Duet™
Roller Assembly System

PARTS LIST

» Duet headrest (1)
» Duet strap (1)
» Rubber feet (4)

(Foam rollers not included)
DUET™ ASSEMBLY

1. To install strap, lay the strap under the rollers with the metal loop pointing up between the rollers.

2. Next slide the long side of the strap through the metal loop.

3. Finish by tucking the short end of the strap under the long end, and attach the Velcro.

4. Then place the headrest as desired.

INSTALL RUBBER FEET ON HEADREST

(MUST BE COMPLETED BEFORE USE)
A cleaning wipe is included with your Duet. Use it to wipe clean each of the four recessed circles on the back side of the Duet headrest. Let dry completely. Apply one rubber foot to each recessed circle on the back of the headrest. Press and hold each rubber foot for 10 seconds. Wait 10 minutes before initial use.

NOTE: Headrest must be cleaned for the rubber feet to adhere properly. Use provided wipe or Balanced Body Clean®. Never use a cleaner containing alcohol, as it will damage the surface of the headrest.

QUESTIONS?

Call Balanced Body technical support at 1-800-745-2837 (US and Canada) or +1-916-388-2838 (all other countries).

Email: info@pilates.com.
I. Supine Series – Rollers Together, Headrest Flat

A. ABDOMINAL CURL WITH TWIST

Starting Position
Lay supine with your hips on the rollers and head on the headrest. Allow your torso to be equally weighted into both rollers. Place hands behind head with elbows wide and fingers lightly touching back of head.

Movement Sequence
Inhale: Lengthen both sides of body along rollers.

Exhale: Curl your chin towards your throat and slide your ribs towards your hips to lift upper body into abdominal curl. Pour weight into your hips as your head lifts higher, keeping them equally weighted.

Inhale: Elongate the shape of your curl.

Exhale: Twist your spine to the right, pouring the weight of your torso into the right roller. Keep hips equally weighted.

Inhale: Return spine to center.

Exhale: Articulate through the sides of your ribs as you lower back to the starting position.

Repeat with rotation to the left.

Imagery
Allow the rollers to nestle into the space between your spine and shoulder blades. Imagine your spine dropping into the space between the rollers.
B. SINGLE ROLLER ROLLBACK

Starting Position
Sit at edge of roller, with sit bones equally weighted (one on each roller), spine vertical, and arms parallel to each other in a forward reach.

Movement Sequence
Inhale: Create length through your spine.
Exhale: Tilt your pelvis posteriorly and roll back towards your waistline.
Inhale: Rotate your spine to the right and reach back with your right hand.
Exhale: Roll Back along the right side of your body.
Inhale: Sweep your hand back to its starting position and rotate spine to center.
Exhale: Roll up to starting position.

Imagery
Roll back along one roller.
Press your body into the roller to connect before you lift off.
C. UNILATERAL BRIDGE

Starting Position
Lay supine with your hips on the rollers and head placed on the headrest. Allow your torso to be equally weighted into both rollers. Place hands behind head with elbows wide and fingers lightly touching back of head.

Movement Sequence
Inhale: Create length through your spine.

Exhale: Tilt your pelvis posteriorly and roll back towards your waistline.

Inhale/Exhale: Continue to roll up. Support spine between shoulders and feet.

Inhale: Tilt your hips to the right.

Exhale: Roll down along the right side of your body.

Inhale: Tilt pelvis posteriorly.

Exhale: Roll up along the right side of your body and center your hips.

Repeat other side.

Imagery
Roll back down along one roller only.
Find a connection to the roller with your waistline.
II. Prone Series – Rollers Together, Headrest Flat

A. SWIMMING

Starting Position
Lie prone with chest, hips and thighs on rollers. Knees are off the edge of rollers, feet are plantar-flexed. Arms in wide, overhead "V." Use headrest to support the forehead in neutral spine. Keep rollers equally weighted.

Movement Sequence
Inhale: Create length through your spine.

Exhale: Extend your right hip to lift your leg up and off its roller.

Inhale: Lengthen the lifted leg.

Exhale: Lower the leg back to the roller.

Repeat other side.

Inhale: Create length through your spine.

Exhale: Extend your right shoulder to lift your arm off the floor in a high "V."

Inhale: Lengthen your arm.

Exhale: Lower.

Repeat other side.

Repeat combining the above (lifting right leg and left arm simultaneously, then left leg and right arm at the same time).

Repeat at a quicker pace.
B. SWAN

Starting Position
Lie prone with chest, hips and thighs on rollers. Knees are off the edge of rollers, feet are dorsi-flexed. Elbows bent, hands placed beneath shoulders. Use headrest to support the forehead in neutral position.

Movement Sequence
Inhale: Create length through your spine.

Exhale: Extend your spine to lift your chest off the rollers.

Inhale: Lift spine higher into extension.

Exhale: Lower to starting position placing both halves of the body equally on both rollers.

Imagery
Allow rollers to nestle into hip flexors.
Keep your belly from dropping between the rollers.
III. Seated Series – Rollers Apart, Headrest Separating

A. SPINE STRETCH

Starting Position
Seated on top of the rollers with legs apart in a “V,” pressing into rollers and arms in a parallel forward position. Use headrest as a wedge to keep the two rollers separated.

Movement Sequence
Inhale: Create length through your spine.
Exhale: Articulate your spine forward as if you were rolling away from a wall and up and over a ball.
Inhale & Exhale: Press thighs against rollers and articulate your spine back up to the starting position.

Imagery
Connect your hamstrings and calves against the rollers.
Keep rollers still.
B. SAW

Starting Position
Seated on top of the rollers with legs apart in a “V,” pressing into rollers and arms in a “T” position.

Movement Sequence
Inhale: Create length through your spine.

Exhale: Rotate your spine to the right, keeping your hips equally weighted.

Inhale: Lengthen spine.

Exhale: Flex your spine forward and reach your forward hand to the leg you are rotated toward.

Inhale: Press thighs against rollers and articulate your spine back up to vertical.

Exhale: Rotate your spine back to center.

Repeat other side.

Imagery
Keep sit bones equally weighted.
Press more into the leg you are rotating away from.
C. ROLLING LIKE A BALL

Starting Position
Seated with sacrum between rollers with legs bent into “rolling like a ball” position.

Movement Sequence
Inhale: Create space through your back body.

Exhale: Tilt pelvis posteriorly and roll back to the edge of your balance point.

Inhale: Breathe into your back.

Exhale: Engage your abdominals to bring you back to center.

Imagery
Allow your tailbone to drop into the space between the rollers.
"Massage" the connection of the glutes to the sacrum with the rollers.
Play with rocking balance, keeping a small and intense range of motion.
IV. Side Line Series – Rollers Together, Headrest Flat

A. SIDE KICKS ON TOP

Starting Position
Lie on left side with ribs, hips and thigh nestled between rollers. Left hand is behind head. Right arm can be on the floor for balance or behind head. Left leg is bent at 90 degrees for stability. Right leg is extended at hip height.

Movement Sequence
Inhale: Kick your right leg as far forward as you can without losing your balance.
Exhale: Extend your right leg as far back as you can without losing your balance.
Repeat.
Repeat other side.

Imagery
Nestle your body in between the rollers.
Use headrest on side of thigh or ribcage for extra cushioning.
B. SIDE MERMAID

Starting Position
Lie on left side with ribs, hips and thigh nestled between rollers. Left hand is extended out with palm flat on floor. Right arm is lengthened along right sideline. Left leg is bent at 90 degrees for stability. Right leg extends at hip height.

Movement Sequence
Inhale: Reach right hand towards right foot, and side bend to the right to lift off the rollers.

Exhale: Continue to lift higher.

Inhale: Reach right arm to ceiling without losing the “height” of the side bend.

Exhale: Articulate spine to lower down.

Repeat other side.

Imagery
Nestle your body in between the rollers.
Use headrest on side of thigh or ribcage for extra cushioning.