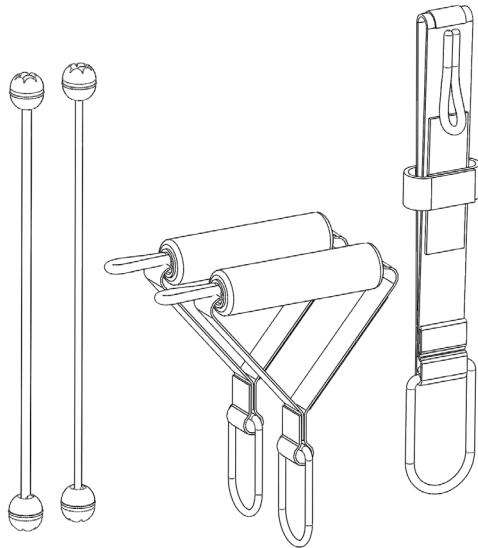


Using the Multifunctional Straps from Balanced Body®

NOTE: For a visual demonstration on how to use the system and instruction on different exercises, please view the podcast in the "Equipment, Maintenance and More" section at Pilates.com/podcasts.

The Multifunctional Straps can be used with the following equipment: Reformer, Trapeze Table, Tower, Wall Tower or Springboard. The possibilities are endless.

To use:



1. Attach the handles or the foot straps to the ropes on the Reformer or to the springs on the Trapeze Table, Tower, or Springboard.
2. Hold the handles with the hands or place the foot straps around the feet.
3. Attach the light/thinner bungee for upper body exercises or the heavy/thicker bungee for lower body exercises. Attach the bungee by pushing one end through the small rope loops on each handle or foot strap.
4. Create tension on the bungees by pulling away from the midline or rotating the forearm, shoulder or hips.

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