

PilatesAngle® Accessories Assembly and Get Started Guide

PARTS LIST

DESCRIPTION	PART NO	QTY
3" Vinyl Cushion	18926	1
Velcro Straps	18818	1 pr
Foam Sleeves	13261	2
Short Tube	18850	1
Long Tube	18849	1
Red Super R Band (Installed on long tube)	18801	1



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ASSEMBLY

1. Install Velcro Straps

The resistance band comes pre installed on the long tube. Install Velcro Straps on the long tube by feeding the loop of Velcro straps through the band and on to the tube. Make sure that the rough sides on both the Velcro straps are facing the same way when installed on the long tube. See Fig A.



Figure A

2. Install foam on long tube

Feed the foam tube sleeves through the band and install on both sides of the tube, flush with the outer edges. See Fig B.



Figure B

3. Install the velcro on the short tube

Feed the free end of the Velcro strap through the small tube. Do this for both the Velcro straps. There should be around 2-1/2" between the Velcro straps after they are installed on both tubes. This gap can be adjusted later as well. See Fig C.



Figure C

4. Install the long tube on the PilatesAngle

With the rough side of both the Velcro straps facing up, install the long tube into the channel in the back of the PilatesAngle back. The tube will need to be pressed into the channel with some pressure. See Fig D.

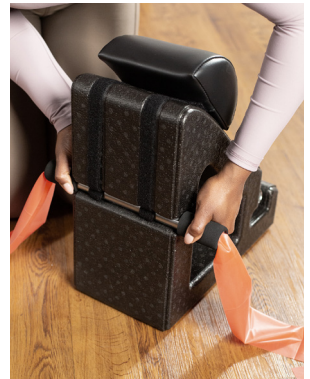


Figure D

5. Install the short tube on the PilatesAngle

With the long tube assembled into the back of PilatesAngle, make sure that the velcro rough side is facing up, is flat and not twisted. Now force the short tube into the channel in the belly of the PilatesAngle back. Please refer to the pictures below. You may need to apply pressure with both hands on the short tube to force it into the channel. Make sure that the tube is flush with the sides of the PilatesAngle and the Velcro straps are in the channels designed on the surface of the PilatesAngle back. See Fig E.

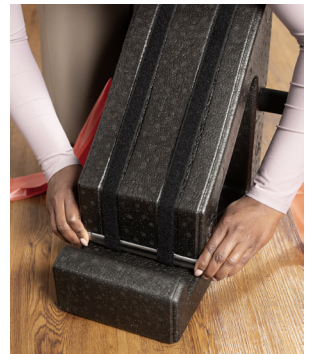


Figure E

6. Install the PilatesAngle base

With both the tubes secured into the PilatesAngle back, place the PilatesAngle base on to the PilatesAngle back. The lip on the back fits into the groove on the base part. See Fig F.



Figure F (Shown without accessories)

7. Install the Vinyl Cushion

The Vinyl Cushion has velcro in the back and can be placed onto the Velcro strips on the PilatesAngle at the desired location. See Fig G and H.



Figure G



Figure H

Note- The Long tube with foam ends can be used to hang the loops as well. See Fig I.



Figure I

SAMPLE EXERCISES

THE HUNDRED - *Excellent for Breath and Deep Core Work.*

Starting position - Lie back on the PilatesAngle. Your head, spine, shoulders, and pelvis should be comfortable and supported by the slope of the PilatesAngle. The band is in your hands and the accessory pillow is under your head for comfort as needed. Your knees are bent and feet are flat on the floor.



Starting position with head on pillow and band in hands.



Reach and pulse arms in the band with legs lifted.



Modification - Pulse the arms and focus on the breath.

Inhale to prepare, exhale and reach the arms into the resistance of the band and alongside your body. Lift the legs into tabletop position, (knees bent and aligned over your hips), as if creating a 'tabletop' with your lower legs. Keep your spine and shoulders in contact with the PilatesAngle as you raise your legs.

Inhale deeply and pulse the arms for a count of five and exhale for a count of five.

Repeat this 10x for a count of 100 pulses of the arms.

Modification - Keep feet on the floor and focus on the breath and the arm pulses. Bend and straighten the arms to work the triceps;

Progression - Lift the head and perform an ab curl. As you lift, reach into the band with the arms. Legs may also straighten straight up toward the ceiling or lower as far as possible with out changing the upper body position.

SINGLE LEG STRETCH - *Excellent for Breath and Deep Core Work. Teaches integration of legs with the core.*

Starting position - Lie back on the PilatesAngle. Your head, spine, shoulders, and pelvis should be comfortable and supported by the slope of the PilatesAngle. The band is in your hands and the accessory pillow is under your head for comfort as needed. Bring your knees to your chest and hug them to start.



Bring both legs to the body and hug them. Hold the bands in your hands.



Reach one leg long and as the other leg bends. Reach into the bands as the legs move.



Switch legs position.

Inhale and lengthen one leg out long (keep the leg in a line with your eye gaze). The other leg remains bent and close to the chest as you straighten the arms, reaching them into the band. You may also lift your head and shoulders and perform an abdominal curl, this will deepen the abdominal work (not pictured).

On the exhale switch legs. Inhale to deepen the reach of the straight leg, and the reach into the arms. Eventually you can increase the cadence of your breath and switch legs with each inhale and exhale, this will increase the speed of the movement.

Repeat for 4 to 6 cycles.

Modification - Raise the straight leg higher, above the eye gaze; **Progression** - Hold an ab curl, while reaching into the band. You may also lower the leg just below the eye gaze, but keep the upper body still and supported by the PilatesAngle as the leg lowers.

SAMPLE EXERCISES

DOUBLE LEG STRETCH - *More challenging than the Single Leg Stretch and deepens the core work.*

Starting position - Lie back on the PilatesAngle. Your head, spine, shoulders, and pelvis should be comfortable and supported by the slope of the PilatesAngle. The band is in your hands and the accessory pillow is under your head for comfort as needed. Bend your knees and bring them to your chest.



Starting position - hug knees into the chest. Hold bands in the hands.



Reach arms overhead and lengthen legs. Maintain resistance in the band as arms reach.



Circle the arms around and return to starting position.

Inhale to prepare and on the exhale lengthen both legs out long while reaching your arms overhead. Your low back and the back of your pelvis should remain still as arms and legs reach. Reach the arms into the resistance of the band as they move.

On the inhale, circle the arms around and bend the knees to return to the starting position where you are hugging the legs to your body.

Eventually you can increase the cadence of your breath, which will increase the speed of the movement.

Repeat 4 to 6 times.

Modification - Raise the legs higher, above the eye gaze; **Progression** - Hold an ab curl, while reaching into the band. You may also lower the legs just below the eye gaze, but keep the upper body still and supported by the PilatesAngle as the legs lowers.

SINGLE LEG CIRCLES - *Excellent for leg flexibility and core stability.*

Starting position - Lie back on the PilatesAngle. Your head, spine, shoulders, and pelvis should be comfortable and supported by the slope of the PilatesAngle. The band is in your hands and the accessory pillow is under your head for comfort as needed. Lengthen one leg out along the floor while the other lengthens up, as far as flexibility will allow, toward the ceiling. Arms are reaching into the band.



Inhale and exhale as you circle the leg, creating small circles at first. Your body remains still as the leg circles. Repeat for 4 to 6 repetitions and then switch directions.

Modification - The knee of the moving leg may be bent to 90 degrees and the circle is more of a stirring of the thigh bone in the hip socket or leg can straight but lowered (as flexibility dictates). Your head stays back and resting on the PilatesAngle.

Progression - Top leg is straight toward the ceiling while the other leg reaches long on the floor (as shown). Make circles larger and allow the pelvis to follow the leg. As the leg and pelvis move, the body, shoulder blades to the head, remains still. Always reach into the resistance of the band with the arms.

SAMPLE EXERCISES

REFORMER

Place the PilatesAngle on your Reformer. The wide portion, the wings, should be in contact with the shoulder rest with the narrow, elevated portion on top of the headrest. The headrest must be in the lowest position, flat and in line with the Reformer carriage.

THE HUNDRED AND SUPINE ARM WORK

You may use the band in place of the straps for exercises such as The Hundred and Supine Arms. This is an easy modification for clients who are unstable or need assistance. Adds gentle resistance and stabilized the upper body.



The Hundred with the band.



Supine Arm Work using the band.

FOOTWORK

You may add the bands in the hands when performing Footwork. This adds some gentle upper body resistance and also helps to stabilize the upper body while moving the legs.



Footwork adding the band and arm movements.



FEET IN STRAPS

You may add the bands in the hands when performing the Feet in Strap series of exercises. This adds some gentle upper body resistance and also helps to stabilize the upper body while moving the legs.



Feet in Straps.