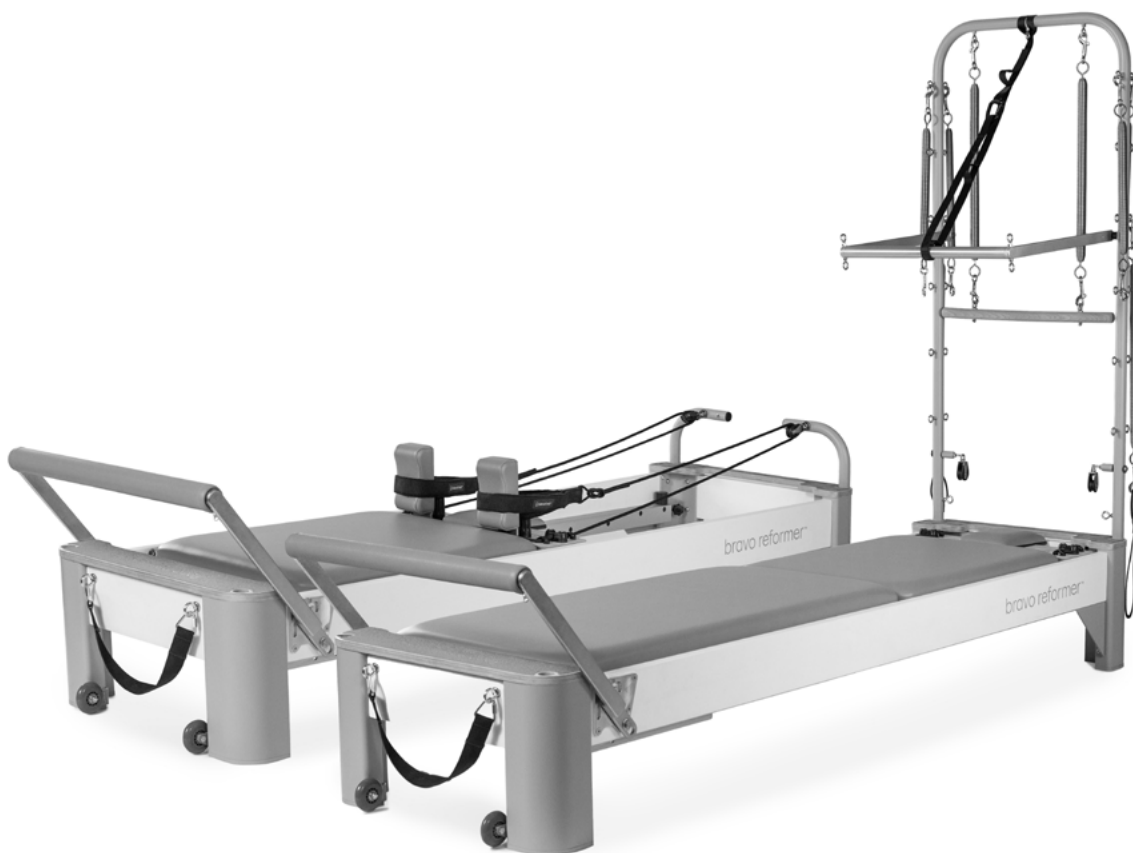


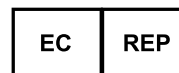
The Balanced Body Bravo Reformer™ and Tower

THIS IS A MEDICAL DEVICE



Instructions in document subject to change. Please consult separate instructions for most current version.

Visit pilates.com/patent for complete and current information on Balanced Body product patents.



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19027B | 2025-07

Assembling the Balanced Body Bravo Reformer

BRAVO REFORMER PARTS LIST

(Please use this list to make sure you have all the parts listed. If you are missing a part, please contact our customer service department at 1-800-PILATES or 1-916-388-2838.)

DESCRIPTION	PART NO	QTY
Red Springs	14285	3
Blue Spring	14286	1
Green Spring	14302	1
Soft Touch Loops (pair)	10048	1
Ropes (pair)	10536	1
Carr Extension Stopper	10414	1
Sitting Box	12431D	1
Risers	18696/18697	2
Riser Knob	18779	2
Shoulder Rests Posts	18660	2
Shoulder Rests w/brackets	18905	2
Foot Strap	16309	1
Footbar assembly	18700	1
Square Slide Key	11833	2
Silver Washer	17263	2
Shoulder Bolt	18797	2
Eyebolt	13744	2
Finish Washer	10522	2
Transport Wheels with Brackets	18699	2
Allen Bolts	14018	4
Wrench	11851	1
5/32" Allen Wrench	13778	1
3/16" Allen Wrench	13777	1
1/8" Allen Wrench	13780	1
Spring Collar	11816	5

1. Turn the carriage over and clean both the wheels and the full length of the rail surfaces inside the frame. Carefully place the carriage into the frame with the headrest facing away from the standing platform end.

ATTACH THE SPRINGS TO THE UNDERSIDE OF THE CARRIAGE

2. Locate the bracket with five slotted holes beneath the carriage. Hook the springs into the slots. The spring hooks should be facing down when the carriage is installed in the frame. Place the other end of the spring on top of the spring support. See Figure A.

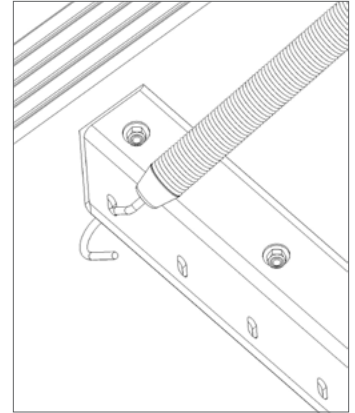


Fig. A

INSTALL THE RISERS

3. Each riser comes with a pulley installed. Guide each riser through the hole in the leg at the headend of the frame with the pulley facing the carriage. The risers can be adjusted to two different heights. There is an ID mark on the riser to adjust it to the taller height. Lining this mark with the top of the head platform gets you to the higher riser position. See Figure B and Figure C. Set the riser height to the proper height for the user and the exercises being performed. Install knob with the serrated washer into hole in leg. Lock the riser by tightening the knob and using the provided 1/8" Allen Wrench to tighten the set screw.

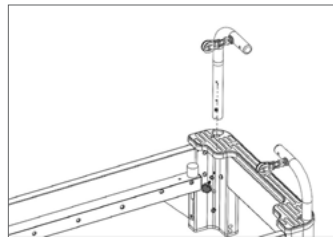


Fig. B

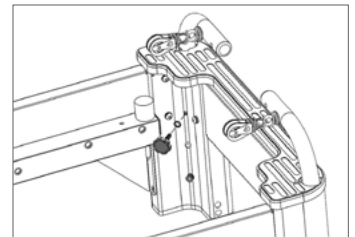


Fig. C

To get to the lower riser position, loosen the set screw, then loosen and remove the knob, letting the riser go all the way down until it rests on the stopper installed into the leg. Now install and

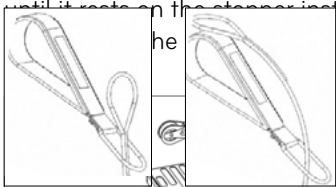
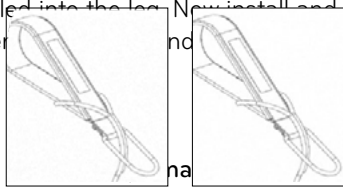


Fig. F



knob and set screw are fully tightened before pulling on the risers.

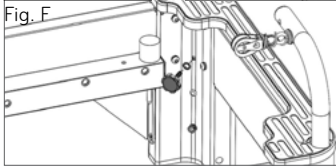


Fig. D

INSTALL THE SHOULDER RESTS

- Shoulder rest get installed with a black threaded post. Place the shoulder rest into the cutout on the carriage and insert threaded post into hole and tighten. See Figure E

Note: In order for the shoulder rest to be completely secure, the post has to be tightened all of the way down.

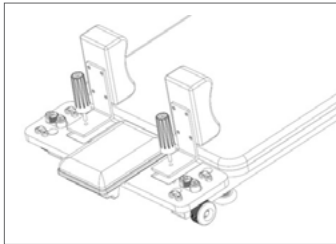


Fig. E

Note: The shoulder rest can be installed in two positions. One position is wider and more comfortable for broad shoulders. Swap the left and right shoulder rests to change between standard and wide configurations.

ATTACH THE ROPES

- To attach the ropes, first engage at least one carriage spring to the springbar to hold the carriage in place. Unroll and

separate the ropes. Install the loops onto the ropes as shown in Figure F.

- Hang the loops on the shoulder rest and thread the other end of the rope through the pulley and back into the cam cleat on the carriage. Be sure to go through the black eye straps on both sides of the cam cleat as shown in Figure G.

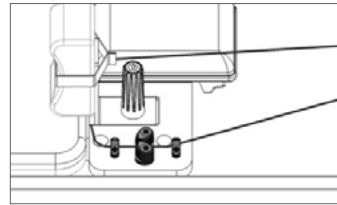


Fig. G

Note: Always push the rope down into the cam cleats to ensure a good grip. Pull on loop to verify the rope is secure.

INSTALL THE FOOTBAR

- Pick up the footbar with the seam facing away from the carriage. Align pins on the footbar with slots on the frame mounted trunnions. Push down evenly so both pins have passed through the slots and dropped into the larger slot in the trunnions. See Figure H.

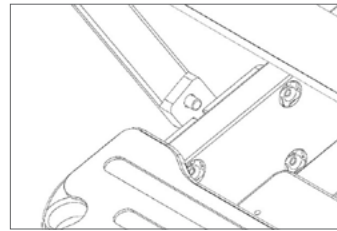


Fig. H

- Pivot the footbar until the rectangular slot on the footbar aligns with the threaded hole on the trunnion. See Figure I.

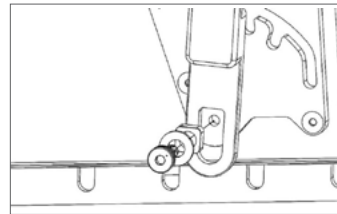


Fig. I

- Install a large washer and then the square slider onto the bolts and thread them into the holes on the trunnion making sure the square slider is aligned with the rectangular slot on the footbar. Use the provided wrench, 11851 to tighten both bolts securely. See Figure J.

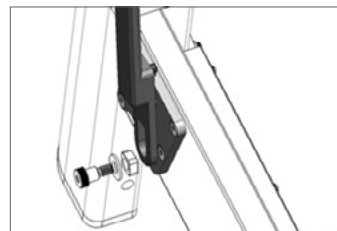


Fig. J

FOOTBAR ADJUSTMENT

10. To adjust the footbar, grab both sides of the footbar and pull upward see Figure K then tilt to desired angle See Figure L and lower footbar into slot. Always push down on the footbar to make sure it is locked into position.

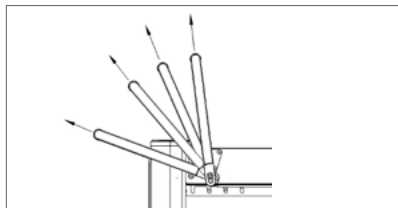


Fig. L

INSTALL FOOTSTRAP EYEBOLTS

11. Place finish washer onto the eyebolt with the rounded side away from the threads and insert into holes located on the outside of the footend of the frame. Using a screwdriver or similar item insert through opening on the eyebolts and tighten securely. See Figure M.

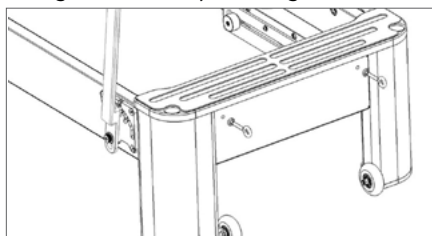


Fig. M

INSTALL FOOTSTRAP

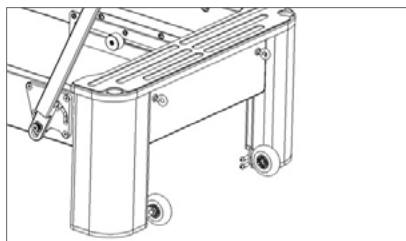
12. Loosen hex nut on triangular quick link located on end of the footstrap. Install the quick link over eyebolt and tighten hex nut. Repeat on opposite side. See Figure N.



Fig. N

INSTALLING TRANSPORT WHEEL BRACKETS

13. Position transport wheel bracket against inner part of leg below footbar as shown in Figure O. Install 2 bolts through the bracket and tighten with 5/32" Allen wrench. Repeat on opposite leg.



4 Fig. O

SPRINGBAR ADJUSTMENT

14. To adjust the springbar to accommodate taller users, lift the springbar by grabbing the round bar where hooks are installed and slide away from the end of the frame to desired position. When using the springbar in position 1 or 2 make sure that the stopper is installed into the corresponding hole on the frame rail. See Figure P.

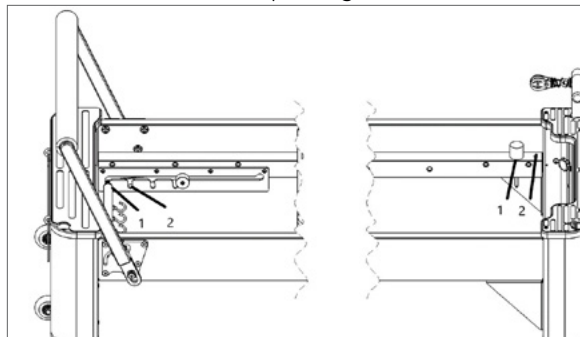


Fig. P

Note: Make sure that springbar is seated in position and secure prior to use.

SPRING COLLAR INSTRUCTIONS

15. To install spring collars disconnect the spring from the foot-end of the Reformer. Slide the slot of the collar on to the neck of the spring as shown in Figure Q. Twist the collar and push up to secure.



Fig. Q

ATTACH THE SPRINGS

16. Attached the springs in the user's desired configuration by looping the hook end of the spring through the slots in the tall bracket, as shown in Figure R. Rest the unused springs in the cradle of the hanging bracket. Engage the springs as desired by looping the hoop end over the hook on the springbar.

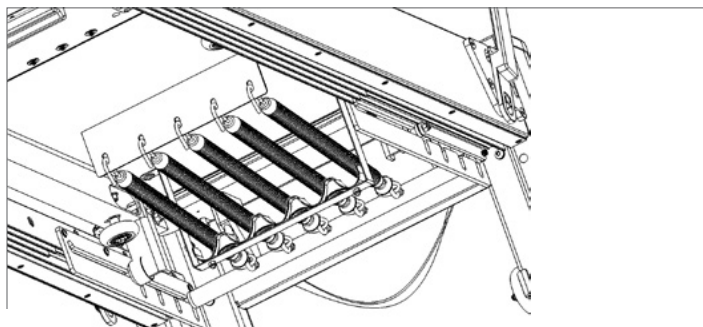


Fig. R

QUESTIONS?

Call Balanced Body Technical Support at 1-800-PILATES or +1-916-388-2838. INSTALL THE CARRIAGE

Bravo Tower and Mat Conversion Installation Instructions

Please read through these instructions completely prior to installing the Bravo Tower.

These instructions include a parts list. Please use this list to make sure you have all the parts necessary for installation. If you are missing a part, please contact our customer service department at 1-800-PILATES (1-800-745-2837).

REQUIRED TOOLS (INCLUDED)

- » 3/16" Allen Wrench (GEN 9280)
- » 5/32" Allen Wrench (GEN 9282)

PARTS FOR TOWER

DESCRIPTION	PART NO.	QTY
Bravo Tower	18964	1
Bravo Rope Guide	19022	2
Button head screws, 10-24 x ."	15213	4
Bravo Mat Conversion	18692	1
Allen wrench 1/8"	13780	1

LAY OUT ALL THE PARTS, REMOVE THE RISERS

1. Make sure you have all the components listed in the parts list.
2. If risers are installed, loosen the set screw, remove the thumbscrew, and remove the riser.

INSTALL ROPE GUIDES

3. Using the provided 1/8" Allen wrench and the provided screws, attach the rope guide to the bottom of the head end platform, as shown in FIGURE A; do this for both sides.

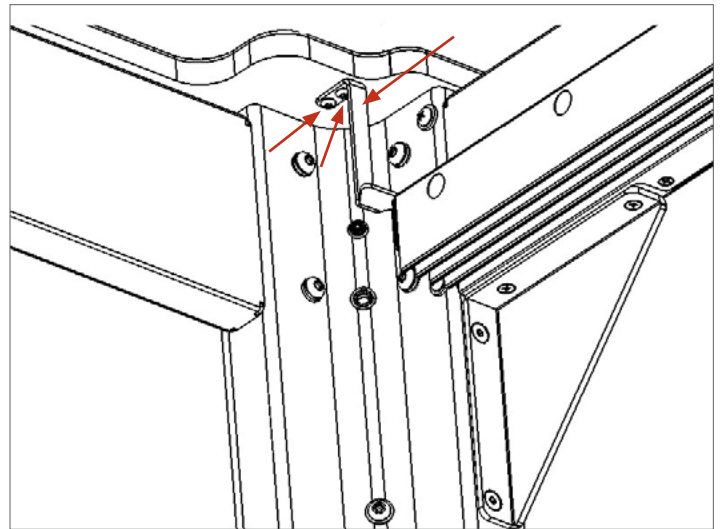


FIGURE A

INSTALL TOWER INTO HEAD END OF FRAME

- Drop the Tower into the head end of the frame, as shown in FIGURE B. Tower may need to be flexed slightly to fit into the openings of the legs. Lower the Tower down until it stops.

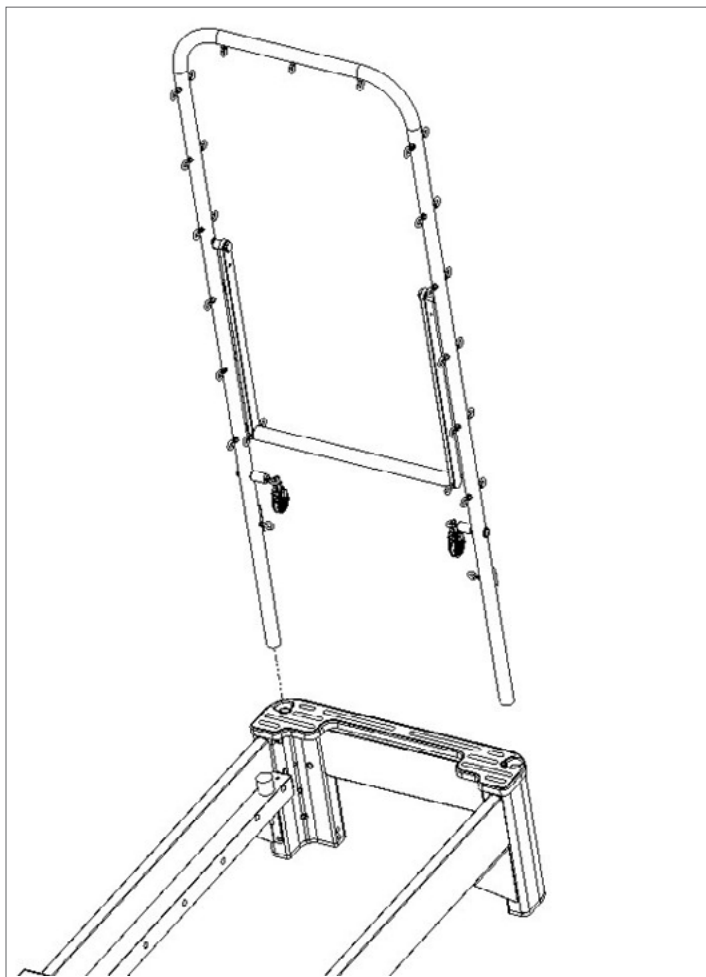


FIGURE B

- Tighten set screw using the 1/8" Allen key, as shown in FIGURE C. Repeat for both sides.

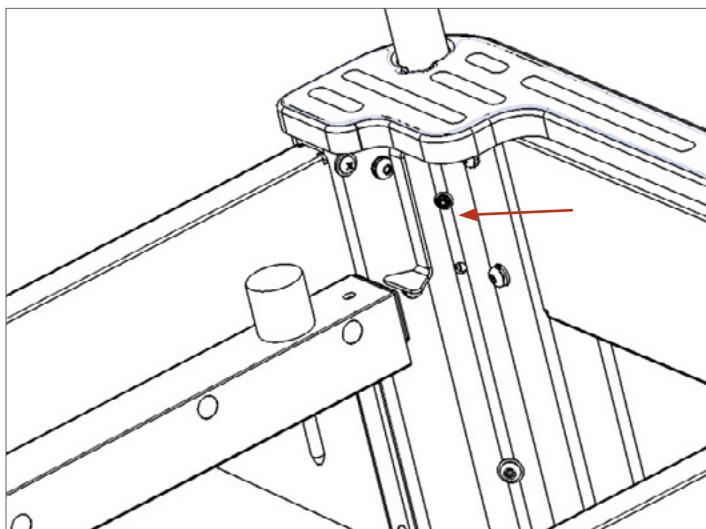


FIGURE C

INSTALL THE MAT CONVERSION

- Unhook the springs from the carriage and move the carriage all the way to the head end of the machine.
- Place the mat conversion on the foot end of the machine, as shown in FIGURE D.

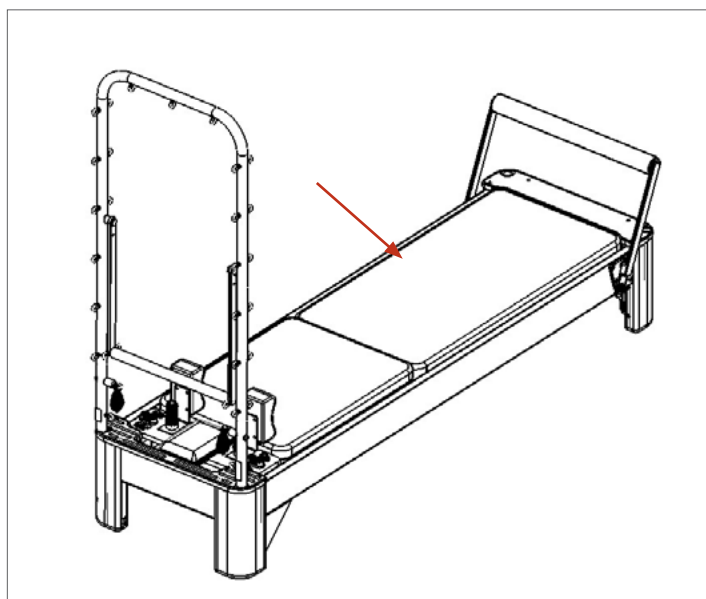


FIGURE D

Questions? Call Balanced Body Technical Support at +1-916-388-2838 or info@pilates.com.

Safety First: A guide to proper maintenance and safe use of your Pilates equipment.

For over 45 years, Balanced Body has been introducing safety-related innovations to Pilates equipment. Many of our improvements are now industry standards, resulting in Pilates equipment that's safer today than ever before.

Safety depends on proper maintenance and safe use, in addition to the quality of the equipment. This guide was created to help you use and maintain your equipment for optimum safety. Please read it through carefully and keep for future reference. If you have any questions, give us a call. **Failure to follow these instructions may result in serious injury.**

ALL EQUIPMENT

Springs

Spring inspections are critical to maintain your equipment in safe operating condition. All Balanced Body springs should be replaced at least every two years. Certain environments and usages can shorten the expected life of the springs and you may need to replace the springs more frequently. Therefore, it is very important to inspect springs on a regular basis since worn or old springs lose resilience and may break during use. Injury may result if a spring breaks during use.

During use, do not allow springs to recoil in an uncontrolled manner. This will damage the spring and shorten its expected life.

Inspect springs for gaps and kinks (weekly or monthly, depending on frequency of use). Look for gaps and kinks between the coils when the spring is at rest. It is not unusual for the spring to have a very small gap on the tapered end (a gap is sometimes created during the manufacturing process). However, there should be no gaps in the body of the spring. If you see any gaps or kinks in the body of the spring, discontinue use and replace the springs immediately. See **Figure 1**. Additionally, corrosion anywhere on the coils will shorten the life of the spring. Discontinue using the spring immediately if you see any rust or oxidation during inspection.

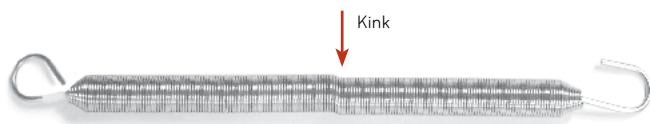


Figure 1

Snaps

Inspect snaps for wear (monthly). First, verify that the snap hook is working properly. If the snap hook does not retract and return properly, discontinue using the spring immediately and replace the snap. Eyebolts can cause excessive wear on snap hooks. If the hook shows a lot of wear, discontinue using the spring immediately and call Balanced Body to replace spring or snap. See **Figure 2**.



Figure 2: Good snap: no wear on hook.



Bad snap: excessive wear on hook.

EYEBOLTS, NUTS AND BOLTS

Tighten all equipment bolts and screws (monthly). Verify that all eyebolts, nuts and bolts are tight. See the section titled "How to inspect and tighten nuts and bolts."

ROPES AND STRAPS

Rope and strap wear (quarterly). Ropes should be replaced if you can see the core of the rope through the outer lining, or if the ropes are flattened. Straps should be replaced as soon as any fraying is noticed. Be sure to check the sections of rope or straps that attach to the clips and run through the pulleys.

REFORMERS

Check springbar hooks or eyebolts (quarterly). Balanced Body makes two different springbar systems:

- » Revo Springbar. Make sure springbar hooks and handle are tight.

Standard Springbar. Verify that the nuts securing the springbar hooks are tight. See section titled "How to inspect and tighten nuts and bolts."

Spring rotation (quarterly). You can prolong Reformer spring life by rotating springs of the same weight each quarter. Unhook and move to another position on the springbar. Rotating springs helps them wear more evenly.

Risers on the outside. Wood risers must be installed on the outside of the frame. Risers can loosen over time, so always make sure they are tight.

Springs hooked downward under carriage. Make sure springs are hooked in a downward position. See **Figure 3**.

Secure the carriage. When your Reformer is not in use, be sure that at least two springs secure the carriage to the springbar.



Figure 3: Springs hooked downward

Default settings. Many users have a "default setting" for Reformers. At the end of a session, the user connects a prescribed number of springs in neutral tension, sets the footbar at a pre-determined height, and sets the ropes at a specified length. This ensures that the equipment is ready for the next use, and that the carriage is secured by the springs.

Footstrap under tension in box work. When using the box and footstrap, be sure the footstrap is under tension (with snaps pulling from the top of the eyebolt) before beginning the exercise. See **Figure 4**.



Figure 4: Foot strap under tension

REFORMER WHEEL AND TRACK MAINTENANCE

Clean the tracks and wheels (weekly). For smooth carriage travel and to maintain the longevity of the wheels, we recommend that you wipe down the tracks once a week.

Disconnect the springs and clean the entire length of the tracks with a soft cloth and Balanced Body Cleaner, mild soap with water or a mild commercial cleaner such as, Fantastik® or 409®. Do not use abrasive cleansers or pads, as they can damage the anodizing on the rails. To clean the wheels, hold the cloth against the wheels while you move the carriage. If you feel a bump in the ride, dirt has adhered to the surface of the rails or wheels. Clean hair and debris out of the rails. Hair can wrap around the wheel axles and eventually build up and cause wheel failure. Use tweezers to remove hair from the wheels.

Lubrication. Never spray silicone near or inside the wheels – this can wash the lubricant out of the bearings and ruin the bearings. You can purchase dry silicone at most hardware and auto parts stores. Pulleys sometimes require lubrication to stop a squeak. Direct a very quick spray of dry silicone or Teflon spray into the pulley axle. "Dry" silicone does not have an oil base. Oil-based ("wet") silicone and WD40 should not be used as they attract dirt. Be careful not to over spray. You may want to remove ropes to avoid getting silicone on them.

Do not lubricate the Allegro 2 rails.

Footbar supports (quarterly). For all Balanced Body footbars with footbar support brackets, verify that the pivot screw attaching the footbar support bracket to footbar is tight, but not so tight that it prevents the support from rotating freely. For Legacy Reformers, tighten the pivot bolt to secure footbar support.

Headrest (monthly). Make sure the hinge screws and bolts on your headrest are tight.

Under the Reformer (monthly). Move Reformers and make sure you clean the floor space underneath.

Standing Platform Footbar Bumpers (wood Reformers only). If your standing platform footbar bumpers (the small plastic pieces that protect the standing platform from the footbar) are broken or damaged, please call Balanced Body to replace.

TRAPEZE TABLE (CADILLAC) & TOWERS

Cotter pins removed. These pins are located in the vertical tubes that align the canopy to the frame and should be removed as soon as installation is complete. Unremoved cotter pins can tear clothing and lacerate the skin. Use pliers to remove the pins.

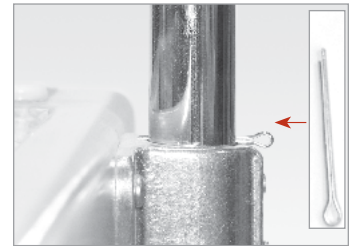


Figure 5: Cotter pin before and after removal from Trap Table.

Save the pins in case you need to disassemble and reassemble the table for transportation purposes. See **Figure 5**.

Push-Through Bar (PTB) with Sliders.

The PTB moves vertically to accommodate different users and exercises. The sliders on the tubes allow for this vertical movement. Make sure these sliders are clean and easy to move. Before beginning any exercise, ensure that the sliders are properly aligned with the PTB holes and locked into position. Apply a downward force to ensure. If you notice wear on the slider knob pins, please call Balanced Body to replace. Using the PTB in this condition could cause injury.

Weekly maintenance for Push-Through Bars with Sliders. Check to ensure the pins in the plunger knobs protrude and lock into the vertical tubes. Pull both knobs out and move the sliders to a different position. Release the knobs before the next hole and continue to slide the system into position. Once over a hole the pin of the knob will automatically drop into the opening. Once each slider is in a new position apply a downward force on the PTB. The pins of the sliders should not come out of the holes. If the pins do not stay in the tube holes, the pull knobs need to be replaced. Call Balanced Body for replacement parts.

Push-Through Bar (PTB) with T-pin setting. For bottom sprung exercises, if your client's head is below the PTB, use the T-pin setting in addition to the safety strap or chain. Spotting your client is highly recommended. This is important for safety.

Push-Through Bar (PTB) control. Make sure you have enough room around the trap table to safely use the PTB without fear of hitting other people. The PTB can be dangerous if not properly

used. Only trained, experienced users should use the PTB. A spotter should always maintain control of the bar with one hand. If the user should lose control of the bar, the spotter can maintain control of it.

Correct safety strap attachment. For bottom-sprung exercises, the safety strap or chain should always secure the bar.

The safety strap or chain should wrap around the PTB and the canopy frame, not the eyebolts. The strap or chain is only as strong as the weakest link, and the frame and bar are a great deal stronger than eyebolts. **Figure 6.**

Spotting your client is highly recommended. This is important for safety.



Figure 6: Safety strap holding the push-through bar at 4 o'clock. The strap is secured to the PTB and canopy frame, not the eyebolts.

Setting the PTB for bottom-sprung exercises. For bottom-sprung exercises, the safety strap should be attached so that the angle of the push-through bar is no lower than the 4 o'clock position. This limits the range of the bar and prevents it from potentially coming into contact with the user.

Using the 4th side on the PTB along with the safety strap is highly recommended to prevent injury.



Figure 7: Safety strap holding the push-through bar at 4 o'clock. The strap is secured to the PTB and canopy frame, not the eyebolts.

CHAIRS

Dismount with control. When dismounting the chair, release the pedals slowly, with control. Don't let the pedal snap back.

Spot users. When a user is standing, sitting or lying on top of the chair, there is increased risk of falling. Standing exercises, in particular, can be unstable. Spotting users will make these exercises safer.

Hourglass spring mounts. If your chair has hourglass spring mounts and the mounts do not successfully retain the springs, replace the fiber washers (they are reddish-brown in color).

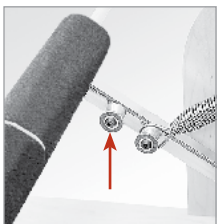


Figure 8: Fiber washer

Figure 8. If your chair is a Balanced Body Split-step Pedal Chair (Combo Chair), please consider upgrading to the Cactus Springtree).

UPHOLSTERY CLEANING & MAINTENANCE

Cleaning. You can extend the life of upholstery by keeping it clean and free of dirt, oil and perspiration. After each use, wipe down the upholstery with a solution of mild soap and water. Then wipe it down with clean water and dry with a soft towel.

Disinfecting. Equipment upholstery is coated with BeautyGard®, which offers antibacterial protection. If you want additional disinfection, Balanced Body offers Balanced Body Clean™ disinfecting solution. Use of any other solution (especially those containing essential oils) will shorten the life of some equipment and is not recommended.

For over molded foam padding it is recommended to clean with mild soap or BB Clean and wipe clean with a water dampened cloth to remove any leftover cleaner.

Cleaning Loops. Loops should be washed using mild soap such as Woolite. Hang to dry.

HOW TO INSPECT AND TIGHTEN NUTS AND BOLTS.

Use your fingers to check nuts and bolts for tightness. If you can turn the nut or bolt with your fingers, it's too loose and should be tightened. To tighten, first

tighten using your fingers. Rotate nuts and bolts clockwise to tighten. Insert a screwdriver through eyebolts to hold them steady while you tighten the nuts. Then use a small wrench to tighten the nuts further. **Figure 9.**



Figure 9: Use two fingers to tighten bolts

It is recommended to check the pins on the PTB protrude and lock into the vertical tubes appropriately. To verify their function, first pull both knobs out and start moving the sliders to a different position. Release the knobs before the next hole and continue to slide the system. Once over a hole the pin of the knob will drop into the opening. Once each slider is in a new position apply a down force on the PTB directly downwards. The pins of the sliders should not come out of the holes. If the pins do not stay in the tube holes, the pull knobs need to be replaced; call Balanced Body for replacement parts.

EQUIPMENT INSPECTION AND MAINTENANCE LOG

We suggest that you keep a maintenance log for each piece of equipment. The log should include:

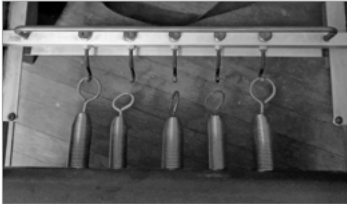
1. A description of the machine including the serial number, the date and place of purchase, and the manufacturer. All of this information should appear on the invoice.
2. Date and description of all required maintenance and inspections performed.
3. Date and description of each repair, including name and contact information for person or company performing the repair.

EQUIPMENT ATTACHMENT POINTS

Before using equipment, ensure that the springs are securely attached. See photos below for examples of securely attached springs to various attachment points that you may encounter on Balanced Body equipment. Note that adding spring resistance makes some exercises easier and others more difficult. Performing exercises with improper spring resistance increases the risk of falling. If unsure of proper spring resistance, please consult a certified Pilates instructor.



"Hour Glass" spring attachment point found on the Allegro 2 and some versions of the Allegro Reformer, as well as the upper (pre-load) attachment points on a Revo springbar.



"Hook" attachment point found on Revo Springbars, Standard Springbars and some versions of the Allegro Reformer. Note the Hour Glass posts in the upper section of this springbar as a pre-load position, shown here without the springs attached.



"Chair Cactus" attachment point found on various Chairs. It may also be flatter and made of sheet metal.



[Click here for Balanced Body Patent Data.](#)



Eyebolt and loop attachment point found on Cadillacs, Wall Units and Towers.



"Reformer Cactus" spring attachment point found on the IQ, Metro IQ, and one version of the Allegro Reformer. It may or may not have notches and bends at the bottoms of the cactuses.

MAINTENANCE SCHEDULE

All Equipment	Day	Wk.	Mo.	Qtr.
Inspect springs for gaps & kinks		✓	✓	
Inspect snaps for wear			✓	
Inspect nuts & bolts for tightness			✓	
Reformers				
Clean wheels and tracks		✓		
Inspect springbar hooks/eyebolts				✓
Rotate springs				✓
Inspect ropes/straps				✓
Inspect footbar supports				✓
Inspect springbars				✓

REPLACEMENT PARTS

To order replacement parts, or if you have any questions, please call:

U.S. and Canada: 1-800-PILATES (1-800-745-2837)

United Kingdom: 0800 014 8207

Other locations: +1 916-388-2838

Fax: 916-379-9277

Email: info@pilates.com

www.pilates.com

5909 88th Street, Sacramento, CA 95828 USA

ASSEMBLY AND MAINTENANCE PODCASTS

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REFORMER SAFETY USAGE

Safety and the Universal Reformer



The Pilates Universal Reformer, is designed to teach the exercise repertoire of Joseph H. Pilates. All utilization must take the unique functionality and design of the Reformer into account as well as the skill, expertise and education of the instructor. **Exercises outside of the intended use may cause damage to the equipment and may be dangerous to the client.** Furthermore, exercises improperly taught may result in loss of balance, coordination and control of the client on the moving carriage and may lead to injury. The Pilates Universal Reformer is only to be used under the supervision of a Pilates instructor specifically trained in the safe use of the Reformer.

Balance. Coordination. Control.

One of the unique features of the Reformer is the utilization of springs as resistance against the travel and movement of the Reformer carriage. In order for exercises to be performed safely, three important conditions must always be met.

- User must always maintain and be aware of balance when on the Reformer.
- User movements must coordinate with the speed, timing and variability of the spring resistance.
- ⚠ User movements must be controlled and organized. There should NEVER be slack in the ropes or bouncing of the springs.
- User should move within their ability, strength, and flexibility.



Control Front Advanced Exercise. Reformer movements are complex and client must always move with Balance, Control and Coordination.

Finding an Instructor

Working with a qualified Pilates instructor who is certified to train on the Pilates Reformer is an important component to learn how to use the Reformer safely and effectively. There are many Pilates education programs and it is important for users to be discerning. Look for instructors who have taken a certification with no less than 200 hours on the Reformer.

Spring Resistance

For many new to Pilates anticipation of the spring resistance needs to be trained and understood for safe utilization of the Reformer. In addition, understanding relative spring weights, how to change springs safely, how to check the springs for wear and how to move the spring bar are an integral part of spring safety specific to exercise transitions and set up. Ensuring that the springs are set up appropriately for the specific client, are set on the hooks to prevent detachment of the spring, and are understood in relationship to the movement of the carriage will decrease potential incidents and increase success for both client and instructor.

Check the springs regularly for wear and replace as needed. We recommend replacing springs every 2 years - 1 year for group fitness classes.



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Inexperienced Clients

Pilates exercises are integrated, complex motor learning exercises. Practice and experience are necessary to progress. Instructors, please be cautious with how quickly you progress your clients, if they can maintain balance, coordination and control then adding additional complexity is possible. Clients, please be patient with the learning process and understand the value of balance, coordination and control.

Exercise Set Up. Reformer Mounting and Dismounting ⚠️

Potential injuries may occur during the transitions between exercises as clients mount and dismount the Reformer. Proper instruction for exercise set up, mounting and dismounting as per the balance, control and coordination needed for a particular exercise, and for transitions between exercises, is primary to ensuring user success and to mitigate accidents or incidents of concern. For instructors, it is important, when in doubt, to refer to instructional manual and for clients to understand the importance of seeking out highly qualified instruction.

The Sitting Box and Foot Strap ⚠️

Mounting of the box for exercises seated, (Short Box Series), exercises supine, (Backstroke and Teaser), exercises prone, (Overhead Press and Swan), all require specific mounting and dismounting instructions. When the footstrap is required, please make sure it is properly secured to your Reformer (see individual Reformer setup instructions). The strap must maintain contact with the clients foot at all times. Please review instructional manual for more specifics regarding the sitting box and footstrap. Some general suggestions are included here.*



Short Box correct sitting position. When the box is placed horizontally on the carriage for Short Box exercises, the ends extend beyond the carriage platform. For safe mounting clients must always sit toward the center of the box.



Short Box incorrect sitting position. When the box is placed horizontally do not sit on the edges of the box, the box will tip.



Short Box correct strap position. Make Sure the footstrap is securely attached to the Reformer and the foot is in contact with the strap at all times.



Long box correct box and body placement. For advanced exercises, such as Long Box Teaser, it is important that the box is correctly placed on the Reformer and the body position is optimal to maintain balance, control and coordination throughout the movement.

* ⚠️ Sitting Boxes are designed for sitting, lying and standing. It is not designed for jumping, stomping or step aerobic type activity.

The Ropes

The Rope adjustments and locking mechanisms differ from Reformer to Reformer. Safe utilization of the ropes require they are installed correctly. For all Reformers except the A2, ensure rope is threaded through eye straps and cam cleats as pictured. As for the A2, the locking mechanism is underneath the carriage. Make sure the ropes are secure prior to movement.



Picture of rope cleats

Standing Exercises ⚠

Standing exercises are part of the Pilates repertoire and are functional and integral to a complete exercise experience. However, standing on a moving carriage is complex, potentially dangerous and must be handled with appropriate caution. When possible, instructors are encouraged to spot and provide assistance. All other utilization must be done with caution, after the clients abilities have been assessed, and when instructor and client have created a level of trust and communication to minimize any potential loss of balance, coordination and control. Use of stability props, such as gondola poles, ballet bars or personal assistance, are encouraged as client is learning and based on client ability.



Standing Side Splits with Gondola Pole or spotter

Working off the Back End ⚠

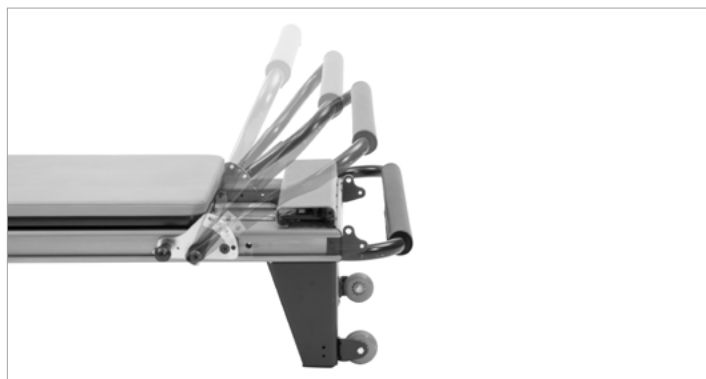
There are some lovely contemporary exercise opportunities from the back end (riser end) of the Reformer. However, extreme caution is required. Do not let go or lose of contact with the carriage when the carriage pulled to the back end and the springs are extended fully. This will result in high velocity impact on the front end (footbar end) of the Reformer which may result in potential damage to the frame, bumpers, spring mechanism and more. Sitting, kneeling and pulling while on the long box prone are all possible from the back end. Caution is required.

The Footbar ⚠

There are many different footbars and depending on which Reformer you have the footbar may or may not have a locking mechanism. Please, make sure to always check that the footbar is in a secure position and if there is a locking mechanism that it is locked and secure.

Set and Check

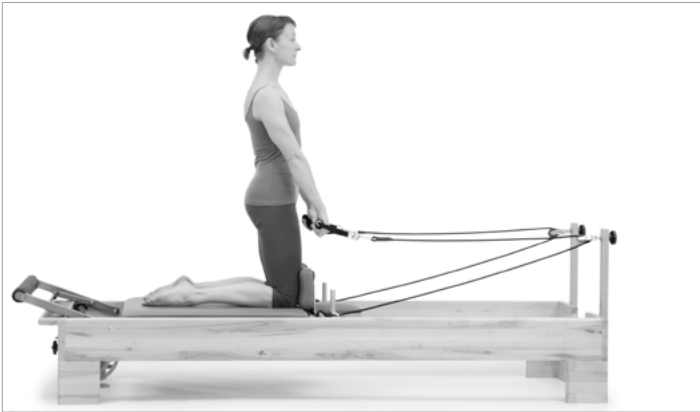
Whenever making any adjustments to the Reformer (ropes, footbar, risers) always set and check before using.



The Allegro 1 Footbar has several locking positions. Please consult your Reformer's manual as footbars differ between Reformer models and options.

High Kneeling Exercises ⚠️

Chest Expansion – The exercise Chest Expansion is a staple in the Pilates repertoire. It is considered an intermediate to advanced exercise because it requires upright balance on the moving carriage. Clients are facing the riser and the timing as a client moves and pulls the springs may create instability. When there is too little resistance, user may pull with too much force, the carriage will free roll and they may lose balance. Where there is too much resistance a client may find themselves losing balance and being pushed forward. **Please spot and use caution until clients are comfortable with the exercise.** ⚠️ **Standing facing risers with hands in straps is not recommended as there is a potential risk of falling and injury.**



Chest Expansion*

Kneeling Arms facing the footbar – This exercise can quickly become unsafe for clients. ⚠️ **We do not recommend this exercise kneeling or standing as there is a potential risk of falling and injury.** Also use caution when clients are in low kneeling as the position may be uncomfortable leading to clients adjusting and potentially losing balance.



⚠️ **Kneeling Arms Facing Footbar.** We do not recommend as balance, control and coordination may be a challenge to maintain – there is a potential risk of falling and injury.

Ballistic Movements ⚠️

Ballistic movements result in slack in the straps and a momentary floating of the carriage, an almost feeling of momentary weightlessness. When the straps become taught the resistance is reengaged. If not anticipated it may create stress in joints, a loss of control or balance for the user. **Under no circumstance should the carriage ever bang against the bumpers or against the back end.** Controlling movements is key to the success of Pilates conditioning and training.

Group Reformer

When teaching group, or taking a group Reformer class, it is important to ascertain the instructional quality of the teachers, the value that is placed on solid Pilates foundations and repertoire and the organizational philosophy on teaching Pilates. Maintaining Balance, Coordination and Control are key to successful and safe group Reformer class experiences.

Listening, the Client / Instructor relationship

In order to maximize the positive conditioning of the Pilates repertoire and Pilates inspired exercises, it is important for client and instructor to establish a good working relationship based on mutual trust and communication. If client indicates concern, caution or general discomfort, it is important to listen, assess and adapt as needed. Creating an environment for the client to share their experience on the Reformer will be key to making sure they are moving within safe ranges of motion, are moving safely and the exercise choices are effective and appropriate for their body.

Reformer Maintenance

Keeping your Reformer in good condition is key to keeping it working optimally for you and for your clients. The Safety Guide document included with your equipment has recommended schedules for inspection and replacement of wear parts. Balanced Body also offers an optional maintenance log that you may find helpful. Please follow recommended maintenance schedules and practices to optimize your Reformer's performance.

SAFETY & MAINTENANCE

SAFETY

To reduce the risk of injury or damage, read all instructions and the following important precautions before using the Rialto Reformer.

- » It is the responsibility of the owner to ensure that all users of the Rialto Reformer are adequately informed of all precautions.
- » Use the Rialto Reformer only on a level surface.
- » Keep hands and feet away from all moving parts. When the Rialto Reformer is not in use, leave at least two springs connected to the frame.
- » Keep children under the age of 12 and pets away from the Rialto Reformer at all times.
- » If you feel pain, dizziness, or shortness of breath, stop exercising immediately.
- » Do not stand on the footbar.
- » Before beginning any exercise program, consult your physician.
- » Do not stand the Rialto Reformer on end without the wheel kit.

MAINTENANCE

- » Depending on frequency of use, the springs should be safe to use for one to two years (3000 hours). Replace any spring that is kinked, bent or shows separations while at rest.
- » If your ropes need to be replaced refer to the instructions on the underside of the carriage. The Reformer will need to be turned on its side (please place a Pilates mat on the floor next to the Reformer to protect the finish), or stood on end if you have transport wheels.
- » Remove hair and debris from the axles of the wheels. Debris can create pressure on the wheels, causing them to wear. If you hear noise from the bearings, replace them.
- » Repair any tears in the upholstery with an upholstery repair kit available at auto parts stores, or have the repair done locally.
- » Contact Balanced Body for other upholstery and re-upholstery options. Replacement upholstery is available from Balanced Body.
- » Check and tighten all screws and bolts. Replace any missing screws, retention pins, or other parts.
- » Check the footbar bolts on a monthly basis to make sure they are still secure.

CLEANING

Wipe the carriage pad, headrest, footbar and shoulder rests with a soft cloth and a mild, non-abrasive mixture of soap and water after each use. Keep the carriage track and wheels free from dust and dirt. Clean the frame with a mild, non-abrasive mixture of soap and water. Keep the ropes and springs clear of dust. Cotton loops can be machine-washed. Hang to dry.

NOTE: DO NOT LUBRICATE OR GREASE ANY COMPONENTS ON THE FOOTBAR, CARRIAGE, WHEELS OR RAILS. If you have any issues or questions please contact Balanced Body Technical Support. By adding lubrication or grease it may not lock the components securely and may become unsafe.

Questions? Call Balanced Body Technical Support at 1-800-PILATES or +1-916-388-2838 or info@pilates.com.

Getting Started Guide - Reformer Exercises

DEFINITION OF EXERCISE SET-UP TERMS

Level: The level of expertise needed to undertake exercise.

Reps: How many times the exercise is performed.

Springs: How many springs should be attached during exercise.

Bar: Proper position of the footbar during exercise.*

Head rest: Proper position of the head rest during exercise.*

Loops: Which loops should be used during exercise.*

FOOTWORK, ALL LEVELS

10 reps Springs: 2 – 4 springs Bar: Middle or High Head rest: Up

Focus

- » Breathing – exhale out/inhale in, or inhale out/exhale in
- » Neutral spine
- » Pelvic stability
- » Hip, leg and ankle alignment

Precautions

Sensitive to ankle, knee, hip flexion, spinal compression

Starting position

Supine on carriage, feet on foot bar, legs hip width apart

- » Hip, leg and ankle strengthening

- » Circulation

- » Isolation – release unnecessary tension in the upper body and hips

Flex/Releve

Ball of foot on bar, parallel, legs straight, plantar flex ankle, dorsiflex ankle, plantar flex ankle, bend knees, push back to starting position



Heels

Heels

Heels on foot bar, push back and return



Toes

Toes

Ball of foot on bar, heels slightly raised, push back and return



Prehensile

Prehensile

Ball of foot wrapped around the bar, push back and return



Pilates V

Pilates V

Ball of foot on bar, turned out, low releve, heels together, push back and return



2nd position

- » Heels at ends of bar, slight turn out, push back and return



Running in place

- » Ball of foot on bar, dorsiflex one heel, bend the other knee, alternate legs 20-50 times

Focus: What should be emphasized during exercise.

Precautions: Physical conditions that may limit or exclude a participant. Exercises may need to be modified for people with these conditions.

Prerequisites: Specific exercises that must be mastered before undertaking a new exercise.

Starting Position: Where to begin the exercise on the Reformer.

*If applicable

CHARIOT, LEVEL 1

10 reps Springs: 1 – 2 Bar: None Loops: Short

Focus

- » Breath - exhale roll down/inhale roll up or inhale down/exhale up
- » Spinal flexibility
- » Abdominal strength
- » Shoulders down
- » Neck long
- » Soft hip flexors

Precautions

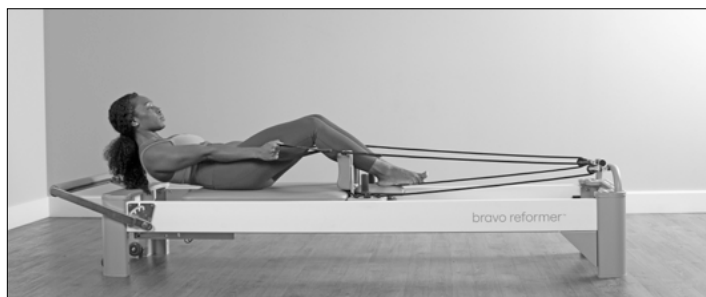
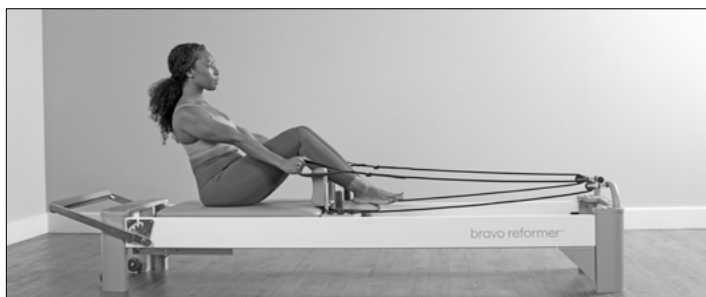
Back injuries, neck injuries, hip flexor injuries. Be cautious with osteoporosis

Prerequisites

Comfort in spinal flexion

Starting position

Seated facing ropes, knees bent, loops in hands with arms straight and elbows soft



Standard Exercise

Hold loops with arms straight, roll down, curving back and staying lifted, roll back up maintaining slight flexion in spine

Oblique Variation

Rotate knees to one side and torso to the other, roll down, switch rotation and roll up

Arm work Variations

Roll back and with low back on carriage add bicep curls or deltoid lifts for 3 reps, roll up

HUNDRED, ALL LEVELS

10 sets Springs: 1 – 3 Bar: None Loops: Regular Headrest: Up

Focus

- » Percussive breathing - in for 5, out for 5
- » Stable pelvis – imprinted or neutral
- » Hollow abdominals
- » Abdominal strength
- » Shoulders down
- » Neck long

Precautions

Back injuries, neck injuries, hip flexor injuries, osteoporosis

Prerequisites

Hundred on the mat

Starting Position

Lying supine on carriage, knees at 90 degrees, hands in loops, arms to ceiling

Level 1

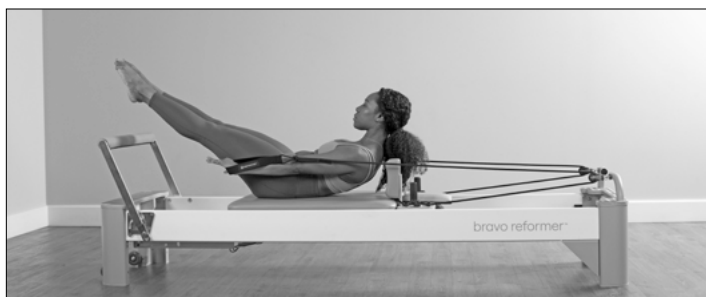
Knees bent at 90 degrees, reach arms to sides as the head and upper body lift off the carriage, pulse arms with breath, 5 pulses on the inhale, 5 pulses on the exhale

Level 2

Legs straight up to ceiling, reach arms to sides as the head and upper body lift off the carriage, pulse arms with breath

Level 3

Reach arms to sides as the head and upper body lift off the carriage, straighten legs to ceiling then lower legs keeping low back on mat, pulse arms with breath



REVERSE ABDOMINALS, LEVEL 4

10 reps Springs: 1 – 2 Bar: None Loops: Regular

Focus

- » Breath - exhale to pull the knees in, inhale to release
- » Abdominal strength
- » Iliopsoas strength
- » Iliopsoas and abdominal coordination
- » Imprinted spine
- » Shoulders down
- » Neck long

Precautions

Back injuries, neck injuries, hip flexor injuries, osteoporosis

Prerequisites

Mat Roll-up, strong abdominals, ability to maintain imprinted spine

Starting position

Supine facing ropes with an imprinted spine, knees bent at 90 degrees, loops around the knees, head supported with the hands, elbows wide



Standard Exercise

Maintaining imprinted spine, hollow out abdominals and pull knees above 90 degrees while flexing the torso and lifting the head off the headrest, return legs to starting position maintaining an imprinted spine

Oblique Variation

Rotate torso to the right, reach left hand across toward right knee, pull knees in toward the chest as arm reaches across (Repeat 4 – 8 times on one side and switch)



KNEELING ABDOMINALS, LEVELS 1-2

10 reps Springs: 0 – 2 Bar: None Loops: None

Focus

- » Breath – Exhale as knees pull in/ inhale to return to starting position
- » Pelvic stability
- » Abdominal strength
- » Pelvic stability
- » Scapular stability

Precaution

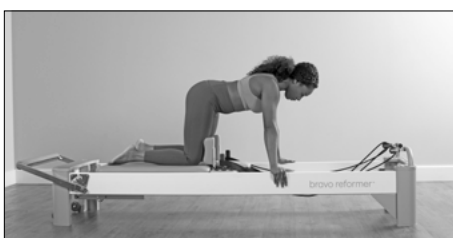
Shoulder, elbow and wrist problems, inability to kneel

Prerequisites

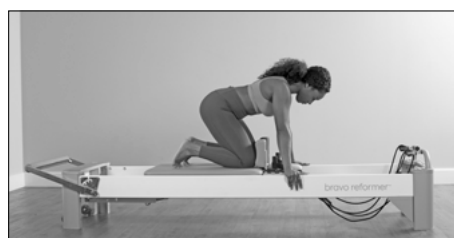
Mat all fours hollowing (pregnant cat abdominals)

Starting position

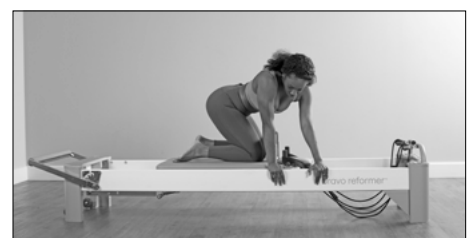
Kneel on all fours facing straps with hands on the edges of the frame



Starting position, facing straps



Flat Back



Oblique 1

FEET IN STRAPS, LEVEL 1

6 reps Set up: 2 springs Bar: Any Loops: Regular

Focus

- » Breath - exhale out/inhale in or inhale out/exhale in
- » Spine to mat or neutral spine
- » Hollow abdominals
- » Abdominal strength
- » Pelvic Stability
- » Hamstring, adductor and gluteal strength
- » Hamstring and adductor flexibility
- » Leg and hip alignment
- » Hip range of motion

Precautions

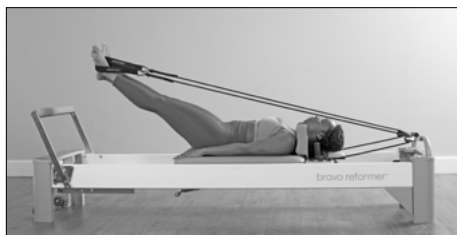
Hip flexor injury, limited hamstring flexibility, back injuries, weak abdominals

Prerequisites

Adequate hamstring flexibility, ability to stabilize the back, Hundred

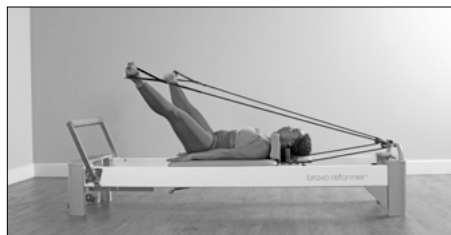
Starting Position

Supine on carriage, loops around arches



Leg lowers

Hips stable, begin with inner thighs together, lower and raise legs



Scissors

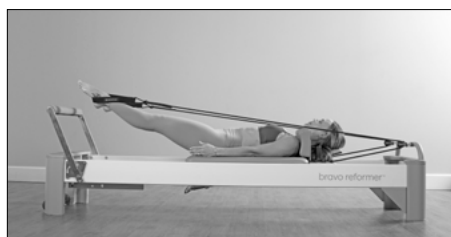
Hips stable, begin with inner thighs together, open legs to sides and return



Variations: Legs stay over hips, legs move down toward the bar while carriage moves (V's)



Variations: Legs parallel, turned out or turned in
Magic circle or ball between the legs



Circles

Hips stable, begin with inner thighs together, moving legs down and around in circles or D's, reverse directions
Variations: Legs parallel, turned out or turned in, or knees in straps

LONG BOX - ARM WORK, LEVEL 1

4 – 8 reps Springs: 1 - 2 springs Box: Long Loops: Regular Bar: Low or none

Focus

- » Breath – inhale pull, exhale release
- » Hip bones to mat
- » Hollow abdominals
- » Triceps, latissimus, lower trap and upper back strength
- » Head in line
- » Scapula placement
- » Leg and torso alignment

Precautions

Shoulder, elbow and wrist injuries, some back problems

Prerequisites

- » Ability to lie prone
- » Pulling Straps (Level 1 and 2))

Starting Position

Lie prone on long box with chest off front edge of box, foot bar down, facing ropes, grasp ropes.

Arms down

Pull ropes to hips along edge of carriage



Arms out to sides

Pull ropes to hips with arms extended out to the side



Pulling Straps

Upper back lift

Pull ropes along edge of carriage and lift upper back



Pulling Straps with Upper Back Lift

Triceps press

Pull ropes to hips along edge of carriage, keeping elbows in place, flex and extend the elbow

COBRA (LEVEL 2)

Starting Position:

Prone on long box, hands on low or middle footbar

Exercise:

Straighten the arms and press the carriage out. Press down on the bar to lift into back extension as the carriage moves in, press the carriage back as the torso lowers onto the box, bend elbows to return to starting position.



Cobra

SHORT BOX - ABDOMINALS, ALL LEVELS

6 reps Springs: 4 - 5 Box: Short Strap: Foot strap Pole in hands

Focus

- » Breath – inhale down/exhale back or exhale down/inhale back
- » Abdominal strengthening
- » Abdominal hollowing
- » Back strengthening
- » Back flexibility

Precautions

Back, neck and shoulder injuries, osteoporosis

Prerequisites

Reformer Chariot, Cadillac Roll-backs

Starting Position

Sitting on short box, facing footbar, feet under foot strap, knees slightly bent

Standard Exercise

Roll down with a long curve and roll back up



Oblique variation

Roll down with a long curve, rotate the torso to each side, roll back up



ARM WORK, LEVEL 1 - 2

4 - 10 reps Springs: 1-2 Box: long, short or none Loops: very short, short or regular

Focus

- » Breath – inhale pull/exhale release
- » Biceps, triceps, pectoralis and deltoid strengthening
- » Scapular stabilization
- » Torso stabilization
- » Sitting posture

Precautions

- » Wrist, arm or shoulder problems, back problems with limited sitting ability

Prerequisites

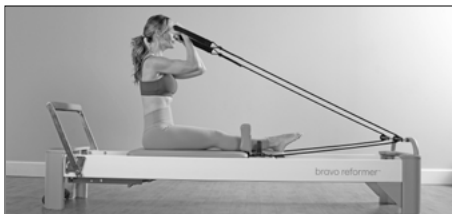
- » None
- » Sitting variations for all exercises
- » Sitting on carriage, cross-legged, legs straight or kneeling

Exercises Facing the Straps



Biceps

Holding very short loops in hands, bend elbows to pull straps to shoulders.



Triceps/Posterior Deltoid

Loops in hands, arms straight, pull straps back level with hips and pulse arms back



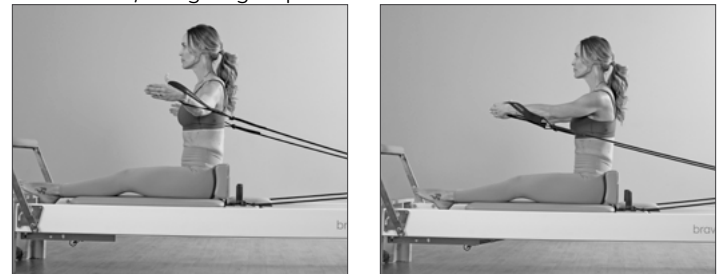
Serve a tray

Sitting facing foot bar, regular loops in hands, elbows bent, reach forward, straighten arms, open arms to the side palm up and return



Hug a tree

Sitting facing foot bar, regular loops in hands, arms out to sides, soft elbows, bring fingertips toward each other



STANDING, LEVEL 1 - 3

8 reps Springs: 0 - 1 spring Standing platform

Focus

- » Breath – exhale out, inhale in
- » Adductor and abductor strengthening
- » Abdominal hollowing
- » Standing alignment
- » Balance
- » Precautions
- » Balance problems

Prerequisites

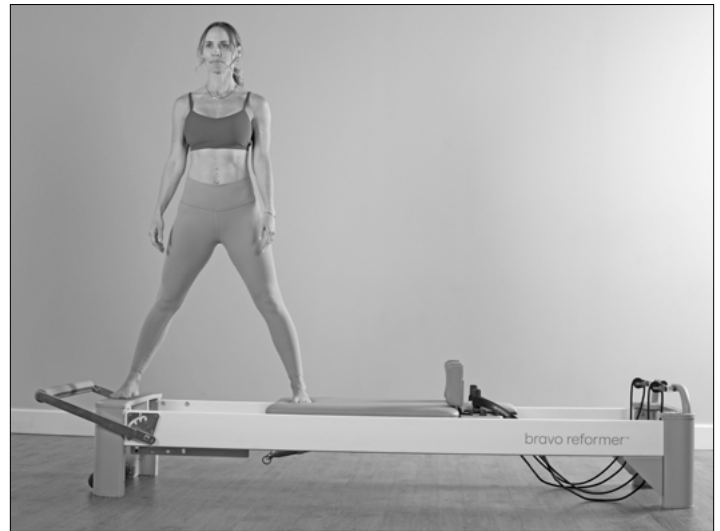
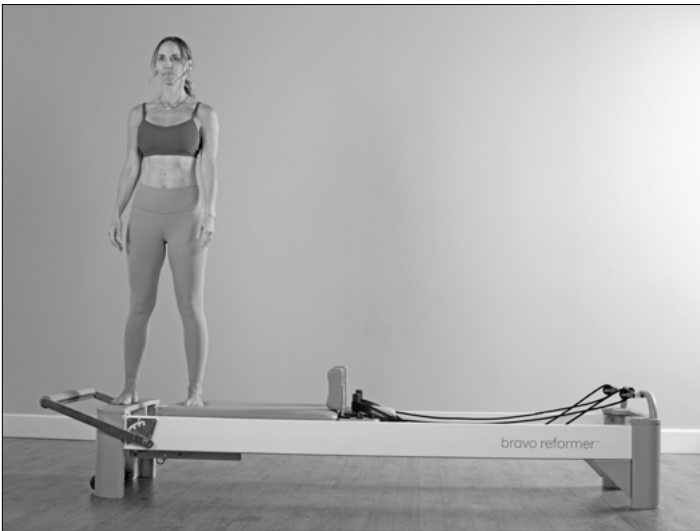
- » None

Starting position

- » Standing with one foot on frame or standing platform, and one on the carriage. Face side of the room parallel to the side of the reformer. Put the first foot on the frame and the second foot on the carriage. Use frame when working parallel, use the standing platform to work in external rotation.

Standard Exercise

- » Stretch legs open, close legs
- » Facing sideways to Reformer
- » Legs straight, parallel, turned out
- » Legs bent, parallel, turned out



Getting Started Guide - Tower Exercises

Definition of Exercise Set-up Terms

Level: The level of expertise needed to undertake exercise.

Reps: How many times the exercise is performed.

Springs: Number and location of springs on the Tower.

Loops: Which loops should be used during exercise.*

Focus: What should be emphasized during exercise.

Precautions: Physical conditions that may limit or exclude a participant. Exercises may need to be modified for people with these conditions.

Prerequisites: Specific exercises that must be mastered before undertaking a new exercise.

Starting Position: Where to begin the exercise on the Tower.

*If applicable

ROLLBACKS, LEVEL 1

6-10 Reps

Springs: 2 long yellow or 2 short yellow springs from high position Rollback Bar or handles

Focus

- » Breathing – exhale roll down, inhale at the bottom, exhale to roll up
- » Balance between abdominals and lumbar extensors
- » Soft neck and shoulders
- » Maintain C-curve
- » Soft hip flexors

Precautions

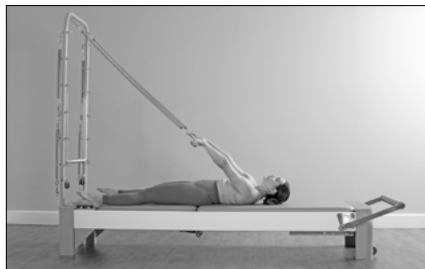
- » Shoulder and neck problems, some low back problems, osteoporosis

Starting position

- » Sit facing Tower, holding on to bar or handles, knees soft, feet on metal bars.

Standard Exercise

Hold bar with arms straight, roll down, curving back and staying lifted, roll back up maintaining slight flexion in spine

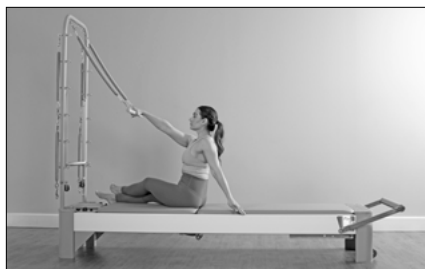


Roll Backs

Oblique Variations

Wooden bar (Water skiing)
Sit diagonally on table, place left foot against pole, cross right foot over ankle, place left hand on bar and reach right arm open while rotating torso to the right.

Roll down and up maintaining rotation, then switch sides.



Water skiing



FEET IN STRAPS, LEVEL 1

6-10 reps

Springs: Long springs from middle or high position

Loops around arches

Focus

- » Breath - exhale out/inhale in or inhale out/exhale in
- » Neutral spine
- » Hollow abdominals
- » Pelvic stability
- » Hamstring, adductor and gluteal strength
- » Hamstring and adductor flexibility
- » Leg alignment

Precautions

Back injuries, some knee injuries and hamstring strains

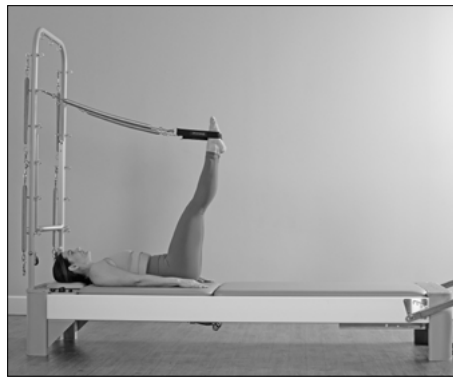
Starting Position

Lie supine with head toward Tower loops around arches

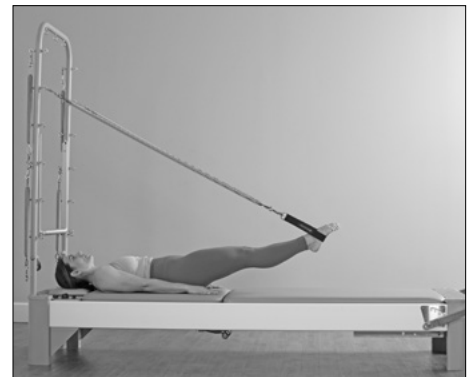
Leg Lowers

Both legs loops and inner thighs together, lower legs toward the table and maintain pelvic stability.

Variations: Parallel, turned-out, turned-in, holding a ball or magic circle between the legs



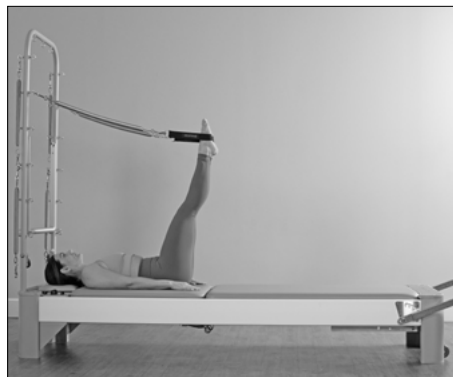
Leg Lowers



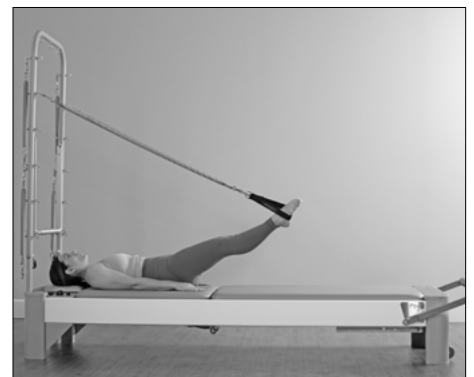
Circles

With both legs in loops circle the legs in both directions, maintaining pelvic stability.

Variations: parallel, turned-out, turned-in



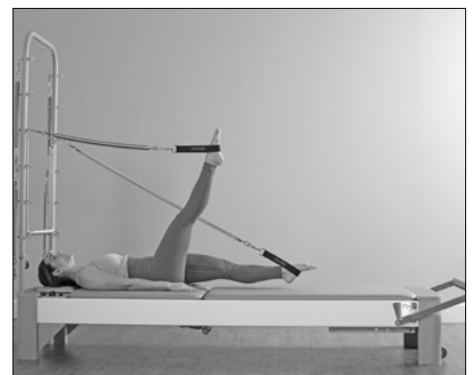
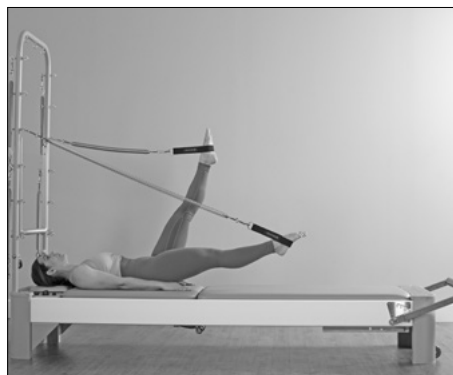
Circles



Scissors

With both legs in loops, lower legs toward table then open and close legs and maintain pelvic stability.

Variations: parallel, turned-out, turned-in



Walking

With both legs loops alternately bring one leg down toward the table and then the other, while maintaining pelvic stability.

Variations: parallel, turned-out, turned-in

Walking (springs middle position)

FEET IN STRAPS SIDELYING – ADDUCTOR PULL, LEVEL 1-3

6-10 reps

Springs: Long springs from middle position

Loops around arches

Focus

- » Breath - exhale down/inhale up
- » Correct side-lying position (waist up, hips and shoulders in line)
- » Hollow abdominals
- » Pelvic stability and isolation of the leg from the pelvis
- » Adductor, medial hamstring and external rotation strengthening

Precautions

Some back injuries, knee injuries, and unstable sacroiliac joints

Starting Position

Lie on your side on Tower with back of body in line with back edge of mat and legs slightly forward.

Support body by bracing the bottom arm against upright pole or resting head on arm.

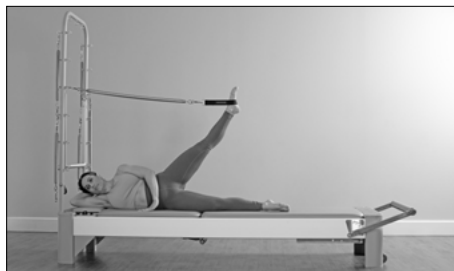
Place loop around arch

Standard Exercise

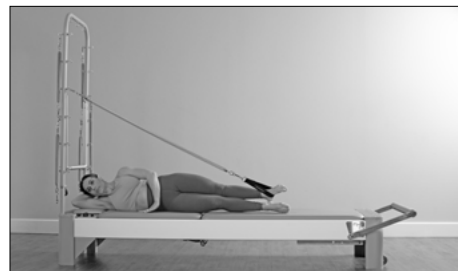
Pull top leg down toward bottom leg.

Maintain correct side-lying position.

Variations: parallel, turned-out (larger range of motion), turned-in.



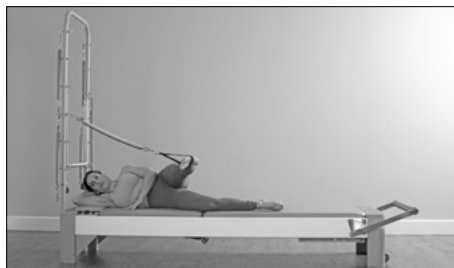
Adductor Pull



Ovals

Maintaining correct alignment, move top leg in a small circle in both directions.

Variations: parallel, turned-out, turned-in

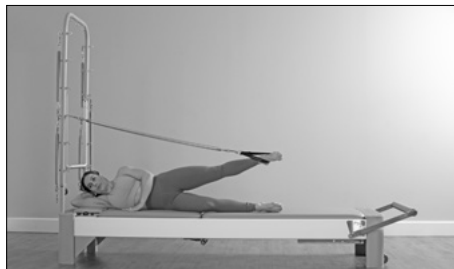


Front-Back Kick

Front-Back Kick

Maintaining correct alignment, swing top leg forward and back (as in the Side Kick on the mat).

Variations: parallel, turned-out, turned-in



FOOT AND LEGWORK, LEVEL 1

10 reps

Springs: 2 long purple springs from the bottom on Push-through Bar

Safety strap on

Focus

- » Breath – inhale push, exhale return
- » Spine to mat or neutral spine
- » Leg, ankle and foot alignment
- » Calf and hamstring flexibility
- » Foot, ankle and lower leg strength

Precautions

Back injuries, knee injuries

Starting Position

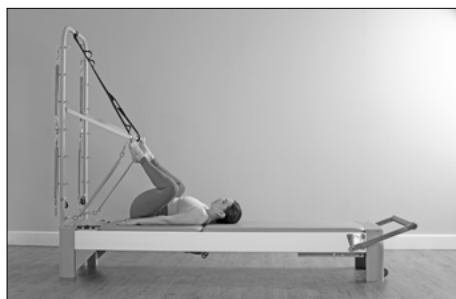
Supine on Tower with feet on Push-through Bar, and springs attached from low position onto the Push-through Bar

Plies

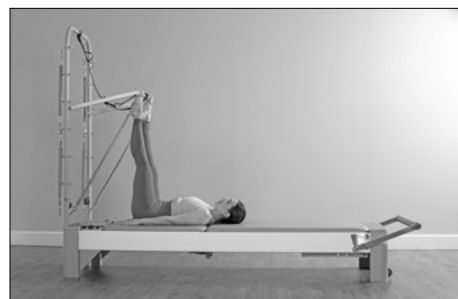
Lie supine with the Push-through Bar in line with anterior hip crease, flex knees, flex hips, with metatarsals or heels on the bar, and straighten legs and return.

Foot position variations: Heels, Toes

Leg variations: parallel, turned out, v-feet, wide 2nd position, single leg



Plies

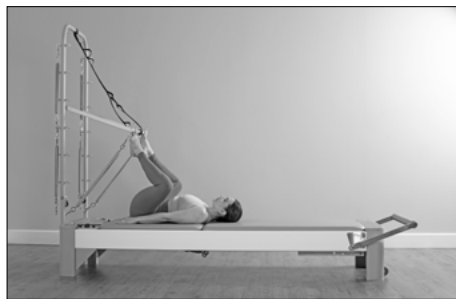


Plie/Releve

Lie supine with the Push-through Bar in line with anterior hip crease, hips flexed, knees bent, metatarsals or toes on the bar.

Push the bar up toward the ceiling straightening the knee, plantarflex the ankle, dorsiflex the ankle and return.

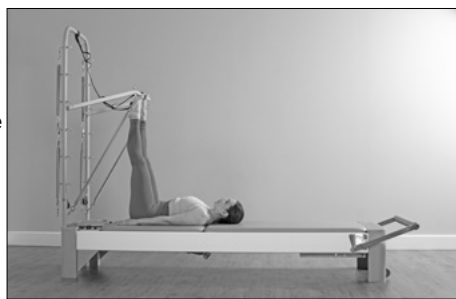
Variations: parallel, turned out, single leg



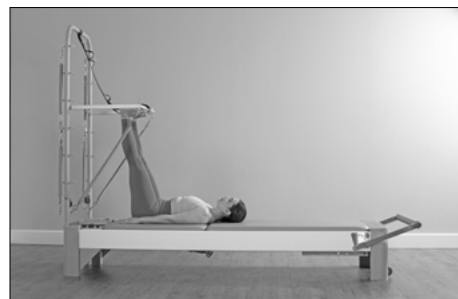
Plantarflexion

Lie supine with Push-through Bar in line with anterior hip crease, legs straight, metatarsals or toes are on bar, plantarflex and dorsiflex the ankles.

Variations: parallel, turned out, single leg, running in place



Plantarflexion



SEATED PUSH THROUGH, LEVEL 1

6 reps

Springs: 1 short red spring from above on Push-through Bar

Focus

- » Breath – exhale stretch forward, inhale stretch up or reverse
- » Spinal flexion and extension
- » Hamstring flexibility
- » Scapula stability/mobility
- » Abdominal hollowing and lift
- » Coordination of breath with spinal mobility

Precautions

Some back injuries, shoulder injuries

Prerequisites

Mat – Spine Stretch

Starting Position

Sit on table facing Tower, with feet against upright bars, and both hands on the Push-through Bar (knees can be bent or straight depending on flexibility).

Standard Exercise

Push bar down, curve spine forward beginning with top of head, reach the bar forward and stretch.

Return by hollowing out abdominals and stacking one vertebra on top of another until sitting up on the sit bones.

Press bar up and lean forward from hips with a flat back before beginning again



CAT, LEVEL 3

4 reps Springs: 2 short springs from above on Push-through Bar

Focus

- » Breath – exhale roll down, inhale to extend out, exhale pull back, inhale uncurl.
- » Spinal flexibility
- » Scapula stability/mobility
- » Abdominal hollowing and lift
- » Coordination of breath with full spinal mobility

Precautions

Back injuries, shoulder injuries, knee injuries, and osteoporosis

Prerequisites

Mat – Cat/camel stretch

Starting Position

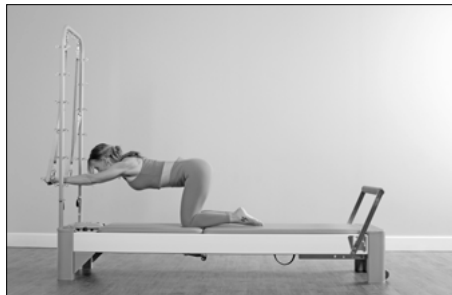
Kneeling on table, hands on Push-through Bar with the bar close to the body.



Standard Exercise

Press bar down and roll the spine down beginning with top of head.

Reach bar away as spine elongates into extension.



Return by pulling abdominals in and curling spine back into flexion before stacking vertebra one on top of the other to return to the starting position. (Keep the hips pressed forward over the knees as much as possible.)



CIRCLE SAW, LEVEL 2

4 reps Springs: 2 short yellow springs from above on Push-through Bar

Focus

- » Breath – exhale stretch, inhale to circle out, exhale reach, inhale circle back
- » Spinal flexibility in rotation
- » Scapula stability/mobility
- » Abdominal hollowing and lift
- » Coordination of breath with full spinal mobility

Precautions

Some back injuries, shoulder injuries

Prerequisites

Mat - Saw

Starting Position

Sit on table facing Tower with feet against upright bars, right hand pushing up on the Push-through Bar, left hand reaching toward right foot.



Standard Exercise

Sweep left hand toward left foot and continue to circle arm out and around, allowing torso to lean back while maintaining abdominal lift and torso integrity until the left hand reaches over the right arm toward the right foot.



Reverse the circle

Do four repetitions using each arm, keep both sit bones anchored for pelvic stability (or release one slightly to increase stretch).

