with main compartment and smaller exterior pocket

Pricing

Balanced Body Equipment Toolkit	950-026
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Hanging Gridwall

Efficient, attractive storage for your equipment hardware.

Balanced Body's polished chrome grid is beautifully framed in wood to complement your equipment. It's the sturdy wall storage you need to hang springs, loops, handles and more. Installation hardware not included.

54"h x 28"w x 3.5"d
(137cm x 71cm x 9cm)



Pricing

Hanging Gridwall	730-000
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more mindful movement equipment



- 60 CoreAlign®
- 63 Orbit™
- 64 MOTR® and MOTR® Home
- 66 Bodhi Suspension System®
- 68 Elastik® and Balanced Body Barre®
- 69 SmartBells® and Other Hand Weights
- 70 Tower on the Go®

“Movement is the song of the body.”

—Vanda Scaravelli



A unique standing movement system that optimizes fitness and function. The CoreAlign® from Balanced Body delivers results, whether your clients want an increased level of fitness or an improved way of moving through everyday life. Combine cardiovascular work and integrated, full-body exercises with a mind-body approach.

How does it work?

Developed by physical therapist Jonathan Hoffman in collaboration with Balanced Body, the CoreAlign's sliding carts move independently, with both resistance and assistance possible in two directions. Change resistance easily to create nearly 200 exercises that address every part of the body, with many more to come.

Most exercises are done standing, leading to rapid improvements in posture, balance and functional movement.

A ladder (included with the complete package) is required for most exercises. See our options on page 62. Rotator discs for advanced work are also available.

Powerful retention and recruitment for studios and fitness professionals

- » Unique and effective exercise—clients at all fitness levels feel the difference after one workout.
- » Great for small group programs and sports-specific classes. A fun, cardio workout popular with men as well as women.
- » Amazing versatility—integrated core training, upper/lower body strengthening, warm-up, cool-down and stretching.

An essential tool for your rehab practice

- » Effective for gait and core training.
- » Exercises are easy for your patients to perform.
- » Great for balance and neuromuscular retraining.



Redefining functional movement.

Durable, quiet and safe

- » Solid wood base, standing platform and ladder.
- » Quiet track movement.
- » No slipping with non-skid standing surfaces.

You also receive

- » 2 complete sets of resistance tubing, in 3 resistances.
- » 2 cart stopper blocks , 2 speed bumps.
- » 2 straps with padded handles.
- » 3 foam pads for extra comfort during some exercises.

Pricing

Purchase CoreAlign and Ladder separately, or purchase together and save

CoreAlign with Freestanding Ladder	935-012
CoreAlign with Wall-Mount Ladder	935-010
CoreAlign	731-010
5 Year Limited Warranty	

CoreAlign® training

Comprehensive CoreAlign training is available. See our most current training schedule using our online Education Finder®.

See CoreAlign in action, and find additional product and training information at pilates.com/corealign.

➡ See Accessories for the CoreAlign on p. 62.

Accessories for CoreAlign®

Most CoreAlign exercises require a ladder. Our custom-built options fit many space and installation needs. All ladders are of the same maple as CoreAlign, providing a coordinated look for your space as well as hardworking performance for years to come.

Freestanding Ladder

No available wall space? Don't want to attach the ladder to another apparatus? Our freestanding ladder connects to a base that your CoreAlign rests on. A solid, stable solution for spaces that require a freestanding unit. Shown on p. 60.

Freestanding Ladder 731-002

Standard Wall-Mount Ladder

Our Standard Ladder (shown at right with optional bracket kit) comes with hardware to mount to wall studs. Optional bracket kits attach your ladder to a Balanced Body Trapeze Table or Wall Tower.

Standard Ladder 731-004

Rotator Discs and Disc Pads for CoreAlign®

Add advanced instability challenges to your CoreAlign with rotator discs. These specially modified rotator discs have plugs that securely install them onto the carts. (For safety reasons, do not use other rotator discs with your CoreAlign.) 9" (23cm) diameter. Not shown.

Discs, pair 935-001

Disc Pads, pair 935-003

CoreAlign® Storage Cover

Custom-fit cover keeps dust and dirt out when not in use, and signals "off limits" for unsupervised use. Washable, gray. Not shown.

CoreAlign Cover 108-250

Non-Slip Bar Cover

Made of soft, rubberized material, this accessory can be used on your CoreAlign ladder rungs to create a comfortable, secure, non-slip surface for feet and hands. 20.5" (52cm). Not shown.

710-008 20.5" (52cm)

More CoreAlign® accessories

Please visit pilates.com/corealign.

Replacement Bands for CoreAlign®

Last year Balanced Body redesigned the CoreAlign bands and handles which has resulted in a much longer band life!

- » Lighter resistance/wider dynamic range
- » Extra security band to use if desired
- » Longer band life and re-usable handles are eco-friendly and efficient
- » Made in the USA

Replace worn tubing immediately. To prolong the life of stored bands, keep in a sealed bag away from direct sunlight and heat.

How to order

Bands come in sets of 4, of a single resistance.

If you have a new longer CoreAlign (serial number CA05244 or higher), order these bands:

Band Kit, Peach (Light) 950-218

Band Kit, Blue (Med) 950-219

Band Kit, Gray (Heavy) 950-220

If you have an original-length CoreAlign (serial number below CA05244), order these bands:

Band Kit, Peach (Light) 950-215

Band Kit, Blue (Med) 950-216

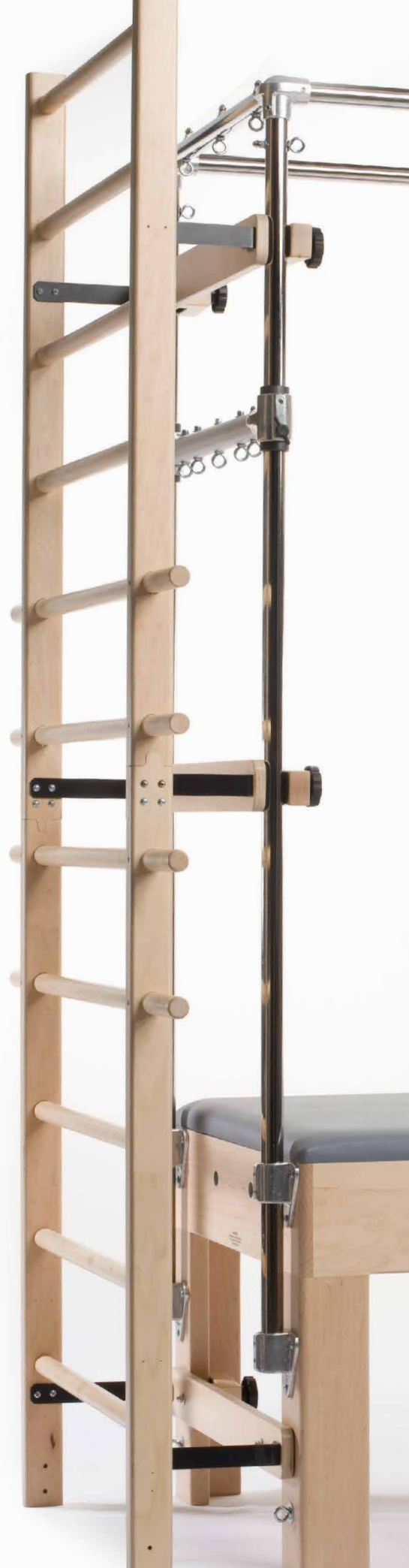
Band Kit, Gray (Heavy) 950-217

If you have older style bands with permanently attached handles, order original-length bands plus a set of handles. Handles are re-usable; order once only.

Handles, 6 950-213

Handles, 26 950-214

If you are unsure what to order, please contact us for more information.





Roll fun and challenging new moves into classes or personal training sessions. The Orbit provides an exciting, full-body workout that enhances flexibility, stability, strength, balance and coordination! Great for home, too.

An amazing core workout

- » Includes both circular and linear movements, from mild to complex.
- » Your abdominal muscles are always engaged.
- » Increases upper and lower body strength, and improves flexibility and balance.
- » Sit, lie, kneel and stand for a wide variety of exercises.
- » Includes a 34-minute, Level 1 DVD workout.

Ergonomic, durable, portable

Created by Octavio Galindo in collaboration with Balanced Body, the Orbit has an ergonomic design, solid and sturdy construction, and a comfortable padded surface.

- » Smooth, premium-quality casters allow easy gliding in any direction — like a Reformer carriage without the tracks!
- » Safe for carpeted or hardwood floors. Two carrying handles make it a snap to carry and store.

Pricing

Orbit 732-000

5 Year Limited Warranty

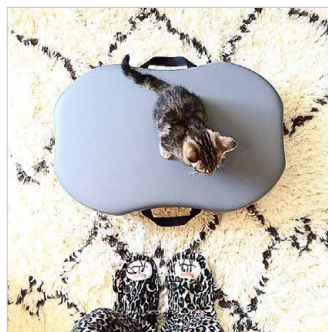
Ask about volume discounts.

Custom upholstery colors, see p. 57. Stock: Greystone.



Orbit Level 2 DVD, p. 103.

Orbit instructor manual, p. 111.



found on
INSTAGRAM

@balanced_body

#kittens love the Orbit, too!

image via @flutternewburgh



MOTR® is way MOre Than a Roller! Create full-body workouts with three resistance levels. Build strength, challenge balance, train on multiple planes and improve cardio conditioning. Ready to start your MOTR®?

Developed by Pilates instructor and fitness enthusiast Darya Bronston, MOTR was designed for use in commercial fitness facilities and studios. It is also perfect for rehabilitation professionals and home workouts.

Exercise tracks include balance, core, agility, upper body, lower body, standing, plank and more. And you can use the MOTR cylinder for release work just like any foam roller.

MOTR® comes with

- » Roller (components store conveniently inside the cylinder when not in use)
- » Locking Lid
- » Arm with 2 Variable Resistance Modules (VRMs), each with 3 resistance levels
- » Pull-Out and Carrying Straps
- » 2 Stability Wedges
- » 2 Universal Hand Straps
- » DVD with two workouts
- » Flash cards with additional exercises and workouts

Pricing

MOTR

101-063

One Year Warranty

MOTR® bundles quick-start your program!

Interested in a MOTR program for your facility? It's easy and affordable to get started. Discounted bundles include:

- » MOTR units
- » On-site training at your facility (only one weekend)
- » Access to ongoing programming
- » Marketing materials to promote your program: handouts, window decals and wall posters
- » Promotional video

Call Balanced Body at 1-800-745-2837, and we'll help you build a bundle that works for you.





Unlimited programming, limitless results.

Optional Accessories

Mini-Mat

For extra comfort while lying on or next to your MOTR, our Mini-Mat is a great companion. Deep Gray, 1/4" x 34.5" x 12" (1cm x 88cm x 31cm).

Mini-Mat

108-232



Round Pad, 9"

Originally designed to use with Rotator Discs, we find this pad is also perfect for stabilizing the MOTR when using MOTR in an upright position on smooth floors. Black, 5/8" (1.6cm) thick.

Round Pad, 9"/23cm

108-232



MOTR Home

Safe and secure storage for up to six MOTRs. The MOTR Home's heavy-duty casters make it easy to park your MOTRs when class is over.

MOTR Home

730-004



WHY MOTR®?

MOTR is gaining traction at studios and clubs. Hear what some of them have to say:

"You'll love its versatility - it really challenges your balance!"

Alex Ramirez, GM

Superior Fitness Center - Santa Barbara, CA

"We foresee MOTR as being a powerful magnet for the Gen Y and Z populations..."

Janna White, Director, Pilates and Wellness

Honolulu Club - Honolulu, HI

"Many of my class participants say they've never seen results like this!"

Patti Kreiner, Lead Teacher Trainer

Equinox - Woodbury, New York

"The complete functionality is amazing."

Sandie Hendrix, Owner/ Personal Training/ Group fitness

Body Moves Pilate & Training - Valparaiso, Indiana

"Effectively makes the body smarter and more aware."

Lauren Alzamora, Dancer/Pilates instructor / MOTR Trainer

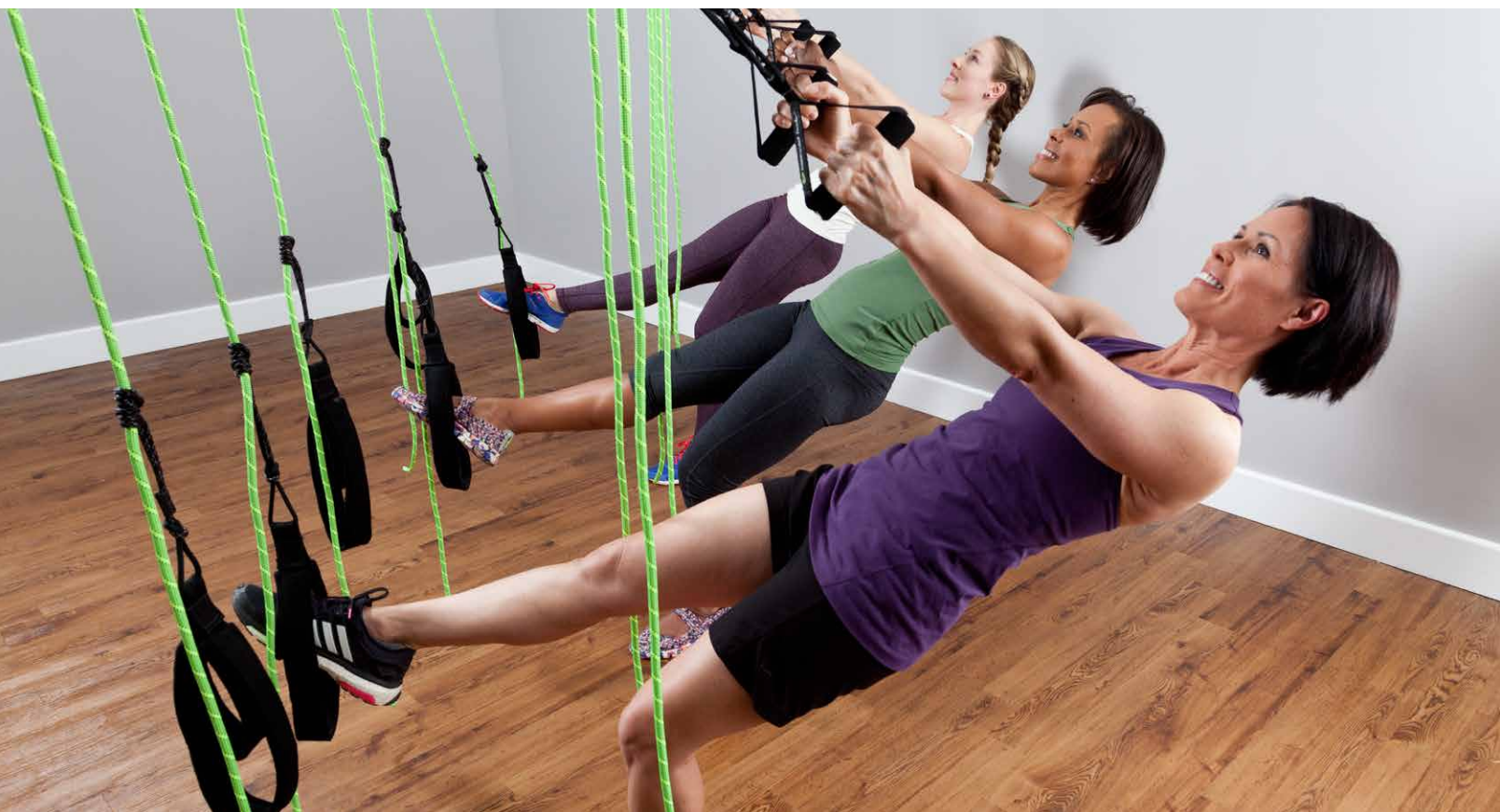
New York, NY

"It's a full-on, nose to toes workout!"

Paula Farinacci, Certified Pilates and MOTR Trainer

Paulates - Westlake Village, CA

Bodhi Suspension System®



The world's first four point suspension system for fitness!

Bodhi is Sanskrit for "awaken". The Bodhi Suspension System® helps you awaken the potential in your body and your mind.

Developed by Khita Whyatt and Kirsten Sell, the Bodhi Suspension System includes two independent ropes which create four suspension points. You get endless opportunities to suspend the body from each point, and each point choice adds strength, flexibility, balance and proprioceptive challenges.

No other single suspension system can do this.

Suitable and adaptable for all populations, the Bodhi Suspension System is perfect for group exercise, semi-private and private sessions, post-rehab sessions and home use. Options include attachment anchors for a wall, ceiling or door.

Exercise tracks include

- » Strength
- » Stability
- » Balance
- » Proprioception
- » Flexibility



Bodhi Suspension System® includes

- » 2 Ropes*
- » 2 Handles
- » 2 Double loops
- » 4 Accessory lanyards
- » Tote/storage bag
- » Flashcards with sample exercises and workouts
- » DVD with 2 workouts

*Rope length is designed for use with ceiling up to 8.25 feet (2.25m) ceiling. For higher ceilings, you will need the extender accessory.

Pricing

Green ropes with padded loops 720-060
Grey ropes with padded loops 720-061

One Year Limited Warranty / 30-day money back guarantee.

Accessories

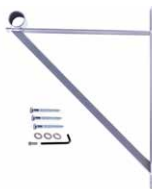
Get information on how to install your Bodhi Suspension System® at balancedbody.com/bodhi.

Wall Anchor

Our wall-mounted brackets suspend your ropes 16" (40cm) from the wall. Start with a minimum of two, and install additional brackets to accommodate the number of rope systems. Use with 1.25" (32mm) steel pipe (not included).

Wall Anchor

950-198



Ceiling Anchor

Use to mount your Bodhi Suspension System on the ceiling. Start with a minimum of two, and install additional anchors to accommodate the number of rope systems. Use with 1.25" (32mm) steel pipe (not included).

Ceiling Anchor

950-199



Door Anchor

Attach the door anchor to any locked door and perform many Bodhi Suspension System exercises without permanently attaching to a wall or ceiling.

Door Anchor

950-200



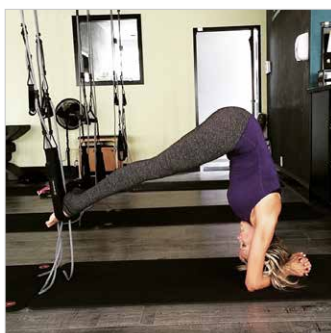
Rope Extenders

You will need Rope Extenders if your anchor point for installing the ropes is more than 8.5 feet (2.6m) above the ground. Available in green or grey.

Green rope extender 950-201

Grey rope extender 950-202

One Year Limited Warranty



found on
INSTAGRAM

@balanced_body

Having fun on the
#bodhisuspensionsystem!
image via @tallgirlpilates

Origins of the Bodhi Suspension System®

By Khita Whyatt

Ten thousand repetitions. That's what some say it takes to re-educate the nervous system and open new neural pathways. After a devastating car accident in November 2007 left me with multiple physical injuries along with a traumatic brain injury, 10,000 repetitions became my mantra in my quest to make every moment and every movement matter.



The accident damaged the connections between the two hemispheres of my brain and impeded communications between them. This left me significantly paralyzed on the left side of my body. My brain could not find the left side of my body and I had very little voluntary function. I could feel parts of my skin and some vibrations, but not much else. I also lost the ability to contract the deep muscle layers (skeletal/core).

As a Rolfer and a long time Pilates practitioner, I had a strong understanding of the body and of what already existed in the movement world. I had been un-weighted in a harness during my rehabilitation and this inspired me to work in suspension along with the resistance of my body weight. I decided that a suspension system was essential to my recovery.

There was not a suspension system that fulfilled what I wanted so my best friend, Kirsten Sell, and I decided to create one. It needed to be safe, simple to use, allow standing in it, enable fully suspending a person, and allow for any kind of attachment such as a spring or a sling.

By using ropes to move in and out of alignment with gravity, I could stimulate my deepest muscles to "hug the bones" and provide support for the joints. By turning on the body's righting reflex that corrects the orientation of the body when it is taken out of its normal upright position, I was able to re-educate the neuromuscular system to fire in a coordinated fashion.

My rehabilitation has been ongoing and very successful. Although there are remnants of the accident and paralysis, a casual observer would never know I had any physical limitations.

We named the system Bōdhi, which means "to awaken." In light of my path the name has great healing significance. As Einstein himself said, "it is the supreme art of the teacher to awaken joy in creative expression and knowledge." The Bodhi system truly awakens the mental, physical and spiritual joy of strength, health and wellbeing.

Elastik®

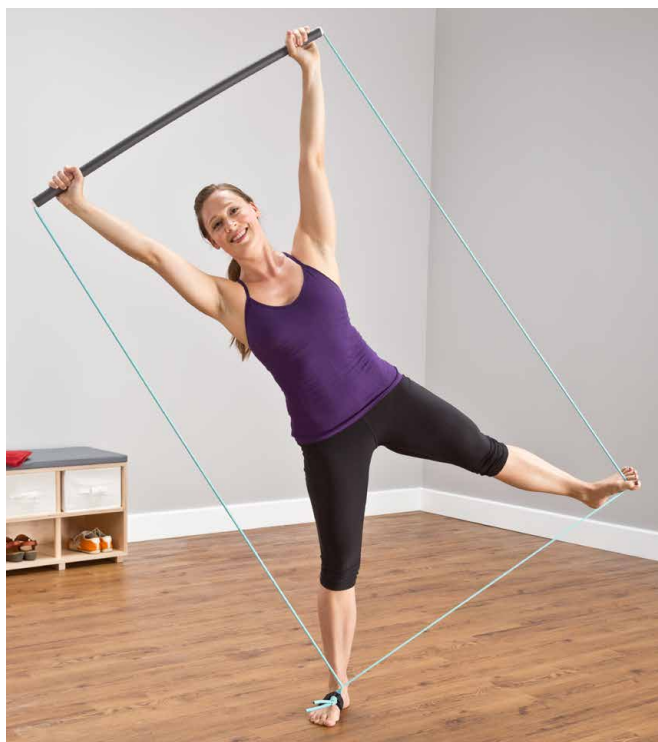
Inject a megadose of fun into your personal workouts or group classes.

Elastik is a portable, personal jungle gym creating strength, alignment and balance for rehab, fitness and dance settings.

I now have core strength and am truly aware of body alignment thanks to the Elastik. It has completely changed my dancing for the better; I feel longer, stronger and more flexible."
-Savannah Lowery, soloist dancer for the New York City Ballet.

Created by physical therapist and Seido black belt Rocky Bornstein, and developed in collaboration with Balanced Body. Exercises focus primarily on standing work to:

- » Improve core integration and balance
- » Challenge alignment and control in multiple planes
- » Enhance spatial awareness
- » Intensify the effort of the core stabilizers as you strengthen shoulders, arms, hips and legs.



Economical and effective, Elastik comes with regular-strength resistance tubing (Blue), sample exercises and Balanced Body podcasts to get you started. Replacement tubing is available in regular (Blue) or light (Peach).

Pricing

Elastik	720-062
Elastik replacement tubing, Regular	616-260
Elastik replacement tubing, Light	616-259

Balanced Body Barre™

A portable, easily assembled Balanced Body Barre™ for your workouts.

Our custom-designed aluminum barre has an anti-microbial, powder-coated satin finish, and is a great, lightweight addition to your studio or home.

Barres are 1.5" (4cm) in diameter and come in two lengths: 72" (183cm) or 48" (120cm).

Vertical height adjusts from 6" (15cm) above the floor to 46" (117cm). Non-slip rubber feet provide excellent grip without damaging floors. Horizontal floor supports are 28" (71cm) long.



Pricing

Balanced Body Barre, 72"	101-067
Balanced Body Barre, 48"	101-066

Balanced Body Barre™ Carrying Bag

Transport or store your portable barre out of the way with this heavy duty black cordura bag. Includes shoulder strap and drawstring closure. (Available for 4ft length only).

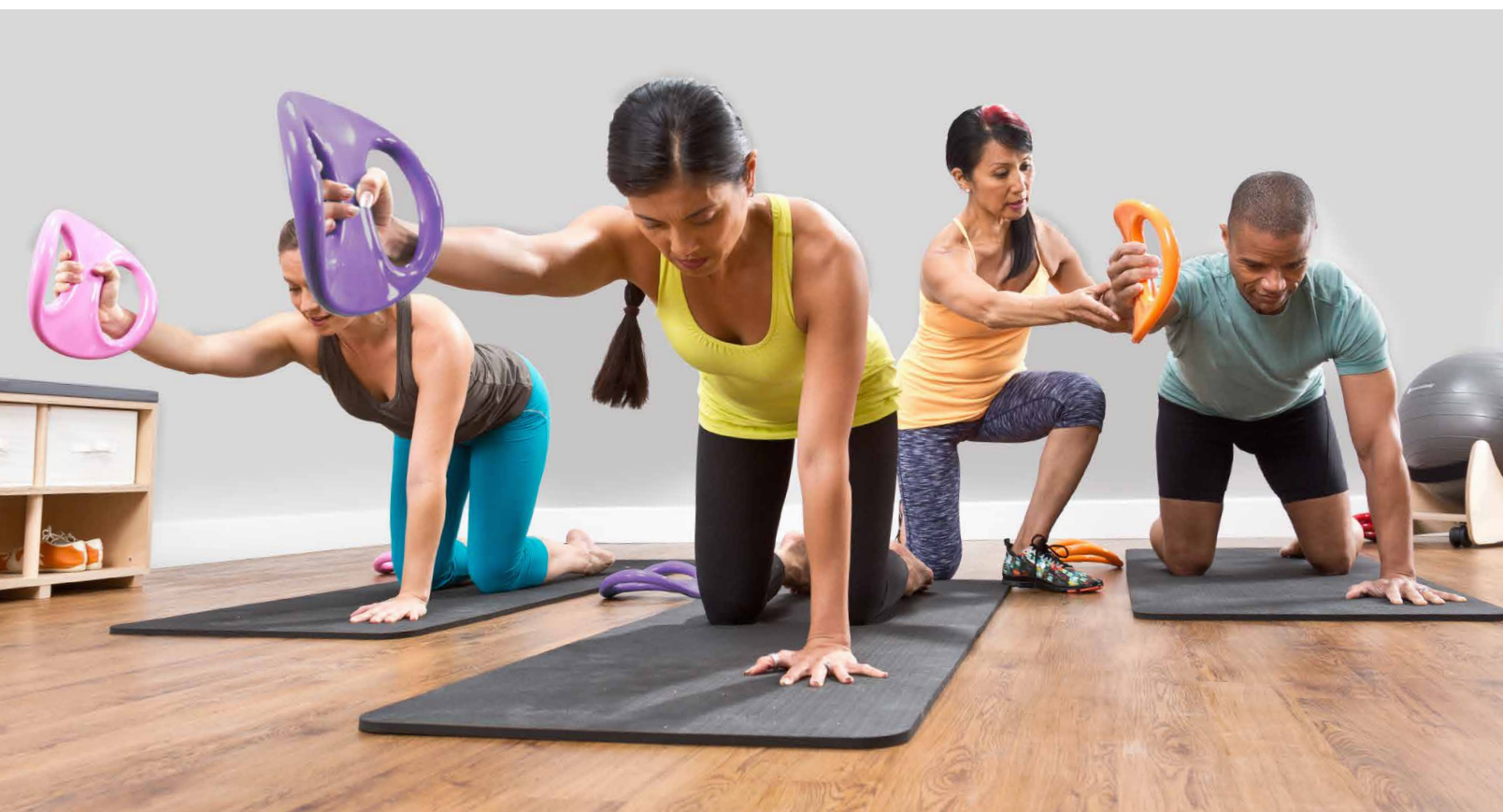
Carrying Bag	101-056
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Balanced Body Barre® training

See our current Balanced Body Barre training schedule on our Education Finder® at pilates.com/education-finder.

SmartBells® and Hand Weights



SmartBells®

Uniquely shaped to carve through space in flowing, rotational movements, we love the SmartBells' sculptural and ergonomic design. Two-handed grip gives a high level of control while conforming to your body, and supports physical challenges in rehab settings. Enjoy extended flowing movements that stretch and tone your whole body or targeted muscle groups. Travels well, too!

See them in action at pilates.com/smartbells.

1.5 lb. (0.7kg), Orange	952-006
1.5 lb. (0.7kg), Gray	952-005
1.5 lb. (0.7kg), Blue (Avail. January 2016)	952-004
1.5 lb. (0.7kg), Purple	952-003
1.5 lb. (0.7kg), Green (Avail. January 2016)	952-002
1.5 lb. (0.7kg), Yellow	952-001
1.5 lb. (0.7kg), Pink	952-000
4.6 lb. (2kg), Red	108-273

New! Bell Tower

Conveniently store up to 24 SmartBells on our attractive wood rack. Assembles quickly and attaches to a wall for safe, easy storage. 48.5" tall x 8" wide x 8.5" deep (123cm x 20cm x 22cm). When installed, base of tower is approximately 13.5" (34cm) from the wall.

Bell Tower 730-005



New! Weighted Balls

Available January 2016.

Our newly designed weighted balls are now smaller in diameter for easier grip. Weighted balls increase the intensity of any mat workout, and add simple arm exercises to class. Textured surface prevents slickness from sweat. 3.5" (9cm) diameter. Sold individually.

Blue, 2 lb. (0.9kg)	108-297
Green, 3 lb. (1.4kg)	108-298
Red, 5 lb. (2.3kg)	108-299



Hand Weights

Looking for traditional hand weights? The gently textured Neoprene coating prevents slippage for a secure, comfortable grip. Weights: 1 lb, 2 lb or 3 lb. Sold in pairs.

Pink, 1 lb. (0.5kg)	108-264
Green, 2 lb. (0.9kg)	108-265
Turquoise, 3 lb. (1.4kg)	108-266



Tower on the Go®



With fast and easy set-up, a challenging Tower workout is as close as your door.

Wrap two adjustable anchor straps around any standard door, adjust slider-clamps to desired height, then clip on resistance bands or springs. You're ready for a great workout! Enjoy a full range of Pilates exercises, adjusting angle of resistance as desired. Our sturdy components won't scratch your door.

Your choice of resistance options: Slastix® (soft, fabric-covered resistance bands) or springs (as shown, for longer-lasting, fully-tested resistance). Both kits include 2 cotton loops plus 2 door straps with sturdy, non-abrasive attachment points.

Included: Tower on the Go DVD with 60-minute workout. Safe for all levels. Includes beginning/intermediate modifications.

Pricing

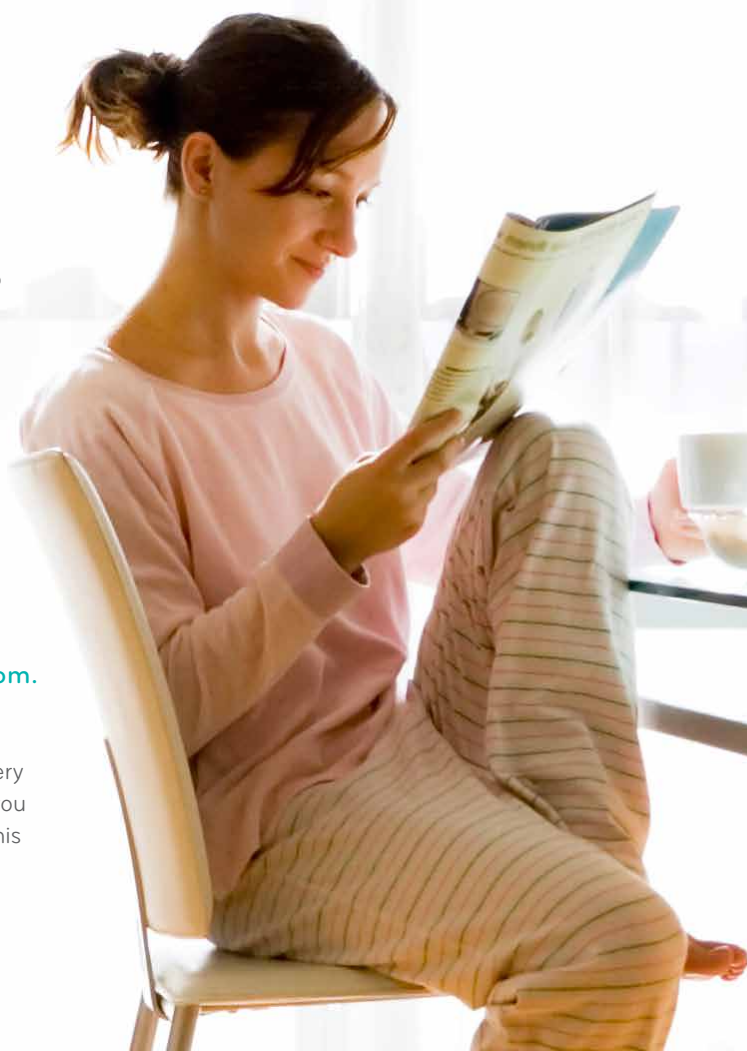
Tower on the Go with Slastix	928-000
Tower on the Go with Springs	928-001

Trying to lighten your mailbox load?

If you received a print version of this catalog, and would rather we email you a link to a digital catalog next year, please let us know.

Send your request to info@pilates.com.

Yes, this catalog is printed responsibly from FSC-certified sources (www.fsc.org), but every little bit helps, right? On the other hand, if you like sitting down with a cup of tea to read this catalog, we aim to please.





- 72 Loops and Handles
- 73 Balanced Body Signature Springs™
- 74 Sitting Boxes and Foot Straps
- 76 Reformer Accessories
- 80 Foot Products
- 81 Circles and Rings
- 82 Mats and Mat Accessories
- 84 Positioning Products
- 85 Balance and Resistance Tools
- 86 Rollers and Releasing
- 88 Exercise Balls
- 90 Pads, Poles and more

“To find joy in work is to discover the fountain of youth.”

—Pearl S. Buck

Equipment Accessories

More equipment accessories and details at pilates.com.

SoftTouch™ Loops

SoftTouch loops and ropes (p. 76) deliver quiet, fluid movement with sturdy rope (non-metal) attachments. Standard on Allegro 2 and Allegro Reformers, and available for other Balanced Body Reformers.



SoftTouch Double Loops, Padded	101-034
SoftTouch Double Loops, Cotton	210-064
SoftTouch Single Loop, Padded	101-033

Tri Loops

Our newest loops have a hidden third strap that opens to provide additional support and security for feet or hands, and tucks out of the way invisibly if not needed.



Padded	210-055
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Double Loops



A Balanced Body innovation with two loops: short loop for hands and longer loop for legs or feet.

Cotton, D-Ring	101-008
Padded, D-Ring	101-009

Single D-Ring Loops



Cotton, D-Ring	101-005
Cotton, CenterLine, D-Ring	607-346
Padded, D-Ring	101-003

Double D-Ring Loops



Folds in half to make a 5.5" loop.

Cotton	101-006
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Y-Loops

For apparatus work when feet don't feel secure in standard loops. Outer loop secures strap to ankle or wrist; inner loop works with the resistance. Soft fleece.



Y-Loops	210-038
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Handles

Leather with wood grips, or polypro with Neoprene®.

Polypro handles	101-016
SoftTouch handles	101-035
Leather handles	721-000
CenterLine leather handles (not shown)	950-161



Cotton Webs

For use with Fuzzies on Trapeze Tables and RTCs.



Long Webs, black, 29.5"/75cm	101-026
CenterLine Short Webs, black, 20.5"/51cm	607-330

Multifunctional Straps

Developed in collaboration with Gordon Hart, PMA-CPT and Christopher White, DPT, use these unique straps as classic foot straps and handles, or add multi-planar resistance to arm and leg exercises to help develop the deepest level of joint stability and control. These straps quickly and easily add more than just resisted abduction, flexion and extension. They also provide resisted internal and external rotation for optimal hip and shoulder vitality and function.

Includes 2 cotton loops, 2 polypro handles with Neoprene® and 2 resistance cords (one each heavy and light) with ball anchors.

Multifunctional Straps

944-000



Spring Tab Kit for Chairs

Need replacements for the cloth spring tabs that came with your chair? Easy-grip tabs make spring changes easy. Included with all new EXO®, Combo and Wunda Chairs.



Spring Tab Kit, set of 4

950-114

Adjustable Velcro® Cuffs

Our adjustable thigh or ankle cuffs are a secure alternative to loops.



Ankle Cuff

101-001

Thigh Cuff

101-020

Extension Straps



25.5"/65cm (30"/76cm with ring & snap)

Extension Straps

101-010

Fuzzies (Lambswool or Synthetic)

Fuzzies fit over Single D-Ring Cotton Loops, Foot Straps and cotton webbing. Velcro® closure. Loops and straps sold separately. Machine washable, no dryer. Synthetic fuzzies are hypo-allergenic, machine washable, natural color.



Lambswool, Pair

101-022

Lambswool, Each

101-021

Synthetic, Pair

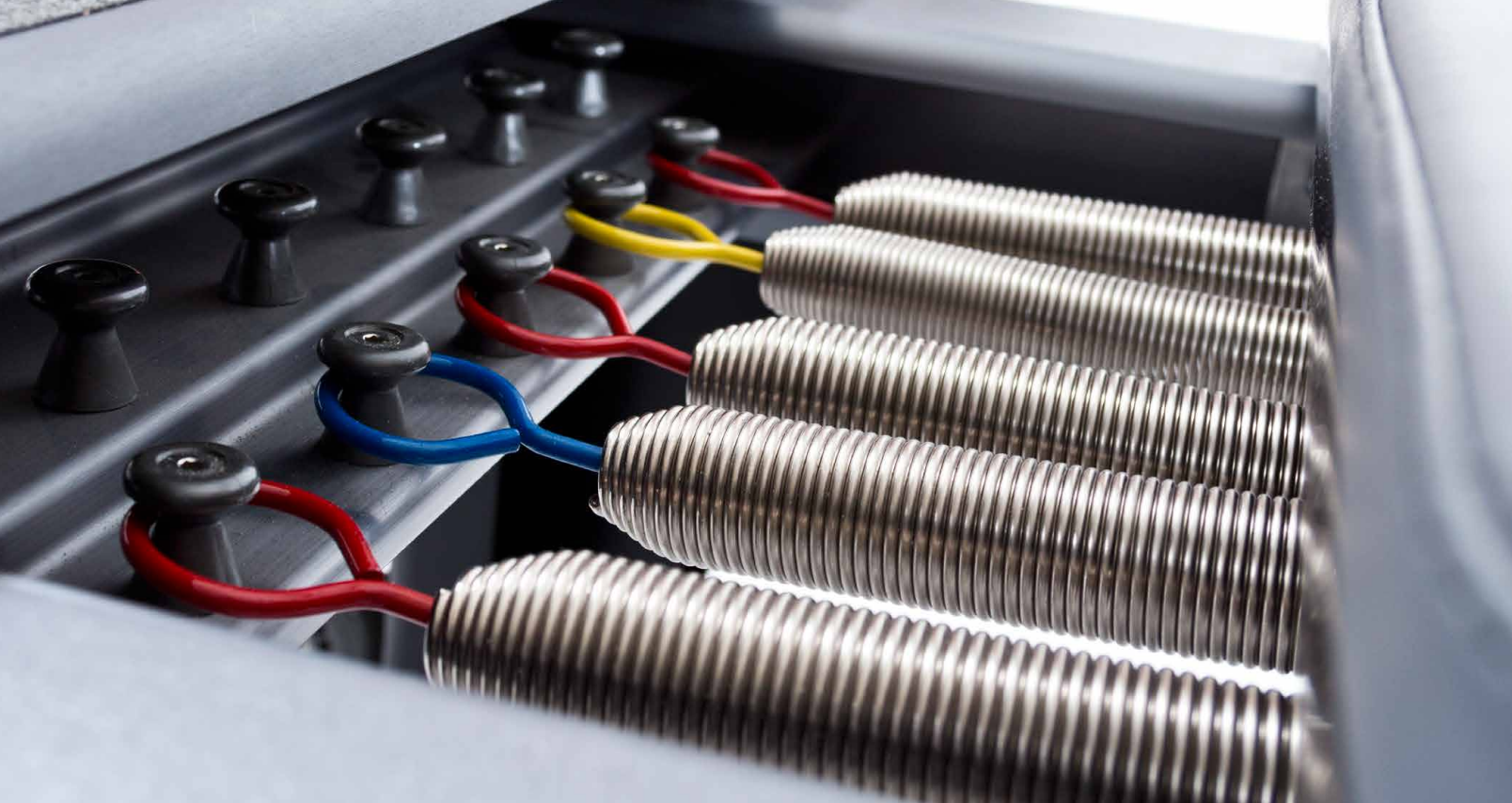
101-027

Synthetic, Each

101-028

CenterLine (lambswool), Pair

607-356



Balanced Body® Signature Springs™

Time-tested for superior performance under strenuous use, patented springs from Balanced Body are the best available for strength, resilience and durability. Of nickel-plated carbon steel, designed exclusively for Pilates.

Reformer Springs

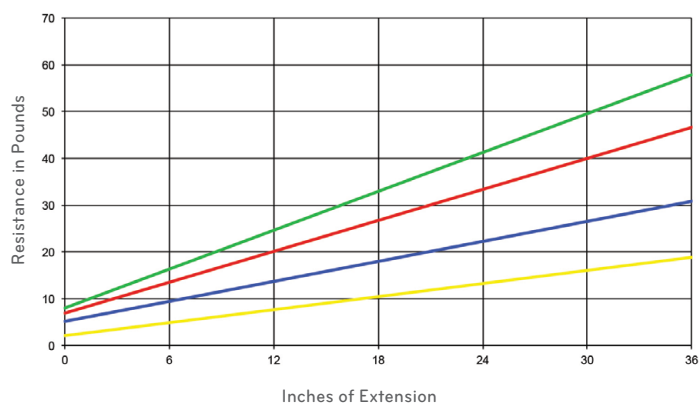
Length 18.5"/47cm.

Yellow (very light)	SPR9241
Blue (light)	SPR9071
Red (medium)	SPR9070
Green (heavy)	SPR9293

Chair Springs

For Chairs with Hourglass or Cactus spring mounts, 18.75"/47cm

White (light)	SPR9238
Black (heavy)	SPR9243



Reformer Spring Chart

Trapeze Table / Tower / Wall Tower Springs

Length: Regular.

Yellow (very light)	SPR9002
Gray (light)	SPR9245
Blue (light)	SPR9004
Red (medium)	SPR9001
Green (heavy)	SPR9000
Black (very heavy)	SPR9005

Trapeze Table / Tower / Wall Tower Springs

Length: Long.

Long Yellow (very light)	SPR9006
Long Purple (medium)	SPR9461
Long Brown (medium heavy)	SPR9244

Other springs and resistance products are available, including Avalon Springs, Allegro® Stretch Reformer Springs, springs for older equipment and special applications. Please contact us.

The chart on this page compares the resistance of Balanced Body's Reformer springs. See similar charts for Trapeze Table and Chair springs at pilates.com, or contact us for more information.

Sitting Boxes and Foot Straps



Used with your Reformer, a Sitting Box opens up a new realm of versatility, including prone and abdominal exercises, side stretching and more. It also offers a more comfortable option for seated exercises. Available in custom colors; see p. 57.

Contour Sitting Box™

We removed the edges, creating a sitting box that fits the body better and encourages a larger range of motion. You will be amazed at how much better the exercises flow.



The Contour Sitting Box is more comfortable for prone exercises (Swan) and supine long box exercises (Back Stroke); no hard edges interfere with the placement of the body. Stock: Black. Shown in Cadet. 16"w x 29"l x 11.5"h (41cm x 74cm x 29cm)

Contour Sitting Box 726-000

Sitting Boxes

Our three-handled design lets you carry the box like a suitcase. Sitting Boxes (Standard) are included with all wood Reformers. CenterLine® Sitting Box comes with handles on all four sides, plus extra padding. Stock color: Allegro® 2 Sitting Box: Storm. All others: Black.



Standard, Allegro and Allegro 2:

16"w x 29"l x 11.5"h (41cm x 74cm x 29cm).

New York/IQ/Sport: 15"w x 27"l x 10"h (38cm x 69cm x 25cm).

CenterLine, 14"w x 26"l x 9.5"h (36cm x 66cm x 24cm).

Standard / Allegro	721-002
Allegro 2	721-002S
New York / IQ / Sport	721-003
CenterLine	721-009C

Foot Straps

Foot straps are often used with Sitting Box exercises. Purchase a Sitting Box with your Reformer, and get a free foot strap. Lengths include snaps at ends except for Allegro 2. Also sold separately.

Revo System & Legacy Reformer Foot Strap, Medium, 27"/69cm

Cotton	210-030
Padded	210-031

Allegro 2 Foot Strap, 38.5"/96cm (no snaps needed), adjustable

Padded	210-047
--------	---------

Allegro Reformer Foot Strap, Long, 28.5"/72cm

Cotton	101-012
Padded	101-014

CenterLine® Foot Strap

Cotton	607-349
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IQ Reformer Foot Strap, Extra long, 30.25"/76cm

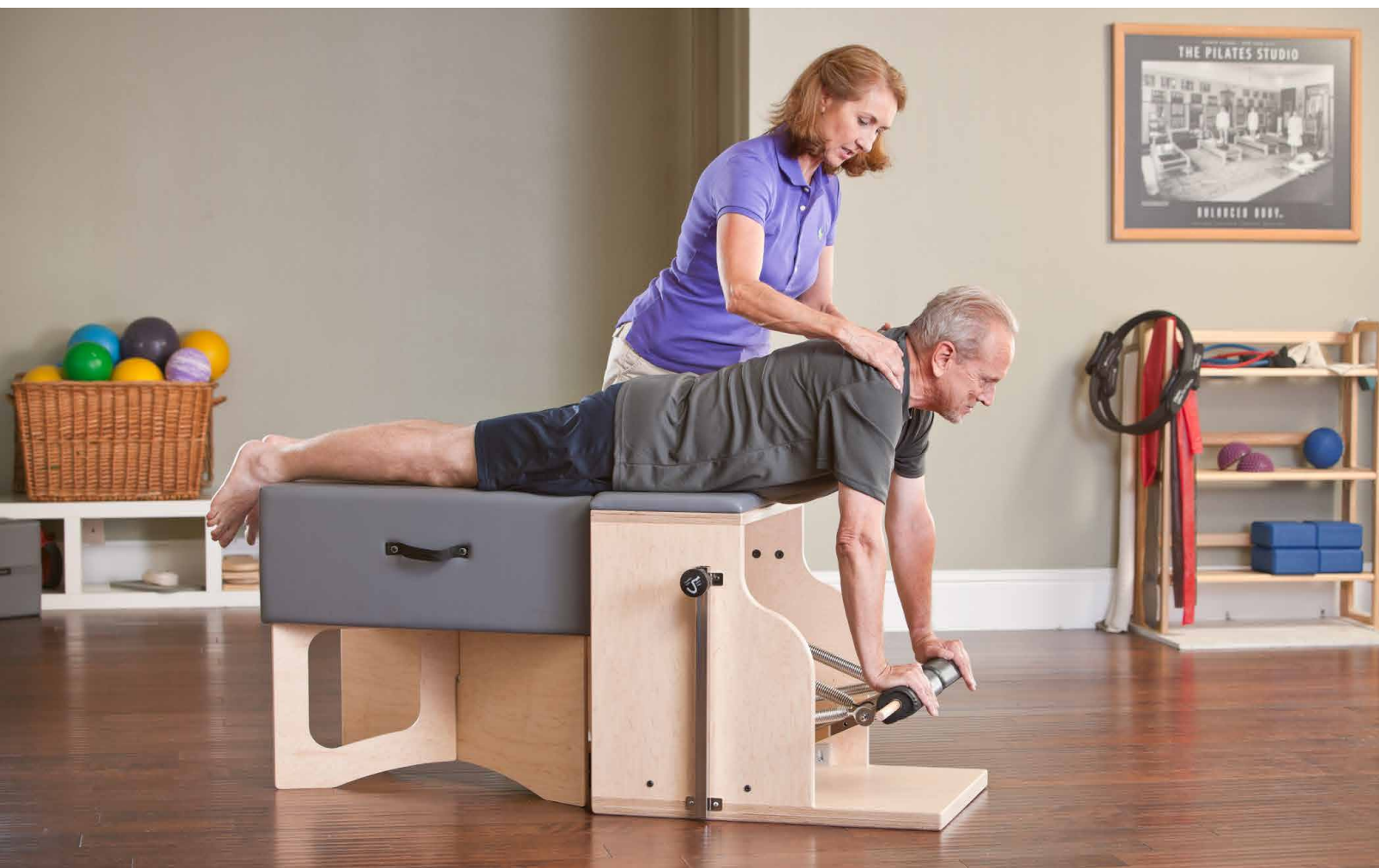
Cotton	210-032
Padded	210-033

Foot Strap for all other Reformers, Short, 25"/64cm

Cotton	101-011
Padded	101-013



Sitting Box Riser



Use our Sitting Box Riser to provide support by extending the surface of your EXO® Chair, Combo Chair or Trapeze Table. The riser elevates your Standard or Contour Sitting Box™ to the height of the equipment. Your clients will appreciate the extra support for exercises like Reverse Swan, sidelying or prone work.

Quick and easy to set up, it breaks down flat to store against a wall or under equipment. Includes non-slip grips you can attach for use on wood floors or low pile carpet. The handy cut-out in the base helps you quickly pull the Sitting Box off the riser.

Select "Tall" for use with Combo Chair or Trapeze Table, and "Short" to use with the EXO Chair.

Sitting Box Riser, Tall
Sitting Box Riser, Short

720-052
720-053



Reformer Accessories

Our most frequently-purchased Reformer accessories. More available at pilates.com.

SoftTouch™ Rope and Padded Loop Kit

Upgrade your current rope system with this retrofit kit. Our unique, soft attachment points are always quiet and enhance flowing movement quality. See on p. 19.

SoftTouch Rope and Padded Loop Kit 950-237

Non-Skid Strips

Steady your equipment on hard floors and low-pile carpet. Remove backing and apply to bottom of Reformer leg (2 strips per leg). Great for infrequently-moved equipment. 5.5" x 1" (14cm x 2.5cm).

Non-Skid Strips, set of 8 950-153



Oversized Standing Platform

Fits most Balanced Body wood Reformers that have a jumpboard bracket. Clear, non-skid finish. 20" x 11" (51cm x 28cm).

Oversized Standing Platform 721-006



Reformer Ropes

Adjustable with snaps included (except SoftTouch ropes, which have non-metal components).

For Allegro 2 Reformers (not shown) 210-048

For Standard-length Reformers 210-026

For Stretch (extended length) Reformers 210-025

SoftTouch, for Allegro Reformers 210-070

SoftTouch, for Stretch Allegro 210-057



Leather Straps

Traditional leather straps as used by Joseph Pilates. CenterLine® Reformer uses customized straps. Latigo straps may be used on any Balanced Body Reformer with casters.

Latigo Straps 721-001

CenterLine Straps, Oak 950-169



Spring Collars™

A customer favorite, easy-grip Spring Collars slip onto Balanced Body® Reformer springs, to make spring changes easier for both instructor and client. No need to handle the spring. Included on the Allegro® 2 Reformer. Add to any Balanced Body Reformer spring. A patented exclusive.

Spring Collars (set of 5) 950-162



Ropes and Risers Retrofit Kit

Straps are traditional, but ropes have less friction and move more freely through pulleys. Our swivel pulleys allow you to pull ropes in any angle of direction. Quickly adjust length with cam cleats. Risers elevate pulleys 2" to 12" (5cm to 30cm) above frame and ropes pass above shoulder rests, which prevents scuffing. Sold as a set, retrofit for straps.

Ropes/Risers Retrofit Kit 720-015

Reformer Rocker

Developed by Pilates instructor Barbara Mayr, the Reformer Rocker is a valuable (and fun!) feedback tool that increases a client's awareness of imbalances and asymmetries.



» Improves focus. Creates an unstable environment to challenge balance and stimulate the muscles and nervous system.

» Provides an effective training environment for kayakers, skiers and other athletes who require excellent balance.

» Calms the mind, relaxes muscles and deepens breathing.

Carpet slows Rocker reactivity and decreases the rocking sensation. Firm floors increase responsiveness and rocking. Specially designed mats (optional, below) may be desirable.

Support blocks (included) fully stabilize the Reformer for standard use.

Note: Use only with 14" Balanced Body wood Reformers without a Tower. Rockers are screwed into Reformer legs, adding 5.75" (15cm) to your Reformer's height.

Reformer Rocker 733-000

Reformer Rocker Mats

Specially designed mats for the Reformer Rocker. Mats prevent slippage and traveling on hard surfaces, especially during jumpboard exercises, and increase the responsiveness of Rockers on carpeted surfaces. 10" x 40" x 1/8" (3cm x 102cm x 0.3cm). Sold as a pair.

Reformer Rocker Mats 735-000

Plunger Lockout Knobs Retrofit Kit

Moving the footbar along the frame just got easier. Pull out knob and turn, slide the footbar, then lock knobs back into place. Included on original Allegro® and any Infinity Footbar® sold after March 1, 2010. Can retrofit older versions.



Plunger Lockout Knob Retrofit Kit 950-150

Upholstery Kit

Give your Studio or Clinical Reformer a makeover or just a fresh, updated color. Includes carriage pad, shoulders with brackets and a complete headrest. (Upholstery Kits are also available for other Reformers. Please call for details.)

Upholstery Kit 950-043

Looking for loops and handles? see pg. 72.

Padded Foot Plates (jump boards) expand the versatility of your Balanced Body Reformer. They allow jumping and other cardio exercises, and re-create a biomechanically accurate standing position while lying on the Reformer.

And check out our Cardio Cloud for a softer jumping surface.

Studio & Clinical Padded Foot Plate

Fits Balanced Body Studio Reformer® or Clinical Reformer®.

21" x 20.5" (53cm x 52cm)

Call for Info



Jumpus Maximus Padded Foot Plate

Our largest foot plate for Studio Reformer® or Clinical Reformer®. 29" x 20.5" (74cm x 52cm)

Call for info



Allegro® 2 Padded Foot Plate

Fits Allegro 2 Reformers. Handles included for easy moving/installing. 31.5" x 20" (79cm x 50cm)

720-050



Allegro® Padded Foot Plate

Fits Allegros purchased after June 21, 2007. Handles make it easier to move and install. 30" x 23.5" (76cm x 60cm)

720-045



Allegro® Foot Plate Retrofit Kit

Upgrade earlier Allegros so that you can use the newer foot plate. (Not shown.)

950-104

Detachable Rotator Discs

Adjustable Velcro® attachments allow positioning Rotator Disks anywhere on the Foot Plate. Or remove and use Foot Plate and discs independently. Fits any Balanced Body Foot Plate. Originally built by Balanced Body for Marika Molnar.

Detachable Rotator Discs, 9" (23cm) 720-014

Detachable Rotator Discs, 12" (31cm) for Jumpus Maximus (not shown) RD6025



IQ®/Pilates Sport® Padded Foot Plates

Two versions, both 26"x 18" (66cm x 48cm). Product 936-000 includes a foot plate and a required retrofit kit.

Fits all IQs and any Sport purchased after May 18, 2010 702-004

Fits any Sport purchased before May 18, 2010 936-000



New! Standing Platform Pad

Originally created for the standing platform of the CoreAlign® (included), we discovered that this pad is also perfect for the standing platform of our Reformers. Cushions hands and forearms for many exercises. 22" (56cm) length x 14.5" (37cm) wide x 3/4" deep (2cm).

Standing Platform Pad

UPH7019



Cardio Cloud™

Create a softer jumping surface in seconds by slipping the Cardio Cloud over your Balanced Body foot plate. Ideal for sensitive feet or for ankle, knee or hip problems.

The pad's softness encourages full articulation of the feet, and durable foam padding ensures better biomechanics for jumping. Unlike others, it completely covers the foot plate surface used during jumping. Feels better than a trampoline!

Non-slip cover provides a secure grip for feet and against the jumpboard, and it's easy to clean. Cover is removable so you can replace padding when needed.

Large size fits the Allegro® 2 and Allegro®. Small size fits the Studio Reformer®, Sport®, and IQ® Reformer. Large: 31" x 15" x 2" (78cm x 38cm x 5cm). Small: 21" x 18" x 2" (53cm x 45cm x 5cm). Padded Foot Plate not included.

Large
Small

720-055
720-054



➡ DVDs with foot plate (jumpboard) exercises, see pp. 98-99

➡ Jump Board Home Study course, see pilates.com/education-finder.

The Absolute Center Endeavor Program

Bringing hope, and results, to those with spinal cord injuries

"We must accept finite disappointment, but we must never lose infinite hope." — Martin Luther King Jr.

In July of 2012, Arash Bayatmakou fell from a third story apartment balcony shattering his C5 and C6 vertebrae, and leaving him paralyzed at the time from the chest down. This past summer, Arash completed Mat 1 and 2 Pilates instructor courses and is currently starting his apparatus training.

Yeah, the word you're looking for is "wow."

It's a very cool story with more chapters to come, but how did it begin?

A change in focus

Katie Santos, Claudia Moose and Louise Johns are co-owners of the Absolute Center in Lafayette, CA, and have been providing healthy exercise via Pilates classes and personal training sessions to their surrounding community for 20 years.

But this year had something different in store for them

"All three of us truly believe in listening to what the universe is telling you," says Katie. "And in this case the universe started giving us hints that the focus of our business was about to change."

That change happened when the three women attended a weeklong workshop on Neuro Kinetic Pilates (NKP) at the High Fives Foundation, a non-profit organization in Truckee, CA that provides resources and inspiration for athletes who suffer life altering injuries, primarily spinal cord injuries (SCI).

NKP is a revolutionary rehabilitative concept developed by physical therapist Alejandra Monsalves of Body Wellness Hawaii in Maui, HI. It combines kinesiology, Pilates, neurological

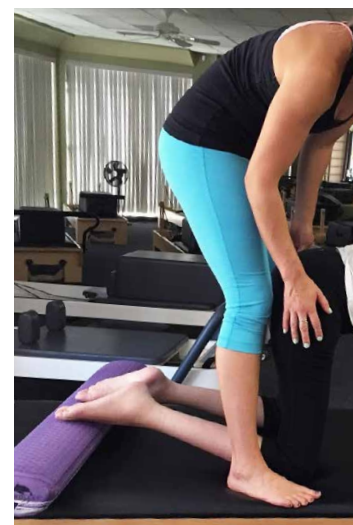
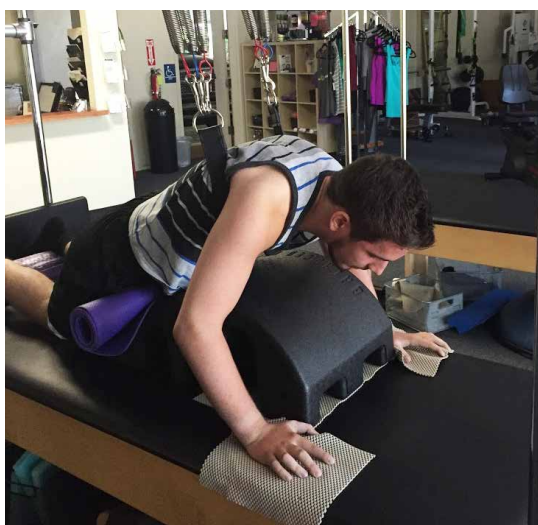
evaluation, breath and neuroplasticity – the fairly recent and dynamic discovery that states changes in neural pathways and synapses can ultimately lead the brain to change or "rewire" itself. The women were blown away by the training and got to know many of the NKP clients, most of whom had spent extensive time with Alejandra at her studio. Each of them said that their current therapy modalities, although effective in other areas, couldn't do for them what NKP was doing for them.

The "aha" moment came when the Absolute women realized that these clients needed somewhere to continue their recovery using this modality. "After attending the workshop with Alejandra we wanted to see the use of Pilates apparatus continue to help facilitate connectivity with SCI clients. It shouldn't end due to the lack of a facility," said Claudia. "So we decided to become that facility."

Off and running

Flash-forward 12 months and the Absolute Center Endeavor Program is in full swing with three dedicated trainers – Stephanie Behrendt, Rachel Kahn, and Michaela Lien – and a physical therapist who comes in and collaborates with the trainers on specific medical challenges that SCI clients face. The program has had 11 SCI clients come on board in less than two months.

Arash (pictured below at far left and far right) was one of the first to come on board and thinks that Pilates is a great fit for SCI clients. "What I found with Alejandra and NKP was noticeable and fast progress. SCI is a devastatingly sloooooow injury to recover from. Nerves don't recover like muscles do. But with Alejandra it was the rapidity and the quality of the progression. It is truly incredible. And now coming to the Absolute Center has been great because the adaptability of the



machines and springs is kind of like this big box of tools that you can use to build on those great results."

Theo St. Francis sustained a spinal injury during an ocean engineering exercise at MIT in August of 2013 (see his profile on page 38). After working with Body Wellness Hawaii he came to Absolute in May. "Because every spinal cord injury is so drastically different, one has to figure out for himself what works best for his body, and that includes trying every possible modality and piece of equipment. Pilates has been a valuable way to bring connections to my core. And Absolute Center has been a great way for me to continue what I learned in Hawaii."

Working with a compromised body does mean that exercises require modification. Louise points out that one of the biggest modifications is being adaptable in the moment. "As Pilates teachers we have a thought-out plan and goal in mind. However, sometimes the client is unable to utilize their body in

Staying focused and positive

The SCI clients come from all over the area, many making long trips 2-3 times a week for sessions that can last up to three hours. Some are being funded by HelpHopeLive accounts and from other foundations, while others are paying customers. "Our long term goal is to develop a comprehensive program that includes instructor training, equipment adaptations, instructor transfer assistance and financial support for SCI clients," says Claudia.

In truth, some of these people may be able to walk again and some may not. But there is a constant positivity and feeling of hope that abounds at the center and the three co-owners know that these people believe in the story they are telling themselves every day.

"Many of the SCI clients have goals to become self-sufficient, to beat the odds in recovery, to heal their wounds and to take life

"...you never know when somewhere down the road somebody could have a breakthrough that opens the floodgates."

the way our ideas came together and we have to change the plan and start again. We end up using just about every piece of equipment and every prop we have. Sometimes it looks like a hurricane went through the studio."

The center is hoping to add another instructor shortly: Arash.

"What better voice to perpetuate this work than those who are going through it," says Katie. "He is the perfect candidate to be an SCI instructor for these folks. He's well-spoken, thoughtful and athletic."

Arash had never done Pilates prior to his injury and finds it somewhat strange that he is now in instructor training. "It's kind of like using words before you learn your ABCs. But I think I can bring some real value to this program. I have such a close and deep understanding of what they feel that I might be able to maximize their results."

full force. It's truly very inspiring," says Louise. "And you never know when somewhere down the road somebody could have a breakthrough that opens the floodgates."

Arash puts it a little more succinctly: "I'm getting out of this damn chair."

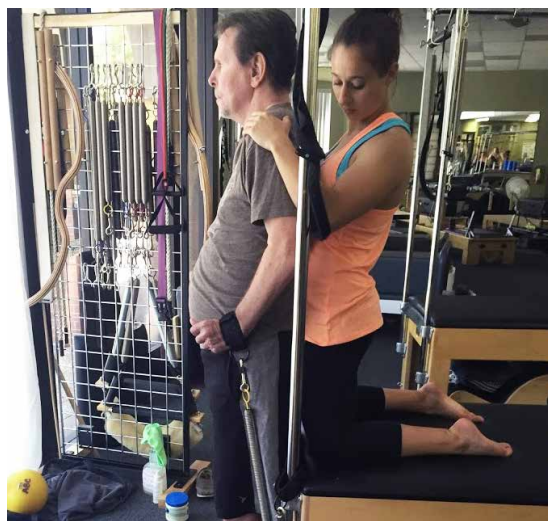
Learn more about the Absolute Center at iloveabsolute.com

Learn more about Arash's recovery at arashrecovery.com

Learn more about NKP at bodywellnesshawaii.com

Learn more about the High Fives Foundation at highfivesfoundation.org

Picture of practitioners and SCI clients courtesy of Absolute Center, Lafayette, CA.





Foot Products

See podcasts for our foot products online, at pilates.com/podcasts.

Foot Corrector

Strengthens and lifts the foot's arch. Makes feet stronger and improves balance and gait. Our design is a safe, no-pinch design that accommodates longer and wider feet than others. And, no need to rotate the device mid-exercise. Includes two spring sets: heavy and light. Printed exercises included.

Foot Corrector

720-042



CenterLine® Foot Corrector

Works the muscles of the foot by raising it off the floor to aid alignment, as well as working the leg and pelvis. The saddle is sized to open the sole horizontally as well as laterally. Saddle holes have space around the posts so that the foot muscles learn to grab the surface and work correctly in order to make no noise. All this enables full body connection. Tone and balance the body from the sole up!

CenterLine Foot Corrector

720-058



Joe's Toe Gizmo®

Strengthens feet, improves balance and gait, corrects toe misalignments and improves bunions. Will not come apart; non-corrosive metal parts are tightly fitted for long use. Choice of heavy or light springs, or set of two with one of each. Printed exercises.

With light spring

720-046

With heavy spring

720-041

Set of 2 with light and heavy springs

914-000



Fivebow

This ingenious product exercises your toes with resistance, in plantar flexion or dorsiflexion. Designed with dancers, runners and active people in mind, it helps build strong feet and toes—the foundation of good posture and balance, and the antidote to cramping, stiffness and pain.

Fivebow

101-065



Functional Footprints™

Originally designed by Jean-Claude West and Katy Keller to help dancers achieve optimum technique, Functional Footprints are innovative, easy-to-use tools that get foot, ankle and hip working together for maximum alignment, strength, symmetry and balance. Great rehabilitative and dance medicine tool. Includes easy-to-follow, sequenced exercise progression (print).

Functional Footprints, pair

917-000



Yamuna® Foot Wakers

Inflated pods with rounded fingers to gently massage, invigorate and release. Use the walking test to gauge foot health, move into sitting exercises, then to more advanced standing work. Prevent or alleviate plantar fasciitis, bunions, fallen arches and other common problems. Three 10-minute, easy-to-follow DVD workouts.

Yamuna Foot Wakers

108-180





Circles and Rings

Ultra-Fit Circle®

Lightweight and offering superior comfort, the Ultra-Fit Circle is sturdy, flexible plastic with a soft, rubberized shell. Handles are padded on both inside and outside. Resistance is approximately equivalent to a 3-band Spring Circle. Free 15-minute DVD training guide included. Design by Risa Sheppard; 15" (38cm) outside diameter.

Ultra-Fit Circle 106-000



Flex Ring Toner®

Soft and comfortable to use, this updated version of Joseph Pilates' Magic Circle is of tempered steel and is equivalent to a 3-band Spring Circle. It's encased in a non-slip, rubberized coating—corrosion-proof and comfortable to handle anywhere on its surface. Slender handle design makes overall width slightly narrower than other Circles, so it fits more body types while maintaining similar deflection and resistance. 3.2 lbs (1.5 kg), 15" (38cm) outside diameter. Color: Storm.

Flex Ring Toner 105-030

Flex Ring Toner, DVD and Handle Pads



905-003

Flex Ring Handle Pads

Soft, non-skid Neoprene® covers slip over the handles and are secured with Velcro®. Pads are recommended for those who prefer softer handles for the Flex Ring.

Flex Ring Handle Pads, pair 105-010



Spring Circles

Faithful reproductions of Joseph Pilates' Magic Circles. Tempered spring steel with padded wooden handles. 16.5" (42cm) outside diameter.

4-band resistance	720-021
3-band resistance	720-022
2-band resistance	720-023



- Call for volume pricing. Attractive retail packaging is available for Ultra-Fit Circle® and Flex Ring Toner®.
- See all our Circle workout DVDs on p. 96.

Save

- » Spring Circle and Flex Ring DVD
- » Flex Ring Toner and Flex Ring DVD



 found on
INSTAGRAM

@pilatesfit

I adore my clients. "J" has been working with @simplypilatessacramento for almost a year and has made tremendous progress.



Mats and Mat Accessories

Ask about volume pricing on ten or more mats! And check out our environmentally-friendly choices. No latex, PVC or chloride.

Airex® Pilates Mat

This mat offers maximum non-slip protection, superb cushioning and a soft, warm touch to the skin. Hygienic "Sanitized" treatment. Easy to clean, long lasting, impervious to water, lightweight and easy to roll. 74.8" x 23.6" x 5/16"

Charcoal	100-014
Purple	100-015



Balanced Body® Aeromat®

Extra thick to cushion spine during rolling exercises, for superior comfort and safety. Top of the line in exercise mats. 72" x 23" x 5/8"

Blue Aeromat	100-000
Black Aeromat	100-001
Carrying Harness	100-004



Ecowise® Pilates Mat

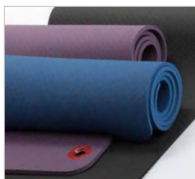
Our high quality, environmentally-friendly mats are so popular in our hanging version (below), that we now offer them without grommets if you don't hang your mats for storage. Beautiful Amethyst color choice, only from Balanced Body! No latex, PVC, phthalates or chloride. 72" x 23" x 3/8"

Amethyst	108-251
Onyx	108-252
Blue	108-253

Hanging Ecowise® Pilates Mat

For space-saving storage, our grommated mats hang on our rack. No latex, PVC, phthalates or chloride. 72" x 23" x 3/8"

Amethyst	108-254
Blue	108-169
Onyx	108-198



New! Balanced Body Clean™

100% natural, organic and biodegradable. This industrial-strength cleaner cleans, disinfects and deodorizes your upholstery, metal, and more! Contains no bleach, dyes, solvents, or other unpleasant chemicals. More details on p. 58.

Eight 650 ml bottles	955-000
Two 650 ml bottles	955-001



Hanging Rack for Mats

Wall-mounted rack stores mats flat and off the floor. Holds up to 10 hanging mats. (Hanging hardware not included.)
Hanging Rack 108-170

- ➔ Mini-mats sized perfectly for your Pilates Arc®, see p. 47.
- ➔ Balanced Body Mat Manuals, see all five on p. 111.

BONUS

- » Get a free hanging rack when you buy five or more hanging mats.
- » Volume pricing on ten or more mats. Call to order.



Upholstered Mat

To give your clients a truly exceptional experience, consider custom-upholstered, raised mats for your studio.

Pictured here in Cadet upholstery with optional Moon Boxes, our standard Upholstered Mat includes:

- » Padded, upholstered raised mat with dowel handles, 6"h x 22.5"w x 84"l (15cm x 57cm x 213cm).
- » Foot strap, 24" (61cm).
- » Choice of upholstery color; see p. 57. Stock: Black.

Order a Mat and two Moon Boxes together and save

Upholstered Mat 716-001

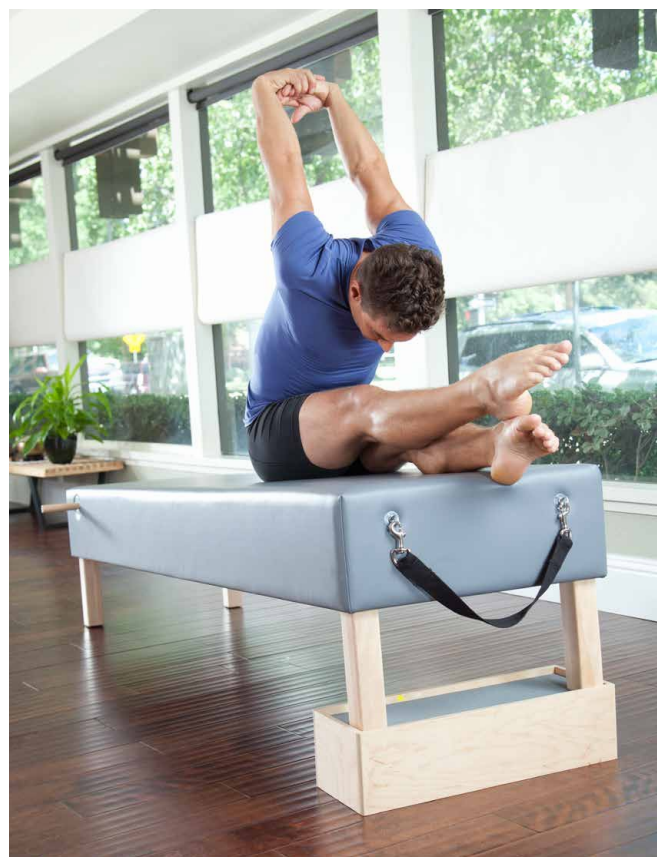
Upholstered Mat & Moon Boxes 716-002

Incline Mat Table

Use our Incline Mat Table as a horizontal raised table, or tilt it from either end to add assistance or resistance to Pilates mat exercises. It is padded and upholstered, and the legs raise it to an instructor-friendly height of 19" (48cm). Use the sturdy box (included) to incline the table at either end by 6" (15cm). Dowel and foot strap included. Full details on p. 54.

Incline Mat Table

720-048



Positioning Products, Balance and Resistance Tools

New! Oov™

The Oov activates core stabilizing muscles while also gently extending the spine to stimulate healthy intervertebral disc lubrication. From stretching to core strengthening to rehabilitation, or for relaxation, the Oov offers significant benefits for spinal health. Its highly durable foam complements the spine's natural curves. Select size by weight and height; more information at pilates.com. Call for volume pricing.



Small for users up to 120 lb. (55kg)	956-001
Medium for users 120-165 lb. (55-75kg)	956-002
Large for users over 165 lb. (75kg+)	956-003
Set of 3 (one each size)	956-000

Moon Box Lite

Our ultra-lightweight Moon Box Lite (0.95 lbs/0.5kg) is the perfect accessory to add height to the Chair, or for standing next to the Reformer. Useful for adding height, creating support and balancing the legs. See in use on p. 71. Recyclable, high-density foam. 9.5"w x 15.5"l (24cm x 39cm)



Moon Box Lite, single	108-277
Moon Box Lite, pair (save 15%)	947-000

Neu Spine

A simple-to-use proprioception tool helps your client find neutral spine and connect to deep core muscles. Elegant and faster to position than using towels. Soft, comfortable, anti-bacterial and easy to wipe clean. No PVC, phthalate or chloride.



Small, 15" x 3.25" x 0.5"	101-057
Medium, 15" x 4" x 0.75"	101-058
Large, 15" x 4.25" x 1"	101-059

Inflatable Wedge

Great for balance training and rehabilitation. For variation, one side is pebbled and the other is smooth. Inflates to desired firmness. 13.5" x 13.5" x 3" (34cm x 34cm x 8cm)



Inflatable Wedge	108-172
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Foam Wedge

Ease wrist discomfort or create a balance challenge. Also great for seated clients with tight hamstrings. Soft, smooth EVA foam, but rigid enough for support. 20" x 6.5" x 2" (51cm x 17cm x 5cm)



Foam Wedge, Blue	108-173
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New! Large Foam Wedge

The perfect-sized wedge for those with tight hamstrings to get into a proper seated position, to elevate the head in supine, or as a proprioception tool. Made of closed-cell EVA foam. Free of chlorides, phthalates, and PVC. 15.75" x 16" x 3.75" (40cm x 40.6cm x 9.5cm)



Large Foam Wedge	108-236
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Balanced Body upholstered cushions below are available in all our upholstery colors (p. 57) to complement your décor.

The Wedge

A perfect fit between the shoulder rests of Balanced Body Reformers. Supports your client on a gentle, 12-degree incline with cervical support. For clients with shoulder, neck or facial injuries, or who can't lie supine due to dizziness or postural patterns. Stock: Black 31" x 23" x 7" (34cm x 34cm x 8cm)



The Wedge	734-000
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Half Cylinder Cushions

Position the head in supine on the mat, Reformer or Cadillac. Stock: Black.



7" x 5.5" x 3" (18cm x 14cm x 8cm)	720-030
8.5" x 7" x 4.5" (22cm x 18cm x 11cm)	720-031

Vinyl Cushions

Support and position your client for optimum alignment or comfort. Stock: Black.



1" x 6" x 9" (2.5cm x 15cm x 23cm)	720-027
2" x 6" x 9" (5cm x 15cm x 23cm)	720-028
2.5" x 10" x 13" (6cm x 25cm x 33cm)	720-029

Headrest Cushion

For your Reformer's headrest, to elevate head to same height as a Sitting Box on your Reformer carriage. Provides additional head support for certain exercises. Stock: Black. 8" x 10" x 11.5" (20cm x 25cm x 29cm)



Headrest Cushion	720-007
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Moon Box

A very strong, small box, in two heights. Use with Wall Towers, Reformers or Chairs. Adds height for sitting on equipment, increases the width of a raised mat for seated exercises, and use as a step stool for taller Reformers. Stock: Black.



6" x 9" x 14" (15cm x 23cm x 36cm)	716-003
3" x 9" x 14" (15cm x 23cm x 36cm)	716-004

Balance Boards

Excellent for challenging proprioception, rehabilitating the lower extremity and advanced balance training. The base has 3 heights to increase or decrease the difficulty level. Maple-faced plywood has a non-skid surface embedded in the finish.

Small, 16" (41cm) 720-002
Large, 20" (51cm) 720-003



Soft Spike Balance Pod

For balance training and motor skill development, as you step from one to another. Use flat side down for moderate balance training, pebble side down for more challenge. Purple, 6" (15cm) diameter. Sold individually.

Balance Pod 108-144



Balance Pad

Adds low-level instability to standing, sitting, all fours and bridging. Or, use to improve core strength, balance and motor control. Durable foam has a smooth, easy to clean finish. Blue, 16" x 19" x 2.5" (41cm x 48cm x 6cm)

Balance Block 108-143



Balance Cushion

Sit, lie or stand to work core muscles in any position. Also perfect for seniors and chronic back pain; use in therapy, at home or office, or while traveling. Inflate with traditional ball pump or drinking straw. Blue, 14" (36cm).

Balance Cushion 108-163



Foam Block

Elevate seated clients who have short hamstrings, or stand on. Assists with stretches, and as an alignment aid. Soft, smooth EVA foam, yet rigid enough for support. 3" x 6" x 9" (8cm x 15cm x 23cm)

Foam Block, Blue 108-139



BOSU® Pro

Add fun and challenge to floor workouts with BOSU's highest grade Pro version. Suitable for all types of workouts; largest surface area available. Comes with foot pump and DVD. Diameter 26" (65cm). US sales only on this product.

BOSU Pro 103-010



Lifeline® Resistance Cables & Quik Fit™ Handles

These super-durable cables maintain maximum resistance longer, so you don't need to replace them as often. And we love the removable, comfortable Neoprene®-padded handles (sold separately) — just quickly switch cables when you're ready for more resistance; no need to buy new handles. Four levels of resistance, color-coded, in five-foot (152cm) lengths. Fitness can't get more portable!

Teal, 10 lb 108-220
Purple, 20 lb 108-221
Pink, 30 lb 108-222
Magenta, 40 lb 108-223
Quik Fit
Handles, pair 108-224



Large Oval Cushion

Those with tight hamstrings can sit in correct alignment. Use lengthwise for exercises requiring a partial rolldown, or sideways for seated exercises. Also offers a balance challenge for standing work. Comes in Swirlie Blue. 17" x 9.25" x 2.5" (43cm x 24cm x 6cm)

Large Oval Cushion 108-156



Resistance Bands

Top-quality Thera-Band® exercise bands, versatile and economical for fitness and rehabilitation. Color-coding makes it easy to chart progress. Enhanced grip reduces slippage. Five levels of resistance, available in two lengths. US sales only on this product.



Eight-Foot (2.4M) Band Lengths

Yellow/Light 104-008
Red/Medium 104-009
Green/Heavy 104-011
Blue/Extra Heavy 104-010
Blk./Special Hvy. 104-012

Six-Yard (5.5M) Band Rolls

Yellow 104-003
Red 104-004
Green 104-005
Blue 104-006
Black 104-007

Thera-Band® Handles

Sold in pairs, for easier use of your resistance bands.

Thera-Band
Handles, pair 104-002



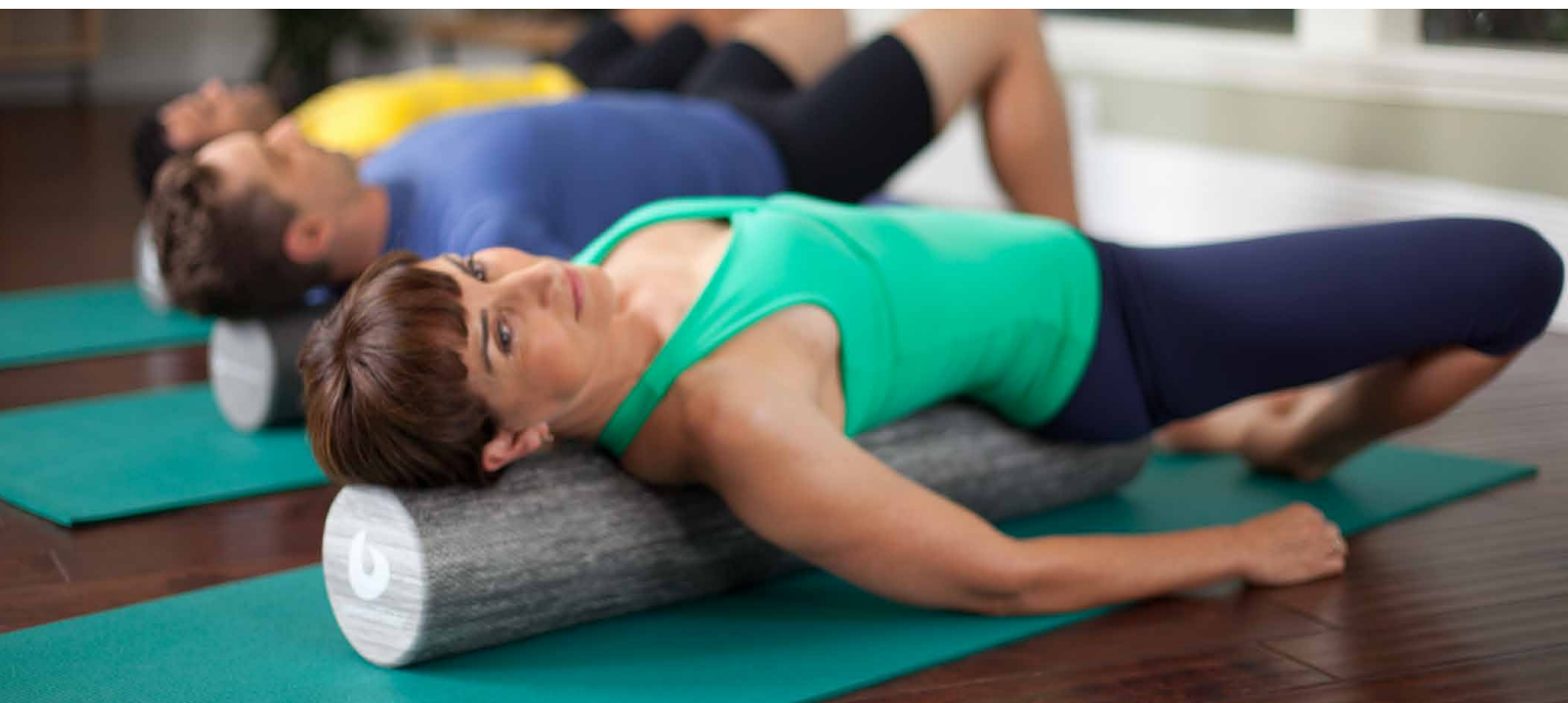
Stretch-eze® Band

From movement therapist Kimberly Dye, this innovative, full-body resistance band stretches and strengthens opposing muscles, stabilizes joints, and aids pain-free movement. Provides resistance and support for exercises like Rolling Like a Ball, Hundred, and Swan. Choose size for your height. Nylon/Lycra/Spandex. Band color may vary. See Stretch-eze DVDs on p. 97.

Small (4'8"-5'2") 100-026
Med (5'3"-5'6") 100-027
Tall (5'7"-6'1") 100-028
X-Tall (6'2" plus) 108-244



Rollers and Releasing



Foam rollers are humble in appearance, yet extraordinarily effective. Activate deep core muscles, improve balance and posture, and strengthen extremities. They also bring magic to myofascial release and self-massage. Call for volume pricing on five or more rollers.



Magic Roller®

Our premium Magic Roller in harmonious gray neutrals. A long-time customer favorite, this high-performance, professional roller is made of top-quality, closed-cell foam. It's long-lasting and holds its round shape. Optional free poster of roller exercises. 6" x 36"

Rain Cloud Gray	105-031
Swirlie Gray	105-032
Rain Cloud & Poster	940-002
Swirlie Gray & Poster	940-003

36"/91cm Standard Foam Roller

Our most economical rollers are improved in density for longer-lasting wear. Available in full- or half-round, choose White for softer density, and Black for hard/intense release work. The 4"-diameter roller is our original, softest material (available in full-round only).

White, Full, 6" dia.	108-270
Black, Full, 6" dia.	108-178
White, Half, 6" dia.	105-033
Black, Half, 6" dia.	105-034
White, Full, 4" dia.	105-023

Magic Roller® Softie

The newest in our premium Magic Roller line-up is the oh-so-very-soft Softie, because sometimes it's just what you need. Lighter gray than Rain Cloud, so you can find it fast in the flock.

6" x 36" (15cm x 91cm)

Softie Roller	105-029
Softie & Poster	940-004

40" Foam Roller — exclusive!

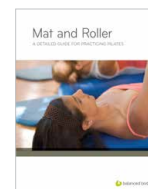
Have a long torso? You'll love the extra length and support of our 40" (102cm) roller, in White (softer) or Black (hard). Full-round. Only from Balanced Body.

White, 6" x 40"	108-271
Black, 6" x 40"	108-261

Mat and Roller Manual

Take your teaching to a new level with our Balanced Body instructor manual. More details and additional manuals on p. 111.

Roller Manual	BK7008
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New! KnotOut®

The unique shape of KnotOuts helps you get to places that traditional rollers can't reach. Made of natural rubber in a polyolefin sleeve, they are durable, portable, and easy to clean. Large is perfect for glutes, hamstrings, and other large muscle groups. Medium is great for shoulders and lower legs. Small is ideal in size and density for soles of the feet and palms of the hands.



Small, 1.6" x 5" (4cm x 13cm)	101-071
Medium, 2.75" x 5.5" (7cm x 14cm)	101-070
Large, 4" x 8" (10cm x 20cm)	101-069

Short Roller

Soft EVA foam, yet rigid enough for support. Blue, full-round. A great travel buddy!



Short Roller, 6" x 12" (15cm x 30cm)	108-167
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Spiky Massage Balls

"Spikes" create a tingling sensation on the skin when massaging tight spots. Five sizes, so you can find the right one for any area. From 2.5" (6cm) to 4" (10cm). Sold individually.



Orange, 2.5" (6cm)	108-174
Green, 2.8" (7cm)	108-150
Yellow, 3.2" (8cm)	108-175
Red, 3.6" (9cm)	108-151
Navy, 4" (10cm)	108-152

Posture/Massage Balls

Use on a mat or standing against a wall to release muscle tension, improve alignment, and apply pressure to trigger points. Closed-cell EVA foam material holds its shape. Sold individually. Volume pricing on five or more balls of same kind.



Swirlie Blue, 6" (15cm)	108-141
Swirlie Blue, 8" (20cm)	108-142

"Pinky" Ball

For foot massage and proprioception to improve standing posture and gait. Or, an intense massage ball for stubborn spots. Hard natural rubber. Sold individually. Volume pricing five or more.



Pinky Ball, 2.5" (6cm)	108-158
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The Stick

Use before and after exercise to prevent soreness and increase flexibility. Provides myofascial release and trigger point therapy. Its unique design simultaneously releases multiple points in minimal time, with virtually no physical effort.



The Stick	101-050
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New! Portable Hand Roller

Have roller, will travel! Featuring retractable handles, this roller is designed perfectly for travel. It easily fits into your suitcase or gym bag for myofascial release on the go! The ribbed surface offers a unique release experience. Rolling surface: 8" (20cm). Fully extended: 19" (48cm)



Portable Roller	104-014
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Myotool™

Developed by physical therapists, the MyoTool is an innovative self-massage tool. Its unique shape and carefully placed knobs help you bring extra attention to hard-to-reach spots. Use to stimulate or gently massage any area, from bottoms of feet to neck. Includes booklet with exercise suggestions.



MyoTool	101-052
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SmartSpine™ Products

Ease spinal biomechanical challenges during core exercises or wrap it around the shoulders for relaxation. Delivers immediate sensory and proprioceptive awareness, simplifying cueing and increasing mind/body focus. Created by Marie-José Blom. Use alone or with any piece of Pilates equipment.



Warm in the microwave for relaxing muscle release, or cool for a post-workout cold wrap. Products are 100% natural, unbleached cotton, infused with organic lavender.

SmartSpine	101-031
Sacral Wedge (not shown)	101-032

SmartSpine™ Professional Kit

The SmartSpine Professional Kit includes the SmartSpine plus two sacral wedges, a cervical disc, two multi-functional Arch Tubbies, a Globe (to increase difficulty in various movements), microwave sleeve, and carrying strap. Companion DVD and booklet demonstrate product use (not a "workout video").

Professional Kit	101-029
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Exercise Balls

Call for volume pricing on five or more balls of the same kind. (Yamuna excluded.) For balls used for release work, see p. 87.

Inflatable Ball, 4"

An excellent surface to stand or lie on. Use for balance work, self-massage, or to improve alignment by holding between knees or ankles during footwork. Inflate with needle pump. Sold individually.

Inflatable Ball, 4" (10cm) 108-159



Playground Ball, 5"

A Pilates favorite for years, the 5" playground ball is a great massage tool, alignment tool, or pelvic floor initiator. Inflate with needle pump. Sold individually.

Playground Ball, 5" (13cm) 108-161



One-Way Pump with Needle (not shown)

Needle pump for our 4", 5" and 8-10" inflatable balls.

One-Way Pump 108-164

TOGU Ball, up to 12"

The perfect size and texture, the TOGU ball is soft and flexible, and conforms to the body. It provides excellent feedback or core work including abdominals, oblique abdominals, back extension and lateral flexion. Strong enough to kneel on, it also acts as an unstable surface under torso, foot or knee. Quickly inflates to desired level. Inflate with household straw. Sold individually.

TOGU Ball, up to 12" (30cm) 108-177



Ribbed Inflatable Ball, 8-10"

Get extra support or increase challenge for mat exercises. Try it behind your rib cage for abdominal curls, between ankles for teaser, or under ribs for side stretch. Inflates with needle pump (included) or household drinking straw. Optional free poster of ball exercises. Gray. Sold individually.

Ribbed Inflatable Ball, 8-10" (20-25cm) 108-160

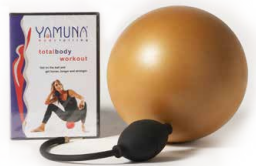
Ribbed Inflatable Ball with poster 941-001



Yamuna® Body Rolling, Beginner Kit

Discover what Yamuna® Body Rolling can do for you. This method of exercise will relax and invigorate you, while building core strength and balance. Introductory kit includes Yamuna's specially-designed ball, pump, and 57-minute workout DVD.

Yamuna Beginner Kit 108-179



New! Inflatable Ball, 8-10" Ball

Increase challenge during ab exercises, or as a proprioception tool when placed between the knees or ankles. Soft, textured surface for easy gripping. Inflates by mouth or household straw. Storm Gray. Sold individually.

Inflatable 8-10" Ball (20-25cm) 108-020



Eric Franklin Products

The products below were created for Franklin Method® classes by Eric Franklin. The Air Ball inflates with household drinking straw; others inflate with needle pump (sold separately).

Franklin Textured Ball™ Set

Used in Franklin Method® classes, and specifically designed for self massage, balance and gait exercises. A unique, uneven, honeycomb-textured surface provides more intense stimulation than smoother balls. Sold as a pair.

Textured Franklin Ball, 4" (10cm) 108-193



Franklin Mini-Roll™

The unique shape of this double-ended ball makes it ideal for supporting and releasing muscles around the spine, legs and shoulders, as well as for activating the pelvic floor. Sold individually.

Franklin Mini-Roll, 4"x6.5" (10cm x 16cm) 108-194



Franklin Easy Grip™ Set

For self massage, balance and gait exercises when maximum sensory stimulation is required. Soft, rounded bumps allow for a better grip and more intense release work. Sold as a pair.

Franklin Easy Grip Set, 5" (12cm) 108-195



Franklin Air Ball™

A great balance and proprioceptive tool used in Franklin Method® classes, as well as a helpful addition to a Pilates mat class to support the upper body and challenge the core. Inflates with straw. Sold individually.

Franklin Air Ball, 6-7" (15-18cm) 108-196



Franklin Smooth Ball™ Set

Used in Franklin Method® classes, specifically designed for self massage, balance and gait exercises. The smooth surface is excellent for more sensitive students. Sold as a pair.

Smooth Ball Set, 4" (10cm) 108-197



Burst-Resistant Fitness Balls

Fitness balls are great for both conditioning and rehabilitation, adding balance challenges, support and playfulness to your workout or therapy session. All Balanced Body fitness balls are the best burst-resistant balls available. However, for safety reasons do not use in combination with other exercise equipment. Inflates with pump (included).

Your height	Ball size (max. height/diameter)
4'8" to 5'3"	55cm (21")
5'3" to 6'0"	65cm (25")
6'0" to 6'7"	75cm (29")

Balanced Body offers two top choices:

Fitness Balls

The finest burst-resistant quality available. You will appreciate the soft, supple feel, and these will appeal if you prefer subdued colors. Colors correspond to size. Use sizing chart above to help you choose.

Grey, 55cm	108-019
Red, 55cm	108-153
Deep Purple, 65cm	108-154
Blue, 75cm	108-155



Ecowise® Fitness Balls

Looking for a top-quality, eco-friendly fitness ball? No latex, PVC, phthalates or chloride in our colorful burst-resistant fitness balls. Colors correspond to size. See sizing chart above. (Red not available.)

Spa Green, 55cm	108-229
Spa Blue, 75cm	108-231



A. Deluxe Fitness Ball Base, 20" (51cm)

Give your fitness balls a place to call home with this convenient storage base. Fits all our fitness balls. Black.

Ball Base	108-145
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B. Fitness Ball Stacker

Store up to three balls vertically. Clear plastic, 3 pieces.

Ball Stacker	108-146
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A

B

Begin Chair®

Exclusively from Balanced Body® and developed in collaboration with Pilates instructor Maria Mankin, our new, patented Begin Chair is an attractive and functional addition to your office or studio. It is also the only ball chair with comfortable lumbar support that adjusts to your spine's natural curves.



The small ball in the chair adjusts up and down, or in and out, to fit every spine. The large fitness ball provides instability to activate your core muscles while seated. Adjust your seated height by slightly deflating the ball if needed. Back away from your desk and take a seated exercise break on it, too!

Included: beautiful and solidly built chair frame, 8-10" ball, 55cm fitness ball, chart with sample seated exercises. Balls are Storm gray and must be inflated (pump included). Wheel kit and fabric ball cover available separately below. More details on p. 115.

Begin Chair	736-000
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5 Year Warranty

Begin Chair® Accessories

Add Wheels to your Begin Chair

Make your Begin Chair more mobile with our custom-designed wheel kit. Includes heavy duty casters and all hardware needed for installation.

Wheel Kit for Begin Chair	950-203
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Fabric Ball Cover

Fits any 55cm fitness ball for more comfortable contact. Zippered cover removes quickly to wash, then goes back on easily without having to deflate the ball – not true of other ball covers! Convenient sewn-in carrying handle. Your choice of Black or Storm gray, to fit the 55cm ball included with your Begin Chair or any other 55cm ball. Garment dyed and pre-shrunk. Wash cold, dry low.

55cm Ball Cover, Black	108-293
55cm Ball Cover, Storm	108-294



Begin Chair Specifications: Weight: 17 lbs. (7.7kg), Width: 33.8" (85.8cm), Depth: 26" (66cm), Maximum Weight: 300lbs. (136.1kg), Approximate starting seat height: 24" (60.1cm)



Pads, Poles and more

New! Standing Platform Pad

Originally created for the standing platform of the CoreAlign® (included with CoreAlign purchase), we discovered this pad is also a perfect fit for the standing platforms on our Reformers. Cushions hands and forearms for many exercises. Your clients will love it!

22" (56cm) length x 14.5" (37cm) wide x 3/4" deep (2cm).

CoreAlign Pad

UPH7019

Non-Skid Kneeling Pads

Extra cushioning can be so helpful! We especially love these for kneeling exercises. Black is 7" x 14" x 0.25". Others are 7.5" x 14" x 0.5" (19cm x 36cm x 0.6cm).

Light Gray	105-015
Blue	105-016
Aqua Green	105-017
Black (not shown)	108-018



Cotear™ Non-Slip Tape

Great for a better grip on your push-through bar, or other equipment. Easy to remove, medical-grade adhesive tape leaves no sticky residue on your handles or bars. Each roll is 2" (5cm) wide, 5 yards (4.6m) long. We find it often takes about 3/4 of a roll to cover one bar.

Red	100-016
Black	100-017
Purple	100-018
Green	100-030



Yoga Strap

Lightweight, with buckle for quick adjustment. Support the body while stretching. This lightweight version makes a friendly travel companion.

Blue, 8' (2.5m) long	108-140
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Gondola Pole

Helps you balance when performing standing work on the Reformer. Rubber ends improve traction against the floor. Solid maple. 60" (152cm) length x 1.25" (3cm) diam.

Gondola Pole

720-006



Rotator Discs

A low-friction surface to educate hip rotators and shoulders, and challenge core control and balance. Maple-faced plywood with non-skid surface embedded in the finish. Designed by Jean Claude West and Marika Molnar, PT, Westside Dance Physical Therapy, New York. Sold individually.

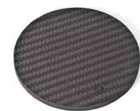
Rotator Disc, Small, 9" (23cm)	720-011
Rotator Disc, Med, 12" (31cm)	720-012
Rotator Disc, Large, 15" (38cm)	720-013



Pads for Rotator Discs

For a little comfort and cushioning. Black, 5/8" thick. Sold individually.

Rotator Disc Pad, Small, 9" (23cm)	108-233
Rotator Disc Pad, Med, 12" (31cm)	108-234
Rotator Disc Pad, Large, 15" (38cm)	108-235



Weighted Metal Poles

Chrome-plated with rubber ends. Length for all is 31" (79cm).

2 lb (0.9kg)	720-033
3 lb (1.4kg)	720-034
3.8 lb (1.7kg)	707-245



Maple Dowel

A great tool for alignment, armwork and more. Nicely finished, in three lengths.

27" (68cm)	607-344
32" (81cm)	720-009
36" (91cm)	720-010





- 92 General Pilates and Mat
- 96 Mat with Accessories
- 98 Reformer
- 100 Tower
- 101 Cadillac / Multi-Apparatus
- 102 Chair / Barrel
- 103 Barre / Orbit™ / Pregnancy
- 104 Health Topics

“We are what we repeatedly do. Excellence, then, is not an act, but a habit.”

—Aristotle

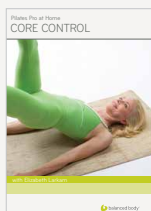
DVDs: General Pilates and Mat

See why so many people love Balanced Body's Pilates Pro at Home series. Master trainer Elizabeth Larkam's expertise guides you with calm, detailed and carefully-paced instruction. These Pilates Mat exercises are intermediate to advanced, and suitable for healthy individuals. Previous Pilates experience not required. The mat workouts are effective, yet short enough to fit into a busy day. Mix and match to create your customized program.

Pilates Pro at Home: Core Control

Build core control with stronger abs, protect against back pain, improve posture, and help prevent injuries and falls. Includes an 18-minute introduction to Pilates principles, an 11-minute tutorial with tips and modifications, plus a challenging 26-minute workout and 14-minute bonus workout. Int/Adv. Safe for osteoporosis/osteopenia. (Total run time: 69 min)

Pilates Pro at Home: Core Control DVD8350



Pilates Pro at Home: Create Flexibility

Enjoy the benefits of improved flexibility, relief from stiffness, increased joint mobility, and counter the effects of long periods of sitting. Includes an 18-minute introduction to Pilates principles, a 17-minute tutorial with tips and modifications, plus a challenging 32-minute workout and 17-minute bonus workout. Int/Adv. (Total run time: 84 min)

Pilates Pro at Home: Create Flexibility DVD8351



Pilates Pro at Home: All About Abs

Sculpt your waistline, decrease risk of low back pain, improve posture and balance, and boost your performance in sports and daily activities. Includes an 18-minute introduction to Pilates principles, a 19-minute tutorial with tips and modifications, plus a challenging 19-minute workout and 18-minute bonus workout. Int/Adv. (Total run time: 74 min)

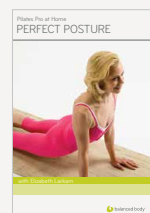
Pilates Pro at Home: All About Abs DVD8349



Pilates Pro at Home: Perfect Posture

Sit, stand, and walk tall, with improved comfort and ease. Learn how to strengthen back muscles and counter rounded shoulders and "forward head" caused by computer work. Includes an 18-minute introduction to Pilates principles, a 13-minute tutorial with tips and modifications, plus a challenging 14-minute workout and 8-minute bonus workout. Int/Adv. Safe for osteoporosis/osteopenia. (Total run time: 53 min)

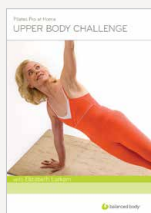
Pilates Pro at Home: Perfect Posture DVD8352



Pilates Pro at Home: Upper Body Challenge

Gain comfort and ease in your daily life. Protect against back pain, improve sports performance, and prevent injury. Includes an 18-minute introduction to Pilates principles, a 22-minute tutorial with tips and modifications, plus a challenging 30-minute workout and 9-minute bonus workout. Int/Adv. (Total run time: 79 min)

Pilates Pro at Home: Upper Body DVD8353



Pilates Pro at Home: The Complete Series

Can't decide which one you want?

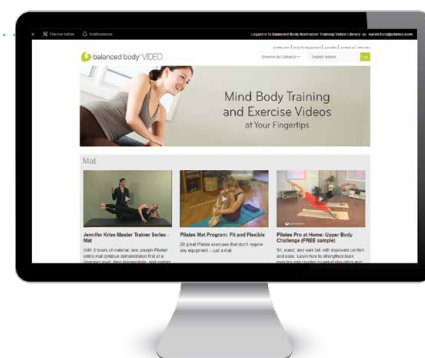
Buy the complete series of five titles, so you can mix and match each week to create your own customized program! Purchase all five titles and save

Pilates Pro at Home: The Complete Series 938-000



We've gone digital!

Many of the DVDs you see here are now available in streaming format. Work out anywhere—all you need is an internet connection! We constantly add new titles, so if you don't see the one you want, be sure to check back. You will also find other videos that are available only via streaming. See our streaming videos at video.pilates.com.



DVDs: General Pilates and Mat

New! 30-Minute Mat Class

This fast-paced advanced mat class brought to you by The Pilates Center of Boulder is designed by Rachel Taylor Segel and is great either as a workout, or to give you ideas for quick transitions to incorporate into your classes. Recommended for experienced Pilates practitioners or professionals. Props used: Mat. (Total run time: 24 min)

30-Minute Mat Class

DVD8416

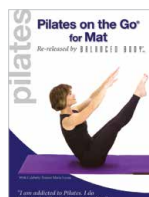


Pilates on the Go® for Mat

Enjoy Balanced Body's re-release of this excellent Pilates mat workout, filmed in an inspiring outdoor setting. Celebrity trainer Maria Leone is certified by PhysicalMind Institute and is an IDEA Master Trainer. Beginning with a warm up and review of Pilates principles, this workout is a full body challenge. Some exercises use resistance bands and tubing. Improve posture and core strength! (Total run time: 54 min)

Pilates on the Go

DVD8325

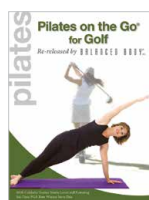


Pilates on the Go® for Golf

Strengthen the back, increase your range of motion and play better. Maria Leone and PGA golfer Steve Pate demonstrate exercises to increase core strength, flexibility, balance, and range of motion. Take strokes off your score and hit the ball longer and more consistently. Props used: mat and golf club. (Total run time: 54 min)

Pilates on the Go for Golf

DVD8327

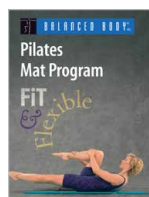


Balanced Body® Pilates Mat Program

Increase the strength of your abdominal and back muscles, gain greater strength and control to enhance your daily activities, sports and recreation. Elizabeth Larkam teaches variations of 20 fundamental mat exercises and instructs on correct breathing, alignment and form. Props used: dowel. (Total run time: 90 min)

Balanced Body Mat Program

DVD8014



Flying Eagle Pilates: Golf

For the golfer who has taken mat classes, now take that routine home! Get the most out of your golf swing with this 16-minute mat workout that uses a club. Bonus 8-minute stretch and warmup you can do right on the course before teeing off. Props used: mat and golf club. (Total run time: 27 min)

Flying Eagle Pilates: Golf

DVD8374



Heal Your Posture

This 7-week "workshop" will help you gain better posture and correct unhealthy imbalances in the way you sit and move in the world. Using simple tools such as a mat, chair, and yoga block, learn diagnostic tools to feel the differences in various body positions. Gain body awareness as you learn how to change movement in every day life, deal with stress and tension, and make changes to your brain patterns. Presented in a series of individual lessons for a seminar style mode. (Total run time: 1 hr, 29 min min)

Heal Your Posture

DVD8398



Pilates for Men

Lindsey Jackson leads a workout for men who are either beginning Pilates or for more seasoned practitioners. Includes an intro and technique overview, plus a 15-minute bonus section with more challenging exercises and stretching. Features guided relaxation and an audio only option, so you can play your own music or download. Props used: mat, 8-10" ball, towel. (Total run time: 85 min)

Lindsey Jackson's Pilates for Men

DVD8333

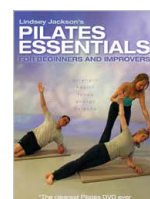


Pilates Essentials

Perfect for those who have wanted to try Pilates, in need of a refresher, or just trying to improve. Accessible for the beginner, but challenging enough for an intermediate practitioner. Lindsey Jackson leads a comprehensive mat workout: a warm up, a 45-minute workout, and guided relaxation, plus an intro and technical review. Features an audio only option, so you can play your own music or download. Props used: mat, towel. (Total run time: 75 min)

Pilates Essentials

DVD8334

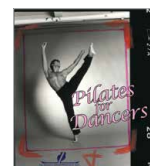


Pilates for Dancers

A great way to prepare for dance class or squeeze in a quick mat workout after you've warmed up. Julian Littleford first breaks down each exercise, paying close attention to proper form. Then, you can bypass the explanation and do the workout without interruption. Intermediate/Advanced. (Total run time: 37 min)

Pilates for Dancers

DVD8302



DVDs: General Pilates and Mat

New! Lost Treasures

Based on 1940s archival film footage of Joseph Pilates, Amy Taylor Alpers and Rachel Taylor Segel of The Pilates Center of Boulder have re-created his exercises on the Mat (30 min), Reformer (46 min), and Pole/Tower Sytem (2 DVDs: 39 min and 36 min). For the workouts on this two-disk set, they studied the footage and then experimented with the breath, springs, and reps. Next they added their own interpretations of each exercise, and finally combined new exercises with the original exercises to create these workouts. A wonderful addition to your professional Pilates library.



Lost Treasures DVD Collection DVD8420

A Movement of Movement

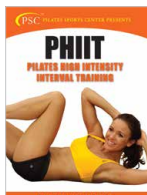
A fascinating documentary by Mark Pedri that captures the philosophy and lifestyle of Pilates through the eyes of world-renowned instructors and participants in the industry, including everyday people who have been transformed by the method, as well as athletes. Traveling around the world to meet with instructors from all backgrounds, Pedri gives an all-access look into the method, from the beginnings of Pilates through the evolution of Pilates as it is today. A must-have for your documentary or Pilates library. (Total run time: 72 mins.)



A Movement of Movement DVD8412

PSC Pilates High Intensity Interval Training

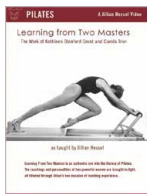
What do you get when you mix Pilates with a stopwatch? This innovative, cutting edge workout! Using just eight Pilates exercises, Joshua Smith of PSC has created a challenging, fun, high intensity workout! Exercises in each interval are demonstrated before the interval starts, so there's no stopping in between. Side by side variations are demonstrated. Previous Pilates experience is recommended. (Total run time: 55 min)



PSC PHIIT DVD8390

Learning from Two Masters

Recorded during a workshop in 2000, this remastered DVD features nearly 4 hours of footage. Filtered through Jillian Hessel's 30 years of teaching, she conveys the individual teaching methods of Kathy Grant and Carola Trier. A wonderful addition to your Pilates educational library. Includes a companion 53-page spiral-bound booklet. (Total run time: 4 hr)



Learning from Two Masters DVD8307

Combining Pilates & Yoga for Balance

Tom McCook begins with Pilates to develop core strength and spinal flexibility, then moves into yoga to link the power of the breath to the body. Explains essential principles of breathing and neutral spine, then teaches a flowing, 45-minute workout with more than 40 Pilates and yoga exercises. Easier variations shown. Intermediate to advanced. (Total run time: 56 min)



Combining Pilates & Yoga DVD8201

Corpus Pilates

DVDs for the beginning to intermediate student, or as a refresher for the professional. Each DVD begins with a review of modifications and a 27-minute tutorial on Pilates principles, modifications and contraindications. Each exercise is clearly labeled with level, reps, and modifications. Level 1 (85 min) also contains sections for leg weights, seated and wall exercises, and a magic circle workout. Level 2 (69 min) includes a routine with handweights and a magic circle workout. Level 3 (58 min) features more advanced matwork. Props used: (Levels 1 and 2) Mat, cushion, ankle weights, chair, magic circle.



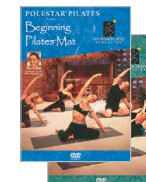
Level 1 DVD8328

Level 2 DVD8329

Level 3 DVD8330

Polestar Pilates Beginning & Intermediate Workouts

Polestar's 60-minute beginning mat class lengthens, strengthens and tones, while introducing Pilates principles of concentration, breathing, alignment, coordination, centering and balance. Includes variations. The 54-minute Intermediate DVD guides you through a focused mind-body workout to strengthen, tone, align and stretch. Props used: chair and tennis ball.



Beginning DVD DVD8090

Intermediate DVD DVD8091

Pilates for Men: 10-20-30 Challenge

This 3-disc set will increase strength, control, endurance and flexibility. Great for any level, each exercise is demonstrated at both beginning and advanced levels. Bonuses: music only, and safety tips. Props used: 8-10" ball and resistance band. (Total run time: 120 min)



Pilates for Men: 10-20-30 Challenge DVD8395

DVD with ball and band (save 10%) 920-000

DVDs: General Pilates and Mat

Lolita's Pilates Mat Repertoire

World-renowned first-generation Pilates Master Teacher Lolita San Miguel presents this Intermediate/Advanced mat workout. Begin with a long and gentle warmup (25 mins), then progress into the 50-minute workout, followed by a five-minute cool down. A challenging workout for intermediate and advanced practitioners. (Total run time: 1 hr, 20 min.)

Lolita's Pilates Mat Repertoire DVD8293



Lolita Shares Her Pilates

In this lively, informative mat DVD and workout, Lolita San Miguel recounts her early training with Carola Trier and the history of Pilates, and gives an excellent explanation of Pilates principles and cues. She teaches 24 mat exercises in detail and leads a 45-minute group mat workout. (Total run time: 122 min)

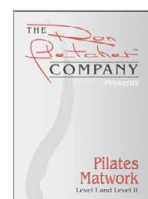
Lolita Shares Her Pilates DVD8218



Fletcher Pilates® Matwork, Levels 1 & 2

Ron Fletcher talks about working with Joe, why matwork is the foundation of the Pilates system, and more. Learn the Seven Cues of Standing and Centering. Level 1 (22 min) teaches 12 mat exercises, integrating precise, flowing movement with percussive breathing. Level 2 (30 min) adds 13 exercises for an intermediate workout. (Total run time: 75 min)

Fletcher Pilates Matwork DVD8216



Pfilates

Improve pelvic floor fitness, recover after childbirth or surgery, and more. With three separate stages of contraction, and three "phases" based on pelvic floor strength, it's perfect for any level. Props used: Mat, small ball (optional), towel or cushion. (Total run time: 64 min)

Pfilates DVD8338



Jennifer Kries Master Trainer Series—Mat

See Joseph Pilates' entire mat syllabus demonstrated at all levels. Includes bonus sculpting section with the Magic Circle. Instructors, get tips for unique cueing and stretching. Advanced Pilates enthusiasts can deepen their understanding of the practice. Buy the complete series (Reformer, Mat, Chair, Barrel, and Cadillac) and save . (Total run time: 3 hr, 5 min)

Master Trainer Series—Mat DVD8289
Master Trainer Series—Set of Five DVD8292



New Body! Pilates I

Start down the road to your new Pilates body by learning the fundamentals of Pilates with Jennifer Kries. This beginner mat workout is easy to follow, with variations for different levels. Challenge your entire body! Bonus workout with the magic circle. Props used: mat, magic circle for bonus section. (Total run time: 48 min)

New Body! Pilates DVD8285



New Body! Pilates II

Challenge your core with this intermediate mat workout. Jennifer Kries quickly moves through the routine, burning calories and helping you tone abs, arms, and legs. Includes bonus workout with hand weights. Props used: mat, handweights for bonus section. (Total run time: 45 min)

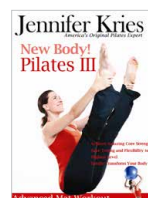
New Body! Pilates II DVD8286



New Body! Pilates III

A challenging at home mat workout for advanced practitioners, or get sequencing tips for your class. This 35-minute routine by Jennifer Kries builds on previous New Body! Pilates DVDs, but advanced students, take advantage of this amazing workout! Quick, smooth transitions give you a cardio workout! Bonus 10-minute exercise ball workout. Props used: mat, exercise ball for bonus section. (Total run time: 55 min)

New Body! Pilates III DVD8342



DVDs: Mat with Accessories

New! Pilates Small Ball Workout

This safe, fun, and effective workout helps you build core strength, improve balance and flexibility, and increase your range of motion. The small ball assists in engaging the deep core and pelvic floor muscles. The workout gently warms you up, and then slowly builds to incorporate the entire body. Includes modifications for different levels. Some previous Pilates experience recommended. Props used: mat, 8-10" ball. (Total run time: 60 min)

Pilates Small Ball Workout

DVD8421



Yur Back Extension

This unique Pilates-based post-rehabilitation program is perfect for those who suffer from back pain. Use alone or as a companion to the Yur Back: Flexion DVD. With modifications to prevent pain, it's great for anyone who has lumbar disc herniation, ankylosing spondylitis, or osteoporosis. Props used: Mat, foam roller, resistance band. (Total run time: 30 min)

Yur Back Extension

DVD8404



Yur Back Flexion

Physical therapist Christine Romani-Ruby has created a unique, safe, Pilates-based post-rehab program. Get a complete workout while learning how to protect your back. Recommended for those who have osteoarthritis, spinal stenosis, degenerative disc disease, chronic spondylolysis or spondylolisthesis. Props used: 8-10" ball, mat, exercise band. (Total run time: 30 min)

Yur Back Flexion

DVD8409



Yur Back Stability Level I

The ideal start to a fitness program for those who have suffered from back pain. Physical therapist Christine Romani-Ruby teaches you how to hold the spine in a neutral position, making it a safe, but challenging workout. Exercises include standing footwork and pre-planking. Appropriate for a diagnosis of sacro-iliac dysfunction. Props used: Mat, resistance band. (Total run time: 30 min)

Yur Stability Level 1

DVD8405



Yur Back Stability Level II

Incorporate more challenging work, including planking, advanced standing footwork, and holds for strengthening. This routine works best as a progression from Yur Back Flexion or Extension, or Stability 1. Props used: Mat, resistance band. (Total run time: 32 min)

Yur Back Stability Level 2

DVD8406

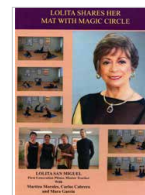


New! Lolita Shares Her Mat with Magic Circle

Pilates legend Lolita San Miguel leads this informative DVD with the magic circle. Select specific areas to work on or individual exercises, such as swan, bridging, and mermaid. Includes variations for different levels of ability. Use as a full workout, or to see how to teach specific exercises. Props used: mat, magic circle. (Total run time: 51 min)

Lolita Shares Her Mat with Magic Circle

DVD8129



Jillian Hessel Magic Circle Routines

In this remastered DVD, Jillian Hessel demonstrates standing and seated moves with the circle for your entire body. A great tool for instructors who want to integrate a circle into class, or as a complete workout for any level. Props used: mat, circle. (Total run time: 55 min)

Magic Circle Routines

DVD8271



Flex Ring Toner® Workout

Easy-to-follow workout with more than 50 resistance exercises for the Flex Ring Toner®, Spring Circle, or Ultra-Fit Circle®. Improve muscle tone, endurance, coordination and balance. Great for hard to firm up problem areas. Beg/Int/Adv variations. Demonstrated by Elizabeth Larkam. (Total run time: 60 min)

Flex Ring Toner

DVD8040

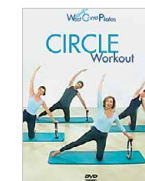


Circle Workout

This circle workout by Kathy Corey features more than 60 exercises, including variations, performed standing, seated, kneeling, supine and prone. Excellent for home exercisers or instructors looking for new material. (Total run time: 90 min)

Circle Workout

DVD8210



Pilates Circle Challenge

Look no further for a challenging circle routine! Bernadette Giorgi leads this full-body sculpting workout. Includes four pre-mixed routines for lower body. Props used: circle, mat. (Total run time: 50 min)

Pilates Circle Challenge

DVD8278



Yamuna® Beginner Kit

This method of exercise will relax and invigorate you, while building core strength and balance. Introductory kit includes Yamuna's specially-designed ball, pump, and 57-minute workout DVD.

Yamuna Beginner Kit

108-179



DVDs: Mat with Accessories

New! Lolita Shares Her Mat with Foam Roller

Whether you're looking to supplement your mat routine with a foam roller, or make it the star of your workout, Pilates legend Lolita San Miguel shares her favorite exercises on this simple, yet mightily prop. Choose from a total workout, or individual exercises. Includes self-massage on the roller. (Total run time: 55 min)

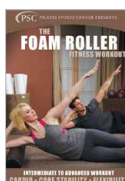
Lolita Shares Her Mat with Foam Roller DVD8130



PSC Foam Roller Workout

Pilates Sports Center's foam roller workout challenges your entire body with two levels of difficulty. Includes release work and stretching for a full workout. Bonus feature with safety tips and advanced options. Props used: roller, handweights. Wall space needed to roll. (Total run time: 52 min)

PSC Foam Roller Workout DVD8370



PHI® Pilates Foam Roller Workout

Use the mat and roller to simulate exercises on Pilates equipment in this workout. Unique and innovative exercises help challenge balance and core stability. Deepen the stretch or help you focus on your core. Props used: mat and roller. (Total run time: 40 min)

PHI Pilates Foam Roller Workout DVD8260

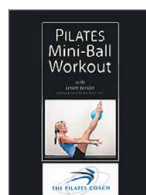


Pilates Mini-Ball Workouts 1 & 2

Workout with a mat and 8-10" ball for resistance, stability and support. From The Pilates Coach, Workout 1 (53 min) has detailed instruction for over 30 exercises, plus variations. Workout 2 (41 min) challenges you with intermediate exercises.

Mini-Ball Workout 1 DVD8102

Mini-Ball Workout 2 DVD8127



Pilates on the Go® for Fitness Ball

Re-released by Balanced Body, this inspiring Pilates workout on the fitness ball with celebrity trainer Maria Leone will enhance your core conditioning and balance. Good for all fitness levels! (Total run time: 54 min)

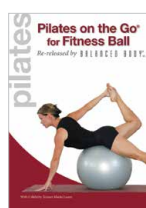
Save 15% if you purchase DVD and fitness ball together. See p. 88 for fitness ball sizing info.

Pilates on the Go for Fitness Ball DVD8326

DVD with 55cm Fitness Ball (Red) 919-000

DVD with 65cm Fitness Ball (Deep Purple) 919-001

DVD with 75cm Fitness Ball (Blue) 919-002



Pilates for Low Back Pain

Strengthen your core, and keep your back healthy. From the Australian Physiotherapy and Pilates Institute, this safe routine was designed for beginners and those experiencing low back pain. Begin with key Pilates elements, a warm-up, 55-minute class, and cool down. Modifications also included. Props used: mat, cushions (if desired), chair or exercise ball. (Total run time: 1 hr, 30 min)

Pilates for Low Back Pain DVD8346



Ultimate Pilates Workout with Stretch-eze®

Target all areas of the body with this collection of fun and varied exercises with Katherine and Kimberly Corp. Choose to work the core, back, side-lying, or do the entire routine for a full-body workout. Includes information on the benefits of the Stretch-eze and demonstrations on how to wrap it. All levels. Choose band for your height (p. 85). Props used: Stretch-eze band. (Total run time: 80 min)

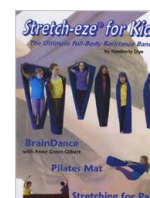
Stretch-eze for Kids DVD8397



Stretch-eze® for Kids

Help kids gain body awareness and work both sides of the brain with creative and fun exercises. Improve balance, flexibility, concentration, and cooperation! By movement specialist Kimberly Dye, with kids from Seattle's Creative Dance Center. Includes an introduction on how to wrap the Stretch-eze, plus 3 sections, each about 15 minutes. Props used: mat, Stretch-eze, see p. 85. (Total run time: 53 min)

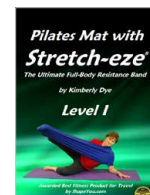
Stretch-eze for Kids DVD8397



Pilates Mat with Stretch-eze®

An easy to follow, Pilates mat DVD brought to you by movement specialist Kimberly Dye. Feel the Stretch-eze strengthen core muscles and stability, increase balance and flexibility. Includes instructions on wrapping the Stretch-eze. Props used: mat, Stretch-eze. Choose band for your height (p. 85). (Total run time: 44 min)

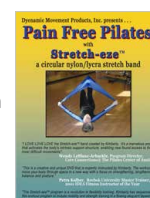
Pilates Mat with Stretch-eze DVD8365



Pain-Free Pilates for Stretch-eze® Band

Increase flexibility while supporting your joints. Two Beg/Int workouts for the Stretch-eze Band. Dyanamic Core® (26 min) increases core strength by integrating counter-tension from the Band with simulated Reformer exercises. Dyanamic Stretch® (16 min) maximizes the stretch with the inside of the band. Choose band for your height (p. 85). Props used: mat, 8-10" ball, and Stretch-eze Band.

Pain-free Pilates for Stretch-eze Band DVD8268



DVDs: Reformer

Allegro® 2 Reformer Workout

Led by Nora St. John, this 54-minute workout incorporates the innovative features of the Allegro 2 Reformer into a complete, full-body workout, with exercises ranging from beginning to advanced. Use the EasySet™ Footbar to open up a wealth of new Reformer exercises by placing the footbar at various locations along the frame. Includes sections using an optional sitting box and foot plate, and a tour of the features of the Allegro 2. (Total run time: 66 min)

Allegro 2 Workout

DVD8376



Reformer Workouts on the Allegro

Enjoy two great entry-level yet challenging Reformer workouts from Viktor Uygan of Konnect Pilates, plus setup and safety tips for your Allegro and a brief overview of movement principles. The Introductory workout (30 min) introduces basic exercises and the Level 1 workout (54 min) builds on that foundation. (Total run time: 99 min)

Reformer Workouts on the Allegro

DVD8413



Allegro® Introductory and Level 1

An outstanding introduction to Reformer work by Elizabeth Larkam. The Introductory Workout (30 min) demonstrates basic movements and principles. In Level 1 (50 min), integrate core control, correct breathing, and proper alignment with continuous movements for all the muscle groups. Learn to safely use your Allegro. Tutorial provides detailed instruction and cueing.

Allegro Introductory and Level 1

DVD8121

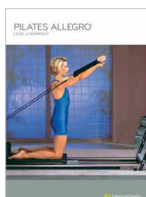


Reformer Level 2

Builds on Level 1 for Reformer, adding more complex variations and longer sets. New exercises for upper body, core, and lower body are introduced, including standing work, which helps you continue to refine your form. Includes 30-min. tutorial for instructors with cues and variations. (Total run time: 90 min)

Allegro Level 2

DVD8062

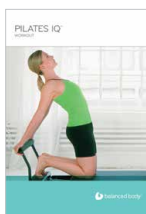


Pilates IQ® Reformer Workout

Guides you through a Reformer workout that integrates core control, correct breathing and proper alignment with smooth, continuous movements for all the major muscle groups. Also included: correct setup and use of a Pilates IQ Reformer. (Total run time: 40 min)

Pilates IQ Reformer Workout

DVD8208



Yur Back Reformer Stability Level I

Physical therapist Christine Romani-Ruby teaches a 43-minute Pilates Reformer post-rehabilitation workout that reduces the risk of an increase in back pain by challenging the spine in a neutral position. Great for the instructor, but also perfect for an experienced practitioner who has a Reformer at home. An excellent progression from Yur Back Stability Level 1 and Yur Back Stability Level 2. Includes recommended spring settings. Uses a sitting box and jump board for some exercises. Props used: 8-10" ball, non-skid pads. (Total run time: 50 min)

Yur Back Reformer Stability Level 1

DVD8407



Yur Back Reformer Stability Level II

Reformer Stability 2 builds on exercises in Yur Back Reformer Stability Level 1, challenging and strengthening the core, while keeping your spine stable to avoid the risk of back pain. This 45-minute workout includes more advanced work, such as bridging and down stretch. Uses a sitting box for some exercises. Props used: 8-10" ball, magic circle, non-skid pads, and Gondola Pole, if desired. (Total run time: 50 min)

Yur Back Reformer Stability Level 2

DVD8408

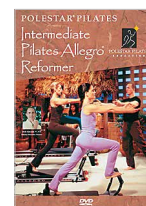


Polestar Intermediate Allegro®

Brent Anderson of Polestar Pilates leads this innovative Reformer class. Polestar's Pilates-evolved method brings a creative, holistic approach to fitness. You'll learn a wide variety of challenging exercises in a flowing, rhythmic workout. (Total run time: 54 min)

Intermediate Reformer

DVD8092



Pilates Coach Allegro® I and II

Leslee Bender of The Pilates Coach leads this contemporary Reformer workout. Allegro I is a total-body workout (beg/int) of 40 Reformer exercises, including variations, breathing techniques, movement principles, safety guidelines and equipment setup (56 min). Allegro II continues with 60 int/adv exercises, including variations (49 min). Props used: foot plate, sitting box and 8-10" mini-ball.

Allegro I Basic

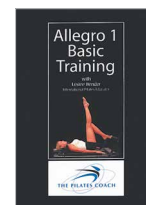
DVD8113

Allegro II Adv

DVD8114

8-10" Ball

108-160



DVDs: Reformer

New! Advanced Reformer Class

Brought to you by Amy Taylor Alpers of The Pilates Center of Boulder, this Reformer workout includes exercise name, springs and reps, and other information to help identify and set up each exercise. A great resource for the advanced home practitioner, or the professional for ideas on how to cue and seamlessly transition between exercises. (Total run time: 65 min)

Advanced Reformer Class DVD8418



Reformer Reformation

Experience a fun and flowing Reformer workout set to music in 8 counts. Learn exciting new Reformer choreography, increase strength and flexibility. A "redesign" of traditional Reformer work to motivate you and your clients in a new way! Brought to you by PHI Pilates. (Total run time: 47 min)

Reformer Reformation DVD8311



Pilates Educational Video Library from Polestar®: Reformer

Polestar Pilates brings you another excellent educational tool. Designed as a companion to Reformer training, this Reformer-only set of three DVDs covers 60 exercises, plus work on the jumpboard. Bonus feature include interviews with the educators. (Total run time: 1 hr, 54 min)

Pilates Educational Library: Reformer DVD8343



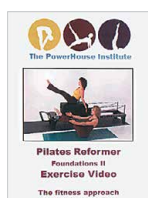
Pilates Reformer Foundations I and II

Chrissy Ruby and Marci Clark with two dynamic Reformer workouts. Foundations I is a classic repertoire of Reformer exercises for beginners; it keeps you focused on breathing, elongation and alignment to make your workout effective (57 min).

Foundations II adds intermediate exercises plus more challenging variations on Foundations I exercises (57 min). Companion manual, p. 112.

Foundations I DVD8094

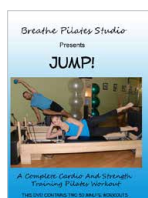
Foundations II DVD8095



Breathe Pilates Jump!

Get a great cardio workout at home with Breathe Pilates Studio's jumpboard DVD. A workout with two levels of difficulty, plus an optional added challenge of a magic circle. Alternates seated upper body work with jumping exercises for a seamless, flowing workout. Beginner to Advanced. Props used: Ultra-Fit Circle (optional). (Total run time: 100 min)

Jump! DVD8347



Aerobic Pilates from Retrofit Pilates Rx™

Get your running shoes and hand weights to run, jump and dance on the jumpboard! From Barbara Wintroub, this workout is for instructors who want to add an aerobic element to sessions, and physical therapists seeking an aerobic workout for bone mass building and rehab. Level 1 (45 min) has 10 exercises with modifications for all levels. Level 2 is a 25 min workout with instruction and then with music only. Props used: hand weights and the Pilates Arc®.

Jumpboard Level 1 DVD8221

Jumpboard Level 2 DVD8244

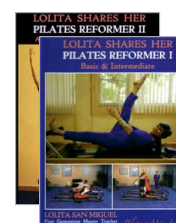


Lolita Shares Her Pilates – Reformer I and II

Pilates Elder Lolita San Miguel shares basic and intermediate instruction for Reformer exercises, plus warm-up, breathing exercises, insights on sequencing, rhythmic flow, transitions and more. Reformer I (80 min) covers basic intermediate instruction for over 100 Reformer exercises. Reformer II (118 min) shares advanced moves, variations and props for over 100 Reformer exercises. Lolita is one of two people certified to teach by Joseph Pilates.

Reformer I DVD8251

Reformer II DVD8252



PSC: The Jumpboard Workout

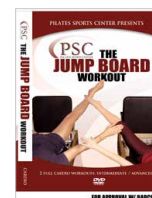
Burn calories and expand your Pilates repertoire with these creative, fun and challenging workouts from Pilates Sports Center. Side by side demonstrations show modifications. Learn new creative ways to use the jumpboard! All DVDs appropriate for any level. Level I (50 min) is a great way to introduce the Jumpboard.

Level II (72 min) integrates props and Level III (60 min) is the most challenging, with advanced moves and choreography. Props used: Level I, none. Level II, small ball and band. Level III, handweights.

The Jumpboard Workout DVD8267

Level II: With Props DVD8314

Level III: Advanced Cardio Jump DVD8315



DVDs: Tower

New! Tower Workouts on the Allegro®: Integrated and Tower Workout

This two-disc set includes an Integrated workout and a Tower workout. Disc 1 includes a full set up and safety tour, plus a 69-minute integrated workout using the Tower and carriage. Disc 2 is a 58-minute more traditional Tower workout, and includes exercises off the back of the Tower. Also features a 7-minute bonus section (Some include an optional sitting box.) (Total run time: 2 hr, 41 min)

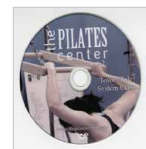
Allegro Tower: Integrated Workout DVD8414



New! Tower/Pole System Class

Make the most of this versatile piece of equipment. Leah Weckslar of The Pilates Center of Boulder leads this class with the Pole System (Wall Tower). Includes exercise title and clear cueing for a full intermediate class, or ideas to integrate into your own class. (Total run time: 57 min)

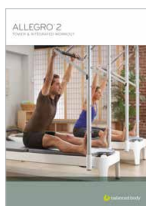
Tower/Pole System Class DVD8417



Allegro® 2 Tower and Integrated Workout

A challenging, 45-minute workout on the Allegro 2 System with Tower, including traditional Tower exercises as well as exercise options that integrate the Tower with the moving Reformer carriage. Designed by Nora St. John, with Caleb Rhodes, Lizbeth Garcia, and Portia Page. Exercises range from beginning to advanced levels. (Total run time: 58 min)

Allegro 2 Tower: Integrated Workout DVD8377



Tower on the Go® Workout

Challenge yourself with this full body workout on Balanced Body's easy to use Tower on the Go, a portable Tower alternative (see p. 54). Three workouts focus on the core, lower body, or upper body—mix and match as you like. Clear explanations and demonstration of each exercise, including set up and adjustment. Included with your Tower on the Go product purchase or available separately. (Total run time: 60 min)

Tower on the Go DVD8296



Allegro® Tower: Intro Workout

Maximize the versatility of the tower with Chrissy Ruby of PHI Pilates. Start with 10 exercises from the Integrated program, a workout combining the tower bars and springs with the moving carriage. Then learn 10 traditional exercises for the Trapeze Table. Can be done on any Reformer with Tower. (Total run time: 57 min)

Tower: Intro Workout DVD8205



Tower/Cadillac

Over 30 challenging exercises with the Tower! Use as a full workout or for tips to teach on both sides of the Tower. Includes expert cueing and tips on safety and spring placement. Develop skills to teach an exciting Tower routine! Brought to you by PHI Pilates. (Total run time: 45 min)

Tower/Cadillac DVD8312



Allegro® Tower: Tower Workout

This workout covers 17 exercises from the Trapeze Table repertoire, including Coordination, Short Spine, and Mermaid. Modifications are done prone, supine, sidelying and kneeling. It's a challenging, full-body workout you can perform on any Reformer Tower Combination or Trapeze Table. (Total run time: 46 min)

Tower: Tower Workout DVD8207



PSC Pilates Cardio Springboard/Tower Workout

Learn cutting edge techniques for your own workout or to integrate into your tower sessions. Includes core work, cardio, resistance training, and flexibility exercises. Side by side demonstration for two intensity levels. (Total run time: 40 min)

PSC Pilates Cardio Springboard/Tower DVD8372



Pilates Springboard Workout

Ellie Herman's Tower workout features classic Pilates exercises plus original exercises created for the Pilates Springboard (see p. 55). Hit the entire body with this fabulous workout! Included with your Springboard product purchase or available separately. (Total run time: 40 min)

Springboard/Tower Workout DVD8204



Allegro® Tower: Integrated Workout

A unique workout taught by Chrissy Ruby brings a fresh perspective to Pilates. Use the Tower bars and springs to work major muscle groups, while controlling the moving carriage with your core. Learn 22 exercises, plus variations, to develop strength, flexibility, coordination and balance. Can be performed on any Reformer Tower Combination. (Total run time: 51 min)

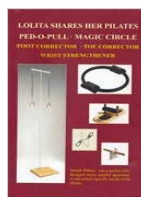
Tower: Integrated Workout DVD8206

DVDs: Cadillac, Multi-Apparatus

New! Lolita Shares Her Ped-a-Pull, Magic Circle, Toe Corrector, and Wrist Strengtheners

Join Pilates legend Lolita San Miguel as she presents workouts for smaller props. Includes an introduction of each piece of equipment and a sampling of exercises. A wonderful DVD for anyone looking to learn more about how to use these less common, yet valuable, props. (Total run time: 45 min)

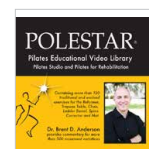
Lolita Shares Her Ped-o-Pull, Magic Circle, Toe Corrector, and Wrist Strengtheners DVD8131



Polestar® Pilates Educational Video Library: Pilates Studio and Pilates for Rehabilitation

Dr. Brent Anderson provides commentary for 500+ movement variations. Includes 150+ traditional and evolved exercises for Reformer, Trapeze Table, Chair, Ladder Barrel, Spine Corrector and Mat. 6-disc set for Pilates studio and rehabilitation practitioners. (Total run time: approx. 5 hr)

Pilates Educational Video Library DVD8262



Cadillac Techniques

This remastered DVD from Jillian Hessel describes setup, body positions, recommended reps, modifications, precautions and benefits of each exercise. Also included, a handbook summarizing exercise details seen in the DVD. Props used: Flex Ring Toner. (Total run time: 57 min)

Cadillac Techniques DVD8256



Pilates & Performing Arts Aesthetic

A unique approach to Pilates exercises. This DVD is perfect for instructors looking for new ways to train the athlete, dancer, or advanced client. Also appropriate for advanced and experienced practitioners who want to take their Pilates workouts to a more challenging level at home. Larkin Barnett's clear cuing, and smooth flow are embodied in her demonstration model, to give you a clear vision of how each move is to be executed, along with breath. Also a great tool to gain ideas for cross-training challenges for your athletes! Uses the Reformer, Chair, and Cadillac. (Total run time: 1 hr, 29 min)

Pilates & Performing Arts Aesthetic DVD8394
See companion manual on page 112.



Trapeze Table

This DVD for instructors goes through a complete Trapeze Table workout, or gives you the option to select from the 48 exercises covered. Use as a companion to Virginia Nicholas' comprehensive manual (p. 112) or by itself to keep the exercises fresh in your memory. (Total run time: 55 min)

Trapeze Table DVD8305



Lolita Shares Her Pilates Cadillac

Pilates elder Lolita San Miguel shares her extensive teaching knowledge on the Cadillac. This 2-disc set covers safety features, breathing, and cueing for exercises at the open end, tower end, trapeze, and standing leg work. Also includes modifications for pregnant and senior clients. (Total run time: 2 hr)

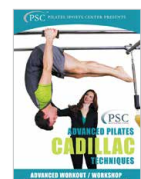
Lolita Shares Her Pilates Cadillac DVD8306



PSC Advanced Pilates Cadillac Techniques

Great for athletes or advanced students. Work from all sides of the Cadillac, and learn to quickly transition from one exercise to the next to create an effective, fun Cadillac workout. Bonus section includes safety tips, plus modified and advanced options. (Total run time: 1 hr, 11 min)

PSC Adv Cadillac Techniques DVD8368



Jennifer Kries Master Trainer Series

Cover key principles, movement study, and execution. Exercises are performed at all levels. Learn how to customize for clients with special needs, and to get the most out of your equipment. Includes tips for cueing and assisted stretching. Also great for the advanced student seeking a deeper understanding of the work. (Chair total run time: 90 min. Barrel total run time: 90 min. Trapeze total run time: 2 hr.)

Master Trainer Series—Reformer	DVD8290
Master Trainer Series—Chair	DVD8287
Master Trainer Series—Barrel	DVD8288
Master Trainer Series—Cadillac	DVD8291
Master Trainer Series—Set of Five	DVD8292



DVDs: Chair, Barrel

New! Advanced Chair Class

Taught by Kelli Burkhalter of The Pilates Center of Boulder, this DVD will give you a fabulous workout on the single pedal EXO® Chair or CenterLine™ Chair. Quickly move through each exercise with smooth transitions and clear cueing. Target every inch of the body with this advanced class and feel great after! (Total run time: 52 min)

Advanced Chair Workout

DVD8419



Beginning and Intermediate Chair, Levels 1 and 2

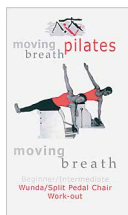
The versatility of the Chair is showcased in these workouts from Virginia Nicholas of Moving Breath Studio. In Level 1 (55 min), learn 20 exercises plus variations on both the Wunda and Combo Chairs, including seated, standing and lying on the chair and floor; maple dowel used. Level 2 workout (58 min) teaches 20 new exercises, plus numerous advanced variations on Level 1 exercises.

Level 1

DVD8123

Level 2

DVD8215



Lolita Shares Her Pilates Chair

Lolita San Miguel brings you this instructional DVD containing the entire repertoire of the Wunda and Combo Chairs. Included are variations, sequencing cues, safety tips, a warm up and cool down, and more. Does not include the EXO® Chair. (Total run time: 85 min)

Lolita Shares Her Pilates Chair

DVD8339

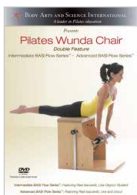


Pilates Wunda Chair

This 2-disc set covers 59 exercises. Brought to you by Rael Isacowitz of Body Arts and Science International™, learn the mechanics and cueing on several exercises. Intermediate Flow Series and Advanced. Props used: exercise ball, 12" rotator disc and gondola pole. (Total run time: Disc 1, 31 min; Disc 2, 33 min)

Wunda Chair

DVD8269



PSC Pilates Split Pedal Wunda Chair Workshop

An intermediate to advanced chair workout. Learn twists on exercises, and maybe pick up a few new ones! Great for the experienced home user, or get ideas for your chair sessions. Two levels demonstrated for variations and modifications of each exercise. Bonus section covers safety and advanced options. Props used: rotator disk for variation. (Total run time: 45 min)

PSC Split Pedal Wunda Chair Workshop

DVD8369



Pilates Arc® Workout

Balanced Body's 28-minute workout on the Pilates Arc will challenge your entire body. Use the Pilates Arc in unique ways to make the most of it! Demonstrated at beg/int/adv levels, it's perfect for any fitness level or Pilates experience. Included with your Pilates Arc purchase, or available separately. Props used: mat. (Total run time: 29 min)

Pilates Arc Workout

DVD8275



Lolita Shares Her Pilates Barrels and Arcs

Master Teacher Lolita San Miguel covers all the barrels and arcs, including the Pilates Arc®, in this comprehensive video. Learn all repertoire for the barrels plus contemporary variations. Included: breathing, transitions, sequencing cues, safety tips, and a warm-up and cool-down. Props used: Mat. (Total run time: 1 hr, 48 min)

Lolita Shares Her Pilates Barrels & Arcs

DVD8354

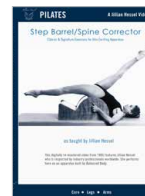


Step Barrel/Spine Corrector: Classic & Signature Exercises

Master Teacher Jillian Hessel's remastered DVD covers variations on many classic mat exercises, and introduces exercises unique to the Step Barrel. For teachers and int/adv students. Some exercises use wood dowel or weighted pole. (Total run time: 25 min)

Step Barrel/Spine Corrector

DVD8264



Spine Corrector—Beg/Int and Int/Adv

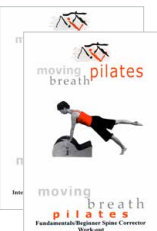
Beg/Int (45 min) is a fundamental/beginner workout to improve posture, core strength and flexibility and is suitable for all levels. Int/Adv (60 min) offers two workouts and 58 exercises, including more complex movement patterns and work against gravity. For healthy, active individuals with Pilates or other movement experience.

Spine Corrector, Beg/Int

DVD8253

Spine Corrector, Int/Adv

DVD8254

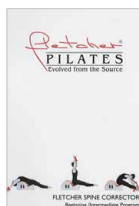


Fletcher Pilates® Spine Corrector Work

This new edition includes three workouts: an introductory series on the spine corrector, a program for integrating Fletcher Towelwork with the spine corrector, and finally matwork exercises on the spine corrector. Great for the intermediate to advanced student, or the professional looking for new ways to use or teach on this fun piece of equipment. (Total run time: 60 min)

Spine Corrector Work

DVD8217

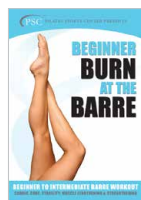


DVDs: Barre, Orbit™, Health Topics

PSC Pilates Burn at the Barre for Beginners

This great workout is perfect for those just starting a barre routine. Tone and sculpt the entire body into one a dancer would be proud of! No barre? No problem! Improvise with a chair for this beginner workout. Two levels are demonstrated so you can progress at a comfortable pace. Props used: hand weights, barre (or chair). (Total run time: 35 min)

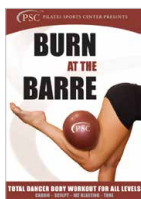
PSC Beginner Burn at the Barre DVD8388



PSC Pilates Burn at the Barre

The barre isn't just for ballerinas anymore! This awesome barre-based workout is great for any level. Includes variations for beginner, intermediate, and advanced. Work the lower and upper body in this fabulous full-body barre workout. Props used: 8-10" ball, barre or chair. (Total run time: 60 min)

PSC Burn at the Barre DVD8387



PSC Pilates Advanced Burn at the Barre

Burn, baby, burn! This 33-minute advanced barre workout will kick your metabolism into high gear and make your abs and glutes scream for more. Burn calories and sculpt a long, lean figure. Props used: 8-10" ball, optional Thera-Band, mat, and barre. (Total run time: 35 min)

PSC Advanced Burn at the Barre DVD8389



Orbit™ Workout, Levels 1 and 2

Roll your way through a fun, full-body workout that strengthens and stretches. Intermediate, and advanced levels, it's perfect for any level of fitness or Pilates experience. Level 1 (34 min) incorporates foundation exercises (included with your Orbit purchase or available separately), while Level 2 (60 min) introduces more advanced work. Props used: mat.

Orbit Workout, Level 1 DVD8336

Orbit Workout, Level 2 DVD8375



Fusion Pre & Post-Natal Protocol for Apparatus

Learn to assess and reverse postural issues caused by pregnancy. Jennifer Gianni presents a Reformer DVD with 50 exercises (60 min), and a Chair and Trapeze Table DVD with 50 exercises for Wunda Chair, Combo Chair and Trapeze Table (72 min). Multiple props used.

For Reformer DVD8272

For Chairs & Trapeze Table DVD8273



Fusion Pilates™ Pregnancy Set

Brought to you by Fusion Pilates' Jennifer Gianni, this boxed set includes Pilates for Pregnancy, safe for any trimester; Post-Pregnancy and C-Section Recovery, designed for immediately after giving birth and the weeks following; Exercise with Baby, a safe routine you can do with your baby; and Triple Threat, a great workout with an 8-10" ball to help regain your pre-pregnancy body.

Fusion Pilates Pregnancy Boxed Set DVD8284



Leah Stewart's Live Life Pilates for New Mothers

A fabulous, progressive series to help you fully move through the entire process of healing from pregnancy. This DVD will help you reconnect with your post-pregnant body. The first routine you can do in the first few days after giving birth (15 min). Follow that up a workout designed for 4-6 weeks post birth (45 min), then one for 2-4 months after giving birth (23 min). Bonus with this segment? You can do it with your baby! The fourth and final workout is designed to renew and regain strength and stability for your non-pregnant body 4-6 months after birth (45 min). Props used: mat, small towel.

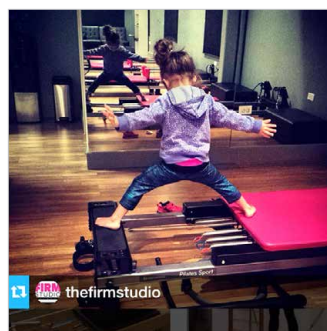
Live Life Pilates for New Mothers DVD8380



Breast Cancer Survivor's Guide to Physical Restoration

Designed for the breast cancer survivor, and post-op patient, Pilates Therapeutics® presents suggestions for a complete physical program. Includes nutritional guidelines, a 30-minute daily Pilates workout, and more. Props used: Thera-Bands, towels or cushions. (Total run time: 108 min)

Breast Cancer Survivor's Guide DVD8257



found on
INSTAGRAM

@balancedbody

Adoreable! Starting off on a path of wellness!

image via @thefirmstudio

DVDs: Health Topics, continued

New! Hardcore Scolio

An accessible, easy-to-follow workout for anyone with scoliosis. Pilates instructor Erin Myers, diagnosed with scoliosis as a teenager, designed this approachable 40-minute workout to help you increase awareness of your body alignment. Get a great workout, improve core strength, and strengthen your spiral spine! Props used: Mat, chair, large mirror, towel. (Total run time: 43 min)min.)

Hardcore Scolio

DVD8415



New! TheraPilates® for Bone Building & Injuries

A mat-based program by physical therapist and Pilates pro Sherri Betz designed for those with osteoporosis and osteopenia, to strengthen legs, improve posture, and gain core strength. Includes cautions and things to avoid, so it is safe for everyone. A knowledge of Pilates basics is recommended. Props used: Mat, dowel or broom handle, foam roller, 8" massage ball, light elastic tubing, Fletcher Towel, and light handweights. (Total run time: 74 min)

TheraPilates for Bone Building & Injuries DVD8422



The Cerny System for Scoliosis

Learn how to stabilize your spine and soften your scoliotic curves. Change unhealthy movement patterns into healthy ones with Pilates-based stretching and breathing with Pilates pro Jana Cerny's unique approach to scoliosis. Includes three routines. Props used: mat, small towel, cushion. (Total run time: 66 min.)

The Cerny System for Scoliosis

DVD8411

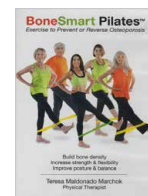


Bone Smart Pilates

No matter your age, this DVD can help you improve your overall bone health! PT and Pilates instructor Teresa Maldonado Marchok designed this easy to follow routine for everyone. Includes tutorials before the workout, and four bonus sections. Previous Pilates experience is not required, but knowledge of Pilates basics is recommended. Props used: dowel or broom handle, Theraband®, tennis ball cut in half, mat, Stretch-eze® band. (Total run time: 2 hr, 19 min.)

Bone Smart Pilates

DVD8400



The Scoliosis Series, Parts 1 and 2

Manage scoliosis with proper body mechanics. In Part 1 (60 min), Dr. Suzanne Martin includes a self-test, tips on conducting a Scoliometer screen and judging joint flexibility, and a 20-minute Wall Spring workout with two Door Resistance Kits. Part 2 (57 min) includes breathing exercises, a self-test, and a 20-minute workout. Props used: mat and resistance band.

Scoliosis Series, Part 1

DVD8248

Scoliosis Series, Part 2

DVD8259



TheraPilates® Reformer for Osteoporosis

Designed specifically for those diagnosed with osteoporosis or osteopenia. Incorporate safe and effective Reformer exercises that will strengthen the hips, wrists, and spine. Brought to you by Sherri Betz, PT. (Total run time: 65 min)

TheraPilates Reformer for Osteoporosis DVD8386

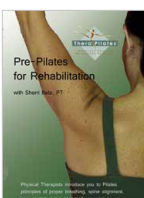


Pre-Pilates for Rehabilitation

Review proper breathing, alignment, and core control with Sherri Betz, PT. Great for an advanced Pilates student post-injury/surgery, or to supplement therapy at home. Props used: mat, hard ball/tennis ball, pole, 8-10" ball, yoga strap, small towel. (Total run time: 41 min)

Pre-Pilates for Rehabilitation

DVD8301



Pilates for Buff Bones

This award-winning DVD from Rebekah Rotstein is designed to strengthen bones and muscles, and improve alignment and balance. This 60-minute, full-body workout is adaptable for any level and safe for those with osteoporosis. Props used: mat, hand weights and a wall space to lean against. (Total run time: 72 min)

Pilates for Buff Bones

DVD8379

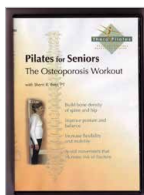


Pilates for Seniors

From Sherri Betz, PT, a DVD with seated and standing exercises for seniors. Includes instructions for safely getting down and up from the floor and exercises to do in bed. Anatomy, breathing and spine positioning precede the workout. Props used: doowel or yellow/light Thera-band®. (Total run time: 63 min)

Pilates for Seniors

DVD8265

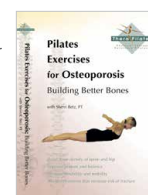


Pilates Exercises for Osteoporosis

Safely incorporate Pilates mat exercises into your bone-building program. From Sherri Betz, PT, these exercises help build bone density, improve posture and balance, and increase flexibility and mobility. Learn to avoid movements that increase fracture risk. (Total run time: 60 min)

Osteoporosis Program

DVD8087



➡ Looking for workout DVDs suitable for those with low back pain? See p. 96-98.

books & manuals

- 106 General
- 109 Anatomy and Movement
- 110 Health Topics
- 111 Manuals



“Very often a change of self is needed more than a change of scene.”

—A. C. Benson

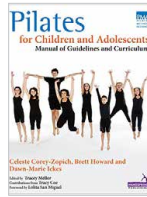
Books: General

New! Pilates for Children and Adolescents

by Celeste Corey-Zopich, Brett Howard, and Dawn-Marie Ickes

Comprehensive guidelines and formal curriculum for teaching Pilates to young people, ages 5 to 18, with a special chapter devoted to kids 9-13, when they are in a "magic window" of cognitive and neurological development and will respond well to structured activity like Pilates. Manual includes information on how to structure a class for kids, the anatomical differences between teaching an adolescent versus adult body, and cueing suggestions. Exercise chapters are separated by age group, so you can quickly see appropriate exercises. Lesson plans included. Published by the Pilates Method Alliance, of which Balanced Body is a proud supporter. Paperback, black and white illustrations, 214 pages.

BK8148

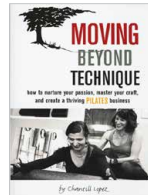


Moving Beyond Technique

by Chantill Lopez

A wonderful book for both new and seasoned Pilates professionals. Chantill Lopez, Pilates professional and founder of Skillful Teaching, guides you through thought-provoking exercises to help you evolve your teaching, reinvigorate your practice, and put thoughts and tools into action. Includes checklists, personal inventories, and other real life strategies to boost your business and rekindle your love for teaching. Also a great roadmap for the new instructor. Paperback, color photos, 78 pages.

BK8138

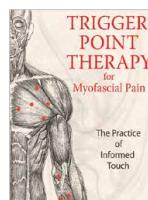


Trigger Point Therapy for Myofascial Release

by Donna Finando, LAc, LMT, and Steven Finando, PhD, LAc

An invaluable resource for those who work closely with the body. Chapters are organized by muscle group. Detailed illustrations show the muscle's trigger point and accompany information on its attachment and action, plus how to palpate, pain patterns of each muscle, exercises to stretch and strengthen, and more. The beginning includes chapters on informed touch, Qi, and why trigger point therapy is so important. Paperback, black and white, 245 pages.

BK8038

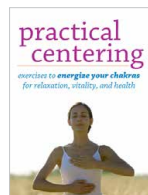


Practical Centering

by Larkin Barnett, BA, MA

Learn how to energize, heal, and relieve stress. Perfect for anyone who wants techniques on how to breathe better and gain an increased understanding of how breath affects efficiency of movement. Paperback, black and white, 155 pages.

BK8036

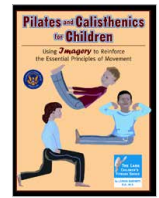


Pilates and Calisthenics for Children

by Larkin Barnett, BA, MA

Help children get on the road to health, blending calisthenics with Pilates principles. Visual imagery helps adults teach the exercises, or older kids follow along. Verbal cueing paired with illustrations provide teaching cues. Use in children's fitness classes at the gym, classroom, or home. No props needed. 30 exercises. Paperback, black and white illustrations, 96 pages.

BK8127

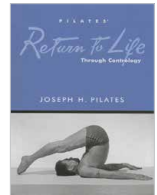


Return to Life Through Contrology

by Joseph Pilates

Published in 1945, this original work by Joseph Pilates includes advice regarding posture, body mechanics, breathing, spinal flexibility, and physical education. Includes his original 34 mat exercises, with cues and illustrations. Published by the Pilates Method Alliance. Paperback, black and white, 105 pages.

BK8136



Pilates Evolution: The 21st Century

by Joseph Pilates, Judd Robbins, and Lin Van Heuit-Robbins

Includes Joseph Pilates' *Your Health* (1934) and *Return to Life* (1945) in their original form, plus an additional chapter on how Pilates of recent years has built on the foundation established many years ago. See how props such as the magic circle, resistance work, and unstable surfaces can make Pilates more challenging. Paperback, black and white, 256 pages.

BK8132

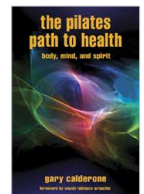


The Pilates Path to Health

by Gary Calderone

Gary Calderone brings to life Joseph Pilates' legacy in this inspiring book. An excellent guide to bring you a new appreciation and deeper understanding of the work. Covers the principles of Pilates and its modern applicability. Paperback, 153 pages.

BK8130

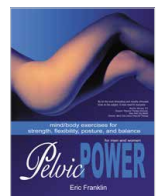


Pelvic Power

by Eric Franklin

For men and women: mind/body exercises for strength, flexibility, posture, and balance. Combines scientific principles with movement and imagery exercises. Create a stronger body by training the muscles and joints of the pelvic floor! Paperback, black and white, 114 pages.

BK8089



Books: General

New! Centered: Organizing the Body through Kinesiology, Movement Theory and Pilates Techniques

by Madeline Black

This book provides a complete picture demonstrating the complex interconnectedness of the musculature, fascia and joints, and the implication of these deeply intertwined systems for movement through Pilates, yoga, and other fitness disciplines. Black's richly illustrated presentation style will allow the instructor to grasp the biomechanics underlying posture and dysfunction and hence to enable change and improvement. Paperback, color photos and illustrations, 320 pages.

BK8151

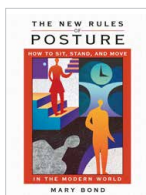


The New Rules of Posture: How to Sit, Stand and Move in the Modern World

by Mary Bond

A resource for Pilates instructors and health care professionals to educate people on relieving chronic pain via postural changes. Learn key anatomical features that affect posture, and exercises to change it. Paperback, black and white illustrations, 240 pages.

BK8092

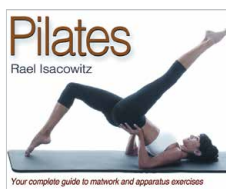


Pilates

by Rael Isacowitz

Your complete guide to Pilates mat work and equipment-based work. Rael Isacowitz shares the repertoire he has used to train Olympians. Progresses from fundamentals to advanced levels on Mat, Reformer, and all the apparatus. Paperback, black and white, 343 pages.

BK8083

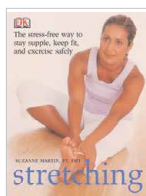


Stretching

by Suzanne Martin, PT, DPT

Simple and instantly gratifying, stretching is a release that can energize or relax you. This practical guide provides quick exercises that fit easily into your daily life. Remodel your body in just 21 days! Includes stretches to ease everyday stresses and strains. Paperback, color, 160 pages.

BK8072

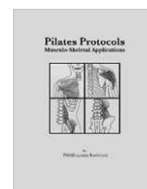


Pilates Protocols, Musculo-Skeletal Issues

from The PhysicalMind Institute

Learn how to train clients with impairments or injuries based on the concept that changes in muscle performance are the cause. In three sections: Musculo-skeletal, Pilates Protocols, and Movement and Exercises. Spiral-bound paperback, black and white, 78 pages.

BK8073

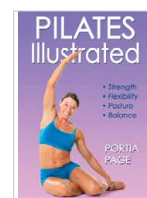


Pilates Illustrated

by Portia Page

A practical approach to integrating Pilates into your daily life. Great for the novice or seasoned Pilates enthusiast. Includes 16 goal-specific programs, such as posture or total-body. Each exercise is shown in start, middle, and end positions, with clear cues and variations. Some exercises use a magic circle, resistance band or exercise ball. Paperback, color photos, 300 pages.

BK8121

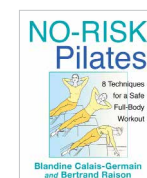


No-Risk Pilates

by Blandine Calais-Germain and Bertrand Raison

Make Pilates exercises mistake free and enjoy all the benefits Pilates has to offer. Great for the instructor to explain how to identify common errors, or for the student, to help become more aware of proper alignment and where/how problems might arise during exercise execution. Covers 8 fundamental Pilates exercises on the Reformer. Paperback, color, 118 pages.

BK8133



The Golfer's Guide to Pilates: Step-by-Step Exercises to Strengthen Your Game

by Monica Clyde

Increase swing strength and efficiency. Includes beginner, intermediate, and advanced workouts to improve your golf game. Gain greater flexibility, increase core strength, and give yourself a better golf swing! Includes easy-to-learn Pilates exercises with step-by-step photos. This program will raise your physical ability, transforming your game into one of control and power. Paperback with black and white photos, 144 pages.

BK8098



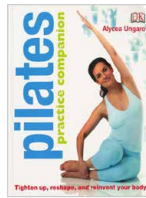
Books: General

Pilates Practice Companion

by Alycea Ungaro

Pilates pro Alycea Ungaro presents this informative, comprehensive book filled with color photos demonstrating proper execution of exercises, including reps and speed, photos of common faults to avoid, and a history of Pilates. Also includes easy-to-follow workouts of varying lengths, gives advice on nutrition, and how to easily fit in a quick Pilates move or two during your busy day, plus resources to help you achieve or maintain a healthy lifestyle. Paperback, color photographs and illustrations, 256 pages.

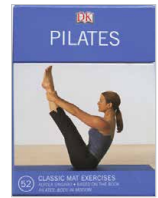
BK8144



Pilates Classic Mat Exercises Cards

by Alycea Ungaro

An ideal reference for traveling, the gym, or at home. Each card contains easy-to-follow cues and full color illustrations, with color coding to make it quick and easy to find your workout. Includes transition cues at the bottom of each card, so you can flow from one move to the next. Also covers basic Pilates principles. 52 exercises. 108-292



Pilates Chair: Challenging The Core

by Christine Romani-Ruby, PT, MPT, ATC

A complete book presenting over 30 exercises. Arranged in chapters based on what the spine is doing (neutral, flexion, extension, rotation), this book features photos, set up, movement, and cueing suggestions with variations. Also included: guidelines for teaching group classes, a history of Pilates and the chair. Paperback, black and white, 100 pages. Props used: Moonbox (optional).

BK8123

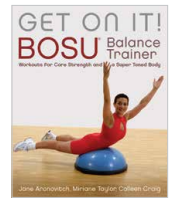


Get on it! BOSU® Balance Trainer

by Jane Aronovitch, Miriane Taylor, Colleen Craig

Strengthen your core and stabilizing muscles, and reshape your body with the power of the BOSU! Learn how to adapt familiar exercises into challenging and highly effective work on BOSU. Paperback, black and white, 144 pages.

BK8106

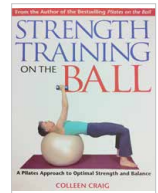


Strength Training On The Ball

by Colleen Craig

Build strong bones, improve balance and tone by combining an exercise ball with Pilates-based training. Learn more than 140 exercises using weights, balls, and the body's resistance. Three strength-training workouts: therapeutic for those recovering from injuries, basic for beginners, and challenging for gym enthusiasts. Paperback, black and white, 261 pages.

BK8074



Using Small Props For Big Results

by Christine Romani-Ruby, PT, MPT, ATC

A guide to using the ring, roller, spine corrector and baby arc on the mat. Learn the exercises, including breathing, cues, and benefits, for each piece of equipment. Photographs make it easy to see and understand the movement. Props used: Ring, Roller, Spine Corrector, Baby Arc, Mat. Paperback, black and white photo illustrations, 148 pages.

BK8109



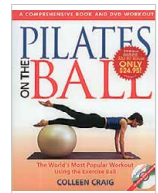
Pilates on the Ball

by Colleen Craig

A comprehensive guide to Pilates exercise on the ball, with workout DVD. Included are breathing, postural, and abdominal exercises, restoration and rebuilding, stretching, cardiovascular exercise and more! Over 50 exercises! Includes Restorative, Basic and Intermediate workouts, also on the 44-minute DVD. Props used: hand weights (optional). Paperback, black and white, 179 pages.

Book with DVD

BK8060

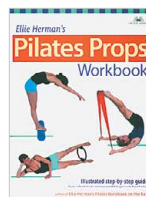


Pilates Props Workbook

by Ellie Herman

100 exercises for Pilates props! Includes Pilates principles, a movement vocabulary, plus programs for beginners through advanced, and designed to strengthen the low back, shoulder, foot and ankle, and neck and upper back. **Props used: roller, ring, "pinky" ball and resistance band.** Paperback, black and white, 144 pages.

BK8067



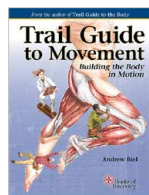
Books: Anatomy and Movement

New! Trailguide to Movement

by Andrew Biel

A detailed, comprehensive visual guide written with subtle humor that clearly shows the various anatomical structures. Chapters include muscles, joints, and connective tissue, plus movement principles, gait, biomechanics and more. A must have resource for any movement professional, body worker.

BK8149

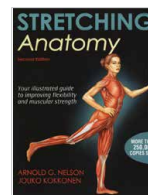


Stretching Anatomy, 2nd Ed.

by Arnold G. Nelson & Jouko Kokkonen

Now with 16 new exercises, plus more detailed information for each stretch. Color illustrations show the muscles in action. Each exercise includes variations, instructions for the stretch, the primary muscles affected/activated for support, and detailed stretch notes, plus safety tips. Paperback, color illustrations, 222 pages.

BK8146

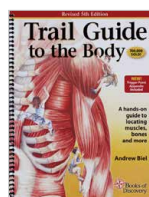


Trail Guide to the Body, 5th Ed.

by Andrew Biel, LMP

A detailed and comprehensive visual tour that teaches you to palpate the body's structures, identify muscles, bones, ligaments and bony landmarks. Covers each section of the body as to purpose and function. Also includes identification of other body systems, such as lymph nodes and nerves. Spiral bound paperback, color illustrations, 496 pages.

BK8145

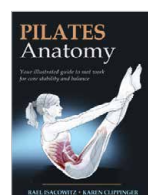


Pilates Anatomy

by Rael Isacowitz and Karen Clippinger

Over 45 exercises illustrated with color drawings. Includes exercise execution, muscles used, cueing, variations and modifications, plus notes to help understand each exercise. Also covers Pilates principles and history, overall anatomy, alignment, and breathing. Paperback, color illustrations, 204 pages.

BK8125



Trail Guide to the Body Flashcards

by Andrew Biel, LMP

These flashcards complement *Trail Guide to the Body* to assist in memorization of bones, muscle name, origin, insertion, action, and nerve innervation, as well as pronunciation.

Volume 1—Skeletal System BK8113

Volume 2—Muscular System BK8114

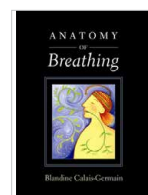


Anatomy of Breathing

by Blandine Calais-Germain

A clear and helpful guide to learning the mechanics of breath and the benefits of different types of breathing. Filled with helpful illustrations, exercises and explanations to gain better control of the breath. Paperback, black and white illustrations, 232 pages.

BK8104

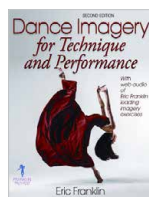


Dance Imagery for Technique & Performance, 2nd Ed.

by Eric Franklin

Learn how to use Eric Franklin's unique imagery techniques to improve dance performance, improvisational skills, and overall expression. Includes chapters on the history of imagery, plus 294 exercises to explore its use. Paperback, black and white, 376 pages.

BK8137

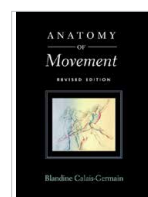


Anatomy of Movement, Revised Ed.

by Blandine Calais-Germain

Learn more about anatomy and how bodily structures are related to movements like dance and exercise. Clear and concise language and illustrations give a visual tour through the muscles, bones, ligaments, and joints and their respective motions. Paperback, black and white illustrations, 316 pages.

BK8101

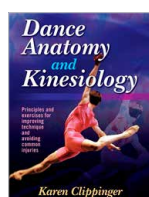


Dance Anatomy & Kinesiology

by Karen Clippinger

Focuses on optimal dance movement and related principles for understanding joint function. Chapters cover the skeletal and muscular systems, plus specifics on the spine, pelvis, hip joint, lower extremities, and more. Other topics include alignment deviations, mechanics, and injuries, with strength and flexibility exercises. Hardcover, black and white illustrations, 532 pages.

BK8091

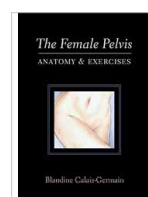


The Female Pelvis

by Blandine Calais-Germain

Concise language and clear illustrations discuss changes in the female pelvis, with an emphasis on pregnancy and childbirth. Includes exercises to increase flexibility, strength and coordination. Also features exercises to decrease complications from maladies related to the pelvis. Paperback, black and white illustrations, 108 pages.

BK8103



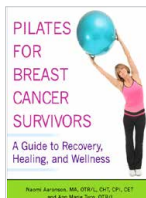
Books: Health Topics

New! Pilates for Breast Cancer Survivors

by Naomi Aaronson, MA, OTR/L, CHT, CPI, CET & Ann Marie Turo, OTL/R

A wonderful resource to help breast cancer survivors safely use Pilates to regain flexibility, endurance, and relieve the side effects of treatment, such as fatigue, lymphedema, and upper body impairment. Written with expertise and compassion, OTs and Pilates instructors Naomi Aaronson and Ann Marie Turo created this program to help through any stage of breast cancer treatment and recovery. Props used: chair, mat, Theraband, dowel, 8-10" ball, small weighted ball or handweights, folded towel, magic circle. Paperback, black and white photo illustrations, 229 pages.

BK8150



Pilates for Menopause Manuals

by Carolyne Anthony

These manuals brought to you by Carolyne Anthony of the Center for Women's Fitness discusses the changes that occur in the body during perimenopause and menopause, and ways to use Pilates to counteract effects, such as loss of flexibility and potential for decreased bone density. Mat manual includes work with resistance band, ball, hand weights and Pilates Arc®.

Mat	92 exercises	92 pp	BK8139
Reformer	72 exercises	72 pp	BK8140
Cadillac	88 exercises	88 pp	BK8141
Chair	58 exercises	58 pp	BK8142

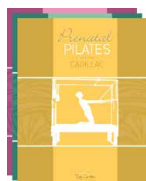


Prenatal Pilates Manuals

by Carolyne Anthony

From Carolyne Anthony and The Center for Women's Fitness, each manual covers safe and beneficial exercises for any stage of pregnancy. Each movement is clearly shown and explained with full-color photographs. Use with the full *Pilates Way to Birth* manual or independently. Mat manual includes work with a resistance band, ball, hand weights and the Pilates Arc®.

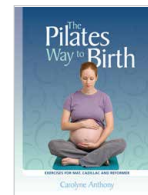
Mat	59 exercises	108 pp	BK8034
Reformer	53 exercises	72 pp	BK8035
Cadillac	28 exercises	38 pp	BK8118



The Pilates Way to Birth

by Carolyne Anthony

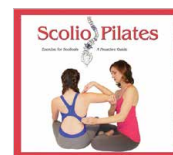
Safely exercise and move through pregnancy. Learn the changes in the body during pregnancy, then exercises on the mat, Reformer, and Trapeze Table. Full-color photographs demonstrate each motion with detailed explanations and benefits. Safe for any trimester. Props used: mat, exercise ball, hand weights, resistance tubing, small ball, foam roller. Sitting box needed for Reformer exercises. Spiral bound, color, 174 pages. BK8105



Scolio-Pilates: Exercise for Scoliosis

by Karena Thek Lineback

An invaluable, must-have tool for anyone working with scoliotic clients. Learn a unique combination of spinal elongation and breathing exercises with strength and endurance work, to reduce pain and improve lung and heart health in this special population. Karena Thek Lineback masterfully distills the complexity of scoliosis into an effective, easy to understand guide. Includes a sampling of common curvatures and how to use props to help realign the spine. See exercises on the Mat, Reformer, and each Apparatus. Props used: various. Black and white illustrations. 121 pages. BK8129



The Osteoporosis Exercise Book: Building Better Bones

by Sherri Betz, PT

The companion manual to the DVD on page 104. Physical therapist Sherri Betz created this guide to help you incorporate safe Pilates mat exercises into your bone-building program. The exercises will help you build bone density of the spine and hip, improve posture and balance, and increase flexibility and mobility. You will also learn how to avoid movements that increase the risk of fracture. Spiral bound, black and white, 96 pages. BK8057



Books: Manuals

Balanced Body Manuals: Detailed Guides for Practicing Pilates

These comprehensive manuals from Balanced Body include detailed exercise descriptions, great photograph sequences, precautions, modifications for common physical limitations, and cueing for optimum form. Instructions on using the equipment, programs of different levels and overview of the Pilates movement principles will help you deepen your understanding and appreciation of the Pilates method. Spiral bound, black and white.



Arm Chair	16 categories	50 pp	BK8037
Orbit™	47 exercises	125 pp	BK7011
Mat	81 exercises	85 pp	BK7000
Mat and Ring	37 exercises	88 pp	BK7007
Mat and Roller	30 exercises	100 pp	BK7008
Mat and Balls	22 exercises	132 pp	BK7009
Mat and Bands	36 exercises	125 pp	BK7010
Reformer	103 exercises	150 pp	BK7001
Chair	58 exercises	62 pp	BK7002
Trapeze Table	60 exercises	84 pp	BK7003
Barrels	21 exercises	43 pp	BK7004
EXO® Chair	46 exercises	76 pp	BK7005
Pilates Arc®	41 exercises	68 pp	BK7006

Set of 5 manuals - save

(Mat, Reformer, Chair, Trapeze Table, Barrels)

931-000

Manuals by Ellie Herman

by Ellie Herman

Great for Pilates trainers, fitness professionals, and those wanting a deeper understanding of their practice. Classic Pilates repertoire plus original

exercises from Ellie Herman. Detailed descriptions and photos with breathing, alignment cues, contraindications, and rehab applications. Paperback, black and white photos.



Mat Work	80 exercises	191 pp	BK8095
Reformer	100 exercises	183 pp	BK8071
Cadillac	35 exercises	112 pp	BK8081
Springboard	70 exercises	122 pp	BK8070
Wunda Chair	40 exercises	111 pp	BK8080
Arc & Barrel	77 exercises	152 pp	BK8122

Movement Analysis Workbooks

by Rael Isacowitz

Rael Isacowitz, founder of Body Arts and Science International, created this series

for professionals and serious home enthusiasts. Precise, step-by-step movement instruction details breath patterns, muscle focus, exercise objectives and teaching cues. Exercises illustrated with sequential photographs. Auxiliary manual includes repertoire for Step Barrel, Arm Chair, Ped-o-Pull, circle, pole, and leg weights. Spiral bound, black and white.



Mat Work	55 exercises	59 pp	BK8065
Reformer	92 exercises	58 pp	BK8066
Cadillac	54 exercises	58 pp	BK8063
Wunda Chair & Ladder Barrel	33 Chair and 10 Barrel exercises	49 pp	BK8064
Auxiliary	56 exercises	61 pp	BK8062
Avalon System	67 exercises	70 pp	BK8117

Pilates Teachers' Education Program

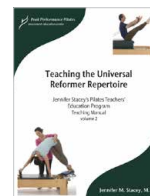
by Jennifer M. Stacey, MS

Movement Perspectives (174 pages), a scientific approach to classic Pilates, helps create a sound foundation of knowledge.

Teaching the Universal Repertoire (256 pages)

is a comprehensive guide to the Reformer repertoire. Learn settings, contraindications, transitions, modifications and sequencing. Clear photographs, with detailed cueing and teaching tips. Paperback, black and white.

Movement Perspectives: Vol. I	BK8093
Universal Reformer Repertoire	BK8108



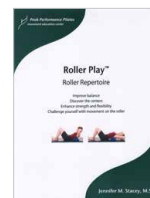
Roller Play

by Jennifer M. Stacey, MS

Learn to make the most of the roller!

Jennifer Stacey gives detailed, step-by-step instructions to 41 exercises on this versatile prop. Photographs make understanding the correct movement even easier. Includes cueing, benefits, contraindications, and common errors. Spiral-bound paperback, black and white, 40 pages.

Roller Play	BK8116
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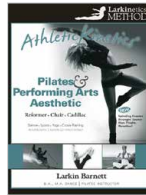
Pilates & Performing Arts Aesthetic for Reformer, Chair, and Cadillac

by Larkin Barnett, BA, MA

A totally unique approach to Pilates! Focused breathing and spiral movements combine with the exercises you know and love to make you stronger and leaner. This manual is perfect for anyone who wants ideas on Pilates exercises to cross-train your athletes, dancers, or advanced clients. Includes no-nonsense illustrations to give you visual suggestions for cuing, plus teaching tips and clear demonstration photos. 26 exercises. Spiral bound, black and white illustrations, 84 pages.

BK8134

See companion DVD on page 101.

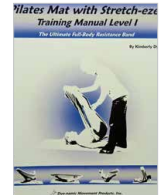


Pilates Mat with Stretch-eze® Training Manual Level 1 with DVD

by Kimberly Dye

Kimberly Dye, creator of the Stretch-eze band, brings you this training manual. Learn 41 exercises, including how to select appropriate sizes of the Stretch-eze, safety precautions, and how to wrap the Stretch-eze in its various configurations for each exercise. An accompanying 39-minute DVD shows you the execution of each exercise, and also contains flashcard files so you can print your own exercise cards. Full color photographs clearly demonstrate each exercise. Purchase Stretch-eze separately (p. 85). 250 exercises. Spiral bound, color illustrations, 68 pages.

108-243

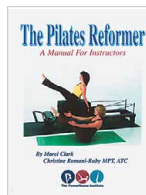


The Pilates Reformer Manual

by Christine Romani-Ruby, MPT, ATC & Marci Clark of PHI Pilates

Includes 58 Reformer exercises plus variations, with photos of each exercise and clear details for proper set-up, movement, benefits, breathing, variations, prerequisites and cues. Discussion of breathing, neutral spine, and common postural problems, plus tips on starting your own Pilates program. Paperback, black and white, 162 pages.

BK8058

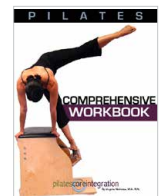


Comprehensive Workbook

by Virginia Nicholas, MA, RN

This comprehensive manual covers Pilates fundamentals, Mat, Reformer, Trapeze Table, Wunda Chair, Ladder Barrel and Spine Corrector. Clear, concise instructions for exercise set up, purpose, benefits, prerequisites, and a technique overview to ensure correct form. Over 250 exercises. Spiral bound, black and white, 324 pages.

BK8115



furnishings

- 114 Historical Posters and Photos
- 115 Begin Chair®
- 116 Posters / Notecards / Gift Certificates
- 118 Apparel



“Correction does much, but encouragement does more.”

—Johann Wolfgang von Goethe

Historical Posters and Photos

Rare photographs of Joseph Pilates in his 8th Avenue studio in New York City.

Original Pilates Studio

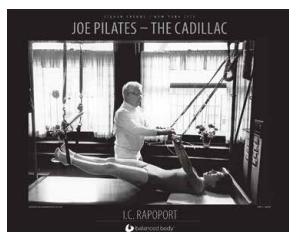


Poster, 30" x 24" (76cm x 61cm)

105-050

This beautifully detailed photo was given to Ron Fletcher by Clara Pilates, and shows the Pilates Studio circa 1940. Generously sized, at 30" x 24," this poster will become a focal point in your studio. Reproduced on heavyweight paper.

Joe Pilates—Cadillac



Poster, 30" x 24" (76cm x 61cm)

105-078

Photo, 11" x 16.5" (28cm x 42cm)

105-056

Taken by photojournalist, I.C. Rapoport in 1961, "The Cadillac" shows Joe teaching proper position to an unidentified student. Photo on heavyweight paper.

Joe Pilates—The Barrel



Photographed in 1961 by I.C. Rapoport, Joe demonstrates use of "The Barrel," one of his "mechanical contraptions designed to strengthen and stretch the body." Photo on heavyweight paper.

Poster, 22" x 32"

(56cm x 81cm) 105-079

Photo, 11" x 16.5"

(28cm x 42cm) 105-060

Joe Pilates—Jack Knife



Taken in 1961 by I.C. Rapoport at Joseph Pilates' studio, this image shows Joe cueing a student in Jack Knife on the Reformer. Photo on heavyweight paper.

Poster, 22" x 32"

(56cm x 81cm) 105-098

Photo, 11" x 16.5"

(28cm x 42cm) 105-059

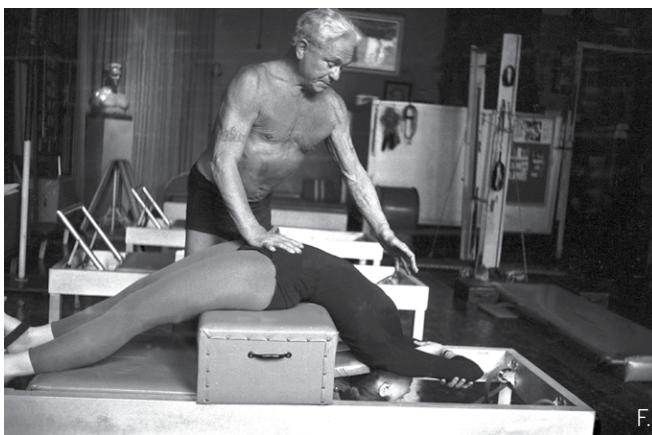
➡ Additional photographs available at pilates.com.

IC Rapoport Photographs

Balanced Body is pleased to present an outstanding series of photographs with Joseph Pilates. Taken October 3, 1961, by photojournalist I.C. Rapoport, these are the finest photographs we have ever seen of Joseph Pilates at work. Rapoport was on assignment for *Sports Illustrated* magazine when he encountered the creator of Contrology. Available as archival pigment prints, with a few as posters.

All below are 11" x 16.5" (28cm x 42cm)

A. Working Muscle Photo	105-055
B. Joseph Pilates	105-057
C. Client/Reformer Photo	105-051
D. Trap Table Photo	105-058
E. Client/Mat Photo	105-053
F. Short Box Photo	105-054



Begin Chair®



Begin your day with a healthy outlook! Transform sitting at your desk into an active experience that promotes healthy posture. Original concept by Pilates instructor Maria Mankin, developed in collaboration with Balanced Body®.

Finally, a beautiful and much more functional ball chair. Exclusively from Balanced Body, the Begin Chair® is an attractive, intelligent addition to your home or office. It is also the only ball chair with comfortable lumbar support that adjusts to your spine's natural curves.

The small ball in back adjusts up and down, or in and out, to fit every spine. It will provide friendly yet firm feedback if your posture deteriorates.

The large fitness ball (55cm) is our highest quality, burst-resistant ball. It provides the right amount of instability to activate core muscles. If needed, adjust your seated height by slightly deflating the ball. Back away from your desk during the day, and the chair is also great for a seated exercise break.

Balls are Storm gray and must be inflated (pump included). Wheel kit and fabric ball covers available separately.

You receive

- » Patented chair frame of premium stratified maple and hardwood core. Beautifully designed and solidly built.
- » 55cm fitness ball
- » 8-10" ball for lumbar support
- » Needle pump to inflate balls
- » Chart with suggested seated exercises

Pricing

Begin Chair	736-000
Begin Chair with Wheel Kit	953-000
5 Year Limited Warranty	

Begin Chair® Accessories

Wheel Kit

Make your Begin Chair more mobile with our custom-designed wheel kit. Includes heavy duty casters and all hardware needed for installation.

Wheel Kit	950-203
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Fabric Ball Cover with Handle

Fits any 55cm fitness ball for more comfortable contact. Cotton knit cover is zippered so that you can quickly remove and launder it, then put it back on without having to deflate the ball—not true of other ball covers. Convenient, sewn-in carrying handle.

Your choice of Black or Storm gray. Fits any 55cm fitness ball. Garment dyed and pre-shrunk. Wash cold, dry low.

55cm Ball Cover, Storm	108-294
55cm Ball Cover, Black	108-293

Posters and Notecards

New! Pilates Reflections Posters

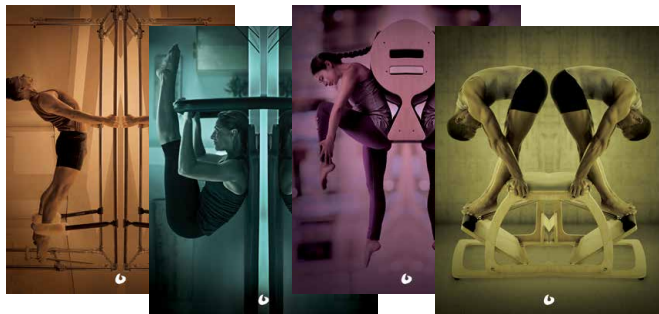
Decorate your wall with this series of four artful posters in jewel tones. Do you see your favorite Pilates exercise in one of them? Each is 11" x 14" (28cm x 35.5cm).

105-103 Pilates Reflection Wall Art: Trapeze Table

105-104 Pilates Reflection Wall Art: Allegro® 2

105-101 Pilates Reflection Wall Art: Clara Step Barrel®

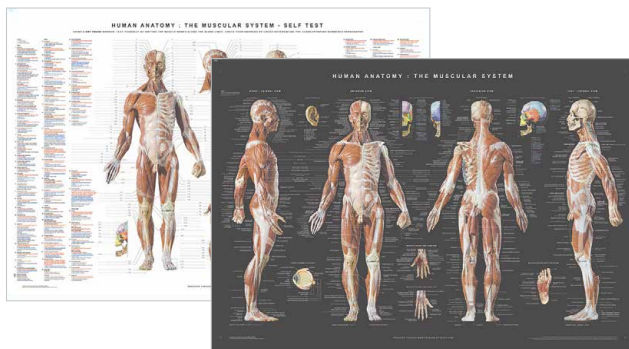
105-102 Pilates Reflection Wall Art: EXO® Chair



Anatomy Poster

The finest wall chart we have seen for teaching and learning the human superficial muscular system and its relationship to the skeleton. Over a dozen photographic/orthographic views. "Cut-away" details and cross sections depict real three-dimensional projection of forms and features. A "test your knowledge" section and primary muscle actions make this chart superior to other wall charts. Printed full-color, 2-sided, laminated with metal hanging rivets. 40"W x 26" H (102cm x 66cm).

105-080



The Pilates Chart

This colorful chart presents the original mat sequence in an easy-to-follow, color-coded system that differentiates beginning, intermediate, and advanced exercises. Brought to you by Carol Appel, this bold poster is perfect to decorate the walls of a studio, or to reference at home for the experienced practitioner. 24" x 35.5" (61cm x 90.2cm).

The Pilates Chart



108-245

Prop Posters

Great for your studio or home workout room, or as a reference wherever you are. Each poster features ten of our favorite exercises, plus variations. 18" x 24" (46cm x 61cm)

Ball Poster with 8-10" Ball

941-001

Ball Poster only

105-097

Roller Poster with Rain Cloud Gray Magic Roller

940-002

Roller Poster with Swirlie Gray Magic Roller

940-003

Roller Poster only

105-088



Exercise Posters

These large posters will inspire and inform your students. Series I includes beginning to intermediate exercises, while Series II focuses on intermediate to advanced positions. Thanks to master instructors Elizabeth Larkam, Tom McCook and Valentin for joining us. All are 24" x 36" (61cm x 91cm).

Chair I 105-066

Chair II 105-067

Trapeze Table I 105-068

Trapeze Table II 105-069

Reformer I 105-064

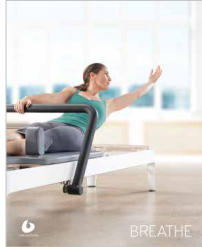
Reformer II 105-065



Pilates Concepts Posters

Show your love of Pilates with inspiring posters that exemplify Pilates concepts. Decorate your studio or home workout space and display your passion for Pilates. 16" x 20" (41cm x 51cm)

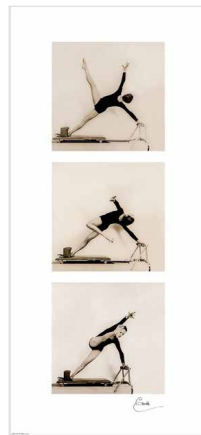
"Control"	105-096
"Breathe"	105-093
"Balance"	105-092
"Flexibility"	105-094
"Flow"	105-095
"Concentrate"	105-091



Carola Trier Poster

These posters show vintage images of Carola Trier demonstrating Reformer exercises. Printed on heavy paper, these posters will adorn the walls of your studio for years to come. 44" x 19.5"

Horizontal	108-278
Vertical	108-279



New! Words from Joe Notecards

Share four of Joe's memorable quotes on these beautiful folding notecards.

Give a box to your students or teachers, or treat yourself. 12 notecards with white envelopes.

Blank inside. 4.1" x 5.5" (10.4cm x 14cm).

105-000



Joe Cards

Traditional repertoire by the master. Check out Joe's Pilates form and position in these sequential photographs from circa 1940s and '60s. Folding notecards (4-1/2" x 6-1/4") are blank on the inside. Set of 12 cards with envelopes.

105-001



BowWow! Note Cards

Our famous "Awesome Aussies" demonstrate perfect Pilates form on these whimsical note cards. (Dogs actually posed on miniature Pilates equipment!) Oversized folding notecards (5-3/8" x 7-7/8") are blank on the inside. Set of 15 cards with envelopes.

105-000



"There are only two ways to live your life. One is as though nothing is a miracle. The other is as though everything is a miracle."

—Albert Einstein

Apparel

New! Great Soles Socks

Ballet-inspired socks have custom molded tread at key contact points on the soles. Perfect for those of us who don't like toe separation. One size fits comfortably for women's 6-10 shoe size. Orchid.

One Size 107-262



ToeSox®

ToeSox fit like a second skin, with a non-slip sole providing superior grip plus the hygienic benefits of a sock. Five-toe construction allows for proper toe alignment, increasing flexibility, balance and control. Cotton. Order by shoe size.

Small (men 4-7 or women 5-8).

Medium (men 7.5-9.5 or women 8.5-10).

Large (men 10-12 or women 10.5+).

A. Grey/limeaid trim, full toe, "Bella"

Small 107-244
Medium 107-245
Large 107-246



B. Black, half-toe

Small 107-195
Medium 107-196
Large 107-197



C. Black, full toe, "Bella"

Small 107-234
Medium 107-235
Large 107-236



Black, full-toe, with stripes at toe and ankle (not shown)

Small 107-012
Medium 107-013
Large 107-014

Shashi Socks

Feet stay cool and comfortable during the most challenging of workouts! Slip-resistant grips on the soles add stability and traction, and the mesh panel on top delivers breathability. Split-toe style aids articulation of the toes.



Available in Small (women's 5.5 to 7.5 shoe size) and Medium (women's 8-10 shoe size).

Black
Small 101-053
Medium 101-054



Get sparkly toes and fancy feet with the "Star" model.

Small 107-238
Medium 107-239
Large 107-240

New! Pilates Nerd "Open Back Rocker" Shirt

Soft "Contrologist" tee splits in the back to reveal your favorite tank and keep you cool. Hits at the waistline. Black. Poly/viscose blend. Machine washable.

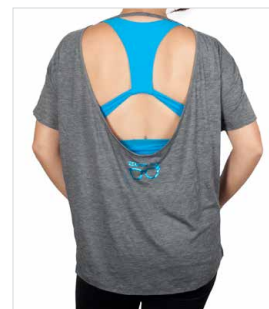
Small 107-256
Medium 107-257
Large 107-258



New! Pilates Nerd "The Scoop" Shirt

Leave an impression every time you walk away with this super low-back tee. Incredibly soft and comfy! Wide, scoop neckline makes for a great layering piece. Hits at the waistline in front and drops lower in back. Heather light grey. Poly/cotton blend. Machine washable.

Small 107-259
Medium 107-260
Large 107-261



Pilates Nerd "Pilates Moves Me" Shirt

Flattering tee is perfect for layering over your favorite tanks, to stay warm at the studio or wherever your day takes you! Loosely fitting torso with fitted sleeves. Hits mid-hip. Black. Machine washable. Poly/viscose blend.

Small 107-250
Medium 107-251
Large 107-252



Send the gift that lets them choose:
a Balanced Body gift certificate.

Easy to redeem by mail, and available in any denomination. We mail it to you so that you can customize it for the lucky recipient. Free mail delivery within the United States. Call or order online.



New! Exclusive Balanced Body Gear

We've designed these beautiful new shirts with you in mind! Layer or wear alone for a versatile, wear-anywhere addition to your Pilates wardrobe.



A. "Balanced Body" Racerback Tank

Show your Balanced Body spirit with our figure-flattering racerback tank top. Soft yet will hold up under punishing workouts! Mint green. Cotton/poly/spandex. Machine washable.

Small	107-271
Medium	107-272
Large	107-273
Extra Large	107-274



B. "Pī-lā'-tēz" Long Sleeve Off Shoulder Tee

You know how to say it. We know how to say it. Now help out those who don't! Relaxed, drapery fit is comfy and flattering. Wear on or off the shoulder. Ribbed cuffs and waistband. Dolman sleeves. Heather grey. Poly/viscose. Machine washable.

Small	107-263
Medium	107-264
Large	107-265
Extra Large	107-266



C. "Movement Changes Lives" Short Sleeve Tee

Our new wide crew-necked tee hits mid hip for extra coverage and skims the body for a flattering fit. Heather red. Poly/cotton/ rayon. Machine washable.

Small	107-267
Medium	107-268
Large	107-269
Extra Large	107-270



D. "Boomerang" Short Sleeve Tee

Boomerang is one of our favorite exercises and we hope it's yours, too! This modern, deep V-neck tee layers perfectly with your favorite tanks. Semi-relaxed fit. Heather navy. Poly/cotton/ rayon. Machine washable.

Small	107-275
Medium	107-276
Large	107-277
Extra Large	107-278

Balanced Body Necklace

Our logo necklace is made of lightweight anodized aluminum. Logo is 1.25" x 1.25" (3cm x 3cm). Includes 16" (40cm) chain.

Logo Necklace 107-237



New Color! Pilates Nerd™ Notebook

Now in turquoise, too! This soft cover notebook of faux leather is filled with acid free, lined paper with a stitched-in satin bookmark, perfect for all your treasured Pilates notes! 8" x 5.5"

BK8143	Gold
BK8147	Turquoise



New! Mat Bag

A multi-purpose mat bag for all your traveling needs! Durable, machine washable twill securely holds a mat of virtually any size or thickness. The large main compartment holds a change of clothes and shoes. Outer flaps have storage for pens, ID and other items, plus a side zipper pocket for a water bottle. Also has a convenient external pocket for your cell phone. Padded shoulder straps adjust for comfort. 20"l x 9"w x 6"d (50cm x 23cm x 15cm)

Mat Bag 108-300



Shipping / Returns / Warranties

Stock equipment for immediate delivery

We keep our most popular equipment in stock, ready for shipment. Don't you just love immediate gratification?

Custom orders are our specialty

Can't find something? Please check online at pilates.com, or call us with your custom request. We love a challenge!

Shipping

Most of our large equipment ships via a freight company in cardboard boxes, unless you request a wooden crate at additional cost. Small items like DVDs and accessories ship via a package shipper, and normally arrive within 5-7 business days in the continental US.

For overseas shipments, please contact us for details.

Customer satisfaction policy and returns

Certain products cannot be returned. For complete and current information on returns, changes and cancellations, please visit "About My Order" in our online store at pilates.com.

Warranties

For complete and current information on product warranties, please visit "About My Order" in our online store at pilates.com.

Patents

For complete and current information on Balanced Body product patents, please visit www.pilates.com/patent.

It's easy to reach us. We love answering your questions—really! How can we help?

Call or email us

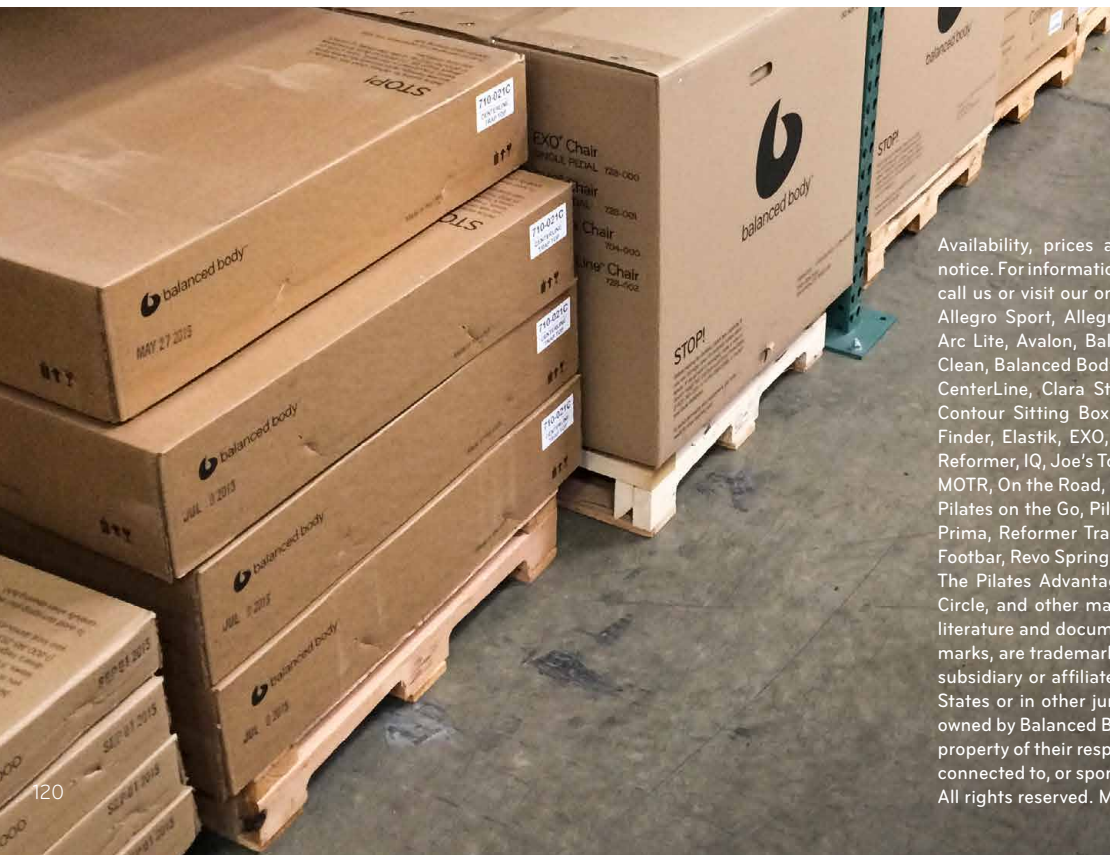
Monday-Friday, 6am to 5pm Pacific Time

From U.S. and Canada: 1-800-745-2837

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From other locations: +1 916-388-2838

Or send us an email: info@pilates.com



Availability, prices and specifications are subject to change without notice. For information about return procedures, shipping and warranties, call us or visit our online store at pilates.com. Add-A-Platform, Allegro, Allegro Sport, Allegro Tower of Power, Anatomy in Three Dimensions, Arc Lite, Avalon, Balanced Body, Balanced Body Barre, Balanced Body Clean, Balanced Body University, Begin Chair, Bodhi Suspension System, CenterLine, Clara Step Barrel, Clinical Reformer, Contour Step Barrel, Contour Sitting Box, CoreAlign, CoreFitnessRoller, EasySet, Education Finder, Elastik, EXO, F.I.T. Kit, Flex Ring Toner, Infinity Footbar, Infinity Reformer, IQ, Joe's Toe Gizmo, Konnector, Legacy Reformer, Magic Roller, MOTR, On the Road, Orbit, Passing the Torch, Pilates Allegro, Pilates Arc, Pilates on the Go, Pilates On Tour, Pilates Sport, Pilates Ultra-Lite Circle, Prima, Reformer Trapeze Combination, Revo Adjustment System, Revo Footbar, Revo Springbar, SmartBells, SoftTouch, Strata, Studio Reformer, The Pilates Advantage, ThinkFit, Tower on the Go, TwistLock, Ultra-Fit Circle, and other marks indicated on our website, marketing materials, literature and documentation along with the logo forms of the foregoing marks, are trademarks and/or service marks of Balanced Body Inc., or its subsidiary or affiliated companies, and may be registered in the United States or in other jurisdictions internationally. All other trademarks not owned by Balanced Body that appear in Balanced Body's catalog, are the property of their respective owners who may or may not be affiliated with, connected to, or sponsored by Balanced Body. ©2015 Balanced Body Inc. All rights reserved. May not be reproduced in whole or in part.

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