

SAFETY & THE EXO® CHAIR

*** DO NOT USE THE EXO CHAIR UNTIL YOU HAVE REVIEWED THE SAFETY INFORMATION CONTAINED IN THIS DOCUMENT.**

Safety and the EXO Chair

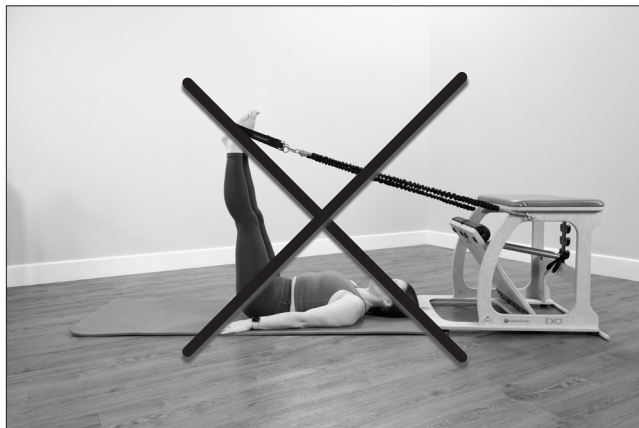
The EXO® Chair used with the Slastix in the functional resistance kit can cause an injury if used improperly. The EXO Chair is only to be used under the supervision of a Pilates instructor specifically trained in the safe use of the EXO Chair with the functional resistance kit.

Don't lie with the head toward the chair base.

Do not lie on the floor with the head at the base of the EXO Chair and pull on the Slastix with the hands or the feet. In this position the EXO Chair can tip over.



Do not lie with the head at the base of the EXO Chair and pull on the Slastix.



Do not lie with the head at the base of the EXO Chair with the straps around the feet and lower the legs to the floor.

Chair Stability

The EXO Chair can slide in any exercise where a person is not on the seat. When performing exercises where the EXO Chair could slide, make sure the EXO Chair is stabilized by the instructor or secured with sticky pads or mats.



For exercises where the EXO Chair can move, an instructor should sit on the seat.



A mat can be placed under the EXO Chair to keep it from sliding.

SAFETY & THE EXO® CHAIR

Slastix Safety

Never stretch the Slastix all the way to the end point. The EXO Chair is stable as long as the tube has some give in it. When fully extended, the Slastix can act like a rope and pull the EXO Chair toward the user.



Do not fully extend the Slastix to keep the EXO Chair stable.

Make sure the clip is fully engaged on the eyebolt and be aware of the clip getting stuck around the eyebolt or on the edge of the seat. Make sure it is moving freely throughout the exercise.

Don't attach anything other than the Slastix sold as part of the functional resistance kit to the eyebolts on the EXO Chair.

Our elastic Slastix is fabric covered, helping to protect the user in case the Slastix breaks during use. The cover also extends the life of the Slastix by protecting it from damage caused by sunlight, heat and oils. We recommend replacing the Slastix every 12 to 18 months.

Pedal Safety

Make sure you have a firm grip on the pedal with your feet or hands. Do not wear socks or slippery footwear on the EXO Chair.

Don't release the pedal quickly with the springs stretched. Release the pedal slowly from the stretched position until the springs are no longer under tension. The instructor can assist the client by placing their foot on the pedal and controlling the return. The force of the springs can damage the cactus spring attachment at the back of the Chair.

When removing the spring, lower it gently onto the foot pedal base rather than letting it drop.



Correct clip attachment



Incorrect clip attachment. Make sure the clip is not caught on the edge of the seat.



Incorrect clip attachment. Make sure the clip is not caught on the eyebolt before using the EXO Chair.

SAFETY & THE EXO[®] CHAIR

Spring Safety

Make sure the metal spring loop is fully engaged with the cactus before starting the exercise.

Check the springs regularly for wear and replace as needed. We recommend replacing springs every 3 years.

Do not use the fabric loop to attach the spring to the cactus. The fabric loop can break causing the spring to detach from the spring hook.



Correct spring attachment. The metal loop is fully engaged with the hook.



Incorrect spring attachment with the fabric loop on the hook.

THE EXO[®] CHAIR

The original Pilates Chair called the "Wunda Chair" by Joseph Pilates was designed as a home exercise machine for small New York City apartments. The EXO Chair takes this idea one step further by adding elastic bands ("Functional Resistance Kits") to the Chair to create a truly multipurpose exercise tool for classes, one on one sessions and home workouts.

The EXO Chair consists of a seat with a spring loaded, hinged foot pedal and a series of eyebolts to attach the elastic Slastix to. There are over 30 different exercise categories on the Chair to create a variety of workouts.

BALANCED BODY EXO CHAIR ANATOMY

The EXO Chair is based on the design of Balanced Body's Wunda Chair. It is 21" high, with a single or split foot pedal, two heavy black springs and 6 eyebolts for attaching elastic Slastix.

Using the Slastix

The Slastix comes in 3 different strengths, indicated by the color of the Slastix, and 3 lengths, short and long for exercises, extra long for use as a footstrap or anchor point. Functional Resistance kits come in light and heavy. Depending on the amount of resistance and range of motion needed, the Slastix can be attached to any of the eyebolts.

The eyebolt positions are:

- ▶ Front High, Front Low and Back Low

The Slastix resistance is color coded as follows:

- ▶ Yellow = Light, Blue = Heavy, Red = Super Heavy

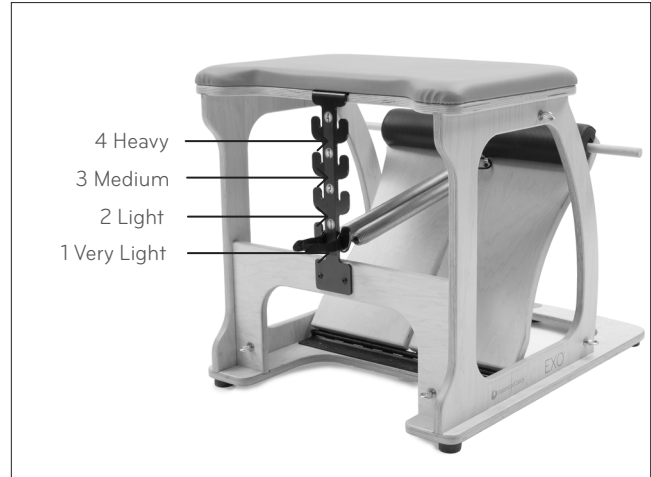
The Light Functional Resistance Kit contains:

- ▶ 2 short yellow Slastix (SY)
- ▶ 2 long yellow Slastix (LY)
- ▶ 1 extra long red Slastix
- ▶ 1 pair cotton loops
- ▶ 1 pair neoprene handles

The Heavy Functional Resistance Kit contains:

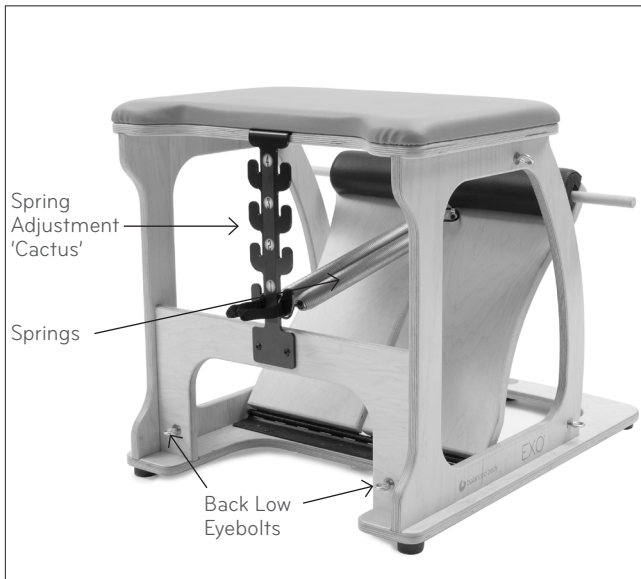
- ▶ 2 short blue Slastix (SB)
- ▶ 2 long blue Slastix (LB)
- ▶ 1 extra long red Slastix
- ▶ 1 pair cotton loops
- ▶ 1 pair neoprene handles

SAFETY & THE EXO® CHAIR



Adjusting the Springs on the Foot Pedal

The EXO Chair has a series of spring attachment points to adjust the resistance of the pedal for different exercises. The springs are adjusted by moving them higher or lower on the spring adjustment "cactus" located at the back of the Chair. The lowest rung of the cactus is the number 1, or lightest position and the highest rung is the number 4, or hardest position. The following chart shows the progression of spring resistance from light to heavy.



Light	Medium	Heavy
1 - #1 position	1 - #3 position	2 - #2 position
1 - #2 position	1 - #4 position	2 - #3 position
	2 - #1 position	2 - #4 position

APPROVED EXERCISES AND POSITIONS

The following exercises and positions are generally considered to be safe when performed as directed by an instructor specifically trained on the safe use of the EXO® Chair. Exercises not included in this list have not been tested for safety and may cause injury to the user or damage to the equipment.

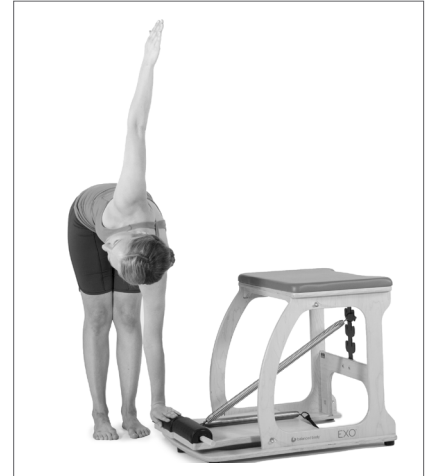
STANDING ON FLOOR WITH HANDS OR FEET ON PEDAL



Hamstring Stretch 1



Hamstring Stretch 2



Hamstring Stretch 3



Standing Leg Pumps, Facing the Chair



Standing Leg Pumps, Facing Side



Achilles Stretch



Standing Leg Pumps, Facing Front with Arms



Standing Leg Pumps, Facing Side with Arms

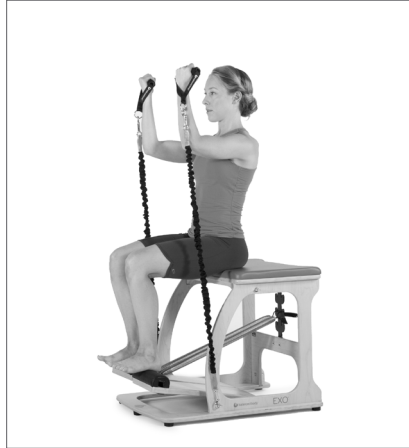
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SEATED ON THE SEAT



Double Leg Pumps



Double Leg Pumps with Arms



Single Leg Pumps



Seated Abdominals



Seated Arm Work Facing Back



Seated Mermaid



Reverse Swan - Should only be performed under direct supervision of a certified Pilates instructor



Reverse Swan Side Arm Twist - Should only be performed under direct supervision of a certified Pilates instructor



Seated Mermaid with Slastix

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LYING AND KNEELING ON THE SEAT



Side Lying Obliques



Side Leg Lifts



Chest Press/Scapula Mobility



Swan



Kneeling Leg Work Facing Back



All Fours Leg Work Facing Front



Cat

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For all of the exercises where the user is on the floor, the Chair must be stabilized by the user with their hands or feet or by an instructor to make sure it doesn't move during the exercises. In any of these positions, the Stastix must not be extended to their full length or they will pull the Chair toward the user.

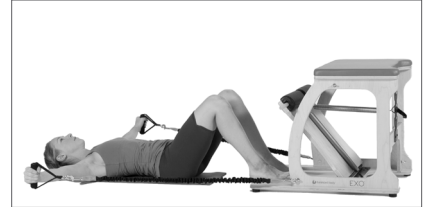
LYING, KNEELING AND SITTING ON THE FLOOR



Bridge



Bridge with Arm Work



Supine Arm Work, Feet on Chair Base



Kneeling Mermaid



Kneeling Mermaid with Side Leg Kick



Kneeling Mermaid with Stastix



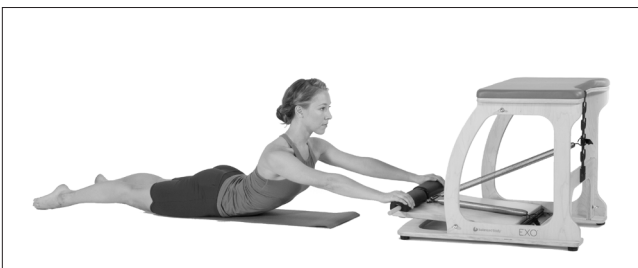
Roll Down with Stastix



Teaser on Floor



Teaser on Floor with Stastix



Swan on Floor



One Arm Push Up

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All of the exercises where the user is stepping up onto the seat or placing their hands on the seat are balance challenges and should be performed only under the supervision of a certified Pilates instructor.

HANDS OR FEET ON SEAT



Lunge Facing Forward



Lunge Facing Side



Step Downs



Pull Up



Pull Up Single Leg



Tendon Stretch

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During these exercises, the EXO® Chair must be stabilized by an instructor and the Slastix should never be fully extended. For the arm work, the only recommended exercise is Internal and External Rotation of the humerus because a light weight is all that is needed. Do not pull with both arms or the Chair may be pulled toward you.

When using the Slastix around the legs, stabilize the EXO Chair, do not fully extend the Slastix and use a light resistance.

STANDING ON THE FLOOR AND PULLING THE SLASTIX



Standing Arm Work External Rotation



Standing Arm Work Internal Rotation



Standing Leg Work Hip Flexion



Standing Leg Work Hip Extension



Standing Leg Work Hip Abduction



Standing Leg Work Hip Adduction