

contrology®
BY BALANCED BODY® INC.



CONTROLOGY®

Reformer



Footbar cover is an optional accessory.



↑ Upholstery: Black

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)

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
- ✓ Stock: Black

SPOTLIGHT: SPRINGS

Contrology Springs are the result of our extensive research into spring design and manufacturing. 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!



PRICING

Product	Part #
Contrology JGRIMES Reformer	16095
Contrology 80" Reformer	17422C
Contrology 86" Reformer	16472C
Contrology 89" Reformer	16472C
10-year Limited Warranty	

CONTROLOGY®

Reformer with Tower



INCLUDES

- ✓ All Contrology Reformer components
- ✓ Wooden Push-Through Bar (PTB)
- ✓ Wooden 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
- ✓ 2 Contrology PTB Springs: 1 top and 1 bottom
- ✓ 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
- ✓ Galvanized, polished "schedule 80" steel pipe in Tower
- ✓ Stock: Black

ACCESSORY

- ✓ Mat dowel handles

PRICING

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

Please call us at 916-388-2838 or email info@pilates.com for more information.





Product	Part #
Contrology Arm Chair	17011
Foam Wedge	17039

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
- ✓ Stock: Black

ACCESSORY

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



CONTROLOGY®

Wunda Chair

Ken Endelman took exact measurements from Chairs previously owned by Kathy Stanford Grant and made for her by Joseph Pilates. The result is a near perfect reproduction of the exact resistance and geometry of the original Wunda Chair.

- ✓ Durable blockboard with premium poplar laminate finish
- ✓ Built using the dimensions of the Wunda Chair built by Joseph Pilates for Kathy Stanford Grant
- ✓ Mushroom shaped single, padded, non-slip step
- ✓ Stock: Black

18139



CONTROLOGY®

Spine Corrector

Using dimensions from an original Spine Corrector, our Contrology apparatus has the exact angles for authentic feel and function.

- ✓ Signature high-density foam for maximum stability, support, and feedback
- ✓ Precise handle placement for upper body support in all exercises
- ✓ Fully upholstered yet lighter weight frame built for strength and portability
- ✓ Stock: Black

18564



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 your 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 is covered to prevent damage to surfaces
- ✓ Stock: Black

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, including specific positioning of rungs
- ✓ 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
- ✓ Stock: Black

17762

CONTROLOGY®

Ped-o-Pul

- ✓ 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*

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

PRICING

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



CONTROLOGY®

Cadillac

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

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
- ✓ Stock: Black upholstery

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

PRICING

Product	Part #
Contrology Cadillac	17037
Contrology Cadillac with Toybox	17123



Maximize your space with this versatile apparatus — perform a wide variety of exercises on a single, space-saving unit.



CONTROLOGY®
Wall Tower



Experience the diversity of exercises and the stability of a traditional Cadillac, in a compact design.

- ✓ Made of galvanized steel pipe for security, stability, durability and safety
- ✓ Push Through Bar with flat center that helps to ensure correct body position
- ✓ Multiple eye bolts allow for precise settings for standing exercises
- ✓ Low-profile, vertical pipes extend just 18.5" (47cm) from the wall for a small footprint

- INCLUDES
- ✓ Two arm springs, two leg springs, two push thru bar springs and two contoured wood handles
 - ✓ Push-through bar, roll-back bar, 2 safety chains and storage chain
 - ✓ Protective vinyl sleeve for lower spring to avoid damaging the floor mat

18746



CONTROLOGY®
High Mat



Enhance your floor exercises with the authentic feel and functionality of the original classical mat apparatus.

- ✓ Proprietary dense foam wrapped with premium vinyl upholstery offers unparalleled feedback
- ✓ Two movable moon boxes allow for proper alignment of feet during exercises such as side kick series
- ✓ Removable wooden dowel handles for a solid grip and stability during inverted exercises
- ✓ Pre-installed footstrap to anchor feet for stability in certain exercises
- ✓ Stock: Black

- INCLUDES
- ✓ Two movable moon boxes for added support and a wider range of motion
 - ✓ Two removable wooden hand dowels for assistance in inversions
 - ✓ Cotton footstrap for added support and stability

18760

Wall Tower and High Mat, 18768



CONTROLOGY®
Small Barrel

Designed with a shallow curve to target the lower abs, plus a gradual arc for greater accessibility and comfort.

- ✓ Features Contrology’s signature high-density foam that delivers maximum feedback
- ✓ Equipped with web straps for flexible hand support
- ✓ Includes a strap that tucks under the bottom to use as a handle in exercises like the leg series
- ✓ Durable frame with premium upholstery to hold up to rigorous everyday use
- ✓ The compact shape makes it a breeze to move and store
- ✓ Stock: Black

18953



Joe’s Toe Gizmo®

- ✓ The ultimate device for improving bunions and toe misalignments, strengthening feet and enhancing balance and gait
- ✓ Inspired by a Joseph Pilates original, with modern innovations like vinyl straps and longer-lasting swivel hooks

Light, 12411
Heavy, 12406
Light & Heavy, 12591



Spring Circles

- ✓ Replicated from Joseph Pilates’ Magic Circles, made from tempered spring steel with padded wooden handles
- ✓ Featuring 2, 3, or 4 spring steel bands, offering increasing levels of resistance and moderate weight

Light, 2-Band, 12386
Medium, 3-Band, 12385
Heavy, 4-Band, 12384



Balanced Body® C-Shaper

- ✓ Helps build a stronger core and deepen the C-curve by providing feedback on the upper back, perfect for beginner mat work
- ✓ Featuring high-density foam, heavy-gauge vinyl upholstery and adjustable hand straps
- ✓ Stock: Black

12362



The Aligner®

- ✓ A versatile tool for apparatus and mat work, it supports foot and leg alignment and offers valuable movement feedback.
- ✓ Made from dense, lightweight foam, the Aligner(R) is durable and portable

18183



LOOKING FORWARD SOMETIMES MEANS LOOKING BACK

The Contrology suite of apparatus honors Joseph Pilates' original designs, blending authenticity with premium craftsmanship. Created with Pilates luminaries including Jay Grimes, Karen Frischmann, and Kathi Ross-Nash, Contrology apparatus faithfully maintains the fine details and 'feel' the classical practitioners expect.

[CONTROLOGY.PILATES.COM](https://contrology.pilates.com)

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