





Learning how to re-learn

There's just no denying it - COVID has completely reshaped how we live and how we do business. The rock band Foo Fighters have a song, "Walk," in which they sing "learning to walk again... learning to talk again", and I kind of feel that's where we're at now. We've had to learn to re-learn, so to speak, in this new reality.

Balanced Body has always been a solid business, steady and growing for 45+ years. Sure, there have been occasional hiccups, but nothing that was ever truly threatening. The pandemic changed all of that. The subsequent global shutdown was unprecedented and everything we thought we knew went out the window.

In the beginning, all businesses were scrambling to get a hold of what the pandemic was. As days turned into months, some issues became urgent. Correct decisions one month became questionable the next and vice-versa. Then, as months became years, what was urgent neared crisis. We were continually pivoting to meet new demands in a different world.

This is where relationships with our customers, our vendors, and internally forged a turning point. Transparency and trust are always critical, but during COVID, they've been mandatory. And as lines of communication strengthened, so did joint success - and it's only getting better.

This is such a strong, resilient community and I'm so lucky to be a part of it. I want to thank you for your patience and support in 2022, and I'm very excited about what awaits us in the new year.

I hope you enjoy our 2023 catalog.

Ken Endelman
Founder, CEO | Balanced Body

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Scan here for
Pricing and Details



Movement Changes Lives.



"A world-class Reformer with a strikingly beautiful design, plus the performance and durability you expect from Balanced Body." ~Laura B.



Learn more about the Allegro® 2 Reformer on p. 32



Learn more about the Ultra-Fit Circle® on p. 74



Space at a premium in your home? Discover full body training in our smallest tools.



"I love the Ultra-Fit Circle! It is amazing for adductor work, arm work, and stretching." ~Lisa D.



Learn more about the SmartBell® on p. 76

Innovate your fitness routine.



"The Sitting Box Lite is lightweight yet sturdy, I love it! It's surprisingly effective, easy to use, and safe." ~Leslie F.



Learn more about the 3lb Hand Weights at [pilates.com](https://www.pilates.com)

Learn more about Sitting Box Lite on p. 66



Gain strength and mobility to keep the body moving.

Oov®

Activates core stabilizing muscles while also gently extending the spine to stimulate healthy intervertebral disc lubrication.

Learn more at [pilates.com](https://www.pilates.com)

SISSEL® SitFit Plus

Active sitting with 2 in 1 function! Sitting wedge and air-filled pad to relieve upper body tension and improve posture.

Learn more on p. 86

Precision Rotator Discs

Improve balance, alignment, core strength, joint stability, range of motion and more! Choose the resistance level that's best for you.

Learn more on p. 76



Learn more about MOTR® on p. 20



Active Anywhere.

MOTR®

Personal workout system offers resistance training, core strengthening, balance, agility and myofascial release.

Learn more on p. 20

Resistance Bands

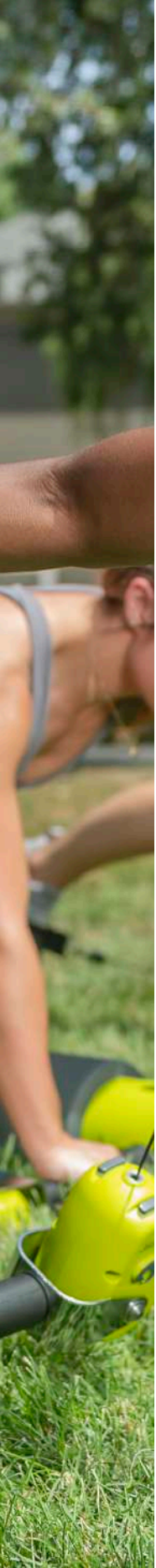
Your go-to tool for building inner and outer thigh strength. Increases challenge in your workouts, while improving balance and agility.

Learn more at pilates.com

SISSEL® Terra Yoga Mat

Premium quality thin mat for yoga, Pilates and therapeutic movement with a secure grippy surface. Resilient to heat and cold.

Learn more at pilates.com



Learn more about EXO® Chair on p. 46



Class is in session.

EXO® Chair

Lightweight, stackable and extremely sturdy, the EXO® Chair offers an array of exercise and resistance options. EXO workouts enhance stability, balance, strength and are perfect for individual and group training!

Learn more on p. 46

Allegro® Reformer

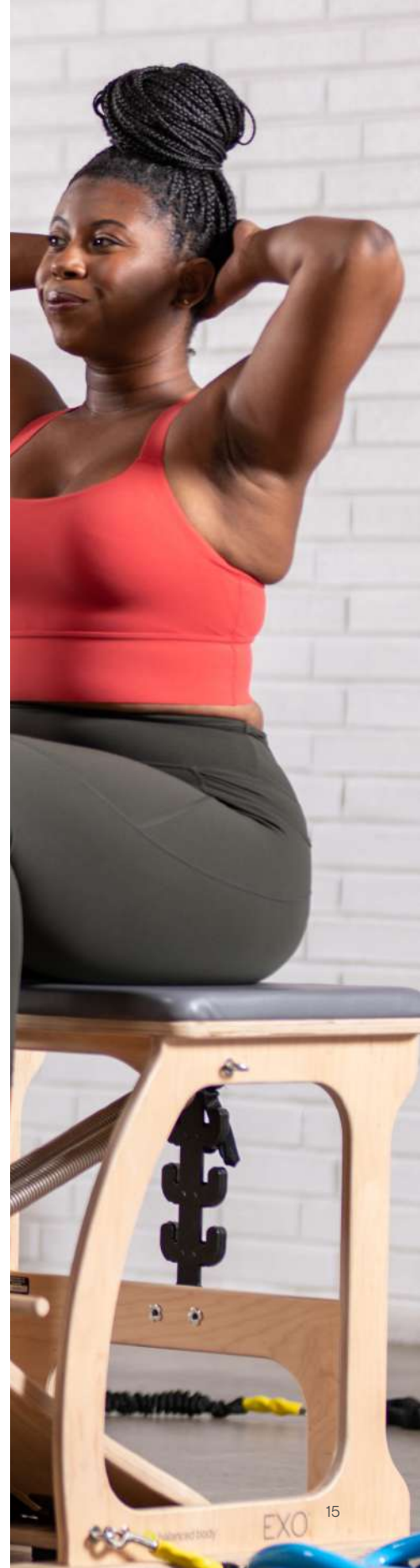
20+ year track record of durability and performance, providing progressive workouts for all fitness abilities.

Learn more on p. 34

Pilates Springboard™

Affordable and space-saving, this piece of Pilates equipment provides an invigorating full-body workout. Ideal for home workout spaces as well as group classes in studio.

Learn more on p. 52



Get out there and
break your routine.
Take your workout
wherever you go.



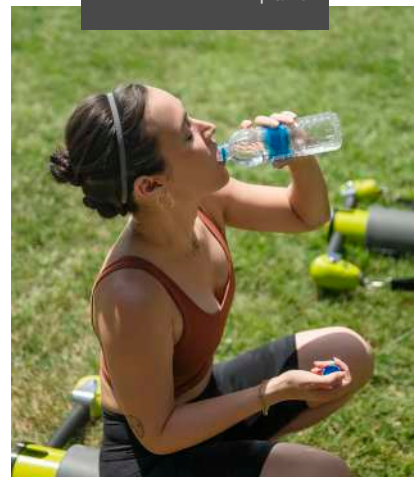
"I love MOTR! It makes so many
exercises possible that one would think
could only be done in the gym!"

~Beth E

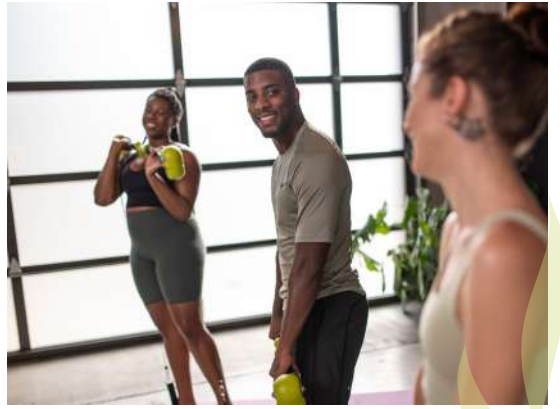
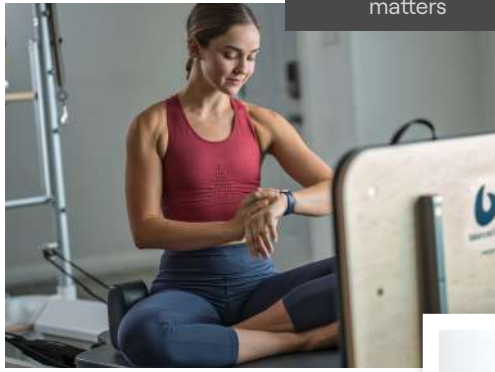
"The EXO Chair is everything I expected
it to be. For such a small piece of equip-
ment, you can get an incredible workout."

~Joanna S.

MOTR® in the park



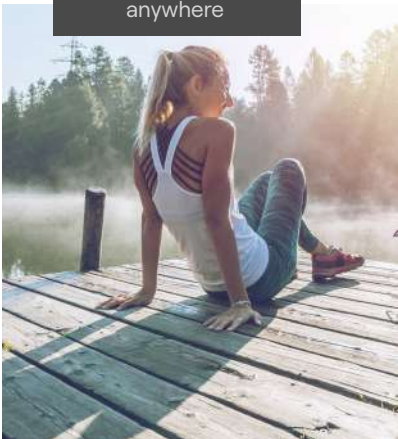
quality movement
matters



train with friends



workout anytime,
anywhere





Movement

A woman with blonde hair tied back, wearing a grey tank top and purple leggings, is climbing a rope structure. She is looking to the left with a focused expression. The background shows a park-like setting with trees and a blurred figure in the distance.

Equipment

Scan here for
Pricing and Details





MOTR[®]

Personal workout system offers resistance training, core strengthening, balance, agility and myofascial release.



FREE STREAMING AT
[video.pilates.com*](https://www.video.pilates.com)

*All equipment includes access to the free videos section on our streaming video platform. Paid monthly and annual subscriptions also available to access all content.



Shown: MOTR with MOTR Grip Cover

INCLUDED

- ✓ Detachable Resistance Arm with 2 variable resistance modules offering 3 resistance levels
- ✓ 2 Stability Wedges hold MOTR in position during exercise
- ✓ Integrated Carrying Strap and Hand Straps
- ✓ Self-Contained Roller Tube with Locking Lid
- ✓ Flashcards with exercises
- ✓ Free streaming MOTR video workouts

ACCESSORIES

- ✓ MOTR Grip Cover offers a "grippy" surface while you're exercising
- ✓ Mini-Mat for floor exercises
- ✓ Additional streaming MOTR video workouts (purchase required)
- ✓ MOTR® Home
 - Safe and secure storage for up to six MOTRs. Heavy-duty casters make it easy to move and store
 - 1-year warranty/30-day money back guarantee

FEATURES

- ✓ Create full-body workouts using different resistance levels
- ✓ Components conveniently store inside the 43" (109cm) roller
- ✓ Easy transport and storage
- ✓ Detachable variable resistance arm for targeted upper body and lower body exercise
- ✓ Warm up and finish off with myofascial release on outer padded roller

Perfect for "on-the-go" workouts
indoors and out!

Product	Part #
MOTR	10060
MOTR Grip Cover	17242
MOTR & MOTR Grip Cover	17633
MOTR Home	12469



Bodhi Suspension System[®]

The world's first 4-point suspension system for fitness, Bodhi Suspension System offers fully suspended progressive workouts with strength, flexibility, balance and proprioceptive challenges.



FREE STREAMING AT
[video.pilates.com*](https://video.pilates.com)

*All equipment includes access to the free videos section on our streaming video platform. Paid monthly and annual subscriptions also available to access all content.



INCLUDED

- ✓ 2 High-density Abrasion Resistant Ropes (for ceilings up to 8.25ft (2.25m))
- ✓ 2 Easy Grip Handles and 2 Padded Double Loops for upper and lower body suspension
- ✓ 4 Pre-attached accessory lanyards (to connect loops/handles to main Bodhi rope)
- ✓ Bodhi Tote Bag to pack, carry and store
- ✓ Flashcards with exercises and workouts

ACCESSORIES

- ✓ Wall Anchor
- ✓ Ceiling Anchor
- ✓ Rope Extenders (for ceilings over 8.25ft (2.25m))

Product	Part #
Bodhi system, green ropes	12424
Bodhi system, grey ropes	12425
1-year Limited Warranty / 30-day money back guarantee	

FEATURES

- ✓ Loops and handles secure hands and feet in suspended state
- ✓ Created to complement Pilates, Bodhi uses posture, alignment, breathing and core control in full-body workouts
- ✓ 2 independent ropes, creating 4 suspension points
- ✓ Intensity of movement is controlled by user's bodyweight
- ✓ Anchoring solutions available for wall and ceiling
- ✓ Fast, easy and safe adjustment system

"I love the Bodhi Suspension trainer - It's a perfect compliment to other Pilates work. I use it to work on the balance, core, and more." ~Lucie B.



CoreAlign®

Developed for rehab, general fitness, and sport-specific training, CoreAlign® provides mind-body movement, functional exercise, full-body conditioning and neuromuscular retraining.



FREE STREAMING AT
[video.pilates.com*](https://www.video.pilates.com)

*All equipment includes access to the free videos section on our streaming video platform. Paid monthly and annual subscriptions also available to access all content.



INCLUDED

- ✓ Solid wood standing platform and base
- ✓ Long frame for up to 41" (104cm) of quiet cart travel
- ✓ Non-slip and no-skid surfaces
- ✓ Each cart uses 6 resistance tubes: 2 each light, medium and heavy
- ✓ 2 cart stopper blocks, 2 speed bumps
- ✓ 2 straps with padded handles
- ✓ 3 foam pads for extra comfort during exercises

OPTIONS

- ✓ Freestanding Ladder
- ✓ Wall-Mount Ladder
- ✓ CoreAlign Rotator Discs and Pads

Product	Part #
CoreAlign	12477
Wall Mount Ladder	12476
Freestanding Ladder	12473
CoreAlign with Wall-Mount Ladder	12635
CoreAlign with Freestanding Ladder	12636
5-year Limited Warranty	

FEATURES

- ✓ CoreAlign's sliding carts move independently, with resistance and assistance in two directions
- ✓ Facilitates functional exercise to improve gait, balance, core strength and neuromuscular retraining
- ✓ Soft cart bumpers provide smooth glide while in motion
- ✓ Easily adjust resistance for 200+ exercises
- ✓ Specially designed resistance bands last longer
- ✓ Offers standing and prone exercise options

"Love my CoreAlign. Definitely a way to challenge my full body! I love using it with my other BB equipment." ~Daniela L.

Stories from Ukraine

Editor's Note: In July of 2022, we asked our Ukrainian Pilates community to tell us their stories after the invasion took place. Although events have changed, their stories at the time have not. Special thanks to Katherine Ryzhova for assisting with translations.

Anastasiia Veikua

When I packed my things on the first day of War, I knew I wouldn't return for a while. I had no doubt that this War was going to last long. We went to my live with my parents in Lviv. I gave myself time to grieve before deciding what to do next. Every day I had a time for grieving in my schedule. I was saying goodbye to all the things I knew - crying, doing bodywork and trying to sing my sadness out. That gave me strength to be where I am now.

To feel less helpless, every day I asked myself a question "what can I really do today?" I noticed that the Pilates community was not very active. I also wanted to shake the community up a bit. So, when the annual "March-Matness" challenge started, I came up with the idea to post a picture of me doing the hundred in the bomb shelter. And I'm so grateful to everyone who made it go viral. People offered support, help and connections. Teachers organized fundraisers and started sharing fact-checked information about what was going on.

When the first missile attack happened in Lviv, I started thinking about how I could get out of there. Later that month, I saw a Telegram (see link at right) post by Linda Mallard that she was hiring in British Columbia. As luck would have it, she had just reached out to the Pilates community to find out if there is any Ukrainian who'd like to come to Canada. We had a call and it clicked, and we started the process of getting me to British Columbia.



It took me almost a month and a half to get all of the necessary documents. All that time asking myself "am I doing the right thing?" And you don't know. In the War, there are so many life-changing decisions made every day. So, I stuck to my decision - I was going to Canada. That's it.

My husband supported me in every way he could. We both knew challenges awaited us. How do you keep a close relationship while being away, with a time difference of 10 hours and never knowing when will we see each other again?

To feel less helpless, every day I asked myself a question "what can I really do today?"

It's now been two months since I started at TWC Pilates in Canada. Every day I am surrounded by compassion and love. One client of the TWC studio hosted me. Everybody else gifted me with everything I needed. And they keep taking good care of me. At the same time, I'm living an uneasy double life because the Russian War in Ukraine continues.

Yuliya Zhdanyuk

My name is Julia. I am a Pilates teacher from Nikolaev, Ukraine, now living in Poland.

For me, as for many Ukrainians, everything changed in an instant, early on the morning of February 24, when we learned that Russia had attacked our country. It was hard to believe, but the reality turned out to be worse than any fiction. My city very quickly found itself under the threat of bombing and shelling.

In the first days of the War, Russian troops tried to surround and take my hometown, but our defenders were able to give a worthy rebuff. This was followed by rocket attacks from the Russian army. They were relatively rare at first. But then they increased in frequency. There was more and more destruction, including peaceful residential buildings. More and more dead civilians, including children ... The sirens were sounding more often, sometimes one after another, all day and night.

My studio is called Aquamarine. It is located in the center of my city in a shopping center on the top floor. Instead of walls, my studio has huge floor-to-ceiling windows. In peacetime, this is great! But, during the War, this turned into great danger and I had to close it. Despite everything, I continued to go to the studio until I had to leave - it helped me to live.

Since February 24, I have been living in faith that we will be victorious, faith that we will stay alive, we

will be able to hug our relatives and friends, we will be able to return to a peaceful life, to return to our favorite studios, equipped with such love, to our Pilates classes.

May our studios survive.

In the meantime, I see the house, my family and friends, my studio and students every night in a dream. Waking up in the morning, I have been in no hurry to open my eyes for many months ... dreaming that none of this happened. And that someday, I will open my eyes - and I am at home! Outside the window is Spring and the World, and all that has happened was a terrible dream.

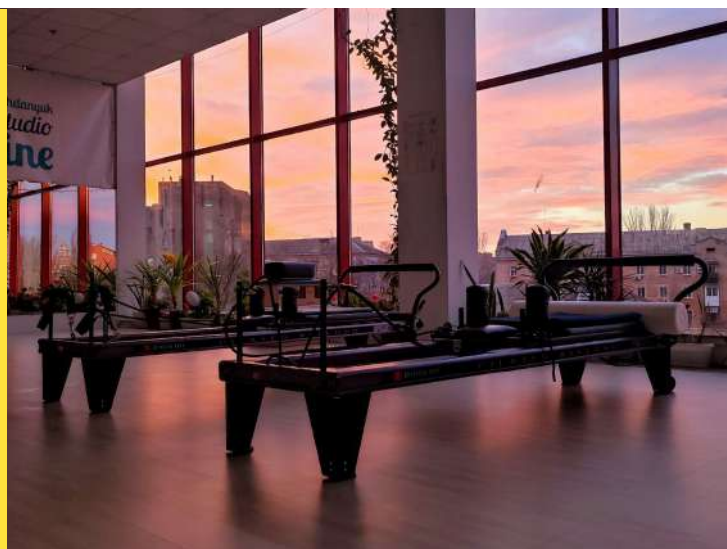
Peace to all of us.

Take care of yourself and each other! Hug your loved ones! After all, they are alive and they are near! And that is the greatest value in life!

Unfortunately, I can't do it yet...

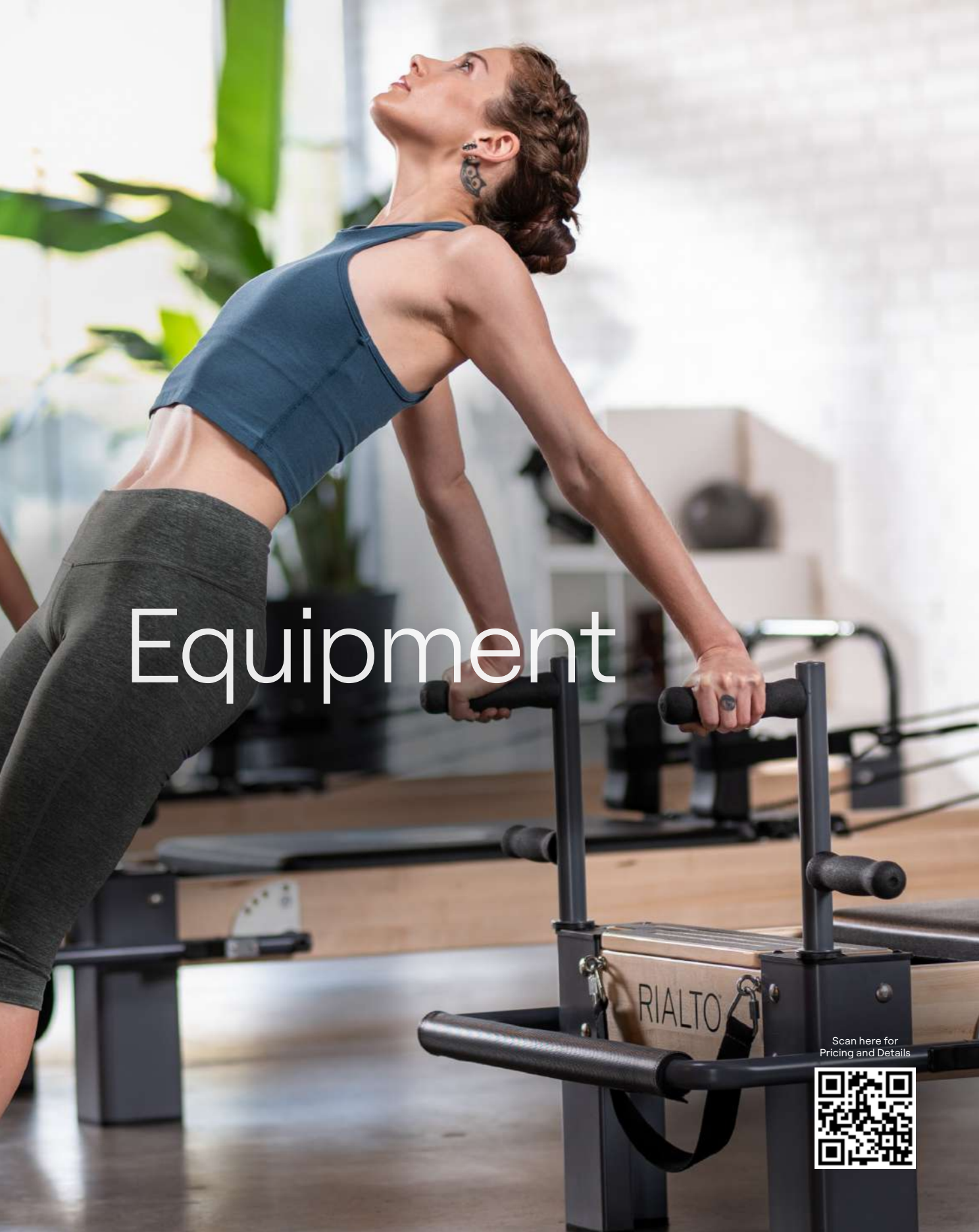
Please give to the Ukraine Crisis Appeal run by the Red Cross:
www.justgiving.com/fundraising/pilatesforukraine

Ukraine Pilates Instructor Telegram:
<https://t.me/PilatesUkraine>





Pilates



Equipment

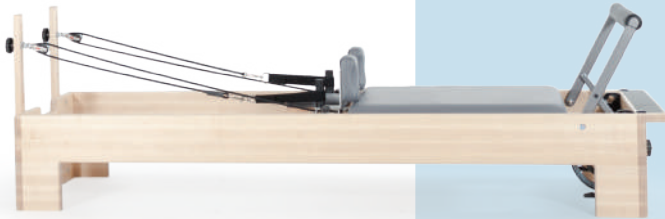
Scan here for
Pricing and Details



Finding the Reformer for You

Every Balanced Body Reformer offers unique features, distinctive design, and unparalleled performance for a premium Pilates experience. All backed by the industry's best customer service and warranties. Which one is best for you?

Studio Reformer®



- ✓ #1 Choice of Pilates Pros
- ✓ Maximum adjustability with footbar and springbar design
- ✓ Handcrafted from durable solid Rock Maple

Learn more on p. 36

Allegro® 2 Reformer



- ✓ Stunning combination of design and performance
- ✓ Easy-to-adjust for beginners
- ✓ Super smooth transitions

Learn more on p. 32

Allegro® Reformer



- ✓ Quick and easy setup
- ✓ Integrated transport wheels for portability and vertical storage
- ✓ Proven ideal for group Reformer classes and high traffic facilities
- ✓ Fits a wide range of body types

Learn more on p. 34

Rialto® Reformer



- ✓ Innovative, durable frame of maple and powder-coated aluminum, with plush over-molded padding on carriage, shoulder rests and head rest
- ✓ Includes Sitting Box Lite and Footstrap

Learn more on p. 40

Metro IQ® Reformer



- ✓ Designed specifically for home use
- ✓ Telescoping frame and choice of transport wheels allows for vertical storage or horizontal under a bed

Learn more on p. 38

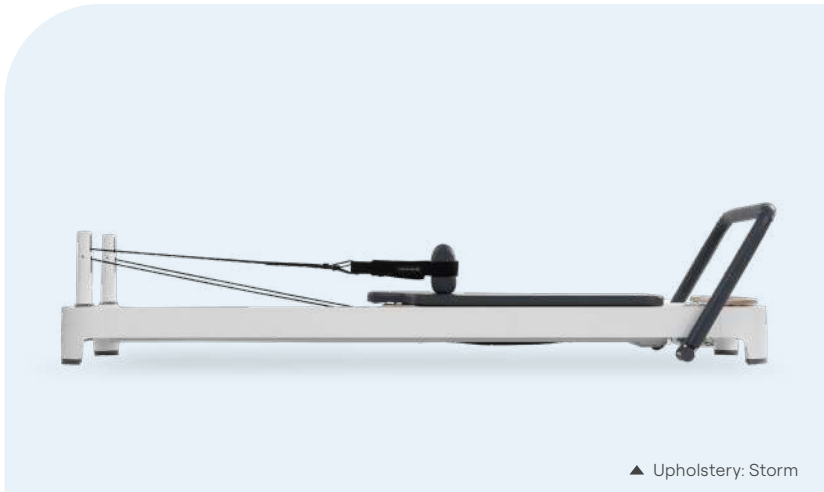


Allegro® 2 Reformer

Beautifully designed, the Allegro® 2 Reformer offers smooth transitions, seamless flow, easy adjustments and maximum comfort. Perfect for use in studio and at home.



FREE STREAMING AT
[video.pilates.com*](https://www.pilates.com)



▲ Upholstery: Storm



Shown: Allegro® 2 Reformer with optional Leg Kit

INCLUDED

- ✓ 5 Signature Springs™ (3 red, 1 blue, 1 yellow) with Spring Collars™
- ✓ 3-position headrest and integrated seamless carriage surface
- ✓ SoftTouch® Rope System for instant accurate transitions with no clips or cleats
- ✓ Powder-coated aluminum frame
- ✓ Innovative and efficient rope retraction system
- ✓ Built-in, maple standing platform, pre-configured to accept padded foot plate
- ✓ Ergonomically-correct risers remove easily
- ✓ Choose between Carbon Fiber Footbar or Steel Footbar

ACCESSORIES

- ✓ Sitting Boxes
- ✓ Padded adjustable footstrap
- ✓ Leg and Post Kit
- ✓ Padded Jumpboard
- ✓ Cardio Cloud
- ✓ Standing Platform Extender (see p. 70)
- ✓ Wheel Kit
- ✓ Plank Bars
- ✓ Start with the Reformer, then add legs, accessories and a Tower (see p. 62)

FEATURES

- ✓ EasySet™ Footbar with smooth, grippy surface for hands and feet
- ✓ Adjust ropes quickly and easily even while lying on carriage
- ✓ Smooth, quiet ride on our precision carriage system
- ✓ Footbar adjusts vertically (4 positions including down)
- ✓ Footbar slides horizontally to 9 positions
- ✓ Easy to move and store on end (with optional wheel kit)
- ✓ Standard/low frame height with option to add legs
- ✓ CE-approved medical device

"I love my new Allegro 2 Reformer. I am on it 4-5 times a week and I feel great after each workout."

~Christine L.

Product	Part #
Allegro 2	17820
Allegro 2 with Legs	17817
10- year Limited Warranty/30-day money back guarantee	



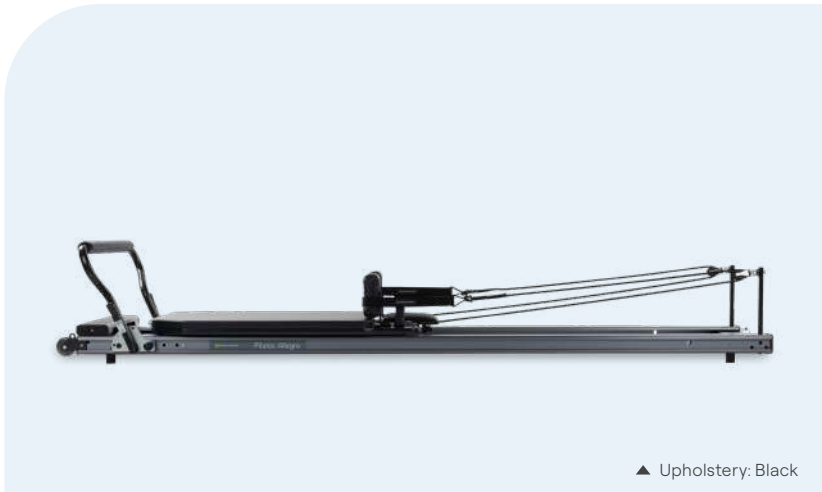
Allegro® Reformer

With 20+ years of proven performance and reliability, the Allegro® is the most widely used Reformer. Over 44,000 in service worldwide.



FREE STREAMING AT
[video.pilates.com*](https://video.pilates.com)

*All equipment includes access to the free videos section on our streaming video platform. Paid monthly and annual subscriptions also available to access all content.



▲ Upholstery: Black



INCLUDED

- ✓ 5 Signature Springs™ (3 red, 1 blue, 1 yellow)
- ✓ At 36" (91cm) wide, the Allegro locking footbar is among the widest available and features 4 secure locking positions
- ✓ Standard frame height, or add legs to raise to 14" (36cm) high
- ✓ SoftTouch™ ropes and loops for soft attachment and reduced noise
- ✓ Adjustable, removable TwistLock shoulder rests
- ✓ Footbar Lockout Knobs allow easy horizontal adjustments
- ✓ Integrated transport wheels
- ✓ Standing Platform Pad

ACCESSORIES

- ✓ Sitting Box
- ✓ Footstrap (included when Sitting Box is purchased with Reformer)
- ✓ Allegro Jumpboard
- ✓ Jumpus Maximus
- ✓ Cardio Cloud
- ✓ Allegro 14" Leg Retrofit Kit
- ✓ Wall Security Strap
- ✓ Add-a-Platform™
- ✓ Start with the Reformer, add legs, accessories and a Tower (see p. 62)
- ✓ Standing Platform Extender (see p. 70)

FEATURES

- ✓ Proven durable and versatile, ideal for group Reformer classes as well as personal home training
- ✓ Smooth, quiet ride provided by precision carriage system
- ✓ Custom stability padding for increased comfort on the carriage
- ✓ Stores vertically, with or without legs
- ✓ Fits all body shapes and sizes
- ✓ Easy to set-up, move and store
- ✓ CE-approved medical device

Designed for taller and larger users, and anyone in pursuit of a more challenging cardio workout, the Allegro® Stretch Reformer features our longest frame and widest carriage.

Product	Part #
Allegro, Standard	12315
Allegro, with Legs	12511
Allegro, Stretch	12322
Allegro, Stretch with Legs	12513

10 Year Limited Warranty / 30-day money back guarantee (excluding freight)



Studio Reformer®

Our Studio Reformer® is strong, durable and a timeless beauty. Fully adjustable and incredibly comfortable, it feels like an extension of your body.



FREE STREAMING AT
[video.pilates.com*](https://www.video.pilates.com)



▲ Upholstery: Storm
Wood: Solid Strata Rock Maple



INCLUDED

- ✓ 5 Signature Springs™ (3 red, 1 blue, 1 green)
- ✓ Choice of frame height: 14" (36cm), 18" (46cm), 24" (61cm)
- ✓ Choice of adjustable footbar and springbar systems:
 - XSR Footbar® and choice of Springbars
 - Revo Footbar® and Revo™ Springbar
 - Classic Footbar/No-Roll Springbar
 - Infinity Footbar® and choice of Springbars
- ✓ TwistLock™ removable shoulder rests
- ✓ Sitting Box
- ✓ Footstrap

ACCESSORIES

- ✓ Jumpboard
- ✓ Proprioception T-Bar
- ✓ Cardio Cloud
- ✓ Large Upholstered Wedge
- ✓ Detachable Jumpboard Rotator Discs
- ✓ Studio Reformer Add-A-Platform™
- ✓ Standing Platform Extender (see p. 70)
- ✓ Start with the Reformer, add accessories and a Tower (see p. 62)

FEATURES

- ✓ Longest standard carriage ride in the industry at 41" (104cm)
- ✓ Smooth, quiet ride provided by precision carriage system
- ✓ Gorgeous solid Strata Maple frame (see p. 57 for other wood choices)
- ✓ Precise, non-slip adjustments with ropes, cleats, and cotton loops
- ✓ CE-approved medical device

"Beautiful reformer. Very solid and sturdy. Easy to set up. Low maintenance. Fantastic to work out on."

~Leah S.

Product	Part #
With Classic Footbar/ No-Roll Springbar	12168
With Revo Footbar® / Revo Springbar™	11931
With XSR Footbar® / Revo Springbar™	16737
With Infinity Footbar® / Revo Springbar™	12000C
Limited Lifetime Warranty	



Metro IQ[®] Reformer

Our only Reformer designed specifically for the home, the Metro IQ[®] features Balanced Body Signature Springs™ and components, enabling you to do your Reformer work where you choose!



FREE STREAMING AT
[video.pilates.com*](https://www.video.pilates.com)



▲ Padding: Black only



INCLUDED

- ✓ Upholstered and black carriage pad
- ✓ 5 Signature Springs™ (3 red, 1 blue, 1 yellow)
- ✓ Enhanced telescoping frame locking system
- ✓ 2-position shoulder rests are removable and stow flush under the carriage
- ✓ Easy-to-use padded, 4-position footbar provides 9" (23cm) of adjustment
- ✓ 3-position headrest for comfort and cervical support
- ✓ Built-in 5.5" (14cm) wide non-skid standing platform
- ✓ Choice of transport wheel configurations
- ✓ Available in black only

ACCESSORIES & OPTIONS

- ✓ Sitting Boxes
- ✓ Jumpboard
- ✓ Footstrap
- ✓ Cardio Cloud
- ✓ Standing Platform Pad

Product	Part #
Metro IQ with Library Wheels	17860
Metro IQ with Wheelbarrow Wheels	17861
2 year limited warranty for non-commercial use. 30-day money-back guarantee	

FEATURES

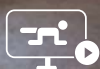
- ✓ "Telescoping" frame lengthens (98", 249cm) for use, shortens (62", 157cm) for storage
- ✓ Safe and comfortable for all size bodies
- ✓ Choice of:
 - Wheelbarrow transport wheels for easy flat/under bed storage
 - Library transport wheels for easy upright/in-closet storage
- ✓ Seamless track provides a smooth carriage ride
- ✓ Patented seamless telescoping frame with no frame joints for a smooth carriage ride
- ✓ SoftTouch™ Rope System eliminates metal clips and D-rings for a softer, quieter experience
- ✓ Thoroughly tested springs for consistent resistance

"Space-saving equipment that performs like its full-sized counterpart. And with accessories, offers the full Pilates experience." ~Carol S.



Rialto® Reformer

Quality Craftsmanship. Innovative Design.
Powerful Performance.



FREE STREAMING AT
[video.pilates.com*](https://www.video.pilates.com)



▲ Padding: Black only
Wood: Solid Maple



Shown: Rialto® Reformer with jumpboard

INCLUDED

- ✓ 5 Signature Springs™ (3 red, 1 blue, 1 green)
- ✓ Handcrafted solid Maple frame with extruded aluminum legs
- ✓ Medium density over-molded padding on carriage, head rest and shoulder rests (Black only)
- ✓ 5-position footbar with 1-step vertical adjustments
- ✓ Sitting Box Lite and footstrap add prone, torso and stretching exercises
- ✓ Standard 14" (36cm) frame height only

ACCESSORIES

- ✓ Jumpboard
 - For jumping and cardio exercises
 - Recreates bio-mechanically accurate standing position while lying on Reformer
- ✓ Plank Bars
 - Discover new options for exercises like Push-ups and Tendon Stretch
 - Great for exercises that require supporting yourself with your arms
- ✓ Start with the Reformer, add accessories and a Tower (see p. 62)
- ✓ Standing Platform Extender (see p. 70)

FEATURES

- ✓ Innovative over-molded padding cushions that supports user during exercise
- ✓ Balanced Body's hallmark quiet carriage ride
- ✓ Quick-adjustment ropes and cleats after positioned
- ✓ Shoulder rests have 3 positions: normal, wide and removable
- ✓ Contemporary design combines maple and aluminum in unique look for studio or home

" I love my Rialto Reformer! Such a smooth quiet ride and I love the look of the natural wood and metal." ~Shawna Q.

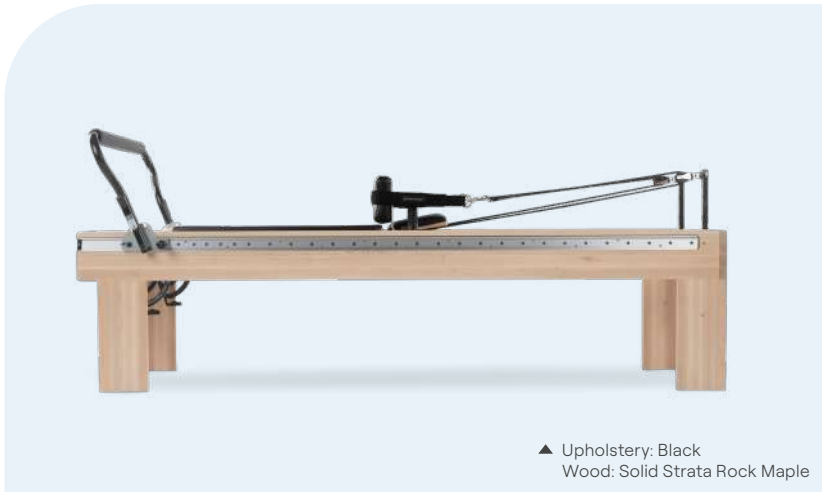
Product	Part #
Rialto Reformer	16088
Rialto Jumpboard	16563
Rialto Plank Bars	16458
10 year limited warranty	

Clinical Reformer®

We worked with rehab professionals to make the Clinical Reformer® a versatile and effective treatment tool. It is now the gold standard among clinicians worldwide.



FREE STREAMING AT
[video.pilates.com*](https://www.video.pilates.com)



INCLUDED

- ✓ 6 long-lasting Signature Springs™: 1 green, 3 red, 1 blue, 1 yellow
- ✓ Choice of frame height: 14" (36cm), 18" (46cm), 24" (61cm)
- ✓ Revo Springbar and Infinity Footbar with 5 vertical and 32 locking positions
- ✓ CSP upholstery padding provides firm stable surface
- ✓ TwistLock™ removable shoulder rests
- ✓ Built-in non-slip standing platform
- ✓ Standard Sitting Box
- ✓ Padded Jumpboard
- ✓ Standing Platform Extender
- ✓ Padded Double Loops and Foot Strap; Foam handles; adjustable thigh and ankle cuffs
- ✓ Factory pre-drilled for Tower and Proprioception T-Bar
- ✓ Metal retractable risers

ACCESSORIES

- ✓ Proprioception T-Bar
- ✓ Cardio Cloud
- ✓ Face Rest Mount
- ✓ Jumpus Maximus
- ✓ Wedge
- ✓ Start with the Reformer, add accessories and a Tower (see p. 62)

Product	Part #
Clinical Reformer	12244
Stock height: 24" (61cm)	
Limited Lifetime Warranty	

FEATURES

- ✓ Unique design facilitates physical therapy and rehabilitation
- ✓ Footbar works for all heights as it adjusts the entire length of the frame
- ✓ Safe and comfortable for all body sizes
- ✓ Provides an ergonomically correct position for any user's size and range of motion
- ✓ Infinity footbar is positioned with easy to reach levers for efficient and secure adjustment
- ✓ Quietest and safest carriage ride with our precision carriage system
- ✓ Longest carriage ride in the industry at 41" (104cm)
- ✓ Select Strata® Woods
- ✓ Approved medical device (Class 1)

Ron Fletcher™ Reformer

Great for Fletcher Pilates® studios, teaching centers and for use at home.



▲ Upholstery: Storm
Wood: Solid Strata Rock Maple

INCLUDED

- ✓ 4 Signature Springs™: all red
- ✓ Fletcher 14" (36cm) frame height
- ✓ Strata Rock Maple frame with choice of standard or custom upholstery
- ✓ No-Roll Springbar with 2 "gear" positions for resistance changes
- ✓ Built-in standing platform with non-slip surface for safety
- ✓ Standard Sitting Box
- ✓ Cotton footstrap, 25" (64cm)
- ✓ Pair of wool fuzzies
- ✓ Extender straps and extender stopper

FEATURES

- ✓ Design based on plans given to Pilates elder Ron Fletcher by Clara Pilates
- ✓ Footbar is 2" (5cm) diameter, with 3 unlocked positions for smooth transitions
- ✓ Slightly narrower than our Studio Reformer

Product	Part #
Ron Fletcher Reformer	12260C
Limited Lifetime Warranty	

CenterLine® Reformer

Designed in collaboration with Amy Taylor Alpers and Rachel Taylor Segel of The Pilates Center.



▲ Upholstery: Storm
Wood: Solid Strata Rock Maple

INCLUDED

- ✓ Strata® Rock Maple frame with 14" (36cm) height
- ✓ 4 unplated green springs
- ✓ Gondola Pole and short box dowel
- ✓ Kneeling Pads (2)
- ✓ CenterLine Sitting Box with handles on 3 sides.
- ✓ Extender straps, for exercises like Long Spine

ACCESSORIES

- ✓ Gondola Pole brackets
- ✓ Centerline Tower & Mat Retrofit Kit
- ✓ Jumpboard

FEATURES

- ✓ Carriage ride with deliberate resistance, feedback and "end feel"
- ✓ A quiet ride, so user can focus on the work
- ✓ Comfortable, stable shoulder blocks provide secure support

Product	Part #
CenterLine Reformer	12263
Complete CenterLine System	12267C
Jumpboard	12088
Limited Lifetime Warranty	

Reformer Trapeze Combination™ (RTC)

Perfect for Reformer and Trapeze work in a limited space, the RTC blends our Studio Reformer with our Trapeze Table in one versatile apparatus.



INCLUDED

- ✓ 12 Signature Trapeze Springs™– Regular: 2 each yellow, blue, red and black. Long: 2 yellow and 2 purple
- ✓ 5 Reformer Signature Springs™: 1 green, 3 red, 1 blue
- ✓ Trapeze Bar with padded spring sleeves, cotton canopy loops (long web, black) and soft lambswool fuzzies
- ✓ 1 pair each: cotton loops, adjustable thigh cuffs and adjustable ankle cuffs
- ✓ Twin mat conversion also acts as floor mat station
- ✓ Anodized aluminum Push-Through-Bar with slider system adjusts to 3 heights
- ✓ Safety strap and carabiner
- ✓ Standard Sitting Box
- ✓ Padded Footstrap

FREE STREAMING AT [video.pilates.com*](https://www.pilates.com)

OPTIONS & UPGRADES

- ✓ Most options and upgrades for the Trapeze Table and Studio Reformer are available for the RTC
- ✓ Choice of frame wood: Strata® Rock Maple, Strata® Artisan Maple, or Select Strata®

Product	Part #
With Revo Footbar® / Revo Springbar™	15279
With Classic Footbar/ No-Roll Springbar	15339C
Limited Lifetime Warranty	



▲ Upholstery: Black
Wood: Solid Strata Rock Maple

FEATURES

- ✓ Choose frame height to best meet your ergonomic needs: 14" (36cm), 18" (46cm), 24" (61cm)
- ✓ Stainless steel canopy with smooth-sliding horizontal and vertical crossbars
- ✓ Retractable metal risers adjust up to 9" (23cm), allowing for quick mat conversion; risers lock into 4 positions
- ✓ Plastic-tipped butterfly locking knobs on slider bars do not scratch canopy tubing
- ✓ Maple roll-down bar (23"/58cm) with inside hooks
- ✓ CE-approved medical device

EXO® Chair

Lightweight, stackable and extremely sturdy, the EXO® Chair offers an array of exercise and resistance options. EXO workouts enhance stability, balance, strength and are perfect for individual and group training!



▲ Upholstery: Black

INCLUDED

- ✓ 2 black (heavy) springs for 28% more usable resistance
- ✓ Pre-installed eye bolt attachment points (6) for easy Functional Resistance Kit upgrade
- ✓ Widest range of resistance for any single-pedal chair up to 83lb (38kg)
- ✓ Cactus 2.0 spring attachment system is quiet and extends life of springs

OPTIONS & UPGRADES

- ✓ EXO Functional Resistance Kit enables you to push and pull for a full-body resistance-based workout
- ✓ Insider Tip: Best-selling EXO Chair with split pedal adds reciprocal and rotational movement to exercise options
- ✓ Sitting Box Riser (placed next to EXO Chair increases usable exercise area)

FEATURES

- ✓ Lightweight, stackable and extremely sturdy
- ✓ Wide range of resistance choices with 2 springs, up to 14 different resistances, and 8 positions
- ✓ No assembly required
- ✓ Split pedal comes with a dowel to convert to a single pedal
- ✓ Convenient spring changes from front or back
- ✓ Spring changes are easy, safe and quiet with Cactus 2.0 Resistance System
- ✓ Effective and challenging athletic training tool for all fitness levels

Product	Part #
EXO Chair with split pedal	12458
EXO Chair with single pedal	12456
EXO Functional Resistance Kit, Light	12609
EXO Functional Resistance Kit, Heavy	12610
Limited Lifetime Warranty	



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*All equipment includes access to the free videos section on our streaming video platform. Paid monthly and annual subscriptions also available to access all content.

CenterLine® Chair

Created in collaboration with Amy Taylor Alpers and Rachel Taylor Segel of The Pilates Center, the CenterLine® Chair is based on the smaller measurements used in original Pilates equipment.



▲ Upholstery: Black



INCLUDED

- ✓ 2 black (heavy) springs, adjustable to 20 settings
- ✓ Center-positioned Cactus 2.0 centers strength in the body, engaging the core while exercising

Product	Part #
CenterLine Chair	12460
Limited Lifetime Warranty	

FEATURES

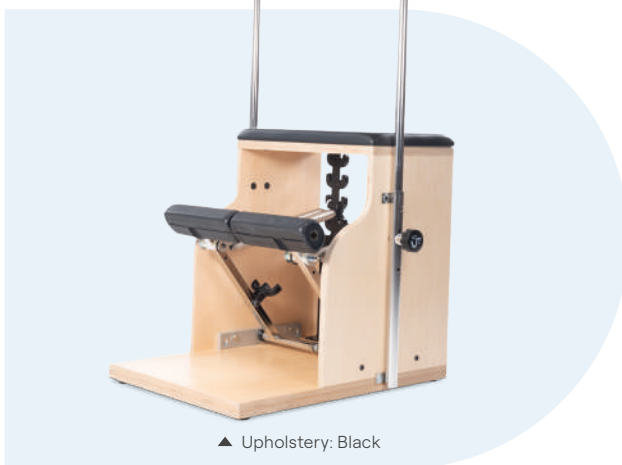
- ✓ Lightweight for transport and storage
- ✓ No assembly required
- ✓ Spring changes are easy, safe and quiet with Cactus 2.0 spring attachment system
- ✓ Small footprint and single pedal design provides authentic experience
- ✓ Narrow seat width at 21.5" (55cm) facilitates exercises like Horseback and Spine Stretch



FREE STREAMING AT
 [video.pilates.com*](https://video.pilates.com)

Combo Chair

Designed for functional workouts combining strength, coordination and balance, our Combo Chair is the strongest and most stable chair on the market.



▲ Upholstery: Black

INCLUDED

- ✓ Each pedal has 1 white (light) and 1 black (heavy) spring, totaling 4 springs and up to 110lb (50kg) of resistance
- ✓ Spring changes are quiet, easy and safe with Cactus 2.0 spring attachment system
- ✓ Made of sturdy maple-faced hardwood laminate
- ✓ Integrated transport wheels for easy moving

OPTIONS

- ✓ Removable High Back System includes upholstered cushion
- ✓ Sitting Box Riser (placed next to Combo Chair increases usable exercise area)

FEATURES

- ✓ Wood dowel converts split pedal to single pedal
- ✓ Padded split pedal (conceived by Brent Anderson, PhD, PT) adds rotational and reciprocal movements
- ✓ Easy to move with transport wheels
- ✓ No assembly required
- ✓ Height is ideal for use with our Trapeze Table
- ✓ Solid stable removable handles have 4 locking positions
- ✓ Pedal covers are comfort-padded, non-slip and easy to clean

Product	Part #
Combo Chair with handles	12324
Combo Chair with back	12530
Limited Lifetime Warranty	



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*All equipment includes access to the free videos section on our streaming video platform. Paid monthly and annual subscriptions also available to access all content.

Wunda® Chair

Classic in design, our Wunda Chair is easy-to-use, sturdy and expandable. Offers widest range of resistance for a single pedal chair, up to 83lb (38kg).



▲ Upholstery: Black



INCLUDED

- ✓ Padded, non-slip, easy-to-clean step
- ✓ Secure cut-out hand holds
- ✓ 2 springs (black/heavy)

OPTIONS

- ✓ Secure removable handles have 4 locking positions
- ✓ Removable High Back System
- ✓ Removable padded pedal stopper
- ✓ 2 sitting chair cushions

FEATURES

- ✓ Designed to convert to everyday sitting chair (using optional cushions), just as Joe intended
- ✓ Black (heavy) springs are adjustable to 8 resistance levels
- ✓ Spring changes are easy, safe and quiet with Cactus 2.0 spring attachment system



Shown: Wunda Chairs with optional Handles and High Back

Product	Part #
Wunda Chair	11996
Wunda Chair with back	12528
Limited Lifetime Warranty	



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[video.pilates.com*](https://www.video.pilates.com)

Trapeze Table (Cadillac)

The Trapeze Table supports fitness and rehabilitation for all ages and abilities - from gentle, spring-assisted sit-ups to advanced acrobatics.



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[video.pilates.com*](https://www.video.pilates.com)



INCLUDED

- ✓ 12 Signature Springs with snap hooks. Regular: 2 yellow, 2 blue, 2 red, 2 black. Long: 2 yellow, 2 purple
- ✓ Standard 24" (61cm) frame height
- ✓ Anodized aluminum Push-Through-Bar with slider system adjusts to 3 heights
- ✓ Horizontal & Vertical Slider Bars
- ✓ Pair of Soft Lambswool Fuzzies
- ✓ Cotton Canopy Loops (long web, black)
- ✓ Belly strap for positioning
- ✓ Safety strap & carabiner
- ✓ Solid Maple Roll-Down Bar with inside hooks
- ✓ Padded Trapeze Bar with padded spring Sleeves
- ✓ Cotton Loops, adjustable thigh cuffs & adjustable ankle cuffs (1 pair ea)

ACCESSORIES & OPTIONS

- ✓ Several Roll-Down Bar Options
- ✓ 4-sided connector bar and 4-sided maple Push-Through-Bar
- ✓ Optional frame heights of 14" (36cm) and 18" (46cm)
- ✓ Padded Foot Stopper
- ✓ Stability Sling
- ✓ Upholstered Wedge
- ✓ Sitting Box Riser, tall (placed next to Trap Table for extended exercise area)
- ✓ Face Rest
- ✓ Optional Trapeze Table extender available when purchased

Product	Part #
Trapeze Table	15278
Limited Lifetime Warranty	

FEATURES

- ✓ Engineered for maximum stability, easy adjustment, and safety
- ✓ Hardwood core base hand-built with lapped and fitted joints
- ✓ Wider & longer for most body types
- ✓ Stainless steel canopy
- ✓ CE-approved medical device



▲ Upholstery: Black

*All equipment includes access to the free videos section on our streaming video platform. Paid monthly and annual subscriptions also available to access all content.

CenterLine® Cadillac and Pole System

Created in collaboration with Amy Taylor Alpers and Rachel Taylor Segel of The Pilates Center in Boulder, Colorado.



CenterLine® Cadillac

INCLUDED

- ✓ 8 Signature Springs™: Regular- 1 red, 1 green, 2 blue, 2 gray. Long- 2 red
- ✓ Push-Through-Bar: Maple, 4-sided, with safety strap and carabiner
- ✓ Roll-Down Bar: Maple, non-swiveling with outside hooks
- ✓ Single D-Ring Cotton Loops (Pair)

FEATURES

- ✓ Maximum stability, efficient adjustment and safe use
- ✓ Upper canopy tubes are 5.5" (14cm) closer to the base table than our Trapeze Table, for easier access to top canopy

15277C
Limited Lifetime Warranty



CenterLine® Pole System

INCLUDED

- ✓ Stainless steel tower with 23 spring attachment points
- ✓ 4-sided solid maple Push-Through-Bar
- ✓ Balanced Body Signature Springs™ with snap hooks. Regular length: 2 blue (light), 2 gray (light), 1 red (medium) and 1 green (heavy). Long Springs: 2 red (heavy).
- ✓ Solid maple Roll-down bar (23" long (58cm), non-swiveling with outside hooks.
- ✓ One pair cotton loops.

Product	Part #
CenterLine Pole System	15274
CenterLine Pole System with Mat & Moon Boxes	15275
10 Year Limited Warranty	



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Pilates Springboard™

Designed by Ellie Herman, this timeless and versatile system offers a wide range of exercises in a small space at an affordable price.

INCLUDED

- ✓ 4 Signature Springs™ with snaps.
Regular: 2 yellow. Long: 2 purple
- ✓ Maple faced high-quality laminate
- ✓ Easy-to-follow engraved measurements
- ✓ 22 spring attachment points
- ✓ Solid Maple Roll-down Bar, 2 Cotton Loops and Foam handles
- ✓ Handcrafted solid Maple dowel footbar
- ✓ Hardware for attaching Springboard to wood wall studs with standard 16" (41cm) spacing

OPTION

- ✓ Optional Push-Through-Bar for more Trapeze Table exercise options



Product	Part #
Pilates Springboard	12405
Pilates Springboard and Push-Through-Bar	
with blue springs	12648
with red springs	12649
Push-Through-Bar Kit for Springboard	
with blue springs	12650
with red springs	12651
Springboard: 10 Year Limited Warranty	



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[video.pilates.com*](https://www.video.pilates.com)

*All equipment includes access to the free videos section on our streaming video platform. Paid monthly and annual subscriptions also available to access all content.

Wall Tower.

Efficient. Effective. Space Saving. Affordable



INCLUDED

- ✓ 8 Signature Springs™ with snaps.
Regular: 2 yellow and 2 blue.
Long: 2 yellow and 2 purple
- ✓ 23 spring attachment points
- ✓ Maple Roll-down Bar, Pair of Cotton Loops

ACCESSORIES

- ✓ Upholstered mat with dowel handles
- ✓ Cotton footstrap
- ✓ Padded, upholstered Moon Boxes

FEATURES

- ✓ Stainless steel frame is easy to maintain, resistant to chipping
- ✓ 3-sided anodized aluminum Push-Through-Bar
- ✓ Slider Push-Through-Bar adjusts to 8 vertical positions to use with foam mat, raised mat and all Reformer heights
- ✓ Innovative slider system for Push-Through-Bar
- ✓ Trapeze Table functionality in a compact space
- ✓ Must mount to both wall and floor. Installation hardware not included

15272

Ped-o-Pull

A simple yet versatile tool for helping develop core strength, posture and balance.

INCLUDES

- ✓ 2 Signature Springs (yellow, regular length) and neoprene handles
- ✓ Pair of foam handles
- ✓ Wall brackets (2) stabilize the unit 6" (15cm) from wall
- ✓ Maple-faced hardwood laminate base is 1.5" (4cm) thick in Square and Kidney-shaped designs

FEATURES

- ✓ Simple wall attachment system secures unit for users of all abilities
- ✓ Kidney-shaped base helps properly align feet

12348
10 Year Limited Warranty



Arcs

Arcs improve posture, build flexibility, and foster spinal alignment.

Baby Arc, West Coast

Easy to move and store, Baby Arc, West Coast is a stackable arc with open sides. Padded and upholstered top over wood base.

12355



Baby Arc, East Coast

With premium padded upholstery over wood base, Baby Arc, East Coast is a strong, comfortable exercise tool. Easy to carry and store.

12357



FREE STREAMING AT
[video.pilates.com*](https://www.video.pilates.com)

Step Barrels

Also known as a spine corrector, this versatile tool is a foundational element in most studios.

Clara Step Barrel Lite®

Namesake step barrel with design preferred by classically-trained teachers. Now available in same lightweight, high-density foam as our best-selling Pilates Arc. Stacks for easy storage.

16598



Contour Step Barrel™

Gentle arc radius and rounded step are more comfortable for less flexible and larger users. Upgradeable with springs for resistance exercises. Comes with dowel and cut-out hand holds.

12454



East Coast Step Barrel

Gentle arc radius and rounded step are more comfortable for less flexible and larger users. Upgradeable with springs for resistance exercises. Comes with integrated metal handles.

12351



*All equipment includes access to the free videos section on our streaming video platform. Paid monthly and annual subscriptions also available to access all content.

Pilates Arc™

Our original patented design, the Pilates Arc functions as a spine corrector and training tool. It weighs less than 4lb (1.8kg) for easy transport and storage.

INCLUDES

- ✓ High-density lightweight foam in 2 piece design that's easy to use, clean, move and store
- ✓ Flip instruction booklet included

FEATURES

- ✓ Innovative asymmetrical design offers core, abdominal, lateral rotation and back extension work, for all body types
- ✓ Fits on all Balanced Body Reformers (except Contrology™)
- ✓ 2-piece design for expanded exercise options and space-saving storage
- ✓ Lightweight at 4lb (1.8kg) and easy to clean

10298
1-year warranty





Ladder Barrel

Our Ladder Barrel features an innovative, easy-to-use solution for adjusting distance between ladder rungs and barrel. Press the foot pedal, slide to desired position, then release the pedal to lock it in place.

Product	Part #
Ladder Barrel	15266
Vertical and Horizontal Foot Plate	15189
Horizontal only Foot Plate	15170
Ladder Barrel: 10 Year Limited Warranty	



FREE STREAMING AT
[video.pilates.com*](https://video.pilates.com)

INCLUDED

- ✓ 10 preset base adjustment positions
- ✓ Engraved indicators for each position
- ✓ Ergonomic, easy-grip handles
- ✓ "Padding zone" has double layer padding for comfort and support

ACCESSORIES & OPTIONS

- ✓ Options for elevated standing between the rails or against the uprights
- ✓ Vertical plate 23" x 7.25" (58cm x 18cm).
Horizontal plate 23" x 12.5" (58cm x 32cm)

FEATURES

- ✓ Grab bar beneath the barrel increases flexibility
- ✓ Easy adjustment of distance between barrel and ladder rungs
- ✓ Durable, reinforced frame of Rock Maple and Maple laminate



▲ Upholstery: Black

Customize Your Equipment

WOOD CHOICES



Strong, beautiful, environmentally sensitive. No compromises.

Balanced Body® woods and construction methods have been time-tested for over 40 years, giving us the confidence to offer our Lifetime Warranty.

Strata engineering process uses more of the tree with very little waste, making it stronger than single-plank wood and more environmentally sensitive.

All Balanced Body woods come from FSC (Forest Stewardship Council) suppliers who purchase wood from sustainably managed North American forests.

We offer two standard eco-friendly wood choices:



Strata® Rock Maple

Standard for Balanced Body Reformers, Rock Maple has a hardness rating unmatched by beech, oak and pine, and tighter, more consistent grain for:

- ✓ Stronger resistance to expansion and contraction from changes in temperature and humidity
- ✓ Tougher durability against dents and wear
- ✓ Enhanced joint strength



Strata® Artisan Maple

- ✓ Durable hard wood
- ✓ More pronounced grain and figuring compared to Strata Rock Maple

Balanced Body Select Strata®

For an additional cost we also offer Balanced Body Select Strata.



Cherry



Mahogany



Walnut

UPHOLSTERY CHOICES

Create the look you want from our palette of 30 gorgeous colors.

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

We offer 9 colors at no additional cost:



Adobe White



Sage



Graystone



Wedgewood



Burgundy



Dark Cherry



Oak



Storm



Black

Call us at 916-388-2838 for free color samples, or see our palette at www.pilates.com. Black is commonly used on our in-stock, ready-to-ship items.

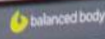
Please request actual color samples so you can be sure to get the color you want. Color availability subject to change without notice.



Expand Your



Equipment



Pilates Allegro

Scan here for
Pricing and Details



Footbars &



Available for Studio Reformer

TRADITIONAL

Classic Footbar/No-Roll Springbar

- ✓ Classic Footbar has 2 supports and adjusts to 3 heights (including down), with comfortable padding and non-slip surface
- ✓ Patented No-Roll Springbar adjusts resistance in 2 "gear" positions. A patented safety feature, the oval shape will not rotate downward when spring tension is released

HIGHEST PERFORMANCE

XSR Footbar® and Choice of Springbars

- ✓ Extra-wide, non-sliding footbar for the Studio Reformer – safe, sturdy, comfortable
- ✓ Mounted outside of the frame, the XSR is 31"(79cm) wide—perfect for those needing wider foot positioning
- ✓ Easy to reach with 6 secure locked positions, including vertical. Can be paired with a Revo Springbar™ or the more traditional No-Roll Springbar

Springbars



Available for Clinical Reformer

MOST POPULAR

Revo Adjustment System™

- ✓ Easiest and quickest adjustment available. Lift the springbar lever and slide the carriage until it clicks into the correct position
- ✓ 2x Spring resistance adjustments: no-load (neutral) and pre-loaded
- ✓ Moving the Revo Springbar™ moves the carriage to/away from the footbar, while maintaining neutral spring tension. 5 positions allow 12" (31cm) of adjustability. Creates ergonomically correct position for every user
- ✓ Locking Revo Footbar offers 4 positions (including down), comfortable padding and non-slip surface



Available for Studio & Clinical Reformer

MOST FLEXIBLE

Infinity Footbar® and Choice of Springbars

- ✓ Widest footbar for the Studio Reformer, the Infinity has 5 vertical and 32 horizontal locking positions, and adjusts the entire length of the frame
- ✓ Unmatched adjustability and extra-wide surface support a wider range of Reformer exercises, including upper body work. Lockout knobs provide easy and smooth horizontal positioning
- ✓ Combine the multi-position Infinity Footbar™ with a Revo Springbar™ for the most precise system available

Towers for Balanced Body® Reformers

Durable, safe and extremely versatile, Balanced Body Towers combine three exercise systems—Reformer, Tower/Cadillac and Mat—into one space-saving machine!

LEARN MORE AT
pilates.com

Shown: Allegro Reformers with Towers

Regular and Long Signature Springs™ with a pair of loops

Maple Roll-Down Bar with attachment points for springs

3-sided Push-Through-Bar adjusts quickly to 2 or 3 heights. Optional 4th side

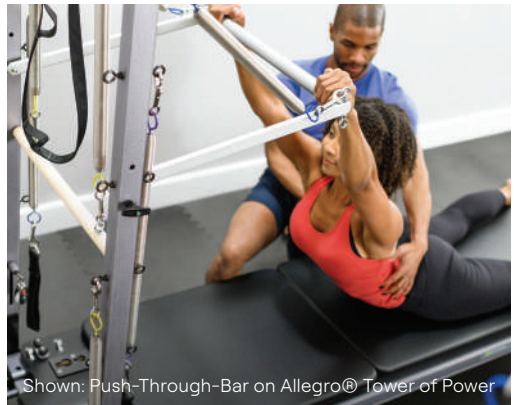
Move carriage to head-end and drop in 1 or 2-piece mat



Shown: Roll Down Bar on Rialto® Tower

FEATURES

- ✓ Gain 80% of full Trapeze Table exercise repertoire
- ✓ Perform mat workouts on either side of the Tower to train effective functional movement patterns
- ✓ Add integrated exercises with the moving Reformer carriage
- ✓ Work from both sides of the Tower for more exercise options
- ✓ 5-in-1 workout system: Reformer, Mat station, Reformer/Tower with mat, Reformer/Tower without Mat, and Tower standing exercise station using the floor side



Shown: Push-Through-Bar on Allegro® Tower of Power

NEW!



Tower with Single Mat Conversion

Now converting your Rialto Reformer into a Half Trapeze is easier than ever!

- ✓ One-piece is lighter and easier to install than previous two-piece mat
- ✓ Overmolded foam is supportive yet comfortable

16487

Exclusive Signature Springs™

Our patented Springs are the best available today for strength, resilience and durability. Nickel-plated carbon steel and color-coded for efficient visual identification during workout. Designed and tested for use on Balanced Body equipment.



LEARN MORE AT
[pilates.com](https://www.pilates.com)

Contact us for Springs for older equipment and specialty applications: Contrology® Springs / Allegro® Stretch Reformer Springs / Unplated Reformer Springs

Reformer Springs



Chair Springs

For our Chairs with Hourglass or Cactus spring mounts 18.75" (47cm)



Trapeze Table / Tower / Wall Tower Springs



Handles

Everyone has their favorite handle. Whether you're a D-Ring devotee, SoftTouch™ die-hard or leather/wood traditionalist, we have the grip you want in your workout!



Polypro Handles

With Neoprene® grips, using a D-Ring attachment.

10032



SoftTouch™ Handles

With Neoprene® grips, using our SoftTouch™ non-metal attachment (used on Allegro® 2 Reformer).

10047



Leather Handles

With wood grips, using our standard dog clip attachment.

12429

Additional Leather Handles available. Go to pilates.com.

Loops

We like loops. Simple, yet integral to the feel of movement. That's why we make so many... to provide options that meet all your loop needs!

Single Padded Loops (pair)

Single Loops for foot and arm work

10045



Double Padded Loops (pair)

Short loop for hands and longer loop for legs or feet

10026



SEE MORE LOOPS AND HANDLES

pilates.com

Y Loops (pair)

For anyone who has trouble keeping their feet in conventional loops

10511



Double Soft Touch Vinyl Loops (pair)

Easy to clean. Our premium vinyl stitched directly on our Cotton Loops

17317



Vinyl Covers for Single Cotton Loops (pair)

Easy-to-clean Vinyl Covers with industrial grade Velcro closures for easy on/off (loops not included)

17313



LEARN MORE AT pilates.com 65

Sitting Boxes

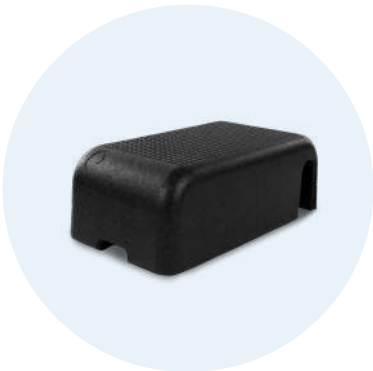
Increase your Reformer and Mat exercise options! The Sitting Box is used in long and short box positions, for prone and abdominal work, side stretching and elevated seated exercises.



Standard Sitting Box

- ✓ Standard upholstered Sitting Box included with Balanced Body wood Reformers. 3-handle design for easy transport

12431



Sitting Box Lite

- ✓ High-density, durable and recyclable foam (Black only)
- ✓ Textured surface for stable, non-slip body positioning
- ✓ Convenient cut-outs slide over the shoulder rests of all Balanced Body Reformers (except Contrology® Reformer)
- ✓ Rounded edges like our Contour Sitting Box™
- ✓ 4.5lb (2kg) and hand-holds for easy stacking and storage

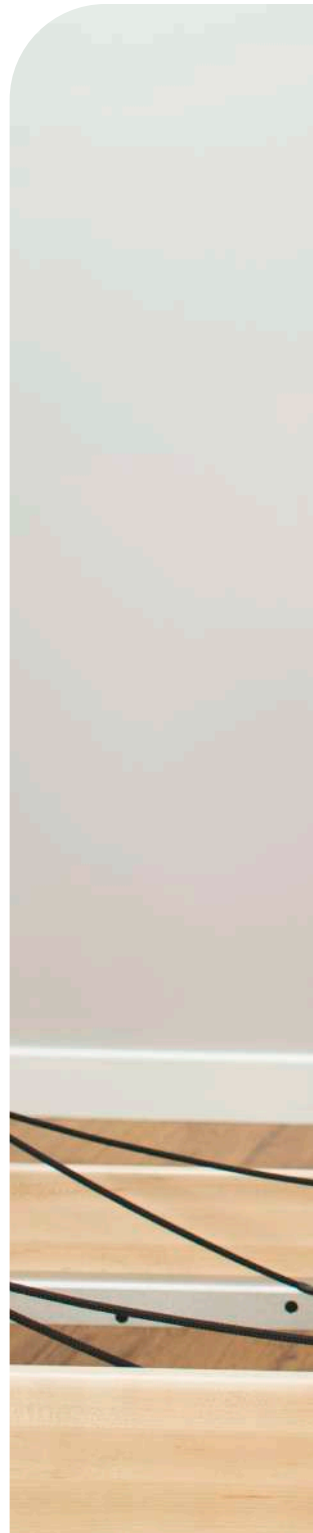
15844



Contour Sitting Box™

- ✓ With rounded edges, this Box fits the body and offers a wider range of motion

12451





Footstraps

Expand your workout with a footstrap. All Balanced Body Reformers have attachment points for a footstrap.

LEARN MORE AT
pilates.com

Shown: Sitting Box Lite

Purchase Sitting Box with Reformer, and get a free Footstrap. Also sold separately.

Konnector®

Called the next evolution in Pilates, Konnector is a single-rope pulley system connecting arms and legs for a full-body workout. Take your Reformer work to new heights!



Available for Studio, Allegro and Rialto Reformers.

Created by Viktor Uygan of Konnect Method, Konnector takes Pilates to a dynamic new level with independent and simultaneous movement of arms and legs.

The single rope system with (4) Tri-loops engages your entire body, providing constant proprioceptive feedback and strong core activation.

FEATURES

- ✓ Specially-designed "quiet ride" pulleys minimize noise while in motion
- ✓ Easy locking mechanism returns Reformer to standard Pilates functionality



FREE STREAMING AT
[video.pilates.com*](https://video.pilates.com)

Contact Balanced Body to buy the correct Konnector kit.

*All equipment includes access to the free videos section on our streaming video platform. Paid monthly and annual subscriptions also available to access all content.

Jumpboards

Padded Jumpboards

Jumpboards add cardio exercise to Reformer work by enabling jumping. Balanced Body Jumpboards provide the largest standard jumping surface on the market.

Allegro® Padded Jumpboard

Allegros S/N 22241 and up can use the jumpboard without installing a retrofit kit.



Jumpus Maximus

Our largest jumpboard for Studio Reformer®, Clinical Reformer®, and Allegro Reformer.



Other Jumpboard options available. See pilates.com • Allegros prior to 6/21/2007 call for options.



Shown: Allegro® 2 Reformer with Padded Jumpboard

Cardio Cloud™

Create a softer jumping surface over your Balanced Body® Jumpboard.

Available in two sizes.



Shown: Rialto Plank B

Plank Bars

Gain new options for plank variations and other exercises.

Product	Part #
Allegro® 2 Plank Bars	15978
Rialto Plank Bars	16458

Available for Rialto® and Allegro® 2 Reformers.

Standing Platform Extenders

FOR ALLEGRO® 2, ALLEGRO®, RIALTO® AND STUDIO REFORMER®

Expand your workout to include planking, kneeling and standing exercises. And for larger feet, a more functional surface area.



Allegro® 2 Reformer
Standing Platform
Extender

15976



Studio Reformer®
Standing Platform
Extender

17873

FEATURES

- ✓ Large, stable and grippy surface
- ✓ Comfortably support forearms, elbows and knees
- ✓ Platform extender pad for additional cushioning
- ✓ Install quickly and lift for easy access to springs
- ✓ Great for athletes and leg strengthening with squats and lunges
- ✓ Excellent stable, comfortable base for older clients
- ✓ Warm maple with a non-skid surface (except Allegro Reformer)

A Standing Platform Extenders is included with your purchase of the Clinical Reformer.



Allegro® Reformer
Standing Platform
Extender

15961

For Allegros serial# 41501
and above.



Rialto® Reformer
Standing Platform
Extender

17874

Moving Back Home



A Q&A with Pilates instructor Brigitte (Bee) Garten on how bringing clients to her home studio space reignited her teaching!

Can you give some pre-pandemic background on you as a teacher?

I have been teaching Pilates since 2001 where I mostly taught group classes and privates at small boutique Pilates studio, as well as a high-end sports club. I started a home studio in my garage in 2011 and after moving, transformed our second bedroom into a studio and slowly started teaching privates and duets.

When was your “uh oh” moment (when you knew things were really going to change)?

Pretty much the first week of the shutdown. I got a call from the sports club that I wasn't coming in Monday morning and the studio shut down that day. Still not exactly sure what was happening, I continued seeing privates at my home studio that week and then everyone transitioned online.

In the summer of 2020, I started developing MOTR classes and my students loved it! The next thing I knew, my students were buying MOTRs and I started teaching a weekly online MOTR class and privates.

When did you decide to go full time at home?

In the beginning of 2021. The sports club and studio both asked me to come back, but I was already busy with home privates, duets, and online classes, so I had to say no. I think a lot of my students felt more comfortable coming to my house and having the online option better than going back to a big space with a lot of people.

What were the biggest challenges – how did it change your teaching style?

The internet, as well as working the microphone and feeling like I was only talking to myself! I finally figured out that using my phone was better than my laptop and using earbuds helped people hear me no matter where I was moving in the room. The MOTR changed everything for me too. I'm very grateful that this wonderful piece of portable equipment came into my life and my students.

How did you come up with doing live and hybrid at the same time?

It came out of necessity. I enjoyed working from home and I wanted my students to stay healthy and move in a space where they felt comfortable. I had some students come back to my home studio, and some that weren't ready, so I created this hybrid of one person online at home and the other at my home studio.


Some of those who no longer have a studio say they don't miss it. What are your thoughts?

It is a catch-22. I miss the energy of the studio and feeding off/learning from other teachers. But, I'm lucky that where I live, I have many opportunities to take classes and learn from my peers either online or in person. I enjoy the peacefulness of my home studio, the variety of teaching in-person and online, and the personal connections with my students.

Do you think this whole experience has made you a better teacher?

Absolutely! Talk about teaching outside of the box and learning how to do things completely different. I'm not a savvy technology person and I had to learn quickly how to teach an online class and how to record, edit, and upload classes to send to students later. I'm more of an introvert, so I had to learn how to market and promote myself, which I didn't do before. All in all, it's been a huge learning and growing experience, with many ups and downs. But I feel very fortunate I'm able to bring Pilates to so many more people and continue doing what I love.

About Brigitte (Bee) Garten

Brigitte “Bee” Garten is a certified Pilates teacher and holds certifications for BASI (Body Arts and Science International), A-Line Technique, NCPT, Barworks, and TRX Suspension Training. She currently teaches Pilates and MOTR online and at her home studio in Orange County. You can find find Bee on:  @beespilates

A woman with dark skin and hair pulled back is sitting on a grassy field. She is wearing a light blue halter-neck crop top and salmon-colored leggings. She is looking upwards and to the left with a focused expression. The background consists of lush green trees under a clear sky. The word "Training" is written in a white, sans-serif font across the middle of her torso.

Training

Tools

Pilates
Ultra-Fit Circle®

balanced body™

www.balancedbody.com | 1-800-451-1111

©2018 Balanced Body, Inc.

Scan here for
Pricing and Details





Ultra-Fit Circle® Mini

Smaller ring size facilitates better leg alignment and makes it easier to handle during exercise. 12" (30cm) diameter.

✓ Positions feet directly under hips for improved leg alignment

✓ Lower resistance works well for all fitness levels

15083

Ultra-Fit Circle®

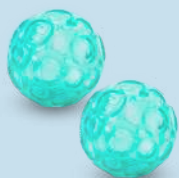
Lightweight, durable, flexible plastic in rubberized shell. Padded handles inside and out. Resistance approx. equal to 3-band Spring Circle. Outside diameter is 15" (38cm). Larger size enables user to put legs (or arms) inside circle for greater diversity of exercise options.

14607

See pilates.com for other Ring options.

Balls of All Shapes and Sizes!

Balls enhance your workouts and they're fun! They help improve abdominal, upper body, and lower back strength and flexibility.



Franklin Textured Ball, 4" (10cm)
10317



Playground Ball, 5" (13cm)
10297



Inflatable Ball, 4" (10cm)
10295



Ribbed Inflatable Ball, 8-10" (20-25cm)
10296

TOGU Ball, up to 12" (30cm)
10309



Inflatable Ball, 8-10" (20-25cm)
10250



Burst-Resistant Fitness Balls

Great for exercise and physical therapy! Use balls to add balance challenges, positioning support and fun motion to each session.

Not recommended for use with fitness equipment. Inflation pump included.

LEARN MORE AT
[pilates.com](https://www.pilates.com)

SmartBell®

Fun and easy-to-use, SmartBells are ideal for toning, sculpting and range-of-motion work. Ergonomically-shaped, dual-handed grips are safe and secure. Sold individually.

Resistance	Part #
1.5lb (0.7kg), Gray	12939
1.5lb (0.7kg), Blue	12938
1.5lb (0.7kg), Purple	12937
1.5lb (0.7kg), Green	12936

LEARN MORE AT
pilates.com

Precision Rotator Discs

Next generation Rotator Discs offer progressive spring resistance, and traditional functionality with no resistance.



- ✓ 3 resistance levels: light for upper body training; heavy for lower body work; and no resistance for traditional rotator disc exercises
- ✓ Longer lasting, top-quality ABS construction (maximum weight capacity is 500lb (277kg))
- ✓ 9" (23cm) and 12" (30cm) diameters, with built-in markers to measure range of motion
- ✓ Strengthen end-range of motion and improve joint support and stability
- ✓ Identifies strength imbalances between limbs
- ✓ Rotator Discs for CoreAlign® and Jumpboards, and Rotator Disc Pads, also available

Discs are not adjustable. Each provides 1 resistance option.

Positioning and Balance

For stability, support and challenging balance.

Moon Box

Upholstered, strong, small box to use with Wall Towers, Reformers or Chairs. Adds height for sitting on equipment, or as step stool for taller Reformers.

Stock: Black. Dimensions: 6" x 9" x 14"
(15cm x 23cm x 36cm)

12337

The Wedge

Large upholstered wedge fits between shoulder rests on Balanced Body Reformers. Provides cervical support on gentle, 12-degree incline. For those with shoulder, neck or facial injuries, or who can't lie supine.

Stock: Black. Dimensions: 23" w x 31" l x 7" h
(58cm x 79cm x 18cm)

12482

The Slice

Developed with Blossom Crawford of Bridge Pilates, The Slice is an excellent, multi-use positioning tool to incorporate into your daily practice.

Dimensions: 3.75" h x 5" w x 11" l
(9.5cm x 12.7 x 28cm)

16810

C-Shaper

Back by popular demand, the original C-Shaper was first made by Balanced Body in 1988. Designed by Marie-Jose Blom of Long Beach Dance Conditioning and Quentin Josephy of Kinetic Fitness Studios, the C-Shaper provides support for the spine.

Dimensions: 6" x 9" x 14" (15cm x 23cm x 36cm)

12362

Moon Box Lite

This lightweight moon box can be used in all the same ways as a traditional moon box. Easy to clean, move and store. High-density recyclable foam.

Dimensions: 6" x 9.5" x 15.5" (24cm x 39cm)

Single, 10360

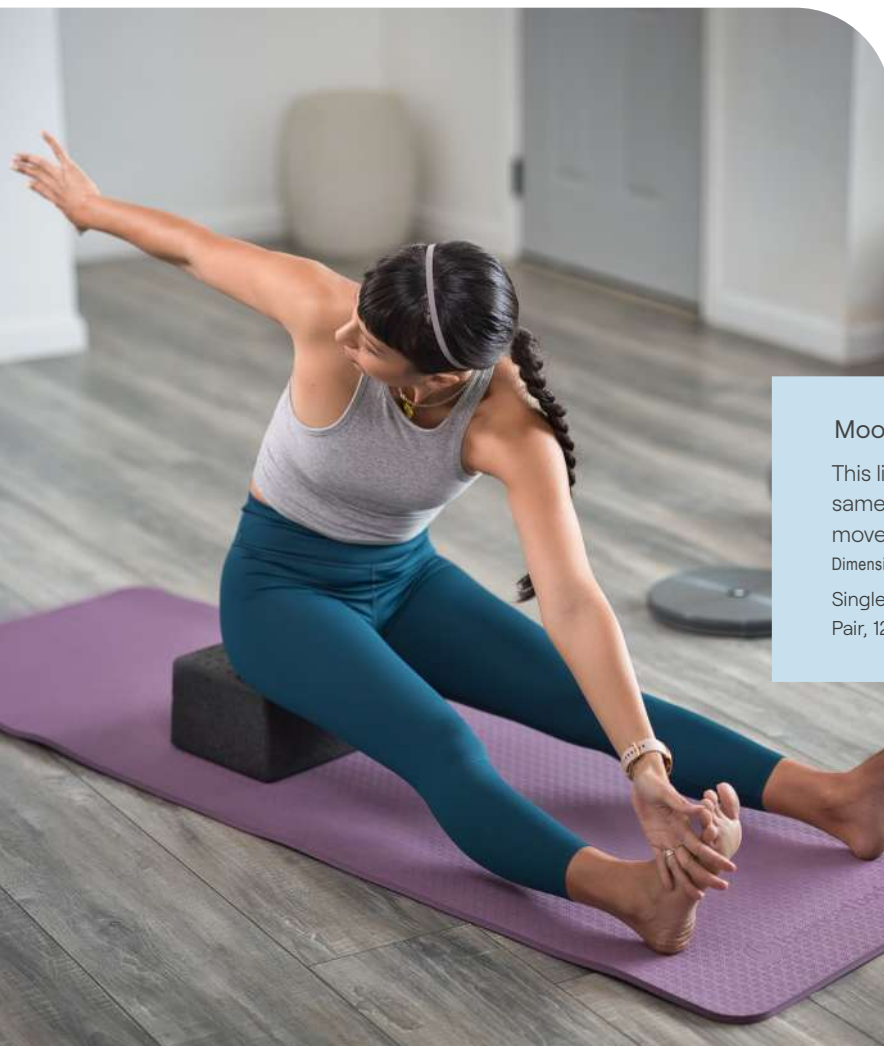
Pair, 12654

Cork Block

Made from sustainably-harvested cork, our Cork Block is an eco-friendly alternative to foam blocks, and provides a natural grained surface for secure hand and body positioning.

Dimensions: 3" x 6" x 9" (8cm x 15cm x 23cm)

16920



Balanced Body Barre®

Portable, easy-to-assemble aluminum barre with an anti-microbial, powder-coated satin finish. Non-slip rubber feet grip without damaging floor.



Product	Part #
Balanced Body Barre, 72" long (183cm)	10064
Balanced Body Barre, 48" long (122cm)	10063

Gondola Pole

Helps you balance when performing standing work. Rubber ends improve traction on floor. Solid maple.

60" (152cm) length x 1.25" (3cm) diam.

12369

Poles

Poles for balance and stability.



Weighted Metal Poles

Chrome-plated with rubber ends.

Maple Dowels

For alignment, arm work and more!

LEARN MORE AT
[pilates.com](https://www.pilates.com)



Shown: SPINEFITTER with SPINEFITTER Linum

SPINEFITTER by SISSEL®

Designed to balance the energy and nervous systems, SPINEFITTER specifically targets the vertebral joints of the spine and uses pressure to remove blockages and release muscle tension.

Green, 18134
Anthracite, 18147

SPINEFITTER by SISSEL® Linum

Hot/cold therapy pack to use with SPINEFITTER or individually. Relieves tightness and soreness in muscles. Natural linseed filling contours to body for even compression. 100% cotton cover.

18060

SISSEL® products are only available in the US and Canada.



Balansit®

Welcome to the world of dynamic sitting!
From the creators of Oov comes the latest
technology in posture control, core stabilization
and strengthening – the Balansit®.



Small
17979

Medium
17980

Large
17981

See sizing guide at pilates.com



17982

Shown: Balansit carry bag

Are Men Curious about Pilates?



By Nicky Lal

For years, Pilates has been viewed and incorrectly labeled as a women's form of exercise. But perceptions change, and there are reasons as to why, finally, Pilates is gaining steam for the other sex.



Photo courtesy of Donald Lane and the Tennessee Titans.

A male client of mine posed "Pilates gave a whole different feeling from a regular gym session" and that "it worked out areas that I would never be able to target." He believes that men are hesitant when walking into a studio, as they don't see familiar equipment, and they're unable to measure their efforts in pounds. However, they come to realize that the resistance training at the helm of Pilates can be more beneficial to their bodies and health.

Over the last four years, I have changed my focus to training professional athletes in the NFL and NBA. For athletes, Pilates is another avenue to fine-tune their bodies during the offseason and a form of active recovery while in season. The overall goal is to be at their best, not only during the current season, but to also lengthen their careers.

Eric Kendricks, a linebacker for the Minnesota Vikings, says that "Pilates made me learn how my body can change. When I'm in season or in practice, I tend to fatigue my body and become injured. However, Pilates has taught me how to adjust my movement around those injuries and how not to continue irritating the injury further. If Pilates has taught me one thing, it's to listen to my body."


Once I began to train professional male athletes, word of mouth spread amongst their peers. Pure competition forces them to be aware of what their teammates and competitors are doing to maintain their bodies to grow and excel. Athletes have also realized that Pilates is a great way to target and aide the recovery process for injuries.

My continuous goal when training clients - men, women, and athletes alike - is to focus on the core Pilates Principles, specifically control and balanced muscle development. As a Pilates instructor, it is important to read the needs of the individual, while still giving the client a well-rounded workout and continuing to train them in a way that helps them feel a sense of improvement.

It is my belief that the trend is here to stay, and men will continue to become advocates for Pilates and reap the benefits that primarily women have enjoyed for so long. At the end of the day, Pilates was developed by a man!

About Nicky Lal

Nicky Lal is a lead instructor at Bodyline in Los Angeles. She is fully certified and focuses on training professional athletes in the NBA and NFL. Examples of her work can be viewed on:

 @Pilateswithnicky.lal.



SISSEL®
Soft

Gentle sleep and soft support with the Visco-Elastic Foam. Cotton foam core cover and washable ivory zippered velour cover.

18035
Made in Sweden



SISSEL®
Soft Plus

Adjustable height with included Vario Pad. Gentle sleep and soft support with the Visco-Elastic Foam. Cotton foam core cover and washable ecru zippered velour cover.

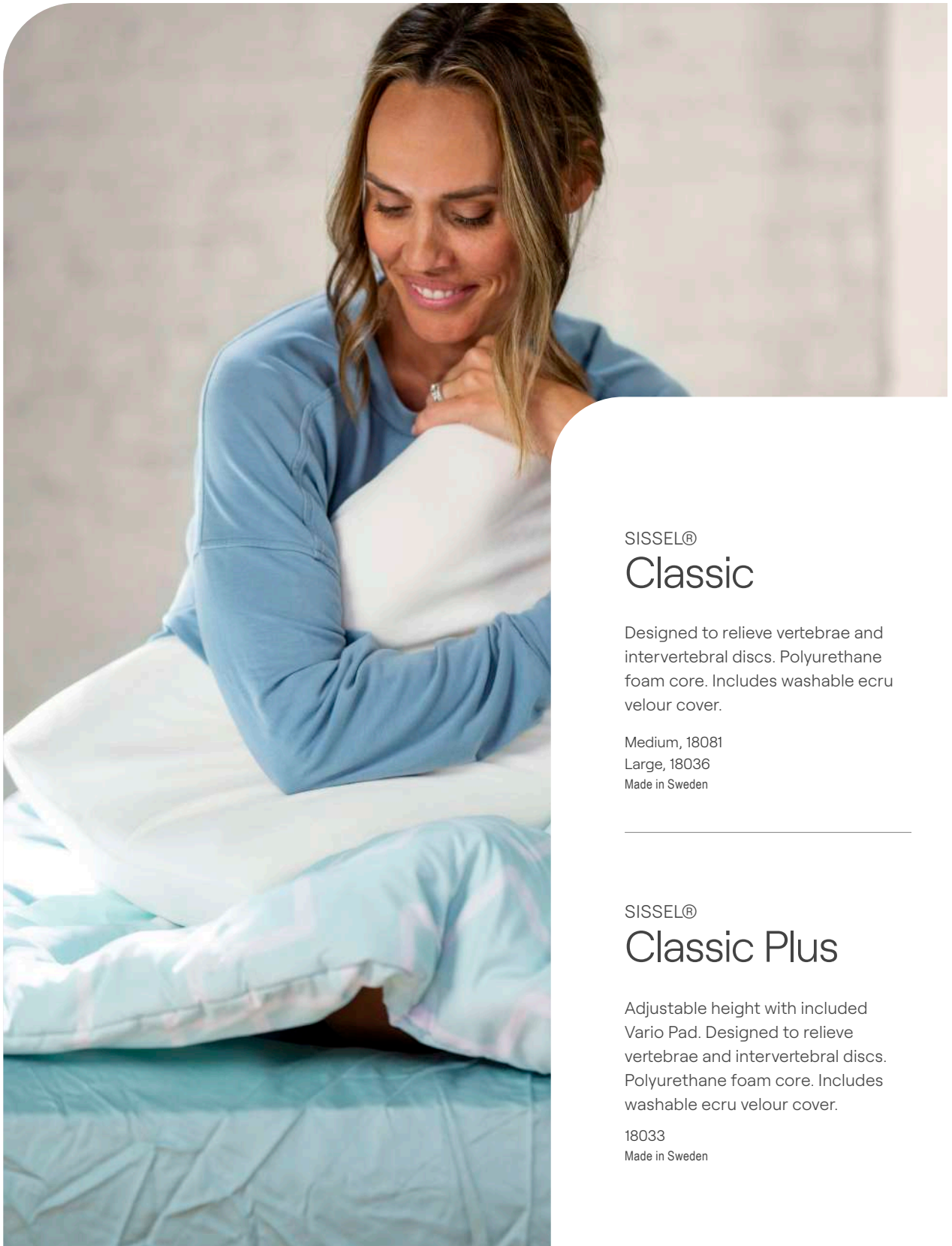
18082
Made in Sweden



SISSEL®
Comfort

Designed for full body relaxation and support. Polypropylene beads contour to the body. Covers sold separately.

18072
Made in Poland



SISSEL®

Classic

Designed to relieve vertebrae and intervertebral discs. Polyurethane foam core. Includes washable ecru velour cover.

Medium, 18081

Large, 18036

Made in Sweden

SISSEL®

Classic Plus

Adjustable height with included Vario Pad. Designed to relieve vertebrae and intervertebral discs. Polyurethane foam core. Includes washable ecru velour cover.

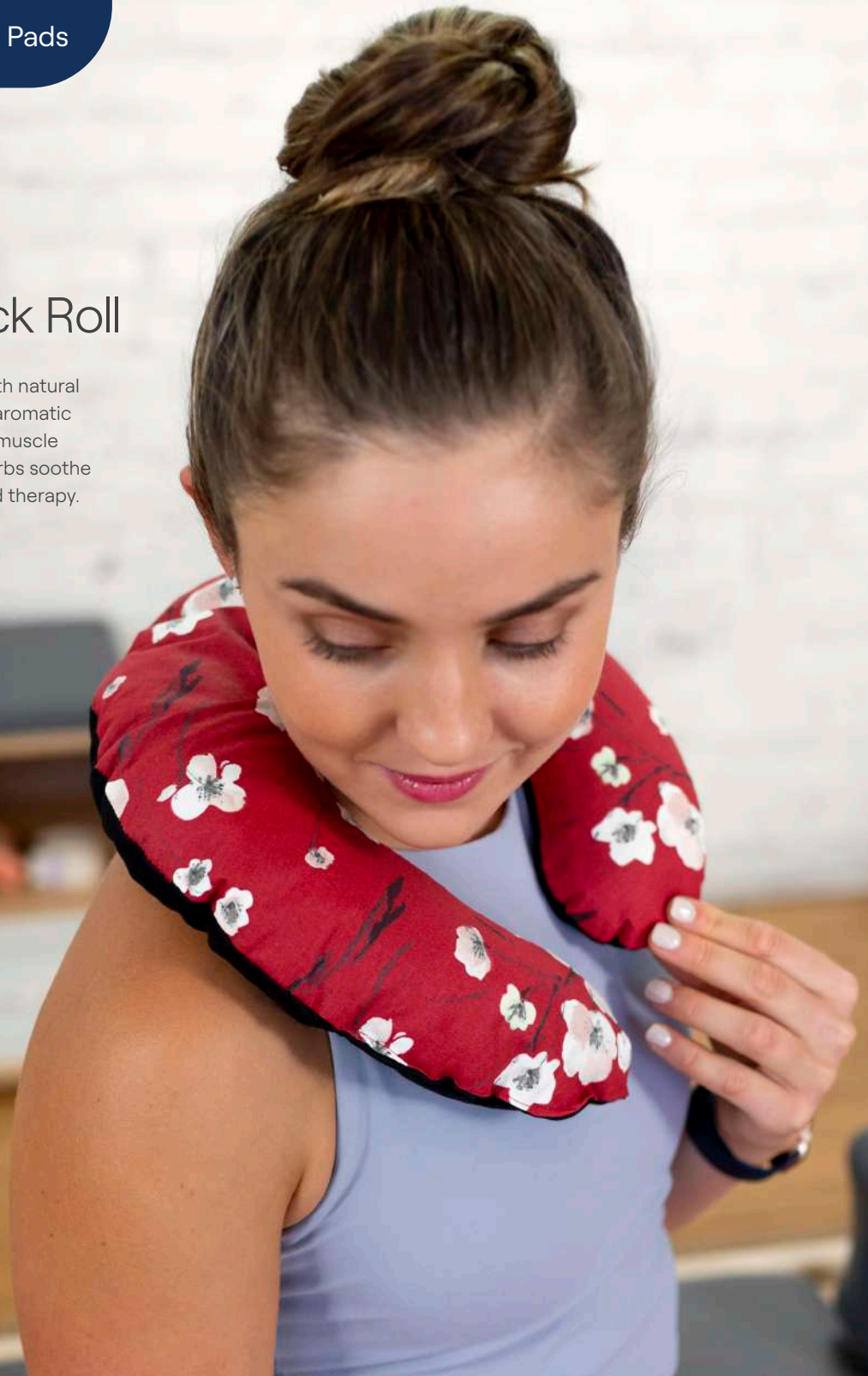
18033

Made in Sweden

SISSEL®
Aroma Neck Roll

Relaxing neck roll filled with natural linseed, spelt, and select aromatic herbs. Helps relieve neck muscle tension while aromatic herbs soothe mind. Use for hot and cold therapy.

18086
Made in Germany





SISSEL®

Linum Anatomic Blossom

Tri-section pad of naturally-soothing linseed that contours to body for even compression. Heat provides relief from aching muscles and cramps. 100% cotton cover.

18039

Made in Poland

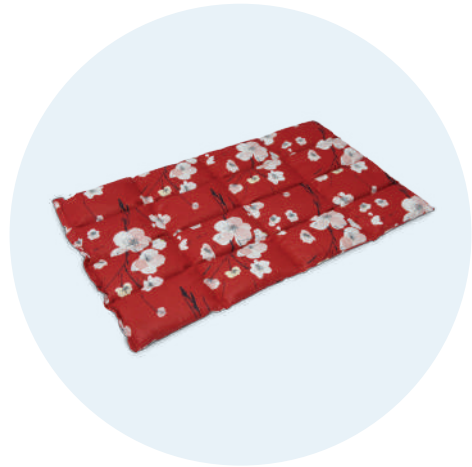
SISSEL®

Linum Classic Blossom

Rectangular pad of naturally-soothing linseed that contours to body for even compression. Heat provides relief from aching muscles and cramps. 100% cotton cover.

18040

Made in Poland



SISSEL®

Vinotherm

Tri-section heating pad helps relieve tension in neck, shoulders and back. Grape seeds contain natural oils that release penetrating dry warmth. 100% cotton cover.

18041

Made in Poland





SISSEL®
SITFIT Plus

Enhanced active sitting with wedge and air filled pad. Ergonomic shape stimulates back muscles, while encouraging proper posture. Pump, black velour cover and exercise poster included.

18046
Made in Germany



SISSEL®
SITFIT

Active sitting strengthens muscles in back and pelvic floor. Relieves tension and promotes proper posture. Adjustable pressure. Pump, blue velour cover and exercise poster included.

Children, 13" (33cm), 18047
Teens and adults, 14.5" (36cm), 18048
Made in Germany



SISSEL®

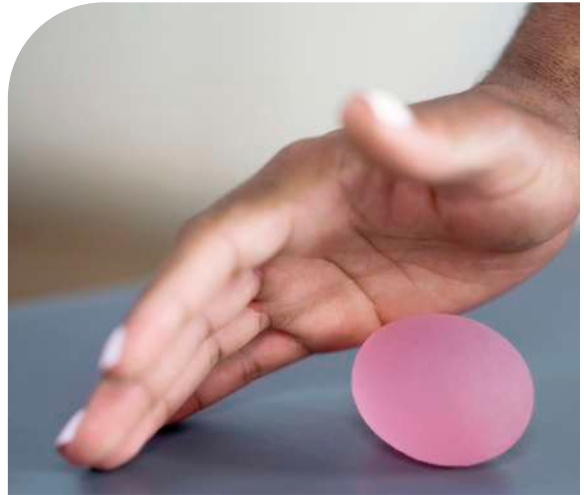
Press-Egg

Exercise muscles in your fingers, hands, and forearms. Improves the mobility of hand and forearm. Ideal for finger therapy and hand rehabilitation. Includes exercise booklet

Soft, 18051

Medium, 18052

Strong, 18053



SISSEL®

Hand Grip Sport

Designed to increase hand and forearm strength in rehabilitation and sport therapy. Also improves mobility of fingers and features non-slip grip. Adjustable resistance.

18057



SISSEL®

Neck Relax

Ergonomically-shaped to relieve tension in neck. Knobby textured surface massages soft tissue in neck. Mobilizes thoracic vertebrae and massages the foot reflex zone.

18056



SISSEL®

Balance Board Dynamic

Designed to improve balance and coordination. Progressive exercise without changing equipment. Textured non-slip PVC surface. Handmade wood base.

18054

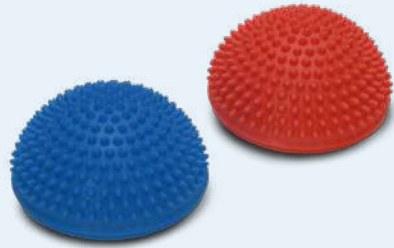


SISSEL®

Spiky Domes

Increase your balance and coordination. The nubby surface enhances physical perception and mobility. Use in standing and planking exercises. Set of 2 (blue/red)

18050



SISSEL®

Securemax Exercise Ball

Ideal for full body conditioning and physical therapy. Strong abrasion-resistant surface. Encourages proper posture when seated. Includes exercise guide and plug lifter.

21.5" (55cm), 18043

25.5" (65cm), 18042

29.5" (75cm), 18044



SISSEL® products are only available in the US and Canada.

SISSEL®

Yoga Belt

Fortified cotton strap with durable metal adjustment system. Facilitates select exercises. Suitable for beginners and Yoga professionals. Natural color.

18055



SISSEL®

Fit-Tube

Premium quality resistance tubing for physical therapy, strength training, and stretching. Ideal for home, office and clinic.

Light, 18062

Medium, 18063

Strong, 18064

Extra Strong, 18065



SISSEL®

Fun & Active Band

The ideal tool for low impact workouts, stretching and toning. Band resistances are light, medium, and strong — as you gain strength, you increase your band resistance. Latex-free and odorless, these bands are tactile and extra durable.

Light, 18067

Medium, 18068

Strong, 18069



SISSEL®

Exercise Loops

Tool for increasing strength in fitness and rehabilitation. Wide range of exercises for all ages. Exercise guide included.

18066



SISSEL®

Pilates Core Trainer

Innovative tool for core training. Four loops for simultaneous training of arms and legs. High quality hygienic handles. Medium resistance latex tubing. Exercise guide included.

18080



SISSEL®

Pilates Toning Balls – Set of 2

For use in your Pilates mat workout, arm, shoulder and upper body exercise programs. Easy to clean with damp cloth. Includes 2 weights: 1lb (450g) and 2lbs (900g).

18077



SISSEL®

Pilates Soft Ball

Ideal as hip, shoulder, back support, and between knees for abdominal work. Provides unstable platform for planking. Used at preferred levels of inflation. Includes exercise guide.

8.7" (22cm), 18075

10.2" (26cm), 18076

SISSEL®

Pilates Band

Cotton canvas band with 6 integrated pockets to hold hands or feet. Provides resistance and increases the intensity of movement. The band's support helps build core stability and proper posture.

Natural, 18078

Blue, 18079




While the pandemic is not over, we are learning how to live and work in it. Can you tell us how your business has evolved and the opportunities you see ahead?



MELISSA KAKAVAS

Remedy Movement | Raleigh, North Carolina

remedymovement.com

 @remedy_movement  @remedymovement


Remedy Movement emerged onto the scene just as the world was opening back up and coming out of isolation. The shift our industry made to teaching online during the lockdown created great accessibility, a resurgence in the mat work, and solidified the importance of movement to our mind, body, and overall health. This remains an important part of our businesses moving forward and shows the perseverance of our industry.



TROY MCCARTY

Troy McCarty Pilates | Cleveland, Ohio

troy mccartypilates.com

 @troy mccartypilates

COVID has opened the door for a more digital approach to our teaching. I had already been coaching online and was virtual-ready before COVID opened that door. I embraced it and utilized it to the best of my knowledge. I went from coaching a few people online to a whole global coaching experience. The experience sharpened my visual cues and my verbal cues and also taught me to make each session as interactive as possible.



PETE PALLAI

myPilateslondon Ltd | Putney, SW London

mypilateslondon.com

 @mypilateslondon  myPilates london

I prefer to fix on the positives. The pandemic has reset the playing field, opening our space to a truly global community. The ability to split our offering between online and on site opens the door to many who have not been able to reach us in the past. It gives us access to certain cultures who may now interact with a wider choice of instructors. I also truly believe this has set into motion an escalated mind-body awareness, which we are here to serve.



RADHIKA KARLE

Radhika's Balanced Body | Mumbai, India

radhikasbalancedbody.com

 @radhikasbalancedbody  Radhika's Balanced Body

We have worked very hard at staying positive through the pandemic and have also come to realise the world is our oyster! The biggest evolution for us was going online with EVERYTHING - mat Pilates group classes at an economical price, buddy sessions with sisters in 2 different cities who could workout together online, senior citizens who could not leave their homes but needed to move, and even Balanced Body teacher training which brought instructors from all across the world to learn with me.



FABRICE LAMEGO

Pilates Pour Tous Studio | Lyon, France

pilatespourtousstudio.org

 pilates_pour_tous_studio  Pilates Pour Tous Studio

I see the impact of the pandemic on many aspects. As soon as the series of lockdowns started, we had to swiftly adapt to online teaching, helping clients optimize their set-up at home.

This is also about the pedagogic effort: understanding the participant's fatigue, their constraints, their pathologies and helping them through it to make an impact despite the distance. This must be taken into account in the classes, online and in person when feasible.



MELISSA FRANCIS

Intelligent Exercise, LLC | Southeast Michigan

intelligentexercise.net

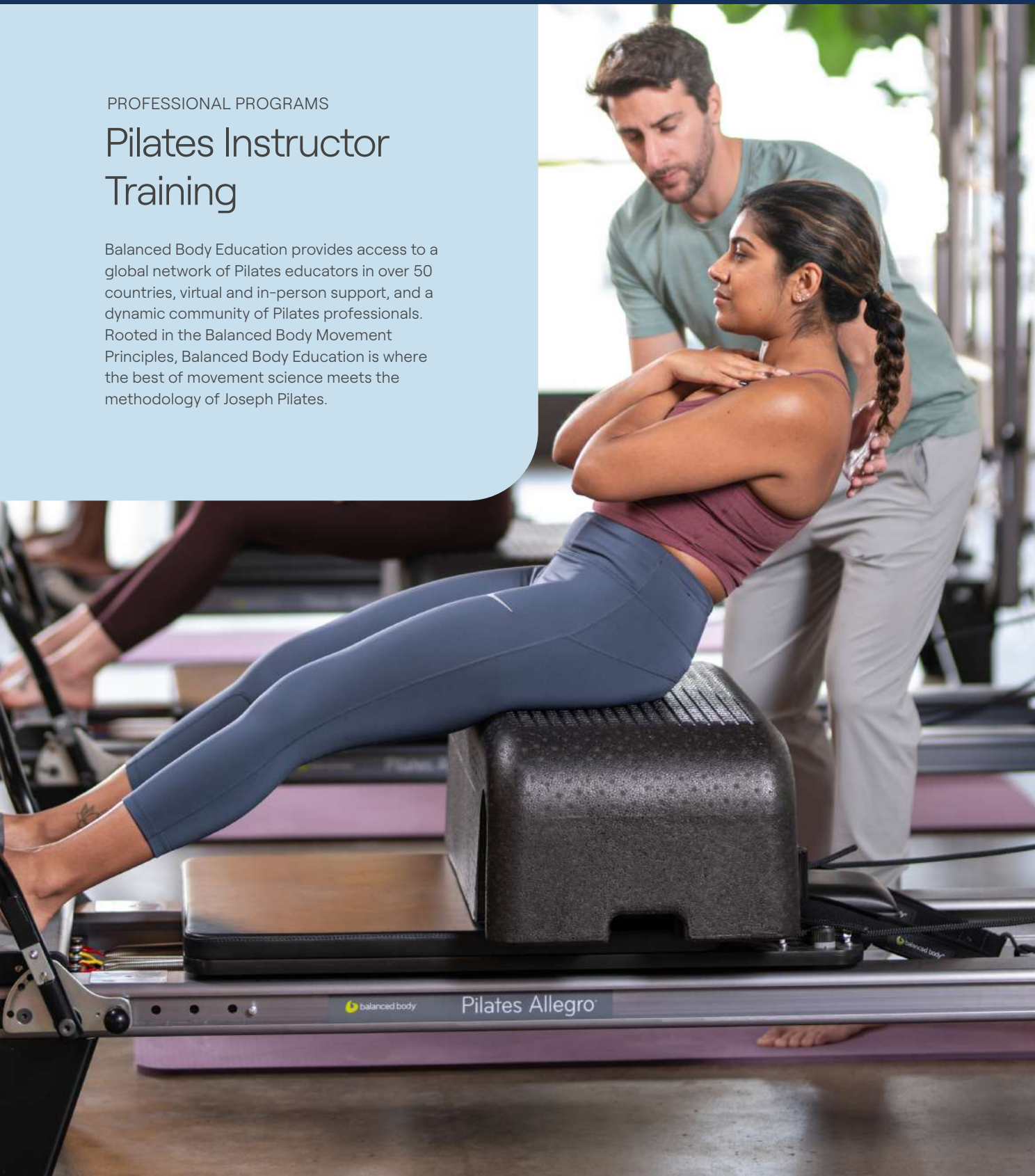
 ie_annarbor  Intelligent Exercise, LLC

Losing my brick and mortar studio due to the pandemic after 15 successful years was an emotional endeavor. However, virtual training has literally changed my world. It's opened up a diverse and international market, allowed me the opportunity through added time and mental freedom to rebrand, expanded my passion for teaching, and to work on additional Pilates projects extremely important to me.

PROFESSIONAL PROGRAMS

Pilates Instructor Training

Balanced Body Education provides access to a global network of Pilates educators in over 50 countries, virtual and in-person support, and a dynamic community of Pilates professionals. Rooted in the Balanced Body Movement Principles, Balanced Body Education is where the best of movement science meets the methodology of Joseph Pilates.





CoreAlign®

The CoreAlign is the missing link in all training and clinical environments. Becoming a certified CoreAlign instructor will give you an extremely powerful tool to address and improve gait, functional upright strength, deep core and postural strength and endurance, muscular power and dynamic joint mobility.

Bodhi Suspension System®

Suspension Training is not only marketable for you as a teacher, but it is a true companion to client training, whether in a Pilates studio, gym or clinic. Bodhi Suspension System teacher training with Balanced Body brings the precision and principles of Pilates to suspension training. One of the unique features of Bodhi is the ability to fully suspend the body in 4-points of suspension.

Balanced Body Barre®

Our Barre teacher training is dynamic, fun, and functional. Working with light weights, the body weight Barre training provides a recipe for developing strength, flexibility and endurance, which creates change and empowers clients to be physically strong, resilient, and active.

MOTR®

Expand your offerings with MOTR. This program teaches you how to incorporate MOTR into existing Pilates, rehabilitation, and fitness programs. You will learn how to create functional MOTR exercises using its innovative resistance system.

Integrated Movement Specialist™

This certificate program explores the relationship between anatomy and movement, and the role of foundational movement. Graduates are recognized experts in movement performance.

Pilates and Rehabilitation

Pilates is an effective therapeutic movement methodology, easily modified to fit a patient's level of function. Our PT/Rehab courses are designed for clinicians interested in Pilates as a treatment modality and post-treatment maintenance program.



CoreAlign®

Designed by a physiotherapist as a rehabilitation tool, the CoreAlign is also a functional training apparatus used by world-class athletes to enhance strength, speed, and agility.

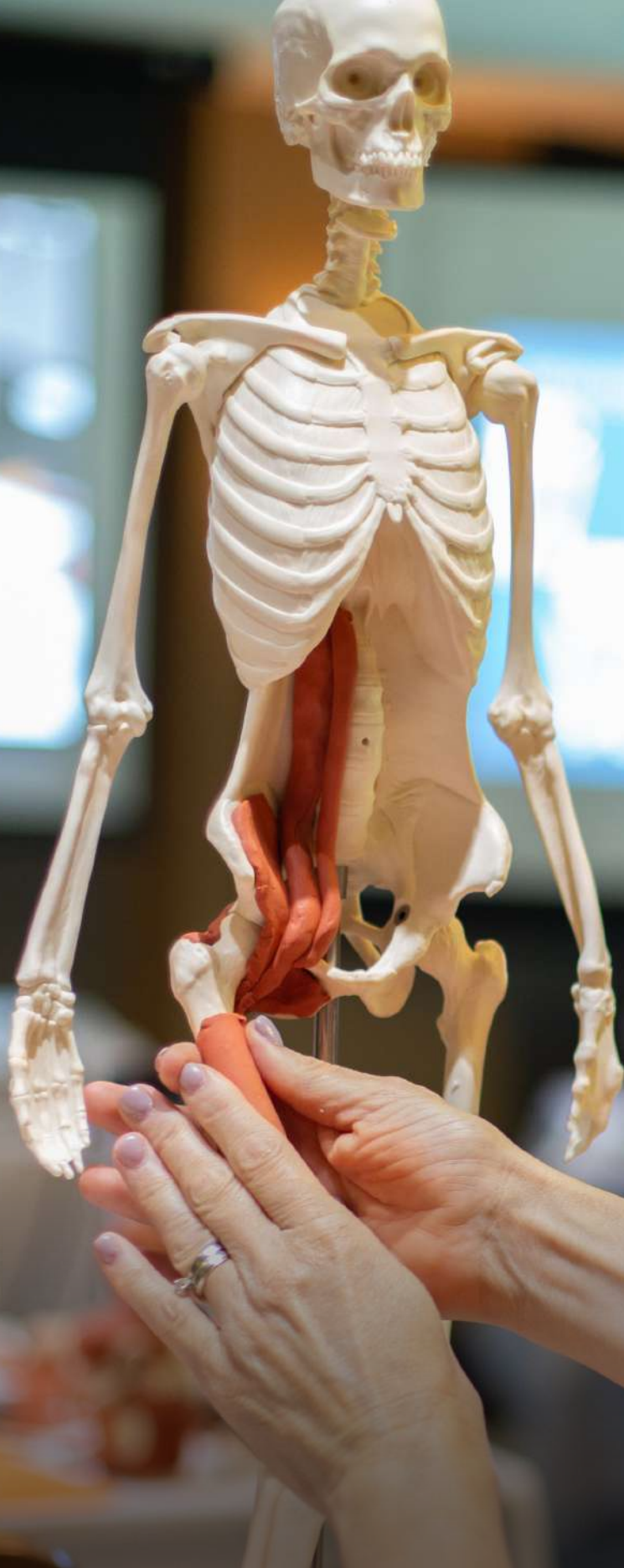
Learn more on p. 24



Clinical Reformer®

For over 40 years, we have worked with rehabilitation professionals to make our Clinical Reformer an effective tool that helps facilitate treatment of orthopedic, neurological, and chronic pain conditions.

Learn more on p. 42



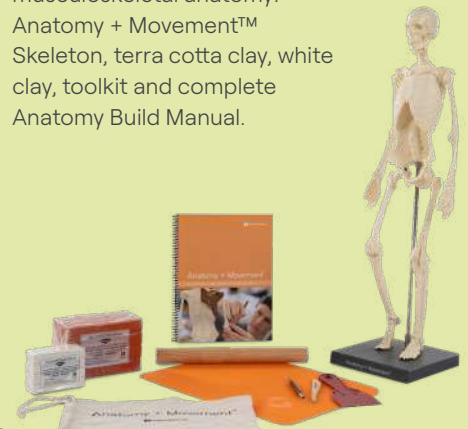
BEYOND PILATES

Anatomy in Three Dimensions™

There is no better way to learn anatomy! We build the body from the inside out using clay on our proprietary skeleton. This hands-on approach ensures you learn the structure of bones, joints, muscles, tendons, and ligaments, and how they function when the body is in motion.

Complete Anatomy Build Kit

All you need to build your own musculoskeletal anatomy!
Anatomy + Movement™
Skeleton, terra cotta clay, white clay, toolkit and complete Anatomy Build Manual.





Pilates On Tour

Pilates on Tour, our signature conference, highlights the breadth of the Pilates community. Learn from world-class instructors and industry leaders. Workshops feature programming, science-based movement practice, and creative applications for diverse clients.



INTEGRATED MOVEMENT SERIES /

Designed for movement professionals, these one day virtual events dive deep into functional and performance-based training. Highlights include: anatomy and kinesiology; multifaceted movement mechanics; and progressive workout programming.

Taking Care



By Joy Puleo
Education Director for Balanced Body

Back in 2013, from my studio in New York, I took a phone call that was about to change my life.

Al Harrison and Nora St. John, Directors of Education at Balanced Body, were working to build out a curriculum beyond Pilates and offered me a position at Balanced Body. At the time, my daughter was in 4th grade and my son was graduating high school, so if I was going to take a leap of faith and move my family across the country, it was as good a time as any. So, I said yes. It was hard to leave a family, and equally as hard to leave my studio community as each relationship was unique and meaningful. Clients would ask me, “why?”

It is almost ten years later, and I now have the great privilege of writing to you as the Director of Education for Balanced Body. Al has, as we like to say, graduated, and Nora has elevated to a wholly creative position. It is a rather sizeable change in a sea of pandemic-related changes, and, once again, the question, this time that I asked of myself, “Why”?

The answer is remarkably simple and hopeful. Education, in particular Pilates and mind-body movement education, is how we take care of ourselves, of each other and those

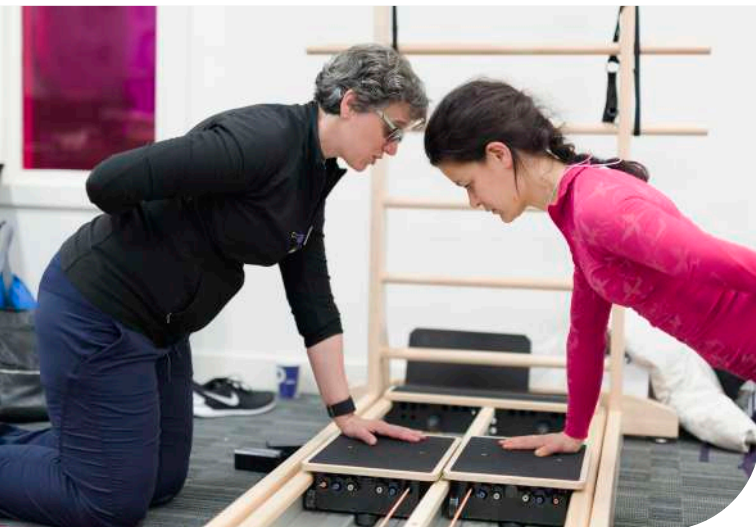
we touch day to day (clients). I believe this because I have lived this experience time and again. First, with myself and how I found Pilates, a story for another day, then with my clients and the aspiring Pilates instructors I taught for many years while living in New York. Now with Balanced Body Education, this reach is expandable, has a great amount of energy and provides the resources needed for the larger Pilates community to be successful in taking care of their own studio communities. It was all the possibility that education brings to the unique and special spaces that are Pilates studios that compelled my family and me to make the cross-country trek and what inspires me today.

The future of education is very clear to me, as is the vision of Balanced Body Education. I look forward to sharing with all of you throughout these next weeks, months and years. It will be clear in the way we communicate, the education we create, and the value we place on building on our movement and Pilates education foundation.

I am so grateful for that initial phone call from Al and Nora and grateful to them for the foundation they created. Equally, I am grateful for Ken Endelman and Balanced Body for insisting that Education place its focus on building and supporting the Pilates community, instructors, and students with a wide variety of important, relevant and sound offerings. Also, for having deep principles around sustainability and inclusivity of the diverse styles of practice, ideas and persons within the Pilates and mind-body fitness space. Balanced Body Education itself will keep moving with movement as its bullseye, as this is where change is created. The more people we move, the healthier we are as individuals, as a society, and a world community.

This is “Why”.

Take care, Joy



Reformer Checklist

All Reformers share the 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 of our portable Reformers, others need Reformers for a wide variety of body sizes, or accommodate add-on Tower/Mat Conversion for additional exercise options.

Features		Allegro	Rialto	Allegro 2	Studio	Clinical	Metro IQ	CenterLine	Fletcher	Contrology
Frame		METAL	WOOD	METAL	WOOD	WOOD	METAL	WOOD	WOOD	METAL
Stock Springs		3, 1, 1	3, 1, 1	3, 1, 1	3, 1, 1	3, 1, 1, 1	3, 1, 1	4	4	4
Vertical Footbar Positions		4 or 5**	5	4	4 or 5*	5	2	2	3	2
Horizontal Footbar Positions		4 or 5**	1	9	1 or 32	32	2	1	1	1
Springbar Adjustments		2	3	2	6	6	1	3	2	3
Frame Heights	Lowest	7.5" (19cm)	14" (36cm)	8" (23cm)	14" (36cm)	14" (36cm)	5.75" (14cm)	14" (36cm)	14" (36cm)	14" (36cm)
	Mid-level	14" (36cm)	-	15" (38cm)	18" (46cm)	18" (46cm)	-	18" (46cm)	-	-
	Highest	-	-	-	24" (61cm)	24" (61cm)	-	-	-	-
Transport Wheels		Included	-	Optional	-	-	Included	-	-	-
Sitting Box & Foot Straps		Optional	Included	Optional	Included	Included	Optional	Included	Included	Included
Shoulder Rest		Removable / Adjustable	Removable / Adjustable	Removable / Adjustable	Removable / Adjustable	Removable / Adjustable	Removable / Adjustable	Removable / Adjustable	Fixed	Fixed
Ropes or Leather Straps		Rope / Risers	Rope / Risers	Rope / Risers	Ropes/Risers/Leather	Rope / Risers	Rope / Risers	Leather	Leather	Leather
Vertical Storage		☑	-	☑	-	-	☑	-	-	-
Warranty on Frame		10 Year	5 Year	10 Year	Lifetime	Lifetime	2 Year	Lifetime	Lifetime	Lifetime

Options and Add-Ons		Allegro	Rialto	Allegro 2	Studio	Clinical	Metro IQ	CenterLine	Fletcher	Contrology
Tower & Mat Conversion		☑	☑	☑	☑	☑	-	☑	-	☑
Jumpboards	Standard	☑	☑	☑	☑	☑	☑	☑	-	☑ ¹
External Frame Footbar		☑	☑	☑	☑	☑	-	-	-	-

*Infinity footbar option expands horizontal footbar positions to 32.

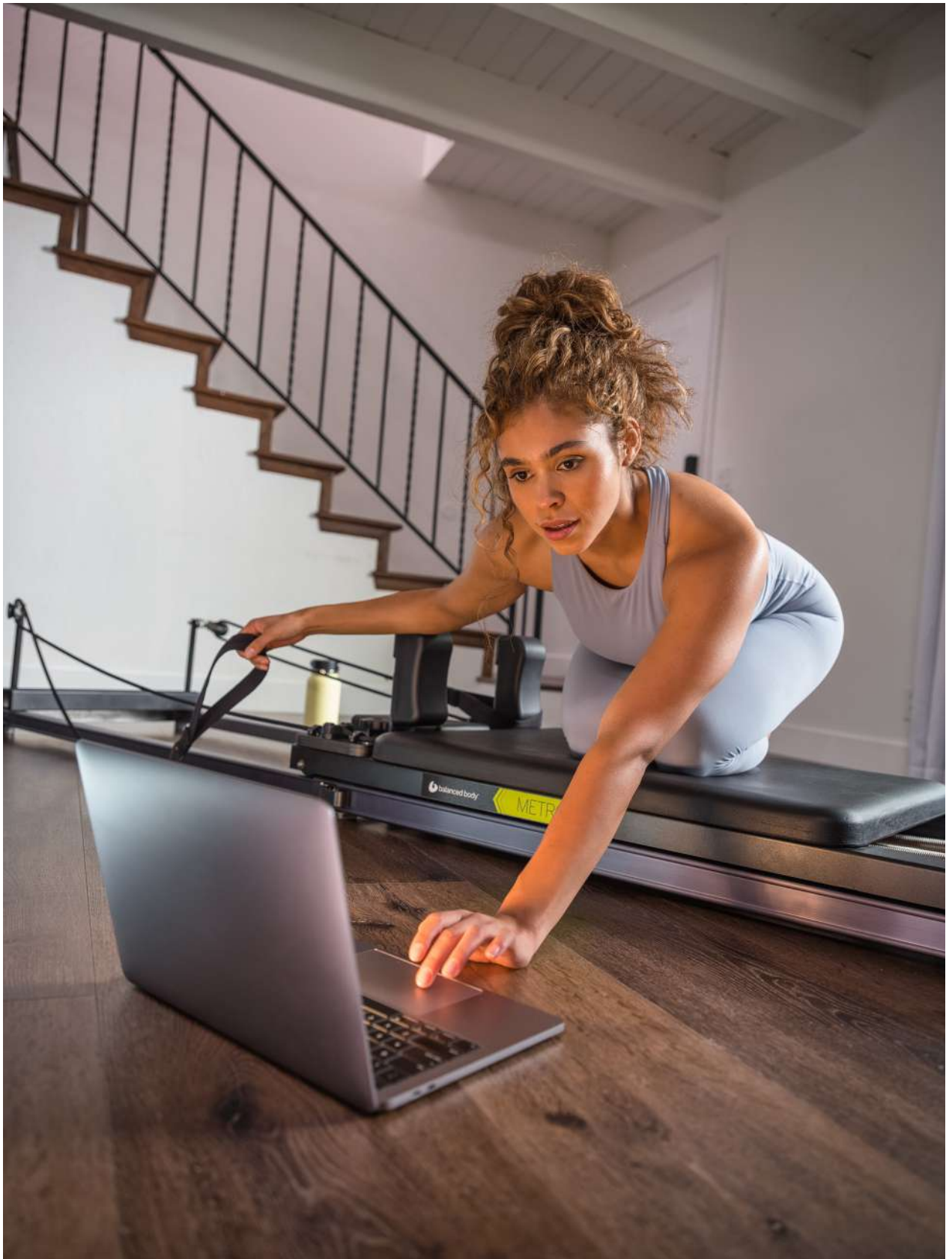
**Allegro Stretch has 5 horizontal footbar positions. Available Footbars limited for Stretch Reformers.

¹ Jumpboards for 86" & 89" only.



Capital Equipment Dimensions

	Equipment	Functional Height Floor to Working Surface: (Carriage/Mat)	Width Overall (Widest Possible Point)	Length Overall	Carriage Travel (Distance)	Weight (EST. Only)
REFORMER	Allegro 2 Reformer	8.75" (22cm)	32" (81cm)	93.75" (238cm)	40" (102cm)	140lb (64kg)
	Allegro 2 Reformer With 14" Legs	15" (38cm)	32" (81cm)	95" (241cm)	40" (102cm)	146lb (66kg)
	Allegro 2 Reformer With Legs/Tower	15" (38cm)	35.25" (90cm)	95" (241cm)	40" (102cm)	171lb (78kg)
	Allegro Reformer	7.5" (19cm)	36" (91cm)	92.75" (236cm)	40" (102cm)	113lb (51kg)
	Allegro With 14" Legs	14.5" (37cm)	36" (91cm)	95" (241cm)	40" (102cm)	124lb (51kg)
	Allegro Reformer Legs/Tower	15.25" (39cm)	36" (91cm)	95" (241cm)	40" (102cm)	171lb (78kg)
	Allegro Reformer Stretch	7.5" (17cm)	36" (91cm)	113" (287cm)	46.25" (117cm)	138lb (63kg)
	Rialto Reformer	15" (38cm)	34.25" (87cm)	95.5" (243cm)	40" (102cm)	140lb (64kg)
	Rialto Reformer With Tower	15" (38cm)	34.25" (87cm)	97" (246cm)	40" (102cm)	180lb (82kg)
	Ron Fletcher Reformer	15" (38cm)	25.5" (65cm)	93" (236cm)	33.5" (85cm)	145lb (66kg)
	Centerline Reformer	15" (38cm)	25.5" (65cm)	91" (231cm)	37" (94cm)	145lb (66kg)
	Metro IQ Reformer	5.75" (15cm)	25" (64cm)	98" (249cm)	39.75" (101cm)	85lb (39kg)
	Studio Reformer 14"	15" (38cm)	26.5" (67cm)	93" (236cm)	40" (102cm)	152lb (69kg)
	Studio Reformer Tower 14"	15" (38cm)	26.5" (67cm)	94.75" (241cm)	40" (102cm)	188lb (85kg)
	Studio Reformer 18"	19" (48cm)	26.5" (67cm)	93" (236cm)	40" (102cm)	160lb (73kg)
	Studio Reformer Tower 18"	19" (48cm)	26.5" (67cm)	94.75" (241cm)	40" (102cm)	196lb (89kg)
	Studio Reformer 24"	25.5" (65cm)	26.5" (67cm)	93" (236cm)	40" (102cm)	168lb (76kg)
	Studio Reformer Tower 24"	25.5" (65cm)	26.5" (67cm)	94.75" (241cm)	40" (102cm)	204lb (96kg)
	Contrology Reformer	14" (36cm)	26.5" (67cm)	80.5" (204cm)	26.5" (67cm)	114lb (52kg)
	TRAPEZE	Reformer Trapeze Combination 24"	25.5" (65cm)	31" (79cm)	93" (236cm)	40" (102cm)
Centerline Cadillac		25.5" (65cm)	29" (74cm)	85.5" (242cm)	N/A	190lb (86kg)
Centerline Pole System		89" (226cm)	30.25" (76cm)	30" (76cm)	N/A	61lb (28kg)
Trap Table/Cadillac		25.5" (65cm)	29" (74cm)	86" (218cm)	N/A	190lb (86kg)
Contrology Cadillac		23.7" (60.2cm)	25.5" (64.8cm)	86" (218.4cm)	N/A	245lb (111.1kg)
CHAIR	Combo Chair	25.5" (65cm)	28" (71cm)	29" (74cm)	N/A	91lb (41kg)
	Exo Chair	24.25" (62cm)	23.25" (59cm)	30.5" (77cm)	N/A	36lb (16kg)
	Wunda Chair	23.75" (60cm)	21.5" (55cm)	29" (74cm)	N/A	58lb (27kg)
	Centerline Chair	24.5" (62cm)	21.5" (55cm)	30" (244cm)	N/A	36lb (16.3kg)
	Contrology Arm Chair	33.63" (85.4cm)	16.5" (42cm)	41.5" (105.4cm)	N/A	34lb (15.4kg)
	CoreAlign Without Ladder	7" (18cm)	23.5" (60cm)	66.25" (168cm)	40.75" (104cm)	94lb (43Kg)
	CoreAlign With Ladder	7" (18cm)	38.25" (76cm)	78.25" (199cm)	40" (102cm)	183lb (83kg)
	Ladder Barrel	36" (91cm)	36" (91cm)	47.25" (120cm)	N/A	79lb (36kg)



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contrology®
BY BALANCED BODY® INC.

THE BACK STORY

Our Contrology® suite was born when Ken was asked to make authentic, uncompromising classical apparatus. The first and most critical step was to recreate the original springs. Next, Ken needed to understand every element that contributed to the feel and geometry of each classical piece.

Answers were found when Ken was introduced to Jay Grimes. Jay's first-hand knowledge of the original apparatus was a perfect match with Ken's mechanical expertise. This unlikely partnership grew out of their shared commitment to recreating "how each piece felt exercising in Joe's studio."

In 2018, we launched the Contrology Reformer, followed by the Arm Chair, Ped-o-Pul and Cadillac. Last year, we introduced our Contrology Folding Mat. Next to Folding Mat followed by the Contrology Reformer with Tower, Ladder Barrel and few more surprises!" to "Last year, we introduced our Contrology Folding Mat, followed by the Contrology Reformer with Tower, Ladder Barrel and a few more surprises!"

It's been a lot of researching, re-inventing and recreating to get each Contrology apparatus just right. Much of that work still comes back to the springs — and each piece having its own specially-designed springs. They are a key ingredient in the secret sauce that is the classical "feel" of our Contrology apparatus.

Scan here for pricing



Contrology® Reformer



SPOTLIGHT: SPRINGS

Contrology Springs are the result of our extensive research into spring design and manufacture. Joe used many different springs, some no longer available.

We've resurrected certain spring styles for use on select apparatus. Give them a try - we believe you'll feel the difference!



INCLUDES

- ✓ Choice of 4 models: 80" (203cm) JGRIMES, 80" (203cm) custom, 86" (218cm) custom, 89" (226cm) custom
- ✓ 4 specially-developed Reformer Springs
- ✓ Uncovered metal footbar
- ✓ 2 leather and wood handles
- ✓ 36" (92cm) Maple pole
- ✓ 1 gear block
- ✓ 2 cushioning kneeling pads
- ✓ Upholstered Box
- ✓ 2 black cotton footstraps and extender straps
- ✓ 2 carriage blocks (86" and 89" Reformers only)

ACCESSORIES

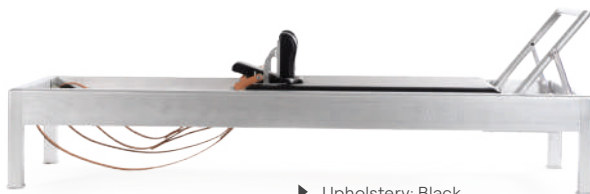
- ✓ Unpadded Footbar Cover
- ✓ Padded Footbar Cover
- ✓ Jumpboard*
- ✓ Contrology Springs (Sold as single and box of 4)

Product	Part #
Contrology JGRIMES Reformer	16095
Contrology 80" Reformer	16472C
Contrology 86" Reformer	16472C
Contrology 89" Reformer	16472C

Limited Lifetime Warranty. 30-day money back guarantee.

FEATURES

- ✓ Ultra-strong and durable extruded aluminum frame
- ✓ One piece weld-free side rails are stronger and easier to clean
- ✓ Thin, dense and resilient foam on carriage for support, feedback and comfort
- ✓ Weld-free cast aluminum shoulder supports
- ✓ Deeper Springbar hooks provide proper spring angle for authentic "feel"
- ✓ Custom headrest block maintains position
- ✓ Pre-stretched and treated natural leather straps with O-rings and strap mounts adjustments in strap length
- ✓ Slight indentation in carriage pad just below shoulder rests provides positioning and feedback



► Upholstery: Black



CONTROLOGY® Reformer with Tower

INCLUDES

- ✓ All Contrology Reformer components
- ✓ Wooden Push-Through-Bar (PTB)
- ✓ Wood Roll Back Bar 31" (80cm) with metal "s" hooks
- ✓ One-piece drop in Mat Conversion provides seamless support and cushioning
- ✓ 2 Contrology Arm Springs (light) with leather handles
- ✓ 2 Contrology Leg Springs (light) with cotton loops
- ✓ 3 Contrology PTB Springs
- ✓ 2 safety chains and 1 storage chain

FEATURES

- ✓ Choose from two Reformer frames: 86" (218cm), 89" (226cm)
- ✓ One piece weld-free side rails
- ✓ Thin, dense, resilient foam
- ✓ Rigid, removable shoulder supports
- ✓ One-piece drop in Mat Conversion
- ✓ Galvanized, polished "schedule 80" steel pipe in Tower

ACCESSORY

- ✓ Mat dowel handles

Product	Part #
Contrology 86" Reformer Tower & Mat	17424
Contrology 89" Reformer Tower & Mat	17426C

Contrology Tower Retrofit Kit is available for pre-drilled frames. Please call us for details.



Shown: Cadillac and Neck Stretcher

CONTROLOGY® Cadillac

INCLUDES

- ✓ Wooden Push-Through Bar (PTB)
- ✓ Wooden Roll Back Bar 31" (79cm) with metal "s" hooks
- ✓ Trapeze with footstrap
- ✓ 2 Contrology Arm Springs (light) with leather handles
- ✓ 2 Contrology Leg Springs (light) with cotton loops
- ✓ 2 Contrology Roll Back Bar Springs
- ✓ 2 Contrology Trapeze Springs
- ✓ 3 Contrology PTB Springs
- ✓ 2 Safety chains and 1 Storage chain
- ✓ Large Kuna Board
- ✓ Adjustable Belly Strap

Product	Part #
Contrology Cadillac	17037
Contrology Cadillac with Toybox	17123

Limited Lifetime Warranty. 30-day money back guarantee.



▲ Upholstery: Black

FEATURES

- ✓ Integrated weld-free aluminum base built for strength and durability

- ✓ Canopy vertical tubing inserts run the full length of legs for significantly enhanced rigidity and stability
- ✓ Galvanized, polished schedule 80 steel pipe in canopy
- ✓ Tabletop made of thin, dense, resilient foam for support, feedback and comfort
- ✓ Slider knobs intentionally placed on side of slider for easier access
- ✓ Stronger, vintage, forged steel eye bolts on Push-Through-Bar
- ✓ Adjustable clasp on belly strap enables user to tailor fit to size

ACCESSORIES & OPTIONS

- ✓ Exclusive "Toybox" as storage for accessories and props
- ✓ Airplane Board
- ✓ Small Kuna Board
- ✓ JPack Springs: Includes two (heavy) arm springs and two (heavy) leg springs
- ✓ Neck Stretcher



- ✓ Helps develop core strength, balance and posture
- ✓ 2 models: Standard Ped-o-Pul or the enhanced KSG/CT Ped-o-Pul
- ✓ Solid Maple wood base with rounded corners
- ✓ 2 Contrology Springs (light)
- ✓ Flexible galvanized steel pole
- ✓ Choice of handles, leather and wood or vintage wire and wood

KSG/CT ONLY:

- ✓ Adjustable top slider with 8 vertical positions
- ✓ 2 Additional hooks for Springs
- ✓ 2-way tilted base, tilts 3/4" for increased exercise challenges*
- ✓ Bike Seat for seated exercises, adjusts to 3 positions*

Product	Part #
Standard Ped-o-Pul	17036
KSG/CT Ped-o-Pul Complete Package	17226
Accessories (KSG/CT only)	
Bike Seat	16915
Tilting Base	16895

*Included in KSG/CT complete package, and sold separately.



CONTROLOGY®

Arm Chair

- ✓ Designed to strengthen the arms, upper body and core
- ✓ Handcrafted solid maple frame
- ✓ Upholstered with thin, dense and resilient foam
- ✓ Movable seat back can tilt forward
- ✓ A (hidden) removable stopper in back frame for further reclining extension
- ✓ 2 custom-developed arm springs

17011

ACCESSORY

- ✓ Foam Wedge adjusts seat higher, creates level surface for kneeling

17039



NEW!

CONTROLOGY®

Wunda Chair

The Contrology® Wunda Chair is a precise recreation of the original Wunda chair first designed by Joseph Pilates and brought to light by Kathy Stanford Grant.

- ✓ Durable blockboard with premium poplar laminate finish
- ✓ Exact dimensions of Wunda Chair created by Joe for Kathy Stanford Grant
- ✓ Mushroom shaped single, padded, non-slip step

18139



CONTROLOGY®

Folding Mat

- ✓ 1" (2.54cm) high-density foam with sturdy wooden base provides ultimate Pilates mat experience
- ✓ Seams for Folding Mat are virtually undetectable when in use
- ✓ Hidden magnetic closure holds tight for easy transport and storage
- ✓ Vinyl handles for easy transport
- ✓ Removable dowel handles turn your arm and back connection "on" for safe overhead exercises, strengthening your back and feeling your two-way stretch
- ✓ Durable, upholstered Moon Boxes (2) provide positioning assistance
- ✓ Our cotton footstrap provides support through a workout and is often used by advanced practitioners as a teaching tool, as a loose footstrap may indicate loss of center in some exercises
- ✓ Hinge seam is covered to prevent damage to surfaces

17732



CONTROLOGY®

Ladder Barrel

The Contrology Ladder Barrel is the most stable and easily adjustable Ladder Barrel available today.

- ✓ Based on Joseph Pilates' original design
- ✓ Locks into 1 of 3 positions via a super-easy foot pedal, no need to stop your workout
- ✓ Premium upholstered foam padding for maximum comfort and stability

17762





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