

The Balanced Body® Studio Reformer® with Tower



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Important:

This manual is intended for medical and fitness professionals, or persons with experience in the use of this equipment. If there is a question regarding appropriateness of a particular movement, please consult a licensed health professional.

Safety Note: Warning – The Balanced Body Studio Reformer® contains flammable materials, please keep out of direct heat

INTRODUCTION

The Studio Reformer® is the most widely used piece of Pilates equipment available today. Consisting of a wooden frame, a movable carriage, a footbar, springs and adjustable ropes, exercise pioneer and inventor Joseph Pilates created a machine that addresses virtually every part of the body.

Various spring strengths provide resistance and support while the user pushes on the footbar, pulls on ropes or straps, and sits or stands on the carriage. Exercises vary from simple isolated movements of the arms and legs to complex exercises involving the whole body. The exercises provide a challenging full-body workout for anyone - from a sedentary office worker to an elite athlete to users with injuries. Users will finish a session feeling refreshed and energized without the usual soreness and fatigue that often accompany a workout.

Balanced Body's Studio Reformer is the #1 choice of Pilates studios and private practitioners worldwide. For three decades, we have worked with the top Pilates instructors in the industry to develop a versatile, practical and safe piece of exercise equipment. With 5 carriage stop positions, the Revo footbar/springbar offers a new level of customization for clients of different heights and levels of ability.

FEATURES OF THE BALANCED BODY STUDIO REFORMER® WITH STANDARD, INFINITY AND REVO FOOTBAR/SPRINGBAR, HEADREST

The headrest is used to optimally support the user's head, neck and shoulder placement while lying in a supine position. To determine the client's position, the ear should be over the center of the shoulder and the line of the jaw should be close to perpendicular to the carriage. The Studio Reformer has three headrest positions that are adjusted by a wooden support block underneath the headrest:

Low (flat) – The support block is folded toward the top of the headrest. Used for clients with relatively flat thoracic spines and shallow ribcages for leg and footwork, and for any supine exercise.

Safety Note: The flat headrest position is used for all clients in exercises where they will be rolling up on to their shoulders. A flat headrest will keep the client from over flexing the cervical spine and injuring the neck.

Medium – The support block rests on the notch in the middle of the support block.

High (up) – The bottom of the support block rests on the carriage. Used for clients with a forward head or a deep rib cage to facilitate correct alignment.

Instructor Note: A towel can also be used in addition to or instead of the headrest to adjust the height of the head.

SHOULDER REST ADJUSTMENTS

The shoulder rests on the Studio Reformer can be adjusted laterally to accommodate wide or narrow shoulders. To remove the shoulder rests, turn the post counter-clockwise 1-2 turns and gently slide the shoulder rests toward the carriage, then lift them up and out.

Narrow Shoulders – Take one shoulder rest and set posts directly over the large part of the keyhole notches in the metal plate. If the posts fit into the notches and completely covers the metal plate, it is set for narrow shoulders.

Wide Shoulders – Take one shoulder rest and set posts directly over the large part of the keyhole notches in the metal plate. If the posts fit in the notches and a strip of the metal plate is exposed toward the headrest, it is set for wider shoulders.

HORIZONTAL CARRIAGE ADJUSTMENTS

Revo Footbar/Springbar Studio Reformers equipped with the new Revo footbar/springbar allow the starting position of the carriage to be adjusted for users of different heights. To move the springbar, rotate up until the front edge of the carriage is held by the brackets and the carriage moves freely on the runners. Slide carriage forward or backward until it is lined up with the correct hole on the track. Release carriage brackets and make sure the hole is fully engaged.

Hole 1 is closest to the footbar end of the Reformer and creates the shortest distance between the shoulder rests and the footbar. It is used for shorter users (under 5') or where increased knee and hip flexion is desired.

Hole 2 is for users between 5' and 5'5"

Hole 3 is for users between 5'5" and 5'9"

Hole 4 is for users between 5'9" and 6'

Hole 5 is the point farthest from the footbar of the Reformer. It is used for taller users or users with limited knee and hip flexion.

The heights given here are recommended suggestions. The footbar/springbar adjustment should allow the user to have slightly less than 90° of hip flexion when the carriage is all the way in for leg and footwork.

HORIZONTAL FOOTBAR ADJUSTMENTS ON THE INFINITY FOOTBAR®

The Infinity Footbar includes 32 horizontal adjustments to fit users of virtually any height, including children. It also allows the footbar to move above the shoulder rests creating an entirely new set of exercises.

To move the footbar, pull both large knobs out of the holes in the lateral tracks of the Infinity and move footbar forward or back to desired hole. Release the knobs and wiggle the bar until both sides are fully seated.

Please note that the footbar is moved by pulling both knobs at the same time.

Hole 1 is closest to the foot-end of the reformer and creates the longest distance between the shoulder rests and the footbar. It is used for taller users (over 5' 9") or users with limited knee and hip flexion.

Hole 2 is for users between 5'5" and 5'9"

Hole 3 is for users between 5' and 5'5"

Hole 4 is used for shorter users (under 5') or where increased knee and hip flexion is desired.

The heights given here are recommended suggestions. The footbar adjustment should allow the user to have slightly less than 90° of hip flexion when the carriage is all the way in for leg and footwork.

Standard footbar/springbar The standard springbar is not adjustable for clients of different heights.

FOOTBAR ADJUSTMENTS FOR REVO AND STANDARD FOOTBARS

Revo Footbar/Springbar To adjust the footbar, place the support bar in one of the 3 grooves in the block at the footbar end of the Reformer, or take the support bar out of the grooves and lay it on the frame of the carriage for the no bar position.

Standard Footbar To adjust the footbar place the long or short support bar in the springbar notch closest to the footbar end of the Reformer, or take the support bar out of the notch and lay it on the frame of the carriage for the no bar position.

High Bar The high bar position shortens the space between the shoulder rests and the footbar. This position is used for foot and legwork with shorter users, and with users who have difficulty keeping their back placement due to increased lumbar lordosis or a tight back. For the **Revo** footbar/springbar, place the support bar into the highest groove of the springbar block. For the **Standard** footbar/springbar, use the long support bar.

Middle Bar The middle bar position lengthens the space between the shoulder rests and the footbar. This decreases the flexion of the knees in foot and legwork and places the torso in a neutral standing position. For the **Revo** footbar place the support bar into the middle groove of the springbar block. For the **Standard** footbar use the short support bar.

Low Bar The low bar position increases the space between the shoulder rests and the footbar to its maximum length. This decreases the flexion of the knees in foot and legwork, decreases the flexion of the torso and hips in elephant and can be useful for taller or more flexible users. For the **Revo** footbar place the support bar into the lowest groove of the springbar block. There is no low position for the **Standard** footbar

No Bar – Take the support bar out of the grooves or the notch and place the footbar and the support bar down on the frame of the Reformer. This position is used to move the bar out of the way for standing exercises and for exercises where the user is lying on the box.

FOOTBAR ADJUSTMENTS FOR THE INFINITY FOOTBAR

To adjust the footbar vertically squeeze both levers on the sides of the footbar uprights until pins come out of both holes. Move footbar to the desired height and release the levers so both pins fully engage the new holes.

Please note that the footbar is moved by squeezing both of the levers at the same time.

High Bar – Squeeze levers until pins are free of the holes and move footbar so pins line up with the highest (first) position on the footbar plate. Release levers making sure the pins fully engage both holes. This position makes the space between the shoulder rests and the foot bar shorter. This increases knee flexion in foot and legwork, increases flexion of the torso and hips in elephant and can be useful for shorter users in kneeling work. This position is used for foot and legwork with shorter users and with users who have a hard time keeping their back placement due to increased lumbar lordosis or a tight back.

Middle Bar – Squeeze levers until pins are free of the holes and move footbar so pins line up with the second hole from the top position on the footbar plate. Release levers making sure pins fully engage both holes. This position makes the space between the shoulder rests and the foot bar longer than the high bar position. This decreases knee flexion in foot and legwork, decreases flexion of the torso and hips in elephant and can be useful for taller users. This position is considered the standard for foot and leg work in most schools.

Low Bar – Squeeze levers until pins are free of the holes and move footbar so pins line up with the third hole from the top position on the footbar plate. Release levers making sure pins fully engage both holes. The low bar position puts the space between the shoulder rests and the foot bar at maximum length. This decreases knee flexion in foot and legwork, decreases flexion of the torso and hips in elephant and can be useful for taller users.

No Bar – Squeeze levers until pins are free of the holes and move footbar so pins line up with the bottom hole position on the footbar adjustment. Release levers making sure pins fully engage both holes. This position is used to move the bar out of the way for standing exercises and for exercises where the user is lying on a box.

INFINITY AND REVO FOOTBAR SPRING ADJUSTMENTS

Springs are used to adjust the resistance for different exercises on the Reformer. There are over 30 different resistance settings that can be used on the Reformer. Suggested spring settings are noted under the individual exercises.

ADJUSTING THE SPRINGBAR

Infinity footbars come with either the Revo or Standard springbars. On the Standard Studio Reformer the springbar can be placed in two different positions to change the resistance of the springs. On the Revo Studio Reformer, the springs are placed on either the button of the hook on the springbar to adjust the resistance. **Adjusting the Standard springbar:** Face the bar with both hands on the springbar, move one end of the springbar into the springbar notch and then move the other end. Do not attempt to move the springbar with more than one spring attached.

A position (more resistance, first gear, preloaded) For the **Standard springbar** place it in the notch closest to the frame of the Reformer. For the **Revo springbar** place the spring on the button on the bar. This position will give the springs a small amount of tension and increase resistance.

B position (less resistance, second gear, neutral) For the **Standard springbar** place it in the notch closest to the carriage of the Reformer. For the **Revo springbar** place the spring on the hooks on the bar. In this position the springs are under no tension to begin with and the resistance is decreased.

SPRING WEIGHT

Resistance on the Reformer is indicated by the number of springs used for a specific exercise. The spring weight indicated is a recommended starting position. Individual adjustments can be made depending on the needs of the user and the individual exercise.

1 spring (light): Used for arm work or where the carriage is providing light support.

2 springs (light to moderate): Used for arm work, legwork and exercises where the carriage is providing support to the user.

2 – 4 springs (moderate to heavy): Primarily used for legwork and to increase resistance for stronger users.

All springs: Used to maximize resistance or to stabilize the carriage for the short box abdominal series.

No springs: Used for added difficulty in exercises where the user needs to control the carriage (kneeling abdominals, elephant, long stretch series).

SPRING PROGRESSIONS FOR THE STUDIO REFORMER

Please note that these spring combinations represent the usual progression for a standard new machine and may vary slightly depending on the age and specific strength of your springs.

SPRING COLOR-CODING

The following spring color-coding is standard for all Balanced Body Reformers. Reformers can be configured with different combinations of springs. The standard Studio Reformer spring configuration comes with 3 red, 1 blue and 1 green spring.

Yellow – Very light

Blue – Light

Red – Medium

Green – Heavy

SPRING ATTACHMENT POINTS

A – Heavier (springbar is close to the frame or spring is attached to the button)

B – Lighter (springbar is close to the carriage or spring is attached to the hook)

Light Weight	Medium Weight	Heavy Weight
B – Blue	B – Blue, Red	B – 3 Red
A – Blue	A – Blue, Red	A – 3 Red
B – Red	B – Blue, Green	B – 2 Red, Green
A – Red	A – Blue, Green	A – 2 Red, Green
B – Green	B – 2 Red	B – 3 Red, Blue
A – Green	A – 2 Red	A – 3 Red, Blue
	B – Red, Green	B – 3 Red, Green
	B – 2 Red, Blue	A – 3 Red, Green
	A – 2 Red, Blue	B – 3 Red, Green, Blue

ROPES AND LOOPS

Ropes are adjusted according to specific exercise demands and user size. Many studios use a double loop strap that allows the user to have the handles at two different lengths without adjusting the ropes. The rope adjustments used in the manual are:

Regular loops: Resistance of loop or handle is somewhat taut on the shoulder rests. With the double loop straps, the user will hold the longer loop. Standard for most exercises.

Short loops: Resistance of loop or handle is somewhat taut on the silver pegs. With double loop straps the user holds smaller loop. Used for rowing and some arm work exercises.

Very short loops: Loop or handle is approximately 5 inches shorter than the headrest. Used for kneeling arm work facing the straps such as chest expansion or thigh stretch.

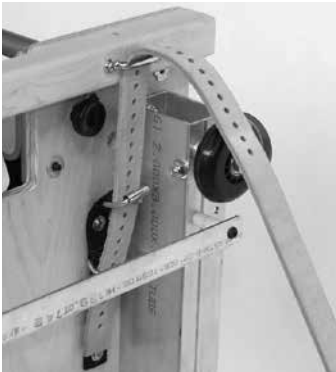
Long loops: Loop or handle is longer than shoulder rest by a length of one cotton loop. Used for long spine stretch or for feet in the straps for users with tighter hamstrings.

ATTACHING AND ADJUSTING THE STRAPS

If your reformer comes with leather straps instead of ropes, use these instructions to attach and adjust them.

Detach all springs from the carriage. Flip the carriage up so that the underside of the carriage is facing the head-end of the frame. If possible, have another person hold the carriage in place on the rails while adjusting the strap (NOTE: Do not try and rest the carriage on the rails by itself – it may fall over.)

Take one of the leather straps and feed the “holed” end up and around the caster at the head end of the frame, through the footman ring at the top of the carriage and, finally, through the buckle on the underside of the carriage.



Strap going through the footman ring and into the buckle



Proper strap alignment on the Legacy Reformer

(NOTE: The person holding the carriage may need to lean the carriage closer to the head end of the frame for easier adjustment.)

Use the holes on the strap to adjust to the desired length and then buckle. Pull the excess strap end through the metal ring below the buckle. Repeat with the other strap. Place the carriage back into the frame.

Take the loop at the other end of the strap and put it around the headrest or the post behind the shoulder rest. Repeat the procedure on the other side with the other strap.

RISERS

The risers on the Studio Reformer can be adjusted by loosening the black knob at the back of the riser and sliding the pulley up or down. Moving the pulley on the riser will change the angle of pull for an exercise. Different studios and teachers have different riser height preferences. For exercises like leg circles with feet in the straps, the user will have a bigger range of motion available if the risers are in a higher position. In more traditional studios the risers are kept in the low position because it more closely replicates a traditional Reformer.

Safety First: A guide to proper maintenance and safe use of your Pilates equipment.

For over 35 years, Balanced Body has been introducing safety-related innovations to Pilates equipment. Many of our improvements are now industry standards, resulting in Pilates equipment that's safer today than ever before.

Safety depends on proper maintenance and safe use, in addition to the quality of the equipment. This guide was created to help you use and maintain your equipment for optimum safety. Please read it through carefully and keep for future reference. If you have any questions, give us a call. **Failure to follow these instructions may result in serious injury.**

ALL EQUIPMENT

Springs

Spring inspections are critical to maintain your equipment in safe operating condition. All Balanced Body springs should be replaced at least every two years. Certain environments and usages can shorten the expected life of the springs and you may need to replace the springs more frequently. Therefore, it is very important to inspect springs on a regular basis since worn or old springs lose resilience and may break during use. Injury may result if a spring breaks during use.

During use, do not allow springs to recoil in an uncontrolled manner. This will damage the spring and shorten its expected life.

Inspect springs for gaps and kinks (weekly or monthly, depending on frequency of use). Look for gaps and kinks between the coils when the spring is at rest. It is not unusual for the spring to have a very small gap on the tapered end (a gap is sometimes created during the manufacturing process). However, there should be no gaps in the body of the spring. If you see any gaps or kinks in the body of the spring, discontinue use and replace the springs immediately. See **Figure 1**. Additionally, corrosion anywhere on the coils will shorten the life of the spring. Discontinue using the spring immediately if you see any rust or oxidation during inspection.

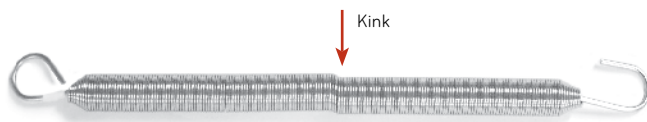


Figure 1

Quick Link Clips

Inspect clips for wear (monthly). Check the Quick Link clips on a monthly basis to ensure they are properly secure. Do this by turning the hex coupler nut on the clip to the right to tighten. If you are finding the hex coupler nut continues to need tightening after multiple inspections, use a 7/16" wrench to tighten the hex nut, or increase the inspection frequency to every other week. See **Figure 2a**.

NOTE: DO NOT USE YOUR STRAP IF THE HEX COUPLER NUT IS NOT THREADED ONTO THE HEX END.



Figure 2a

Snaps

Inspect snaps for wear (monthly). First, verify that the snap hook is working properly. If the snap hook does not retract and return properly, discontinue using the spring immediately and replace the snap. Eyebolts can cause excessive wear on snap hooks. If the hook shows a lot of wear, discontinue using the spring immediately and call Balanced Body to replace spring or snap. See **Figure 2b**.



Figure 2b : Good snap: no wear on hook.

Bad snap: excessive wear on hook.

EYEBOLTS, NUTS AND BOLTS

Tighten all equipment bolts and screws (monthly). Verify that all eyebolts, nuts and bolts are tight. See the section titled "How to inspect and tighten nuts and bolts."

ROPES AND STRAPS

Rope and strap wear (quarterly). Ropes should be replaced if you can see the core of the rope through the outer lining, or if the ropes are flattened. Straps should be replaced as soon as any fraying is noticed. Be sure to check the sections of rope or straps that attach to the clips and run through the pulleys.

REFORMERS

Check springbar hooks or eyebolts (quarterly). Balanced Body makes two different springbar systems:

» **Revo Springbar.** Make sure springbar hooks and handle are tight.

Standard Springbar. Verify that the nuts securing the springbar hooks are tight. See section titled "How to inspect and tighten nuts and bolts."

Spring rotation (quarterly). You can prolong Reformer spring life by rotating springs of the same weight each quarter. Unhook and move to another position on the springbar. Rotating springs helps them wear more evenly.

Risers on the outside. Wood risers must be installed on the outside of the frame. Risers can loosen over time, so always make sure they are tight.

Springs hooked downward under carriage. Make sure springs are hooked in a downward position. See **Figure 3**.



Figure 3: Springs hooked downward

Secure the carriage. When your Reformer is not in use, be sure that at least two springs secure the carriage to the springbar.

Default settings. Many users have a "default setting" for Reformers. At the end of a session, the user connects a prescribed number of springs in neutral tension, sets the footbar at a pre-determined height, and sets the ropes at a specified length. This ensures that the equipment is ready for the next use, and that the carriage is secured by the springs.

Footstrap under tension in box work. When using the box and footstrap, be sure the footstrap is under tension (with clips pulling from the top of the eyebolt) before beginning the exercise. See **Figure 4**.



Figure 4: Foot strap under tension

REFORMER WHEEL AND TRACK MAINTENANCE

Clean the tracks and wheels (weekly). For smooth carriage travel and to maintain the longevity of the wheels, we recommend that you wipe down the tracks once a week.

Disconnect the springs and clean the entire length of the tracks with a soft cloth and Balanced Body Cleaner, mild soap with water or a mild commercial cleaner such as, Fantastik® or 409®. Do not use abrasive cleansers or pads, as they can damage the anodizing on the rails. To clean the wheels, hold the cloth against the wheels while you move the carriage. If you feel a bump in the ride, dirt has adhered to the surface of the rails or wheels. Clean hair and debris out of the rails. Hair can wrap around the wheel axles and eventually build up and cause wheel failure. Use tweezers to remove hair from the wheels.

Lubrication. Never spray silicone near or inside the wheels – this can wash the lubricant out of the bearings and ruin the bearings. You can purchase dry silicone at most hardware and auto parts stores. Pulleys sometimes require lubrication to stop a squeak. Direct a very quick spray of dry silicone or Teflon spray into the pulley. "Dry" silicone does not have an oil base. Oil-based ("wet") silicone and WD40 should not be used as they attract dirt. Be careful not to over spray. You may want to remove ropes to avoid getting silicone on them.

Do not lubricate the Allegro 2 rails.

Footbar supports (quarterly). For all Balanced Body footbars with footbar support brackets, verify that the pivot screw attaching the footbar support bracket to footbar is tight, but not so tight that it prevents the support from rotating freely. For Legacy Reformers, tighten the pivot bolt to secure footbar support.

Headrest (monthly). Make sure the hinge screws and bolts on your headrest are tight.

Under the Reformer (monthly). Move Reformers and make sure you clean the floor space underneath.

Standing Platform Footbar Bumpers (wood Reformers only). If your standing platform footbar bumpers (the small plastic pieces that protect the standing platform from the footbar) are broken or damaged, please call Balanced Body to replace.

TRAPEZE TABLE (CADILLAC) & TOWERS

Cotter pins removed. These pins are located in the vertical tubes that align the canopy to the frame and should be removed as soon as installation is complete. Unremoved cotter pins can tear clothing and lacerate the skin. Use pliers to remove the pins.

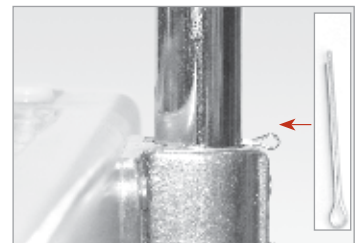


Figure 5: Cotter pin before and after removal from Trap Table.

Save the pins in case you need to disassemble and reassemble the table for transportation purposes. See **Figure 5**.

Push-Through Bar (PTB) with Sliders.

The PTB moves vertically to accommodate different users and exercises. The sliders on the tubes allow for this vertical movement. Make sure these sliders are clean and easy to move. Before beginning any exercise, ensure that the sliders are properly aligned with the PTB holes and locked into position. Apply a downward force to ensure. If you notice wear on the slider knob pins, please call Balanced Body to replace. Using the PTB in this condition could cause injury.



Figure 6: Safety strap holding the push-through bar at 4 o'clock. The strap is secured to the PTB and canopy frame, not the eyebolts.

Weekly maintenance for Push-Through Bars with Sliders. Check to ensure the pins in the plunger knobs protrude and lock into the vertical tubes. Pull both knobs out and move the sliders to a different position. Release the knobs before the next hole and continue to slide the system into position. Once over a hole the pin of the knob will automatically drop into the opening. Once each slider is in a new position apply a downward force on the PTB. The pins of the sliders should not come out of the holes. If the pins do not stay in the tube holes, the pull knobs need to be replaced. Call Balanced Body for replacement parts.

Push-Through Bar (PTB) with T-pin setting

For bottom sprung exercises, if your client's head is below the PTB, use the T-pin setting in addition to the safety strap or chain. Spotting your client is highly recommended. This is important for safety.



Figure 7: Safety strap holding the push-through bar at 4 o'clock. The strap is secured to the PTB and canopy frame, not the eyebolts.

Push-Through Bar (PTB)

control. Make sure you have enough room around the trap table to safely use the PTB without fear of hitting other people. The PTB can be dangerous if not properly used. Only trained, experienced users should use the PTB. A spotter should always maintain control of the bar with one hand. If the user should lose control of the bar, the spotter can maintain control of it.

Correct safety strap attachment. For bottom-sprung exercises, the safety strap or chain should always secure the bar.

The safety strap or chain should wrap around the PTB and the canopy frame, not the eyebolts. The strap or chain is only as strong as the weakest link, and the frame and bar are a great deal stronger than eyebolts. **Figure 6**.

Spotting your client is highly recommended. This is important for safety.

Setting the PTB for bottom-sprung exercises. For bottom-sprung exercises, the safety strap should be attached so that the angle of the push-through bar is no lower than the 4 o'clock position. This limits the range of the bar and prevents it from potentially coming into contact with the user.

Using the 4th side on the PTB along with the safety strap is highly recommended to prevent injury.

CHAIRS

Dismount with control. When dismounting the chair, release the pedals slowly, with control. Don't let the pedal snap back.

Spot users. When a user is standing, sitting or lying on top of the chair, there is increased risk of falling. Standing exercises, in particular, can be unstable. Spotting users will make these exercises safer.

Hourglass spring mounts. If your chair has hourglass spring mounts and the mounts do not successfully retain the springs, replace the fiber washers (they are reddish-brown in color).



Figure 8: Fiber washer

Figure 8. If your chair is a Balanced Body Split-step Pedal Chair (Combo Chair), please consider upgrading to the Cactus Springtree).

UPHOLSTERY CLEANING & MAINTENANCE

Cleaning. You can extend the life of upholstery by keeping it clean and free of dirt, oil and perspiration. After each use, wipe down the upholstery with a solution of mild soap and water. Then wipe it down with clean water and dry with a soft towel.

Disinfecting. Equipment upholstery is coated with BeautyGard®, which offers antibacterial protection. If you want additional disinfection, Balanced Body offers Balanced Body Clean™ disinfecting solution. Use of any other solution (especially those containing essential oils) will shorten the life of some equipment and is not recommended.

HOW TO INSPECT AND TIGHTEN NUTS AND BOLTS.

Use your fingers to check nuts and bolts for tightness.

If you can turn the nut or bolt with your fingers, it's too loose and should be tightened. To tighten, first tighten using your fingers. Rotate nuts and bolts clockwise to tighten. Insert a screwdriver through eyebolts to hold them steady while you tighten the nuts. Then use a small wrench to tighten the nuts further. **Figure 9.**



Figure 9: Use two fingers to tighten bolts

It is recommended to check the pins on the PTB protrude and lock into the vertical tubes appropriately. To verify their function, first pull both knobs out and start moving the sliders to a different position. Release the knobs before the next hole and continue to slide the system. Once over a hole the pin of the knob will drop into the opening. Once each slider is in a new position apply a down force on the PTB directly downwards. The pins of the sliders should not come out of the holes. If the pins do not stay in the tube holes, the pull knobs need to be replaced; call Balanced Body for replacement parts.

EQUIPMENT INSPECTION AND MAINTENANCE LOG

We suggest that you keep a maintenance log for each piece of equipment. The log should include:

1. A description of the machine including the serial number, the date and place of purchase, and the manufacturer. All of this information should appear on the invoice.
2. Date and description of all required maintenance and inspections performed.
3. Date and description of each repair, including name and contact information for person or company performing the repair.

MAINTENANCE SCHEDULE

All Equipment	Day	Wk.	Mo.	Qtr.
Inspect springs for gaps & kinks		✓	✓	
Inspect clips for wear			✓	
Inspect nuts & bolts for tightness			✓	
Reformers				
Clean wheels and tracks		✓		
Inspect springbar hooks/eyebolts				✓
Rotate springs				✓
Inspect ropes/straps				✓
Inspect footbar supports				✓
Inspect One-Step springbars				✓

REPLACEMENT PARTS

To order replacement parts, or if you have any questions, please call:

U.S. and Canada: 1-800-PILATES (1-800-745-2837)

United Kingdom: 0800 014 8207

Other locations: +1 916-388-2838

Fax: 916-379-9277

Email: info@pilates.com

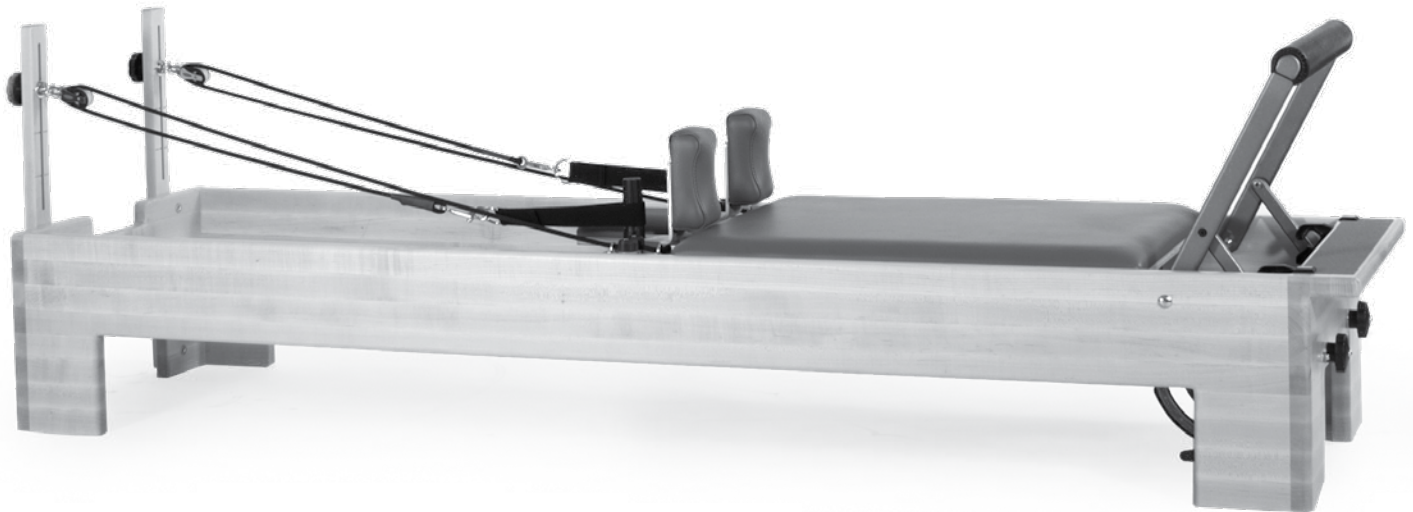
www.pilates.com

5909 88th Street, Sacramento, CA 95828 USA

ASSEMBLY AND MAINTENANCE PODCASTS

View our library of assembly and maintenance videos at www.pilates.com/podcasts.

Assembling the Balanced Body® Studio Reformer®



PARTS LIST

DESCRIPTION	PART NO	QTY
Studio Reformer		
Red Springs	SPR9070	3
Blue Spring	SPR7071	1
Green Spring	SPR9293	1
Cotton Loops (pair)	101-005	1
Neoprene Handles (pair)	101-016	1
Ropes (pair)	210-026	1
Carriage Extension Stopper	200-211	1
Sitting Box	721-002	1
Wooden Risers (pair)	950-034	1
Riser Bolts	GEN7314	4
Pully Assembly (pair)	GEN9039	1
Shoulder Rest Kit TwistLock	950-251	1
TwistLock Post	616-400	2
with Classic Footbar		
Short Foot Strap	101-011	1
Spring Bar	950-053	1
with Revo Footbar		
Revo Foot Strap	210-030	1
with Infinity Footbar		
Revo Foot Strap	210-030	1
Complete Infinity footbar with Trunnions Attached	N/A	1
Footbar Stoppers	REF0702	2
Footbar Stopper Screws	GEN9027	2
Plunger Knob Wrench	ALL0060	1
with XSR Footbar		
Footbar Assy	-	1
Shoulder Bolt	GEN7316	2
Spacer	16889	2
5/16 Allen Key	GEN9050	1
Shim	GEN9203	2

INSTALL THE CARRIAGE

1. Turn the carriage over and clean both the wheels and the full length of the rail surfaces inside the frame. Carefully place the carriage into the frame with the headrest facing away from the footbar.

ATTACH THE SPRINGS TO THE UNDERSIDE OF THE CARRIAGE

2. Locate the bracket with five eye-bolts attached beneath the carriage. Hook the springs onto the eyebolts. The hook opening should be facing down.

The bodies of the springs should rest on the flat, padded brace under the carriage (Fig A).



Fig A

INSTALL THE STANDARD WOODEN RISERS

4. The adjustable riser blocks come with four screws and a hex key provided in a hardware package. Install the riser blocks to the outside of the frame at the head end. The long slots in the risers go to the top with the fully rounded edges facing out as shown in Figure B. Start threading both screws by hand in one riser block before tightening.



Fig B

When both screws are engaged, tighten them with the hex key. Repeat with the other riser.

ATTACH THE PULLEYS TO THE WOODEN RISERS

5. The hardware package contains two pulleys with black knobs. Unscrew the black knobs and remove. Take off one of the large washers from the exposed bolt on a pulley and install the bolt through the slot on a riser.



Fig C

Place the washer back onto the bolt on the backside of the riser and add the black knob.

Do this to both risers, making sure the pulleys are facing the carriage. See Figure C for proper orientation.

Raise and lower the pulleys by loosening the black knob and sliding the pulley up or down in the slot, then tighten the black knob. Be careful to not over tighten the knob.

ATTACH THE ROPES

6. To attach the ropes, first engage at least one carriage spring to the springbar to hold the carriage in place. Unroll and separate the ropes.

8. Clip a cotton loop onto the end of each rope and hang the loops on the shoulder rests. (Figure D). Thread the other end of each rope through a pulley and back into the cam cleats on the carriage to adjust the length. Be sure to go through the chrome eyestraps on both sides of the cam cleats. Always push the rope firmly down into the cleats to ensure a good grip.



Fig D

INSTALL THE SHOULDER RESTS

9. Note the two protruding studs on the bottom of the shoulder rests. Lower the shoulder rest studs into the key holes and slide shoulder rests away from the carriage pad. See Figure E. Note: The shoulder rests can be installed in two positions. One position is wider and more comfortable for broad shoulders. Swap the left and right shoulder rests to change between standard and wide configurations.

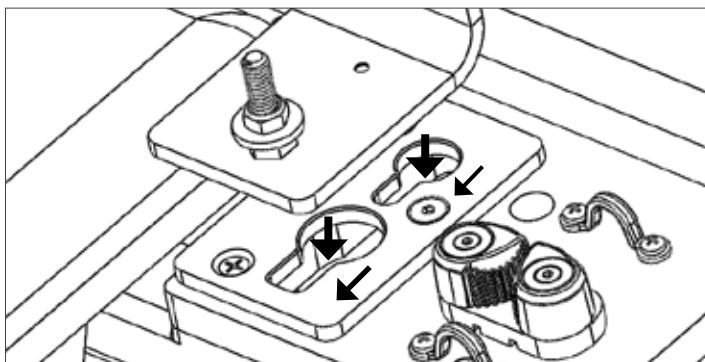


Fig E

INSTALL THE LOCKING SHOULDER POSTS

10. Screw the locking shoulder posts onto the exposed bolt on each shoulder rest. Turn the posts clockwise to tighten them and lock the shoulder rests into position. See Figure F. Over tightening the posts will make them difficult to remove. They should be snug but not too tight. To remove the shoulder rests, turn the post counter-clockwise 1-2 turns and gently slide the shoulder rests towards the carriage, then lift them up and out.

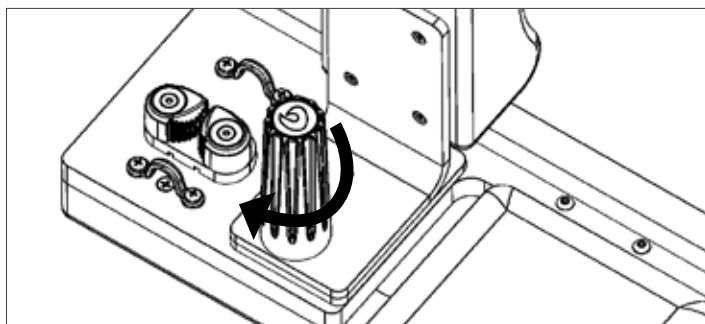


Fig F

FOOTBAR

Follow the instructions below for the footbar configuration of your Reformer.

Classic Footbar

For Reformers with a classic footbar, the springbar can be found in the sitting box with the appropriate hardware. Install it into the gears under the footbar with its hooks facing up.

Revo Footbar

There is no installation required for the Revo Footbar

Infinity Footbar

Installation can be done by one person, but it is easier and safer to have a person hold each side.

1. Pull the plunger knob straight out so that the recessed cross-pin comes out of the slots. Then turn the knob so that the cross-pin rests on the bolt head. Repeat on the other side (Fig G).

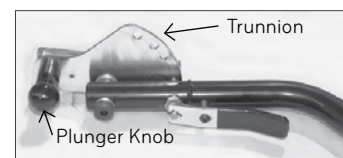


Fig G

2. Slide the trunnion into the aluminum C-channels that run down both sides of the Reformer frame (Figure H).
3. Twist the plunger knob until it locks into the desired position.
4. Attach the black stops to the end of the channels with provided wood screws (Figure I).



Fig H



Fig I

XSR Footbar

1. Place the spacer onto the threaded insert on the trunnion plate. The plastic side of the spacer should face away from the trunnion plate. Repeat on other side.
2. Press and hold the plunger levers on the footbar, to retract the pins, and place it over the frame. The seam of the cover on the footbar should face away from the carriage. Align the pins of the footbar with the same hole in the trunnion on both sides. Easiest to use the top most hole. Release the plunger levers to allow the footbar pins to lock in the trunnion.

3. Pivot the footbar slightly until the large hole at the bottom of the footbar aligns with the spacer on the trunnion plate. Slide the shoulder bolt through the large footbar hole. The shoulder bolt goes through the footbar pivot hole and the black spacer then threads into the trunnion plate. Screw the shoulder bolt into the trunnion plate by hand. Repeat on the other side. Once both shoulder bolts are tightened by hand Use the provided large Allen wrench (5/16") to tighten. See Figure J for reference.
4. Note- You may or may not need the shim. If the footbar feels too loose, add the shim as shown in Figure J.

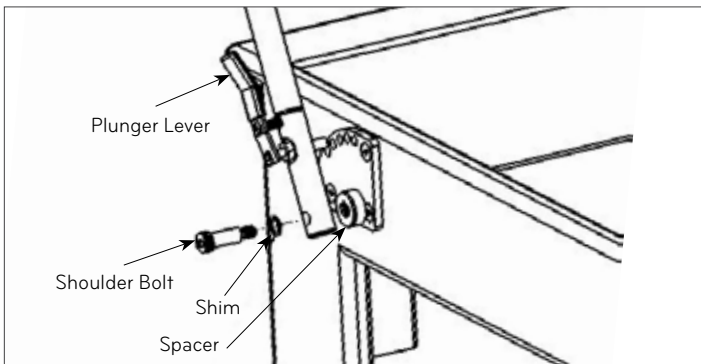


Figure J

CARRIAGE EXTENSION STOPPER

The carriage extension stopper drops into the metal frame rail to decrease the distance the carriage can travel from its resting point at the foot end. It is most commonly used for clients who have a limited range of motion or to stop the carriage from traveling too far for whatever reason may be necessary. See Figure K.



Fig K

OPTIONS

Adjustable Metal Risers

Just slide the metal risers into the receivers at the head-end of the Reformer frame and lock with the tethered pin. This Studio Reformer configuration comes with pulleys pre-installed.

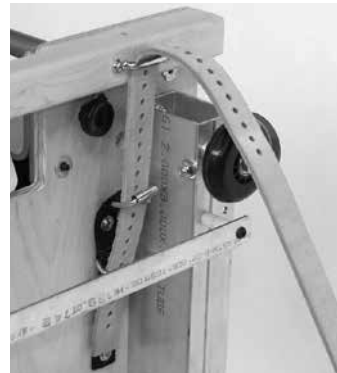
ATTACH THE STRAPS

Detach all springs from the carriage. Flip the carriage up so that the underside of the carriage is facing the head-end of the frame. If possible, have another person hold the carriage in place on the rails while adjusting the strap (NOTE: Do not try and rest the carriage on the rails by itself – it may fall over.)

Take one of the leather straps and feed the "holed" end up and around the caster at the head end of the frame, through the footman ring at the top of the carriage and, finally, through the buckle on the underside of the carriage.(NOTE: The person holding the carriage may need to lean the carriage closer to the head end of the frame for easier adjustment.)

Use the holes on the strap to adjust to the desired length and then buckle. Pull the excess strap end through the metal ring below the buckle. Repeat with the other strap. Place the carriage back into the frame.

Take the loop at the other end of the strap and put it around the headrest or the post behind the shoulder rest. Repeat the procedure on the other side with the other strap.



Strap going through the footman ring and into the buckle



Proper strap alignment on the Legacy Reformer

CLEANING AND MAINTENANCE

Cleaning

Clean all skin-contact parts after each use, including carriage, shoulder rests, head rest, and footbar. Use a solution of mild soap and water. Dry thoroughly.

BB upholstery has built-in antimicrobial/antibacterial protection. For light soiling, use a solution of 10% household liquid dish soap with warm water applied with a soft damp cloth. BB Cleaner is a great alternative to clean your machine. For heavier soiling, please call Balanced Body Technical Support. Wheel tracks and wheels should be cleaned regularly with a lightly damp cloth to ensure that the carriage rides smoothly and quietly.

Wash hand and foot straps regularly. Place in pillowcase, wash on gentle cycle, air dry.

If you have any questions on cleaning, please call Balanced Body Technical Support.

Lubrication and Adjustment

Periodically lubricate pulleys with silicone spray. Be careful of overspray. Never use "wet" lubricants like WD40 or oil.

IN CASE OF FREIGHT DAMAGE

If there is freight damage, make certain you keep all packaging material. Please call Balanced Body within 3 days.

QUESTIONS?

Please call Balanced Body Technical Support at 1-800-PILATES (U.S.) or +1-916-388-2838 (International).

How to use the Revo Adjustment System

The Revo is an efficient and versatile adjustment system for Balanced Body Studio Reformers and Combination equipment. With the Revo, you can quickly and easily change the distance between the shoulder rests and the footbar, creating the ergonomically correct position for each client.

Moving the Revo springbar and carriage

The Revo springbar moves to one of five indexed stop positions. The springbar is integrated with the carriage – when you move the springbar, the carriage automatically moves with it.

To move the springbar and carriage:

- » Attach one spring to the springbar. You can attach more than one spring, but additional springs increase the tension and make the springbar more difficult to move.
- » Position yourself at the side of the Reformer. (If you are using the Reformer yourself, you can make the adjustment from a seated or straddle position.) Pull one of the cam handles upward. The cam hook must fully engage the metal plate on the bottom of the carriage.
- » Keeping the cam hook engaged, use your other hand to move the carriage into the desired position. The springbar will move with the carriage. When you reach a carriage stop position, you'll hear a "click." There are index markers along the rail that you can use as a visual reference.
- » Release the cam handle so that it drops completely into an indexed position.

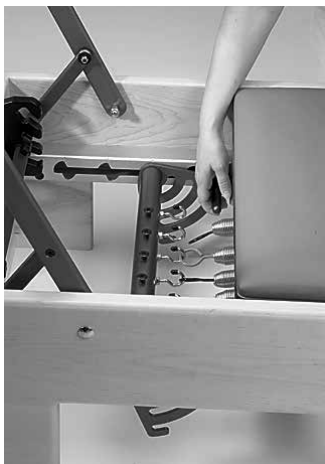


Fig 1

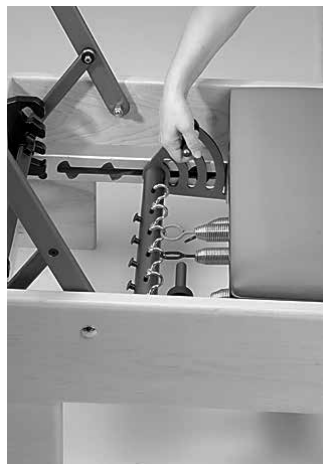


Fig 2

To move the carriage, grasp the cam handle and pull up, then move the carriage backward or forward. You'll hear a solid "click" when you have reached the next position.

Locking the Revo Footbar®

The Revo footbar features a sliding lock that keeps the footbar securely in place.

To lock the Revo footbar:

- » Slide the locks away from the footbar bracket.
- » Pull the footbar slightly upward and move the footbar support into the desired position.
- » Slide the locks into the support brackets as far as they will go to secure the footbar. Fig 1.



Fig 3 Sliding the lock into the footbar support bracket to lock the footbar.

Pre-loading springs

You can pre-load springs by attaching them on the posts on top of the springbar.

Adjusting Carriage Position

The Revo allows you to adjust the distance between the shoulder rests and the footbar, creating the ergonomically correct position for clients of all heights.

For short to average height clients, use positions #1 or #2.

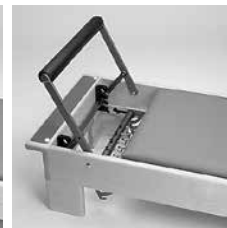
For taller clients, or those with a limited range of motion, use positions #3 - #5.

You can also raise the footbar to create an even shorter distance between the shoulder rests and footbar.

Conversely, you can lower the footbar to further lengthen the distance between the shoulder rests and footbar.



#1 Carriage Position



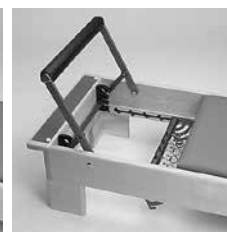
#2 Carriage Position



#3 Carriage Position



#4 Carriage Position



#5 Carriage Position

Studio Reformer® Exercises

DEFINITION OF EXERCISE SET-UP TERMS

Level: The level of expertise needed to undertake exercise.

Reps: How many times the exercise is performed.

Springs: How many springs should be attached during exercise.

Bar: Proper position of the footbar during exercise.*

Head rest: Proper position of the head rest during exercise.*

Loops: Which loops should be used during exercise.*

FOOTWORK, ALL LEVELS

10 reps Springs: 2 – 4 springs Bar: Middle or High

Head rest: Up

Focus

- » Breathing – exhale out/inhale in, or inhale out/exhale in
- » Neutral spine
- » Pelvic stability
- » Hip, leg and ankle alignment
- » Hip, leg and ankle strengthening
- » Circulation
- » Isolation – release unnecessary tension in the upper body and hips

Precautions

Sensitive to ankle, knee, hip flexion, spinal compression

Starting position

Supine on carriage, feet on foot bar, legs hip width apart

Heels

Heels on foot bar, push back and return

Toes

Ball of foot on bar, heels slightly raised, push back and return

Prehensile

Ball of foot wrapped around the bar, push back and return

Pilates V

Ball of foot on bar, turned out, low releve, heels together, push back and return

Flex/Releve

Ball of foot on bar, parallel, legs straight, plantar flex ankle, dorsiflex ankle, plantar flex ankle, bend knees, push back to starting position

2nd position

- » Heels at ends of bar, slight turn out, push back and return

Running in place

- » Ball of foot on bar, dorsiflex one heel, bend the other knee, alternate legs 20-50 times

Focus: What should be emphasized during exercise.

Precautions: Physical conditions that may limit or exclude a participant. Exercises may need to be modified for people with these conditions.

Prerequisites: Specific exercises that must be mastered before undertaking a new exercise.

Starting Position: Where to begin the exercise on the Reformer.

*If applicable



Heels



Toes



Prehensile



Pilates V



CHARIOT, LEVEL 1

10 reps Springs: 1 – 2 Bar: None Loops: Short Focus

- » Breath - exhale roll down/inhale roll up or inhale down/exhale up
- » Spinal flexibility
- » Abdominal strength
- » Shoulders down
- » Neck long
- » Soft hip flexors

Precautions

Back injuries, neck injuries, hip flexor injuries. Be cautious with osteoporosis

Prerequisites

Comfort in spinal flexion

Starting position

Seated facing ropes, knees bent, loops in hands with arms straight and elbows soft

Standard Exercise

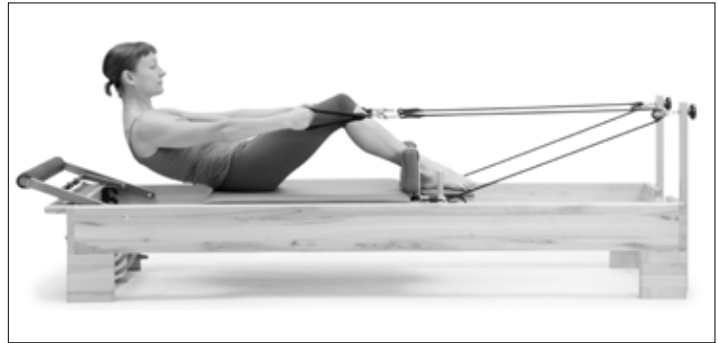
Hold loops with arms straight, roll down, curving back and staying lifted, roll back up maintaining slight flexion in spine

Oblique Variation

Rotate knees to one side and torso to the other, roll down, switch rotation and roll up

Arm work Variations

Roll back and with low back on carriage add bicep curls or deltoid lifts for 3 reps, roll up



HUNDRED, ALL LEVELS

10 sets Springs: 1 – 3

Bar: None Loops: Regular Headrest: Up

Focus

- » Percussive breathing - in for 5, out for 5
- » Stable pelvis – imprinted or neutral
- » Hollow abdominals
- » Abdominal strength
- » Shoulders down
- » Neck long

Precautions

Back injuries, neck injuries, hip flexor injuries, osteoporosis

Prerequisites

Hundred on the mat

Starting Position

Lying supine on carriage, knees at 90 degrees, hands in loops, arms to ceiling

Level 1

Knees bent at 90 degrees, reach arms to sides as the head and upper body lift off the carriage, pulse arms with breath, 5 pulses on the inhale, 5 pulses on the exhale



Level 2

Legs straight up to ceiling, reach arms to sides as the head and upper body lift off the carriage, pulse arms with breath

Level 3

Reach arms to sides as the head and upper body lift off the carriage, straighten legs to ceiling then lower legs keeping low back on mat, pulse arms with breath

COORDINATION, LEVEL 2

6 reps **Springs: 1 – 2** **Bar: None** **Loops: Regular**
Headrest: Up
Focus

- » Breath – inhale start, exhale reach, inhale open/close, exhale return
- » Stable pelvis – imprinted or neutral
- » Hollow abdominals
- » Abdominal strength
- » Adductor strengthening
- » Shoulders down
- » Neck long

Precautions

Back injuries, neck injuries, hip flexor injuries, be cautious with osteoporosis.

Prerequisites

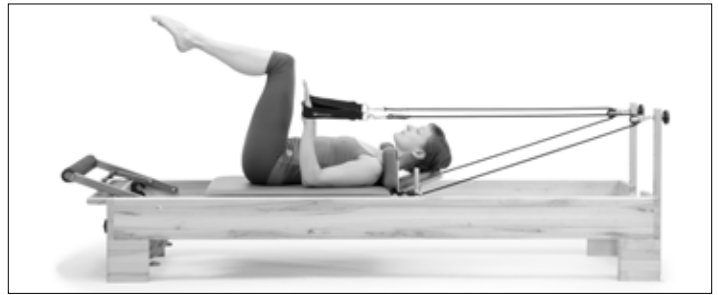
Mat or Reformer Hundred

Starting Position

Lie supine on carriage, knees at 90 degrees, hands in loops with elbows bent at 90 degrees and upper arms on carriage

Standard exercise

Reach arms to sides as the head and upper body lift off the carriage to Hundred position, open and close legs, bend knees first, then lower head and return arms to starting position



REVERSE ABDOMINALS, LEVEL 4

10 reps **Springs: 1 – 2** **Bar: None** **Loops: Regular**
Focus

- » Breath – exhale to pull the knees in, inhale to release
- » Abdominal strength
- » Iliopsoas strength
- » Iliopsoas and abdominal coordination
- » Imprinted spine
- » Shoulders down
- » Neck long

Precautions

Back injuries, neck injuries, hip flexor injuries, osteoporosis

Prerequisites

Mat Roll-up, strong abdominals, ability to maintain imprinted spine

Starting position

Supine facing ropes with an imprinted spine, knees bent at 90 degrees, loops around the knees, head supported with the hands, elbows wide

Standard Exercise

Maintaining imprinted spine, hollow out abdominals and pull knees above 90 degrees while flexing the torso and lifting the head off the headrest, return legs to starting position maintaining an imprinted spine



Oblique Variation

Rotate torso to the right, reach left hand across toward right knee, pull knees in toward the chest as arm reaches across (Repeat 4 – 8 times on one side and switch)

KNEELING ABDOMINALS, LEVELS 1-2

10 reps **Springs: 0 – 2** **Bar: None** **Loops: None**
Focus

- » Breath – Exhale as knees pull in/ inhale to return to starting position
- » Pelvic stability
- » Abdominal strength
- » Pelvic stability
- » Scapular stability

Precaution

Shoulder, elbow and wrist problems, inability to kneel

Prerequisites

Mat all fours hollowing (pregnant cat abdominals)

Starting position

Kneel on all fours facing straps with hands on the edges of the frame

Standard Exercise (flat back)

Face straps with knees against shoulder rests, keeping spine neutral and parallel to the ground, pull carriage toward the head by flexing at the hips

Variation – Oblique 1

Place both hands on one frame allowing torso to side bend and rotate while keeping hips as square as possible, pull both legs in increasing the movement of the torso



Starting position, facing straps



Flat Back



Oblique 1

FEET IN STRAPS, LEVEL 1

6 reps Set up: 2 springs Bar: Any Loops: Regular
Focus

- » Breath - exhale out/inhale in or inhale out/exhale in
- » Spine to mat or neutral spine
- » Hollow abdominals
- » Abdominal strength
- » Pelvic Stability
- » Hamstring, adductor and gluteal strength
- » Hamstring and adductor flexibility
- » Leg and hip alignment
- » Hip range of motion

Precautions

Hip flexor injury, limited hamstring flexibility, back injuries, weak abdominals

Prerequisites

Adequate hamstring flexibility, ability to stabilize the back, Hundred

Starting Position

Supine on carriage, loops around arches



Leg lowers

Hips stable, begin with inner thighs together, lower and raise legs



Variations: Legs parallel, turned out or turned in Magic circle or ball between the legs

Scissors

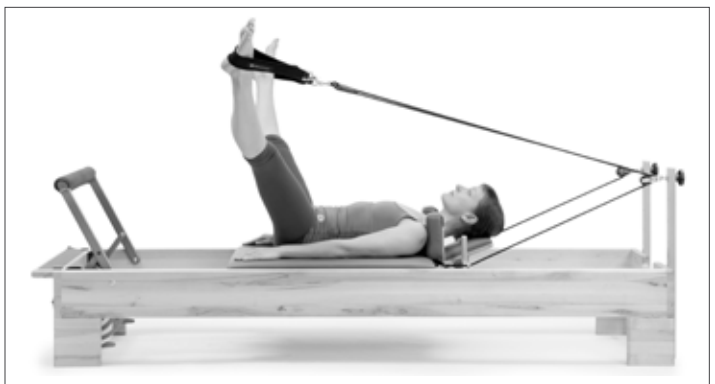
Hips stable, begin with inner thighs together, open legs to sides and return



Variations: Legs stay over hips, legs move down toward the bar while carriage moves (V's)

Circles

Hips stable, begin with inner thighs together, moving legs down and around in circles or D's, reverse directions Variations: Legs parallel, turned out or turned in, or knees in straps



LONG BOX - ARM WORK, LEVEL 1

4 – 8 reps

Springs: 1 - 2 springs

Box: Long

Loops: Regular Bar: Low or none

Focus

- » Breath – inhale pull, exhale release
- » Hip bones to mat
- » Hollow abdominals
- » Triceps, latissimus, lower trap and upper back strength
- » Head in line
- » Scapula placement
- » Leg and torso alignment

Precautions

Shoulder, elbow and wrist injuries, some back problems

Prerequisites

- » Ability to lie prone
- » Pulling Straps (Level 1 and 2))

Starting Position

Lie prone on long box with chest off front edge of box, foot bar down, facing ropes, grasp ropes.

Arms down

Pull ropes to hips along edge of carriage

Arms out to sides

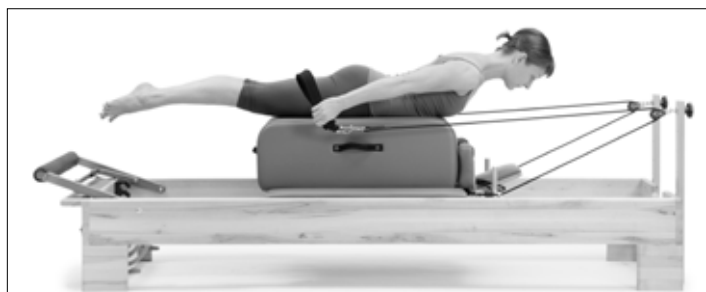
Pull ropes to hips with arms extended out to the side

Upper back lift

Pull ropes along edge of carriage and lift upper back

Triceps press

Pull ropes to hips along edge of carriage, keeping elbows in place, flex and extend the elbow



Pulling Straps



Pulling Straps with Upper Back Lift

COBRA (LEVEL 2)

Starting Position:

Prone on long box, hands on low or middle footbar

Exercise:

Straighten the arms and press the carriage out. Press down on the bar to lift into back extension as the carriage moves in, press the carriage back as the torso lowers onto the box, bend elbows to return to starting position.



Cobra

LONG BOX - SWAN, LEVEL 4

4 reps **Springs: 2** **Box: Long** **Foot strap**
Bar: None
Focus

- » Breath – variable
- » Abdominal lift
- » Back extension strength
- » Gluteal and hamstring strength
- » Shoulders down
- » Neck long

Precautions

- » Some back problems, knee problems, men may need padding

Prerequisites

- » Mat Swan, Swan Dive, Ladder Barrel Back Extension

Starting Position

- » Prone on long box with hips at footbar end of long box, balls of feet on frame, legs straight with feet slightly turned out, arms in 2nd position

Version 1

- » Lift torso into back extension as knees bend.
- » Straighten legs and return to starting position

Version 2

- » Start with knees bent, straighten legs and lift torso off the box into a long line, bend knees and reach into back extension, straighten legs and hover, return to starting position



SHORT BOX - ABDOMINALS, ALL LEVELS

6 reps **Springs: 4 - 5** **Box: Short** **Strap: Foot strap**
Pole in hands

Focus

- » Breath – inhale down/exhale back or exhale down/inhale back
- » Abdominal strengthening
- » Abdominal hollowing
- » Back strengthening
- » Back flexibility

Precautions

Back, neck and shoulder injuries, osteoporosis

Prerequisites

Reformer Chariot, Cadillac Roll-backs

Starting Position

Sitting on short box, facing footbar, feet under foot strap, knees slightly bent

Standard Exercise

Roll down with a long curve and roll back up

Oblique variation

Roll down with a long curve, rotate the torso to each side, roll back up



PELVIC PRESS, LEVEL 2

6 reps Springs: 2 - 3 Headrest: Down

Focus

- » Breath – exhale up, inhale back, exhale in, inhale roll down
- » Hamstring and gluteal strengthening
- » Abdominal hollowing
- » Pelvic stability
- » Spinal mobility

Precautions

- » Back problems, limited knee flexion, limit roll up with cervical problems

Prerequisites

- » Mat Pelvic Press

Starting position

Lying supine, ball of feet or heels on bar, legs parallel or V-feet and hips externally rotated

Standard Exercise

Roll pelvis up off the carriage, push back, keeping hips at one level, bring carriage in, roll down

Leg positions

- » Legs parallel, heels under sit bones
- » Legs parallel and inner thighs together
- » Legs in Pilates V with heels together
- » Heel frame width apart with the hips turned out.



ARM WORK, LEVEL 1 - 2

4 - 10 reps Springs: 1-2 Box: long, short or none

Loops: very short, short or regular

Focus

- » Breath – inhale pull/exhale release
- » Biceps, triceps, pectoralis and deltoid strengthening
- » Scapular stabilization
- » Torso stabilization
- » Sitting posture

Precautions

- » Wrist, arm or shoulder problems, back problems with limited sitting ability

Prerequisites

- » None
- » Sitting variations for all exercises
- » Sitting on carriage, cross-legged, legs straight or kneeling

Exercises Facing the Straps

Biceps

Holding very short loops in hands, bend elbows to pull straps to shoulders.

Triceps/Posterior Deltoid

Loops in hands, arms straight, pull straps back level with hips and pulse arms back



ARM WORK - CONTINUED

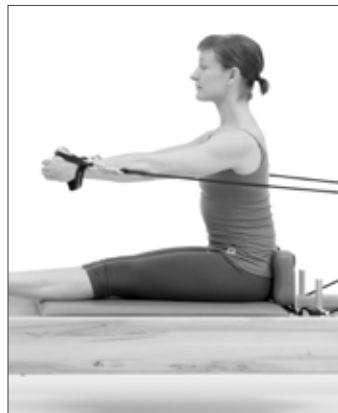
Serve a tray

Sitting facing foot bar, regular loops in hands, elbows bent, reach forward, straighten arms, open arms to the side palm up and return



Hug a tree

Sitting facing foot bar, regular loops in hands, arms out to sides, soft elbows, bring fingertips toward each other



STANDING, LEVEL 1 - 3

8 reps Springs: 0 - 1 spring Standing platform

Focus

- » Breath – exhale out, inhale in
- » Adductor and abductor strengthening
- » Abdominal hollowing
- » Standing alignment
- » Balance
- » Precautions
- » Balance problems

Prerequisites

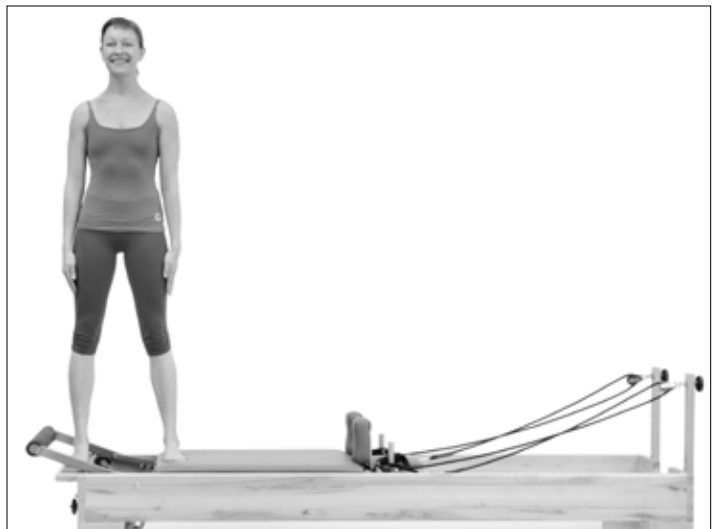
- » None

Starting position

- » Standing with one foot on frame or standing platform, and one on the carriage. Face side of the room parallel to the side of the reformer. Put the first foot on the frame and the second foot on the carriage. Use frame when working parallel, use the standing platform to work in external rotation.

Standard Exercise

- » Stretch legs open, close legs
- » Facing sideways to Reformer
- » Legs straight, parallel, turned out
- » Legs bent, parallel, turned out



Reformer with Tower

IMPORTANT:

This manual is intended for medical and fitness professionals, or persons with experience in the use of this equipment. If there is a question regarding appropriateness of a particular movement, please consult a licensed health professional.

NOTE: Tower brackets may only be installed on Reformers with ropes and risers. If your Reformer does not have ropes and risers you cannot install the bracket.

INTRODUCTION

The Tower is designed to include most of the functionality of a Trapeze Table in a smaller format and at a lower cost. It can be ordered as an option with new equipment or it is possible to retrofit existing wooden Reformers with the Tower retrofit kit. The Tower is an ideal addition to a Reformer for small studios and clinics where the benefits of both a Reformer and a Tower are required. **The following manual outlines the features and exercises for both the Studio Reformer and the Tower.**

Balanced Body is the world's leading resource for Pilates equipment, education and information. The Balanced Body Studio Reformer is the biggest selling Reformer on the planet, and its Allegro® Reformer now sets the Pilates standard for health and fitness clubs around the globe.

FEATURES OF THE BALANCED BODY TOWER

The Tower consists of a metal frame that attaches to the head of the Reformer. Eyebolts in the frame provide attachment points for springs. Loops, handles or a wooden Roll-down Bar can be attached to the springs creating a wide variety of exercises. The Tower also has an attached Push-through Bar as on the Trapeze Table.

Converting the Reformer into the Tower

Remove shoulder rests by taking pins out from behind the rests and placing them on the floor.

Remove the risers from their sleeves and place them on the floor.

Remove the springs from the Reformer carriage and slide it toward the Tower until the headrest slides into the slot in the back of the frame.

The Tower comes with 2 mats. One of the mats has two flaps at one end. On the underside of the other mat you will notice that the small black feet are at the corner on one end and away from the corner on the other end. Place the flaps on the first mat facing the Tower end of the Reformer and place the second mat with the feet farther from the corner at the footbar end of the Reformer.

Please see the attached diagram for a listing of the various parts of the Tower

Spring Attachment Points

The Tower has 35 spring attachment points ceating a variety of possible exercises and a limitles amount of adjustability. Each upright has 9 eyebolts on the front and 6 on the back allowing users to perform exercises from either side of the Tower. Two eyebolts are attached to the Reformer frame to create a low position, two eyebolts are attached at the sides of the cross piece of the Tower and one is attached in the middle of the cross piece. Common spring attachment points are listed below and in each exercise description.

In order to adjust the tension of the springs for a particular client, move the attachment point further away from the client to make the spring heavier, move it closer to the client to make it lighter.

- » **Low:** Springs are attached from eyebolts at the bottom of the Reformer frame.
- » **Middle:** Springs are attached to the 5th eyebolt from the bottom.
- » **High:** Springs are attached to the high points on either side of the cross bar at the top of the Tower.

Tower Springs

The Tower comes with 4 sets of springs as follows:

2 SETS - SHORT SPRINGS

- » Yellow – Light
- » Blue – Medium

2 SETS - LONG SPRINGS

- » Yellow – Light
- » Purple – Medium

Push-through Bar Adjustments

The Push-through Bar has three possible pivot points on the Tower frame. It is very important that the pivot point be high enough to clear the user's head when lying under it. If a client has an especially large head, excessive thoracic kyphosis or a large nose, the bar can hit them when they are doing exercises. To adjust the Push-through Bar, push the black button on the top of the pin in order to free the pin. Pull the pins out of the uprights, move the bar to the appropriate hole and re-insert the pins. Always return the Push-through Bar to a safe height if it has been moved.

SAFETY

It is very important that the instructor be present and spotting the client whenever the Push-through Bar is in use. The Push-through Bar should never be adjusted low enough to hit a client who is lying under it. The safety strap must always be used when the Push-through Bar is sprung from below. The safety strap must be adjusted so that the angle of the Push-through Bar, when viewed from the side, is no lower than the four or eight o'clock position and will not hit the client should their feet slip off the bar.

How to install your Reformer with Tower

BEFORE BEGINNING ASSEMBLY

These instructions include a parts list. Please use this list to make sure you have all the parts necessary for installation. If you are missing a part, please contact our customer service department at 1-800-PILATES (1-800-745-2837).

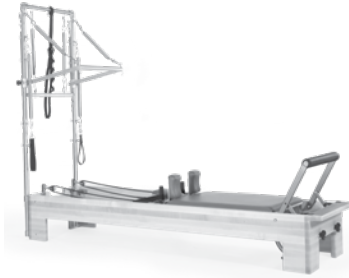
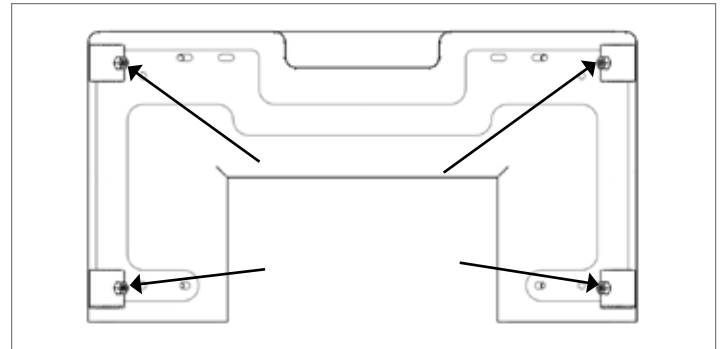


Figure A: Loosen set-screws here.

REQUIRED TOOLS

- » 3/16" Allen Wrench (Included. GEN9280)
- » 21mm x 1/2 inch wrench (Included. ALL0060)

PARTS FOR TOWER

DESCRIPTION	PART NO.	QTY
Vertical tubes with eyebolts installed	TRP0105	2
Horizontal tube with eyebolts, safety strap, and corner connectors	TRP0100	1
Push Through Bar for slider assembly	707-287	1
Yellow trap springs	SPR9002	2
Blue trap springs	SPR9004	2
Roll down bar	710-010	1
Yellow long springs	SPR9006	2
Purple long springs	SPR9461	2
Single cotton loops (pair)	101-005	1
Push Through Bar slider assembly	N/A	2
Push Through Bar slider shoulder bolt	619-202	2

1. Loosen the setscrews in the circular tube receivers with included Allen wrench (see Figure A).

2. Remove the vertical tower poles from the box and place them into the receiver bracket on the end of the Reformer. The knobs of the sliders will be facing outward as shown in Figure B.

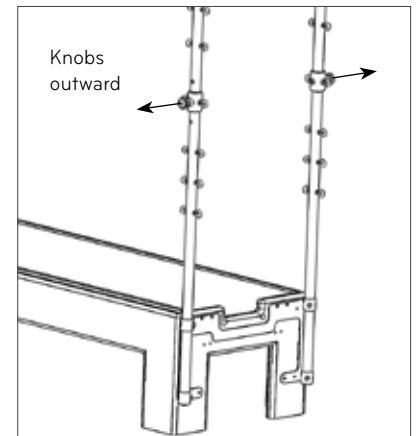


Figure B

3. Place the top horizontal tube onto the two vertical tubes which go into the corner brackets. Make sure when you place the tubes into the receiver that the loop is facing forward, towards the carriage, see Figure C.

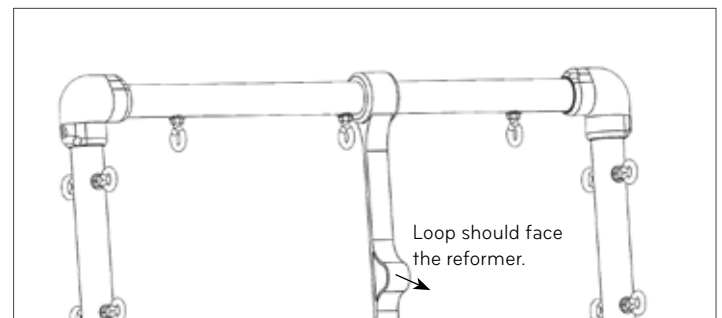


Figure C

4. Move the sliders on the tubes to the same hole on each tube. There are three positions. Make sure they are both in the same position by pulling the knobs outward and moving the slider. Otherwise, the PTB (Push Through Bar) will not be able to connect to the sliders. Install the PTB onto the sliders using the shoulder bolts. See Figure D for details. Use the wrench to tighten the shoulder bolt to the slider housing. See Figure E.

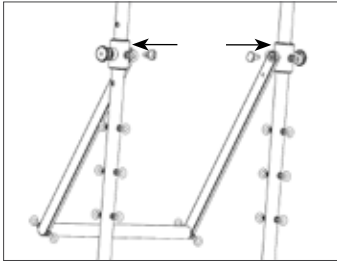


Figure D

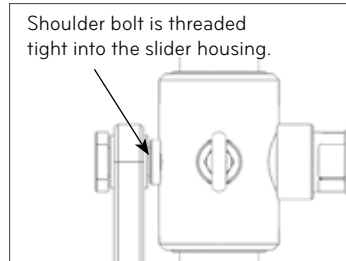


Figure E

CAUTION: Fully tighten the shoulder bolts. If not, serious injury can occur.

5. Now tighten all set screws on the bracket receivers and corner elbows. If Push Through Bar sliders do not move easily, the vertical tube set screws must be loosened and the vertical tubes rotated into alignment. Then re-tighten set screws.

HOW TO ADJUST YOUR SLIDING PUSH THROUGH BAR

Position your hands on the outside of each slider. Place your middle and/or ring fingers under the silver base of the knob; right where the black body of the knob threads into. Place your index finger and thumb around the knob itself. Pull each of the knobs outwards, away from the vertical tubes, until they stop. Using the same force on each arm, move the slider upwards or downwards to each new location. Once you near a new location slightly release the outward pull of the knobs. The pins will automatically fall into the next position when aligned.

OPTION: INSTALLING THE TWIN MATS

1. Pull pins and lower risers.
2. Detach all springs from springbar and move the carriage toward the head end of the frame.
3. Rotate the footbar support up to the padded section of the footbar and then lay the footbar down onto the frame rails. It should now be inside the frame and lower than the top of the frame.
4. Remove shoulder rests from the carriage. If the shoulder rests are not detachable, the carriage will need to be turned upside down. (See the Appendix.)

Vinyl flaps are installed inside the mat for shipping purposes. Detach, rotate, and reinstall flaps so they hang down from the edge of the mat aligned with eye bolts.

5. Place the mat with vinyl flaps at the head-end of the Reformer with flaps facing the tower. The Vinyl flaps should hang over the head-end of frame. They are designed to protect the Reformer frame when using the Push Through Bar with a bottom spring.
6. Place the remaining mat on the foot-end of the Reformer. Make sure the end of the mat with the feet further from the edge is installed over the standing platform.

APPENDIX - TURNING THE CARRIAGE UPSIDE DOWN (USE ONLY IF THE SHOULDER RESTS ARE NOT DETACHABLE).

Note: To protect upholstery, make sure Reformer rails are clean before beginning.

1. Detach the springs from springbar.
2. Carriage should be positioned at the riser end of the frame.
3. Rest loops and ropes on the floor under the Reformer.
4. Lifting the head end of the carriage, turn it upside down so the upholstery is resting on the metal rails.



Tower Exercises

Definition of Exercise Set-up Terms

Level: The level of expertise needed to undertake exercise.

Reps: How many times the exercise is performed.

Springs: Number and location of springs on the Tower.

Loops: Which loops should be used during exercise.*

Focus: What should be emphasized during exercise.

Precautions: Physical conditions that may limit or exclude a participant. Exercises may need to be modified for people with these conditions.

Prerequisites: Specific exercises that must be mastered before undertaking a new exercise.

Starting Position: Where to begin the exercise on the Tower.

*If applicable

ROLLBACKS, LEVEL 1

6-10 Reps

Springs: 2 long yellow or 2 short yellow springs from high position

Rollback Bar or handles

Focus

- » Breathing – exhale roll down, inhale at the bottom, exhale to roll up
- » Balance between abdominals and lumbar extensors
- » Soft neck and shoulders
- » Maintain C-curve
- » Soft hip flexors

Precautions

- » Shoulder and neck problems, some low back problems, osteoporosis

Starting position

- » Sit facing Tower, holding on to bar or handles, knees soft, feet on metal bars.

Standard Exercise

- » Hold bar with arms straight, roll down, curving back and staying lifted, roll back up maintaining slight flexion in spine

Oblique Variations

- » Wooden bar (Water skiing)
- » Sit diagonally on table, place left foot against pole, cross right foot over ankle, place left hand on bar and reach right arm open while rotating torso to the right.
- » Roll down and up maintaining rotation, then switch sides.



Roll Backs



Water skiing



FEET IN STRAPS, LEVEL 1

6-10 reps

Springs: Long springs from middle or high position

Loops around arches

Focus

- » Breath - exhale out/inhale in or inhale out/exhale in
- » Neutral spine
- » Hollow abdominals
- » Pelvic stability
- » Hamstring, adductor and gluteal strength
- » Hamstring and adductor flexibility
- » Leg alignment

Precautions

Back injuries, some knee injuries and hamstring strains

Starting Position

Lie supine with head toward Tower loops around arches

Leg Lowers

- » Both legs loops and inner thighs together, lower legs toward the table and maintain pelvic stability.
- » Variations: Parallel, turned-out, turned-in, holding a ball or magic circle between the legs

Circles

- » With both legs in loops circle the legs in both directions, maintaining pelvic stability.
- » Variations: parallel, turned-out, turned-in

Scissors

- » With both legs in loops, lower legs toward table then open and close legs and maintain pelvic stability.
- » Variations: parallel, turned-out, turned-in

Walking

- » With both legs loops alternately bring one leg down toward the table and then the other, while maintaining pelvic stability.
- » Variations: parallel, turned-out, turned-in



Leg Lowers



Circles



Walking (springs middle position)



FEET IN STRAPS SIDELYING – ADDUCTOR PULL, LEVEL 1-3

6-10 reps

Springs: Long springs from middle position

Loops around arches

Focus

- » Breath - exhale down/inhale up
- » Correct side-lying position (waist up, hips and shoulders in line)
- » Hollow abdominals
- » Pelvic stability and isolation of the leg from the pelvis
- » Adductor, medial hamstring and external rotation strengthening

Precautions

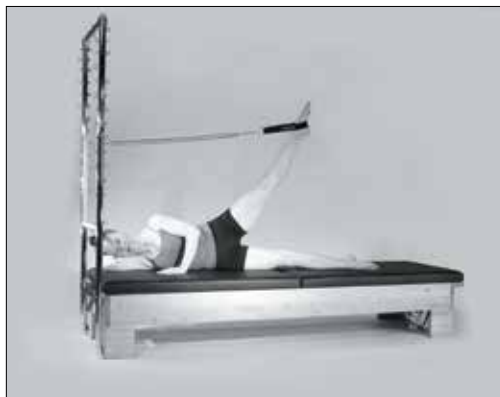
Some back injuries, knee injuries, and unstable sacroiliac joints

Starting Position

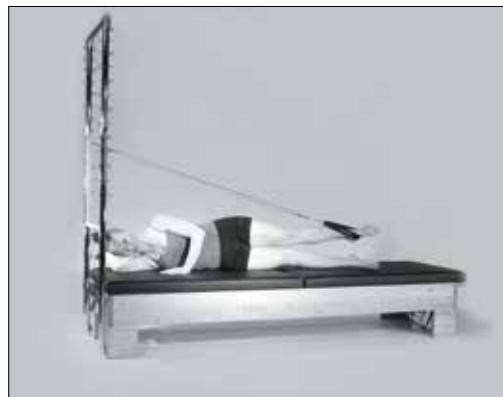
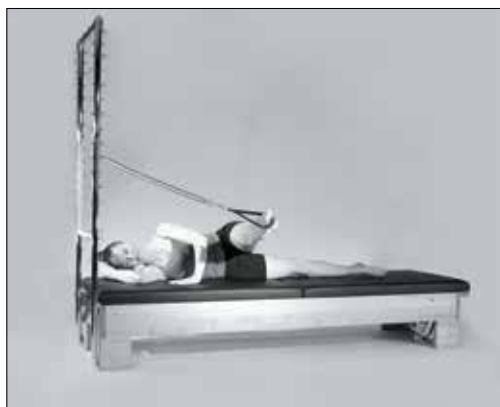
- » Lie on your side on Tower with back of body in line with back edge of mat and legs slightly forward.
- » Support body by bracing the bottom arm against upright pole or resting head on arm.
- » Place loop around arch

Standard Exercise

- » Pull top leg down toward bottom leg.
- » Maintain correct side-lying position.
- » Variations: parallel, turned-out (larger range of motion), turned-in.



Adductor Pull



Front-Back Kick



Ovals

- » Maintaining correct alignment, move top leg in a small circle in both directions.
- » Variations: parallel, turned-out, turned-in

Front-Back Kick

- » Maintaining correct alignment, swing top leg forward and back (as in the Side Kick on the mat).
- » Variations: parallel, turned-out, turned-in

FOOT AND LEGWORK, LEVEL 1

10 reps

Springs: 2 long purple springs from the bottom on Push-through Bar

Safety strap on

Focus

- » Breath – inhale push, exhale return
- » Spine to mat or neutral spine
- » Leg, ankle and foot alignment
- » Calf and hamstring flexibility
- » Foot, ankle and lower leg strength

Precautions

Back injuries, knee injuries

Starting Position

Supine on Tower with feet on Push-through Bar, and springs attached from low position onto the Push-through Bar

Plies

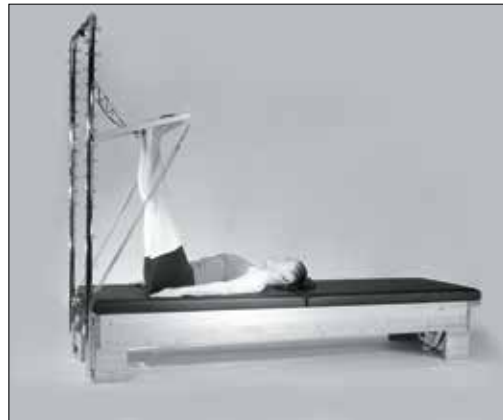
- » Lie supine with the Push-through Bar in line with anterior hip crease, flex knees, flex hips, with metatarsals or heels on the bar, and straighten legs and return.
- » Foot position variations: Heels, Toes
- » Leg variations: parallel, turned out, v-feet, wide 2nd position, single leg

Plie/Releve

- » Lie supine with the Push-through Bar in line with anterior hip crease, hips flexed, knees bent, metatarsals or toes on the bar.
- » Push the bar up toward the ceiling straightening the knee, plantarflex the ankle, dorsiflex the ankle and return.
- » Variations: parallel, turned out, single leg



Plies



Plantarflexion



Plantarflexion

- » Lie supine with Push-through Bar in line with anterior hip crease, legs straight, metatarsals or toes are on bar, plantarflex and dorsiflex the ankles.
- » Variations: parallel, turned out, single leg, running in place

SEATED PUSH THROUGH, LEVEL 1

6 reps

Springs: 1 short red spring from above on Push-through Bar
Focus

- » Breath – exhale stretch forward, inhale stretch up or reverse
- » Spinal flexion and extension
- » Hamstring flexibility
- » Scapula stability/mobility
- » Abdominal hollowing and lift
- » Coordination of breath with spinal mobility

Precautions

Some back injuries, shoulder injuries

Prerequisites

Mat – Spine Stretch

Starting Position

Sit on table facing Tower, with feet against upright bars, and both hands on the Push-through Bar (knees can be bent or straight depending on flexibility).

Standard Exercise

- » Push bar down, curve spine forward beginning with top of head, reach the bar forward and stretch.
- » Return by hollowing out abdominals and stacking one vertebra on top of another until sitting up on the sit bones.
- » Press bar up and lean forward from hips with a flat back before beginning again



CAT, LEVEL 3

4 reps **Springs:** 2 short
springs from above on Push-
through Bar

Focus

- » Breath – exhale roll down, inhale to extend out, exhale pull back, inhale uncurl.
- » Spinal flexibility
- » Scapula stability/mobility
- » Abdominal hollowing and lift
- » Coordination of breath with full spinal mobility

Precautions

Back injuries, shoulder injuries, knee injuries, and osteoporosis

Prerequisites

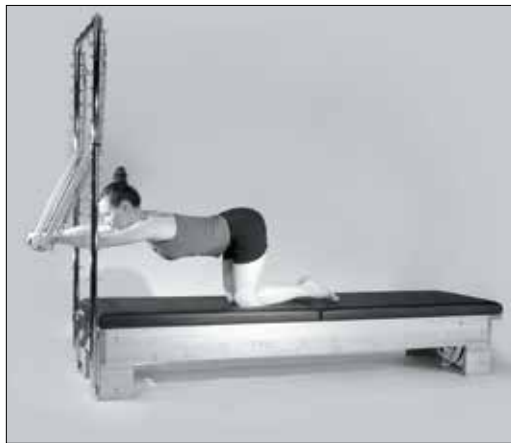
Mat – Cat/camel stretch

Starting Position

Kneeling on table, hands on Push-through Bar with the bar close to the body.

Standard Exercise

- » Press bar down and roll the spine down beginning with top of head.
- » Reach bar away as spine elongates into extension.
- » Return by pulling abdominals in and curling spine back into flexion before stacking vertebra one on top of the other to return to the starting position. (Keep the hips pressed forward over the knees as much as possible.)



CIRCLE SAW, LEVEL 2

4 reps Springs: 2 short yellow springs from above on Push-through Bar

Focus

- » Breath – exhale stretch, inhale to circle out, exhale reach, inhale circle back
- » Spinal flexibility in rotation
- » Scapula stability/mobility
- » Abdominal hollowing and lift
- » Coordination of breath with full spinal mobility

Precautions

Some back injuries, shoulder injuries

Prerequisites

Mat – Saw

Starting Position

Sit on table facing Tower with feet against upright bars, right hand pushing up on the Push-through Bar, left hand reaching toward right foot.

Standard Exercise

Sweep left hand toward left foot and continue to circle arm out and around, allowing torso to lean back while maintaining abdominal lift and torso integrity until the left hand reaches over the right arm toward the right foot.

Reverse the circle

Do four repetitions using each arm, keep both sit bones anchored for pelvic stability (or release one slightly to increase stretch).



