

The Contrology® Spine Corrector User Guide.



Congratulations on your purchase of the Contrology Spine Corrector. The spine corrector is an essential piece of apparatus for every Pilates studio. It is used to perform exercises that help in lengthening and strengthening the torso, shoulders, back, and legs, while also correcting or restoring the spine's natural curvature through supported spinal extension. The Contrology Spine Corrector is based on an original barrel design and comes with the precise angles and padding for an authentic feel. Enjoy!

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, rinse it with clean water and dry it 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.

Contrology Spine Corrector Sample Exercises

THE ARM SERIES: ARM CIRCLES

SKILL LEVEL: INTERMEDIATE

Reps: 3 - 5

Additional Equipment Recommended: 1 - 2 Lb Weights

Precautions:

Back issues, neck extension issues, shoulder issues

Skills needed to perform the basic exercise:

Ability to do spinal extension

Starting Position (Figure A)

- » Sit on the barrel facing away from the arc.
- » Position the pelvis so that the base of the tailbone is on the edge of the spine corrector wedge.
- » Lengthen the legs, keeping them long and together.
- » Roll back into extension.
- » Arms are at shoulder height / reaching toward the ceiling.

Focus

- » Open the chest & front line of the body.
- » Strengthen the back extensors.
- » Work the shoulders and back.

Movement Sequence

- » Inhale slowly and bring your arms overhead, palms facing the ceiling.
- » Exhale, bring your arms down by the sides, palms facing forward until they reach the thigh.
- » Inhale and bring the arms over your head. Repeat.
- » After you've completed 3-5 repetitions, reverse the sequence.

Notes:

- » If there is too much neck extension, you can add one or two small pillows under the head for support.
- » Be careful not to lift the ribcage or flare the ribs, and the arms go overhead.

Variation:

- » Foot position - Arches on the footbar in parallel.
- » Foot position - Heels on the foot bar in parallel.

Safety Considerations (see Figure C)

- » Advanced position - students can sit on the ground with their tailbone against the arc.
- » If the student is strong enough, 1-2 pound weights may be added to this exercise.



Figure A



Figure B



Figure C



Figure D

THE SWIMMING
SKILL LEVEL: INTERMEDIATE / ADVANCED

Reps: 5 sets

Additional Equipment Recommended: None

Precautions:

- » Back issues, neck extension issues, shoulder issues, pregnancy, or any condition that restricts prone lying.
- » Skills needed to perform basic exercise:
- » Swimming on the mat.
- » Ability to do spinal extension.

Starting Position

- » Lie on top of the spine corrector facing away from the wedge.
- » Find your balance point on top of the arc; it will be roughly around your navel.
- » Bring the body into extension by lifting the chest and the legs. The thighs should not touch the barrel.
- » Bring the arms forward, palms facing the floor.

Focus

- » Open the chest & front line of the body.
- » Strengthen the back extensors.
- » Work the shoulders and back.
- » Balance and coordination.

Movement Sequence

- » Lift the left leg and right arm upward simultaneously.
- » Switch and lift the right leg and left arm upward.
- » Breathe naturally.
- » This sequence should be done without the student losing their balance on the top of the barrel.

Notes:

- » Body should be long and strong.
- » The focus of this exercise is to maintain balance while performing the swimming exercise.



Figure A



Figure B



Figure C



Figure D

THE LEG SERIES: BICYCLE
SKILL LEVEL: INTERMEDIATE / ADVANCED

Reps: 3 sets in each direction

Additional Equipment Recommended: None

Precautions:

Back issues, neck extension issues, shoulder issues, conditions that are contraindicated inversions.

- » Skills needed to perform basic exercise:
- » The leg springs bicycle on the Cadillac.
- » The ability to do spinal extension.
- » The ability to be in an inverted position.

Starting Position

- » Sit on top of the spine corrector arc facing the wedge.
- » Place one foot on the edge of the wedge and lengthen the other leg long.
- » Hold on to the handles and carefully lower yourself down to the mat using the curve of the barrel for support.
- » You should be balanced on the broadest part of the shoulders and the center of the head.
- » The back should conform to the curve of the barrel.
- » Hands are holding the handles, and the shoulders are drawn down and connected to the back.
- » Legs are reaching towards the ceiling.

Focus

- » Open the front line of the body and hip flexors.
- » Strengthen the low abdominals & back extensors.
- » Work the lower body.
- » Coordination and practice in supported inversions.

Movement Sequence

- » Keep the right leg reaching toward the ceiling while reaching the left leg out and down towards the floor.
- » Bend the left leg at the knee and try to brush the edge of the spine corrector or floor with the foot.
- » Bring the right knee into the chest as you reach the left leg out long.
- » The legs will bicycle in a continuous movement for 3 sets.
- » Reverse.

Notes:

- » Keep the knee in line with the hips.
- » Don't bring the top leg over the head.
- » Focus on the leg that is reaching out and down.

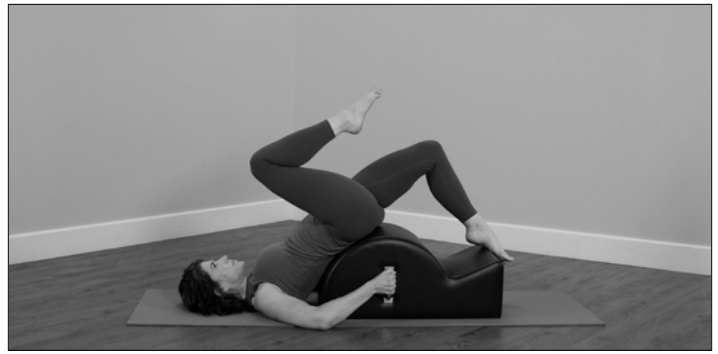


Figure A



Figure B



Figure C



Figure D

STRETCH WITH THE WEIGHTED BAR (BREATHING)

SKILL LEVEL: INTERMEDIATE

Reps: 3 - 5

Additional Equipment Recommended: Weighted Bar

Precautions:

Back issues, neck extension issues, shoulder issues

Skills needed to perform the basic exercise:

- » Ability to do spinal extension.
- » Ability to reach the arms overhead.

Starting Position

- » Sit on the barrel facing away from the arc.
- » Position the pelvis so that the base of the tailbone is on the edge of the spine corrector lip.
- » Lengthen the legs, keeping them long and together.
- » Roll back into extension.
- » Arms are long and at the thighs.
- » Hold the bar at shoulder width or just a bit wider.

Focus

- » Open the chest & front line of the body.
- » Strengthen the back extensors.
- » Work the shoulders and back.

Movement Sequence

- » Inhale and lift the bar to the ceiling.
- » Exhale and reach the bar overhead, make sure to keep the arms straight and stretch.
- » Inhale, pull the shoulders down and bring the bar to the ceiling.
- » Exhale and return to the first position.

Notes

- » Make sure the center is engaged during the entire exercise.
- » Stabilize the ribcage as the arms move overhead; don't "flare" the ribs.
- » If there is too much neck extension, you can add one or two small pillows under the head for support.

Variations

- » Advanced position - students can sit on the ground on the arc side with their tailbone against the spine corrector.
- » To add depth to the stretch, you can pulse the bar 3 times in the overhead position.



Figure A



Figure B

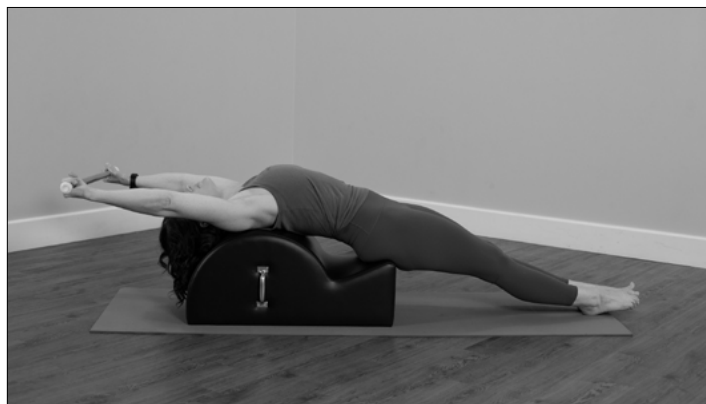


Figure C

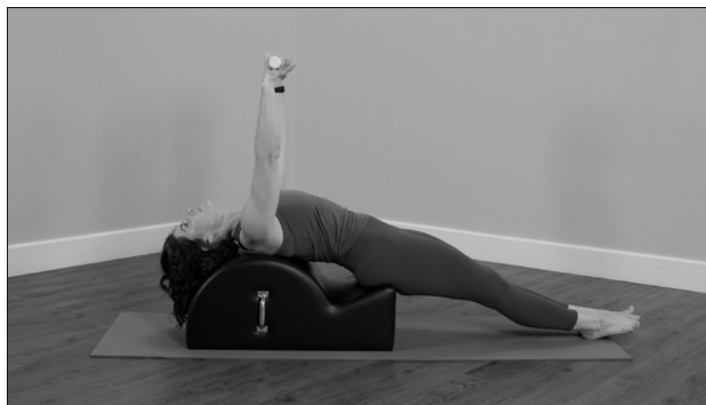


Figure D

TEASER FACING IN

SKILL LEVEL: INTERMEDIATE

Reps: 3 sets

Additional Equipment Recommended: None

Precautions:

Back issues, balance issues

Skills needed to perform the basic exercise:

- » The teaser on the mat

Starting Position

- » Starting Position.
- » Sit in the wedge facing the arc.
- » The pelvis should conform to the wedge with the sit bones facing the base of the arc.
- » The legs are extended long and lifted into the top of the teaser position.
- » The arms are long, reaching towards the toes.
- » The torso is both lifted and long.

Focus

- » To develop a strong center.
- » Strengthen the teaser position.
- » To offer backline support in the teaser position.
- » To strengthen the seat

Movement Sequence

- » Keeping the legs up, Roll back over the wedge only as far as you can control the movement.
- » Round through the center and return to the first position.
- » Breathe naturally

Variations

- » Raise the arms overhead as you roll down and bring them back to shoulder height as you roll up.
- » Keep the upper body lifted and lower and lift the legs.
- » Bring the torso down with the arms overhead and lower the legs at the same time. Then, bring everything back together



Figure A



Figure B



Figure C