
balanced body®


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Welcome

"The biggest communication problem is we do not listen to understand. We listen to reply." -Steven R. Covey

Do you know it was only 13 years ago that Mark Zuckerberg introduced Facebook? And only 10 years ago that Apple unveiled its first iPhone? Our methods of communication have changed exponentially in just a short bit of time and show no signs of slowing down. But, as Mr. Covey states, if you are not listening with understanding you aren't really communicating.

That's what we love about our community of movement professionals. We do listen to understand – to what our clients are saying, to what their bodies are saying and to what our fellow colleagues are saying. It is maybe the most important aspect of our jobs and how we can all affect positive change in a person's life.

This catalog is living proof of the importance of listening. So many of these products, programs and stories came to life because of conversations with you: our customers and our inspiration. We hope you enjoy it. Remember that we print just one catalog each year. Please keep it as a resource, pass it on to a friend, or recycle it when no longer needed.

What's new at Balanced Body®?

No resting on our laurels here! Check out what we've been working on this year.

Precision Rotator Discs | page 79



Our new, durable Precision Rotator Discs are great for improving balance, alignment, core strength, joint stability and more. Now you can also add spring resistance! You will also see versions to use on Reformer jumpboards, and others built specifically for CoreAlign®.

Sitting Box Lite | page 70



Similar to the very popular Pilates Arc™, Arc Lite™ and Moon Box Lite, the Sitting Box Lite is a cost-effective way to add the functional versatility of a Sitting Box to your Reformer. And it weighs just 4.5 lbs. (2kg) so it is easier than ever to stack and store.

Balanced Body® Education | page 4

Our 2018 calendar continues our commitment to developing outstanding instructor training and continuing education, including Pilates, CoreAlign®, Balanced Body Barre®, Bodhi Suspension System®, MOTR®, and Anatomy in Three Dimensions™. See the full schedule online at pilates.com/education-finder.

Original Allegro® Stretch Reformer Redux | page 21

Our Allegro Stretch Reformer now features TwistLock™ shoulder rests that you can quickly adjust or remove, as well as the SoftTouch® rope system which is quiet and easy to adjust, with no metal clips. See what else is new!



Streaming Videos and DVDs | page 91

More great new titles have been added for you in both streaming video and DVD format. Look for the new symbols that identify the format available: DVD (●) or streaming (▶). Check online for updates all year long.

Apparel | page 118

New shirts, socks, soles and shades (colors, not sunglasses)! If you're going to work out, why not look great doing it?

Why Balanced Body®?

The human touch in a digital world.

Sometimes in the tidal wave of technology, the human touch gets lost. Don't get us wrong. We love technology. In fact we are currently in the midst of bringing lots of new systems online at Balanced Body this year!

But we feel we are doing it for all the right reasons: to make sure we communicate with you the way you want us to, and when you want us to. Some prefer social media, some prefer emails, and others want a good old-fashioned talk with someone. We're happy to do all of this, because different humans need different things, and above all else we are in the human being business.

So while embracing technology, we constantly strive for the human touch.

WITH OUR CLIENTS

Pilates for the people, right? That means EVERYONE. It doesn't matter who you are or what your fitness background is. We truly believe all that matters is that Pilates and mindful movement have given you a better way to move though everyday life. It's that simple.

IN OUR EQUIPMENT

Over forty years of US-based manufacturing makes a difference. We put a lot of thought and hard work into making Balanced Body Pilates and Balanced Body Fit equipment the safest, most beautiful and most inclusive you can own. And almost all of it is designed and built by our engineering and production teams in our Sacramento, California, headquarters.

Another neat thing? Many of our innovations came from conversations and collaborations with you – our professional community.

IN OUR RESOURCES

Are you interested in helping more people discover the life-changing services you offer? Talk to us. If you succeed, we succeed, and vice-versa. Our goal is to help you develop a vibrant and flourishing program. We offer:

» Business and return-on-investment planning

» Training for instructors at any level

» Expert technical assistance

» Streaming videos with new and innovative programming

» Marketing assistance

FOR A BETTER FUTURE

Teaching is a personally rewarding and inspirational vocation. And many have made it a profitable profession. What do the most successful teachers all have in common? They are constantly trying to improve.

Our flexible training modules are taught hands-on by the world's most respected educators, and our programs are designed to let you progress at your own speed – from a full comprehensive Pilates curriculum to Balanced Body Fit programs like MOTR®. And, all our programs are designed to meet your specific goals and budget.

In addition, Pilates on Tour® and other programs provide continuing education in classical and contemporary techniques from master teachers. These are unique opportunities to learn from the best! For more information on our education offerings see pages 4-5.

FOR A BETTER CALIFORNIA

Solar power? Check. Recycled shipping containers? Check. Our own internal company recycling team? Check. Our headquarters are in a state we truly love – California – and that inspires us to strive to do everything we can to leave this planet in better shape than we found it.



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Pilates.com has more for you!

» New products added all year long

» Streaming video channel – 24/7 access at video.pilates.com

» Education Finder® and Events – see where we'll be in 2018!

» Online Store specials at pilates.com/deals



Balanced Body® Education™

Make Your Passion Your Career

Balanced Body believes movement changes people's lives. For anyone passionate about the art and science of movement, we provide workshops, instructor training and continuing education to begin or expand your fitness career.

Our courses are organized around the Balanced Body Movement Principles and our unique track system, allowing instructors to understand how the body works and how to make it work better. The Balanced Body track system creates dynamic, balanced programming with ease. Join the world's largest network of extraordinary movement teachers.

Take a course with Balanced Body today, at one of almost 250 authorized training centers around the world.

Pilates Instructor Training

Balanced Body offers outstanding Pilates instructor training. Choose from Mat, Reformer or full comprehensive training with detailed manuals, video support and the Balanced Body Movement Principles to make you a better teacher, faster.

Our highly-regarded Pilates instructor training program delivers education to fit your goals, your budget and your schedule. Your future as a Pilates professional may be just around the corner.

Anatomy in Three Dimensions™

This is the best way to understand the musculoskeletal system and integrate anatomical knowledge into your teaching. In these courses you build the muscles out of clay on a specially designed skeleton helping you imprint the body's design deeply into your mind and body. Understanding how the body works provides an invaluable foundation for any fitness professional.

Balanced Body Barre®

Barre is a fast growing, music-driven format designed to create strength, flexibility and a strong, beautiful body. Balanced Body Barre provides a fantastic introduction to teaching a Barre class appropriate for clients of any shape, size or fitness level. It uses the Balanced Body Track system to help you teach a variety of classes that will keep your clients coming back for more.

Bodhi Suspension System®

The Bodhi Suspension System brings mindful movement principles to suspension training, creating an innovative and inspiring workout experience. Bodhi features two dynamic ropes and four possible suspension points providing an environment to challenge clients at any level. Bodhi instructor training includes the Balanced Body Movement Principles to help you become an amazing, inspirational instructor.

CoreAlign®

CoreAlign is a revolutionary fitness method combining integrated, full-body exercises and a mind-body approach—a unique way to experience fitness, function and fun. The CoreAlign method is the perfect complement to a Pilates, personal training or rehabilitation practice providing balance, gait, core, posture and strength training. Courses are offered for both fitness and rehabilitation professionals.

MOTR®

MOTR combines the balance and release exercises of a foam roller, a variable resistance pulley system and a challenging cardio platform for the ultimate portable workout program. The course will teach you key positions and exercises as well as sequences and programming for one-on-one, small group and group exercise classes.

Continuing Education

Pilates Bridge Program

Already a trained Pilates professional? With our Bridge Program you can earn a Balanced Body certificate built on your past experience.

Whether you are starting your teaching journey or looking for inspiration along the path, Balanced Body's goal is to help you become a confident, creative and inspiring teacher.

See all our education listings in the US and around the world, on our Education Finder® at pilates.com/education-finder.

Pilates on Tour® Conferences in 2018

Discover what thousands of your peers already have. Pilates on Tour is the premier continuing education learning experience featuring the industry's top presenters, tons of equipment, and cool, intimate settings.

Istanbul, TK	March 9-11, 2018
Phoenix, AZ	April 6-8, 2018
London, UK	April 27-29, 2018
Seoul, SK	June 1-3, 2018
New Orleans, LA	July 20-22, 2018
Chicago, IL	October 12-14, 2018
Italy TBD	December 7-9 2018

Pilates on Tour events also feature pre-conference workshops.

Studio Tours for 2018

Like Pilates on Tour®, our Studio Tours feature a weekend of great instructors, lots of equipment and a variety of classes. The Studio Tours are smaller events held at Pilates studios.

Boston, MA	Boston Body	September 29-30, 2018

Details and updates on all events: pilates.com/PilatesOnTour



Balanced Body® & Studio Professionals

Come from a contemporary Pilates background? Fantastic! Classical background? That's great! Somewhere in between? Very cool.

No matter what your Pilates background, we all share the goal of creating positive change in the lives of our clients. And so Balanced Body has spent the better part of five decades building equipment and programs that are designed to give you and your clients the best possible experience.

Education

Our flexible, modular program allows you to begin teaching quickly, then proceed with continuing your education at your own pace. Learn more about Balanced Body educational programs at pilates.com/education.

Online Tools

Check out pilates.com, where you will find great online tools to help you make the best choice for your business, including a Space Planner and an ROI Calculator.

Equipment Suggestions

We encourage you to look through the entire catalog. It's packed with all kinds of great Pilates and mind-body equipment, big and small, that would make an excellent addition to any Pilates studio. Here are a few suggestions you might find interesting.

Balanced Body Pilates

Studio Reformer®
There's nothing like the original, standard-setting Balanced Body Reformer. Effective, beautiful and built of solid Rock Maple, our Studio Reformer is the most smooth, quiet and durable machine on the market. Reformers we built more than 20 years ago are still hard at work today. Learn more about the Studio Reformer, p. 24, or the Clinical Reformer® on p. 30.

Allegro® 2 Reformer
The Allegro 2 takes ease of use to a whole new level. Its footbar adjusts easily and moves to many new positions along the full length of the frame. Its rope system adjusts even while lying on the carriage. All of this, and much more, adds up to a fluidity that maximizes every exercise session. Learn more about the Allegro 2 Reformer on p. 16.

Balanced Body Fit

MOTR®
MOTR combines the balance and release work of a foam roller with the strength challenges of a variable resistance pulley system, all in a 43" long cylinder that takes up minimal space. It provides a challenging and incredible diverse workout tool to focus on core, balance, cardio and strength. Learn more about MOTR on p. 62.

Bodhi Suspension System®
The Bodhi Suspension System has two independent ropes and four suspension points. No other single suspension system offers this. Each point adds fun and unique physical challenges. Exercise options include strength, stability, balance, proprioception, and flexibility. Learn more about Bodhi on p. 64.

CoreAlign®
CoreAlign combines cardiovascular work with strength training and mind-body exercise. Studio owners find integrating the CoreAlign into Pilates studio sessions helps apply the Pilates principles to standing and gait. Learn more about the CoreAlign on p. 58.

Other Equipment
EXO® Chair, p. 40.

Orbit™, p. 61.

Trapeze Table, p. 46.

Ladder Barrel, p. 43.

Allegro® Reformer, p. 20.

Reformer with Tower, p. 34.

Konnector®, p. 29.

Precision Rotator Discs, p. 85.

Accessories, beginning p. 67.

Portable Barre, p. 78.

DVDs, Books and Manuals, beginning p. 91.

Shanghai Pilates

Body Concept - Shanghai, China

Pilates in China has come a long way in a short time. CK Chen knows that first-hand. He began his career as a fitness trainer in 2001 when Pilates was pretty scarce. Group classes were rarely found in the gyms, and there were basically no professional Pilates studios.



CK Chen, owner Body Concept Studios.

But CK fell in love with the exercise, took many Pilates certification courses, including the PMA certification, and started teaching group classes in 2003. As in the US and Europe, the benefits of Pilates started to catch on with the public and the industry began to grow organically. "In 2005, my clients began asking for private sessions. I think I am one of the first Pilates instructors to start teaching private sessions in China," says CK.

Growth starts slowly

The number of instructors began to grow in the years that followed, and instructor education courses started appearing in the area. This was an important shift in the industry; previously, teachers had to travel out of the country for training. Pilates studios began to dot the horizon.

"In 2011, Pilates teacher training courses in China really started to boom. You could find many workshops, and also training courses at fitness conferences," says CK. "Once everyone truly understood what Pilates could do, more people asked for classes and more fitness instructors asked for Pilates education."

That same year CK opened his first studio, Body Concept, in Shanghai. It was great timing. Both the public and the media's cry for a higher quality of life directly led to an increase in fitness and rehabilitation classes. And Pilates fit the bill perfectly.

The studio flourished and CK opened his second studio in 2013. Then two more in 2016 and 2017. He plans to open a fifth Body Concept studio sometime in 2018. He now services over 500 clients each week and gets, on average, 10 new clients a week.

The surge begins

And he's not alone. "There has been a massive upsurge of Pilates studios in the last year. They are now found everywhere in the first to third-tier cities in China," says CK. "I believe it will continue to grow and maybe in the next couple of years it could be very similar to the amount of studios in most of the cities in the States."

CK believes the success of his studios is based on learning from great teachers in order to provide his clients with an incredible experience. In turn, he uses Body Concept as a bridge between China and the international Pilates communities: "We will continue to introduce great movement masters from all over the world to China, so that they can share their most updated research and teaching methods with us."

CK's big dream is to establish a Body Concept teacher training system and studios not only in China, but also in other parts of the world. One thing is for sure: he's excited to get everyone on the Pilates bandwagon:

"I don't know if I chose Pilates or vice versa. Looking back at my Pilates journey over the years I can say that I don't regret for a moment any step I have taken. I am proud of what I am doing. I hope that our students will eventually share the same feeling I have now."

Learn more about Body Concept at www.bodyconceptpilates.com.



Body Concept Studio in Shanghai, China.

Balanced Body® and Physical Therapy

Optimize biomechanics and function. Effectively assess and isolate the source of an injury. Give patients a new way to learn or re-learn movement in a safe, pain-free way.

It is truly astonishing to see how Balanced Body Pilates and Balanced Body Fit have grown in the field of physical therapy and rehabilitation. In the last five or six years we've seen them used to treat those with cancer, spinal cord injuries, neuromuscular disorders and more. And treat them effectively. Exercises like Pilates and CoreAlign® can also be profitable post-rehab programs for your practice. So, how does a safe, effective and profitable practice sound? We thought so. Need help getting started or expanding your practice? We can do that—we've been working with rehabilitation professionals for 40 years.

Education

Balanced Body's flexible education modules allow clinicians to add Pilates and other mind-body programs to your practice quickly and easily. See more about our education at pilates.com/education.

Online Tools

Great online tools at pilates.com help you make the best choices for your business, including a Space Planner and ROI Calculator.

Equipment Suggestions

We have lots of equipment – big and small – that would make an excellent addition to your clinic. We break out a few suggestions here that have a proven track record of success.

Balanced Body Pilates

Reformer

» Assist/resist movements. Patients can accomplish movement they are unable to do on their own.

» Great for working with older adults. Is low impact and easy on the joints.

» Effective diagnostic tool. Watch clients put spinal movements together in flexion, extension, rotation and lateral flexion, in combination with upper/lower body movements.

Check out: Clinical Reformer®, p. 30; Studio Reformer®, p. 24; and Allegro® 2 Reformer, p. 16.

Trapeze Table (Cadillac)

» Provides a wide array of exercise options, from gentle, spring-assisted sit-ups to advanced acrobatics on the upper bars.

» Great for initial patient evaluations and teaching patients how to attain neutral spine.

» Very good for working with older adults – easy on/off.

See the Cadillac on p. 46.

Chair

» Provides a challenging strength workout within a small footprint.

» Activates the core muscles in a variety of functional positions.

» Great value-add service for post-rehab patients.

See the Combo Chair, p. 39, and EXO® Chair, p. 40.

Balanced Body Fit

CoreAlign®

» Combines mind-body exercise with cardiovascular work and strength training.

» Powerful tool for gait therapy, balance and neuromuscular retraining.

» Exercises are easy for patients to learn and understand.

See the CoreAlign on p. 58.

Bodhi Suspension System®

» Four-point system can suspend the entire body.

» Effective for all populations.

» Developed by the inventor for her own rehabilitation from a brain trauma injury.

See the Bodhi Suspension System, p. 64.

Other Equipment

MOTR®, p. 62.
Ladder Barrel, p. 43.
Reformer with Tower, p. 34.
Begin Chair®, p. 115.
Accessories begin on p. 67.
Physical therapy DVDs, Books and Manuals begin on p. 91.

Fighting Scoliosis with Pilates

Dayton Children's Hospital - Dayton, Ohio





Therapists at Dayton Children's Hospital work with their young scoliosis patients

If you look at someone's back, you'll see that the spine runs straight down the middle. Scoliosis is an abnormal curvature in the spine, often in the shape of a "C" or "S." Signs of scoliosis usually appear between the ages of 10 and 14, just before the onset of puberty, but can also occur later in life. Someone with too much spinal curvature will usually have uneven hips or shoulders (one side is higher than the other) or one shoulder blade that sticks out farther than the other. And that is where Pilates exercises come in.

Typically pediatric scoliosis is managed through observation, bracing and surgery, but Dayton Children's Hospital in Dayton, Ohio, is changing that. This fall they launched their inaugural Scolio-Pilates® Center, becoming the first pediatric hospital to expand and integrate a pro-active three-dimensional exercise program for their young scoliosis patients.

Scolio-Pilates

The founder of Scolio-Pilates is Karena Thek, owner of Pilates Teck, and a Pilates instructor, author and international teacher. "Scolio-Pilates came out of a desire to help specific clients with scoliosis as well as trying to heal the pain from my own scoliosis," says Karena. "I initially created it as an accessible exercise program for managing scoliosis at home or with an instructor."

Karena was approached by Dayton Children's to help with their pediatric scoliosis patients. She teamed up with Ann Smith DPT, MS, PCS, OSC manager of the orthopaedics physical therapy department who thought Karena's progressive approach meshed well with the hospital's philosophy.

"Traditionally in the United States, young patients diagnosed with idiopathic scoliosis are treated with a "wait and see" approach," says Ann. "Our goal is to provide our patients with a dynamic approach to include education, postural and strengthening exercises targeted specifically to their skeletal curve, and close monitoring by our orthopedic surgeons to ensure they receive the very best in care."

Making it kid friendly

Karena worked hard to make the modifications to Pilates exercises both scoliosis user-friendly and kid friendly, which fit with Dayton Children's integrated team model of making their children comfortable and excited to be in the clinic. For instance, one technique for breathing is called "Pirate Pilates." And several key Scolio-Pilates exercises are named Curious Turtle, Swinging Monkey Tail, Starfish and Scolio-Puppy. "While the names are fun and light-hearted, their intention is serious and highly effective," says Ann.

Karena is also training the 14 physical therapists at Dayton Children's so that they can carry on the program, which will be led by Ann. Last year Dayton Children's had 1200 encounters with scoliosis listed as the primary diagnosis. Not all are candidates for the program, but many will be referred by the orthopedic surgeons on staff. Ideal candidates are:

- Children with curves less than 50 degrees
- Children who are ineligible for surgery
- Children who are preparing for surgery
- Children who are post-op and cleared for exercise.

Based on Dayton Childen's current patient load, the team anticipates they will have 200-300 patients referred the first year for this new program. This will include not only local patients, but patients traveling from outside the area to receive the well-rounded, integrated team approach to scoliosis care that currently they can only find at Dayton Children's.

"We are looking forward to continuing to build this program to accommodate the growing demand from our patients and their parents," says Ann.

Learn more about the Dayton Children's Hospital at www.childrensdayton.org.

Learn more Karena's programs for Scolio-Pilates, Osteo-Pilates and Neuro-Pilates at osteopilates.com.

Balanced Body® and Fitness Facilities

Members are the lifeblood of your business. Your ultimate goal is to retain members through healthy exercise and attract new ones with unique value-added services. Balanced Body's goal is to help you do just that.

Balanced Body Fit and Balanced Body Pilates programs are proven revenue streams for fitness facilities all over the world. Correct implementation is key. That's where we come in. Balanced Body has the equipment, training and know-how to get your program off the ground and flourishing.

Instructor Training

Balanced Body's flexible, modular program allows instructors to begin teaching quickly, then proceed with additional training at their own speed. And we help keep them at the top of their game with world-renowned continuing education opportunities.

Learn more about our education programs at pilates.com/education.

Online Tools

Check out pilates.com! We have great online tools to help club managers and instructors make the best choices for your facility, including a Space Planner and ROI Calculator.

Equipment Suggestions

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MOTR®
Combines the balance and release work of a foam roller with the strength challenges of a variable resistance pulley system. MOTR provides a challenging and incredible diverse workout tool for group ex/personal training, with an endless array of programming options that mix and match. All in a 43" long cylinder that takes up minimal space.

Learn more about MOTR, p. 62.

Bodhi Suspension System®
No other suspension system has two independent ropes and four suspension points. Each point adds fun and unique physical challenges. Exercise options include strength, stability, balance, proprioception, and flexibility. Perfect for group ex/personal training. Options include attachment anchors for a wall, ceiling or door.

Learn more about Bodhi Suspension System, p. 64.

CoreAlign®
Get in on the ground floor with a powerful differentiator for your facility. CoreAlign combines cardiovascular work with strength training and mind-body exercise. The exercises, though challenging, are easy for members to learn and understand. And they will feel a difference after one session!

Learn more about CoreAlign, p. 58.

Balanced Body Barre®
Barre is a fast growing, music-driven format designed to create strength, flexibility and a strong, beautiful body. Balanced Body Barre provides a fantastic introduction to teaching a Barre class appropriate for clients of any shape, size or fitness level. It uses the Balanced Body Track system to help you teach a variety of classes that will keep your clients coming back for more.

Learn more about Balanced Body Barre at pilates.com/education, and see our portable barres on p. 90.

Balanced Body Pilates

Reformer
The most popular and versatile piece of Pilates equipment. Private and group Reformer sessions are a major revenue stream for clubs and fitness centers. Our Allegro® and Allegro® 2 Reformers are engineered specifically for commercial fitness and designed to create a fluid, enhanced Pilates experience that will keep your members coming back for more.

Our updated Allegro Stretch Reformer is perfect for members 6'4" and over.

Learn more about the Allegro and Allegro 2 Reformers beginning on p. 16.

Other Products
Orbit™, p. 61.
EXO® Chair, p. 40.
Pilates Arc™, p. 45.
Accessories & Props begin on p. 67.
DVDs, Books and Manuals begin on p. 91.

Catching the CoreAlign® Wave

How two facilities are using CoreAlign successfully... and profitably.

Developed by a physical therapist, CoreAlign (see p. 58 for equipment details) is an amazing machine for gait, balance, and functional training. It's also fun. Now it's spreading into the fitness world as a wonderful personal training and group exercise tool.

Multnomah Athletic Club, Portland, Oregon

The Multnomah Athletic Club has been offering cutting edge programming to its members since it opened 126 years ago in 1891. One of their biggest draws is their Pilates studio.

Sandy McQueen is the Senior Pilates Instructor at the MAC, and alongside the more standard Pilates equipment the club purchased two CoreAlign units, which they discovered at the Pilates Method Alliance Conference and now use for personal training sessions and duets.

"When we first got the machines we thought it would be a valuable teaching tool for our wide variety of members: from younger to older athletes, post-rehab and weekend warriors. I loved the fact that so many of the exercises are done upright, challenging how we function in our daily activities," says Sandy.

Since CoreAlign is a relatively new entity in commercial fitness facilities, Sandy and the other teachers knew they had to market it to their current member base. At their yearly open house they invited members into the studio to experience the equipment. They also exposed their regular Pilates participants to it by creating a circuit training program (designed for skiers and snowboarders) that included intervals on CoreAlign, Reformer jumpboard, and Tower.

The exposure paid off, and CoreAlign has become very popular at the MAC. "The members love the variety of exercises, the balance/core challenges and discovering their imbalances, all



of which helps them improve everyday posture and alignment, and also improve performance in their chosen sport.." The MAC now has over two dozen CoreAlign personal sessions or duets each week, sometimes mixing and matching with Reformer classes happening at the same time. "On days when people are absent from our group Reformer classes, the two remaining members often request to have their entire workout on CoreAlign," says Sandy.

It has also become a good source of non-dues revenue. Sandy points out that the circuit classes produce good revenue and also increase participation from members in several sports-specific classes they have created (for skiers, snowboards and runners).

Future plans call for the Conditioning and Circuit programs to be expanded , along with more sport-specific workshops.

The MAC has also brought on board a resident Physical Therapist, and hopes to interface with post- rehab member care.

...continued on page 66



The CoreAlign Program at Multnomah Athletic Club.



Nora's Corner

Movement Science Moves Forward

The science of fascia and the emerging concept of biotensegrity as it applies to human movement have been undergoing a revolution in the last several years. This summer I attended a "BioTensegrity Focused Dissection Seminar" at the University of Dundee in Scotland.

The seminar was led by John Sharkey, MSc, with lectures from Jaap Van der Waal, MD, PhD, Joanne Avison, Jean-Claude Guimberteau, MD, and Graham Scarr, C. Biol, FRSB, FLS, DO. The dissection was very interesting but the most valuable piece to me was the conversations that arose between the teachers, which was quite animated and occasionally confrontational. It was the experience of being in a group of remarkable people all working toward clarifying a complex concept through different lenses.

The concept of biotensegrity is a very interesting one with profound implications for us as movement educators. Biotensegrity looks at the mechanics of joints and other physical structures from a different point of view than classical biomechanics. The key concept behind biotensegrity is the idea of tensegrity, originally called tensional integrity, a type of architecture first articulated by Buckminster Fuller and illustrated by artist Kenneth Snelson.

A tensegrity structure consists of tension members (bands) and compression members (sticks). Taking this model into the human body, the compression members become bones that "float" in a continuous matrix of tension members represented by the myofascial system. This structure allows joints to maintain their integrity over a lifetime as the myofascial structure absorbs and transmits the forces through the body rather than the joints.

In my limited understanding of things, these models provide only the most abstract concepts for understanding how tensegrity works in biological systems. Translating these ideas into biotensegrity models of joint movement is the new frontier and several people are starting to put these pieces together.

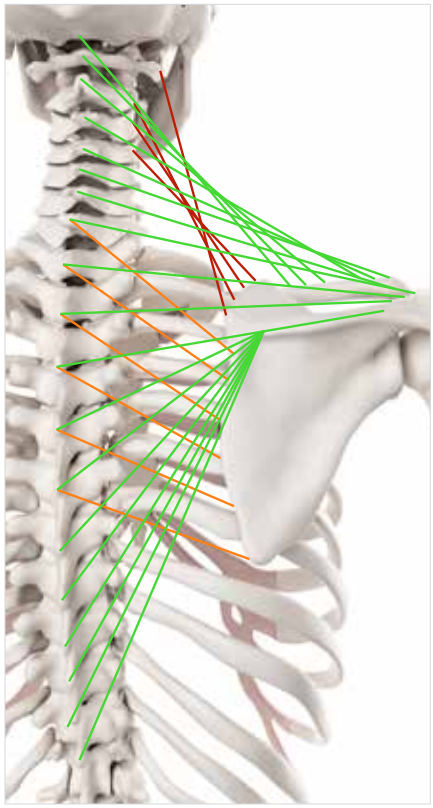
Artist and inventor Tom Flemons has developed several tensegrity models of the pelvis, legs and spine which can be found at **www.intensiondesigns.com**. He is currently working with scientists and researchers in robotics and prosthetics to put his insights into practical inventions.

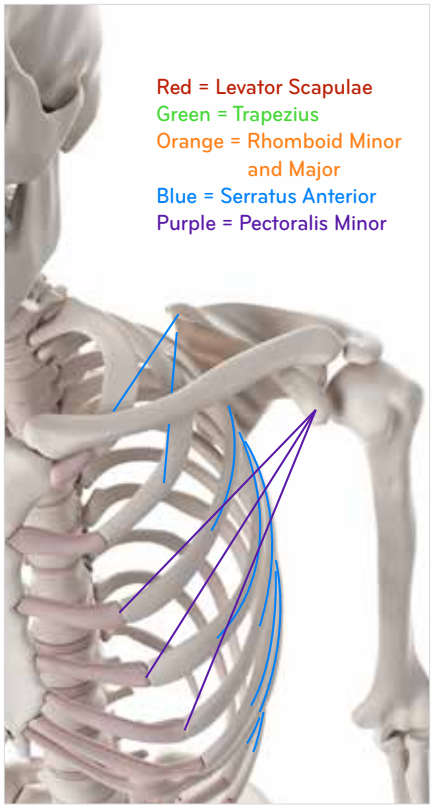
Osteopath Graham Scarr, DO has published several papers modeling the jaw and the elbow joint from a biotensegrity perspective. His work can be found at **www.tensegrityinbiology.co.uk**.

As the science of fascia develops, our understanding of biomechanics and the amazing interconnectedness of the human body reinforces and reflects our experience as Pilates teachers. Movement – any movement – is not an isolated event but reverberates to a greater or lesser extent throughout the body's structure. We are connected from the inside out and our work connects us to our clients from the outside in. It is very exciting to see science reflecting our experience as movement educators and I look forward to the future.

Nora St. John is Education Program Director for Balanced Body.

These illustrations are a possible model of the tensegrity structure supporting the scapulae. The scapula is the compression member and the muscles are the tension members allowing the scapula to float within the "tensional integrity" or tensegrity of the muscular support. This allows the scapula to transfer force from the arm through the scapula to the axial skeleton through the fluid and adaptable muscular structure.





Pilates Equipment



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"The details are not the details. They make the design."

—Charles Eames



What is a Reformer?

And what makes Balanced Body® Reformers different?

The most popular and versatile piece of Pilates equipment, the Reformer opens the door to hundreds of strengthening and stretching exercises. Add in variations on Joseph Pilates' original exercises, and the Reformer is limitless in its possibilities.

Mat vs. Reformer work

In mat work, your body provides both resistance and assistance for Pilates exercises, affected only by gravity and your body weight. Reformers extend the exercise options much further, offering both extra challenge and support along with resistance, to improve overall strength.

How does a Reformer work?

Springs attached to the Reformer carriage provide resistance or assistance as you push on the footbar or pull on the ropes.

How do Reformers differ?

All Reformers share a same basic functionality. Balanced Body makes several styles of Reformers to meet differing needs.

Balanced Body's classic wood Reformers are the recognized world standard for function, adjustability and beauty. While some prefer the easy storage capability of our portable Reformers, others need Reformers that adjust to a wide variety of body sizes, or can accommodate add-on towers for additional versatility.

See our Reformer Comparison Chart at pilates.com.

Footbar

Pushing off the footbar initiates spring resistance at the start of an exercise.



Buying Tip: The more vertical or horizontal adjustability your footbar has, the more accurately the Reformer adjusts to different body sizes and range of motion needs. Footbars that lock provide added safety and security, and offer additional exercise options.

Ropes and Risers (or Leather Straps and Casters)

Ropes connect the carriage to your hands or feet via pulleys at the head-end of the Reformer. Loops or handles attach the ropes to your hands or feet. Risers at the head-end of the Reformer change the angle of resistance and allow ropes to pass smoothly above the shoulder rests. Alternatively, more traditional Reformers use leather straps and casters.

Buying Tip: Look for a rope or strap system that allows quick, secure and easy adjustments between exercises.

Springbar

The springbar is built into the footbar end of the Reformer. Attaching or detaching springs to this bar changes how much resistance is created when you move the carriage.



Buying Tip: A springbar that adjust easily and effectively allows greater accommodation of a user's size, range of motion and ability.



Springs



Springs provide resistance for each exercise, and are color-coded to indicate resistance level. Safety is critical; always use high quality springs, and follow care and replacement guidelines.

Buying Tip: Choose springs that have been thoroughly tested for precision, consistency and durability. Nickel-plating prevents corrosion and extends spring durability.

Head and Shoulder Rests



The headrest supports head and cervical spine. Shoulder rests provide stability and comfort.

Buying Tip: For effective positioning and maximum comfort, head and shoulder rests should be adjustable and padded. It is also convenient if shoulder rests can be removed for some exercises.

Carriage



Lie, sit, kneel or stand on the carriage, and move it by pushing against the footbar or pulling the ropes.

Buying Tip: Your carriage should have commercial-grade padding and durable upholstery, and be sized to accommodate a wide range of clients. The ride should be quiet, smooth and comfortable.

Standing Platform



The standing platform is aptly named; you stand with one foot on the platform while the other moves the carriage.

Buying Tip: Bigger is better for standing platforms, and a large non-skid surface is an important safety feature.

Frame



The key to your Reformer's lifespan will be the strength and durability of the frame. The frame houses the other Reformer components; some frames are wood, others are metal.

Buying Tip: Wood or metal, choose frames of the highest quality and construction methods, the most durable materials, and with an appropriate height for your needs. Wood frames should be smooth and finished.

Sitting Box



Placed on the carriage, a Sitting Box increases the exercise options, including seated and prone positions, side stretching and more.

Buying Tip: Boxes should be extremely sturdy with durable upholstery and handles for easy lifting, or consider the lightweight Sitting Box Lite. Rounded edges make sitting boxes more comfortable.

Foot Plate



Also called a jumpboard, the foot plate is a padded, upright platform that attaches to the foot-end of a Reformer. You can do cardio exercises like running and jumping while lying on the carriage and pushing off the foot plate with your feet.

Buying Tip: Bigger is better. Foot plates should be padded and must install securely.

Allegro® 2 Reformer



The Allegro® 2 Reformer is all about creating the best Pilates experience. Smooth transitions and seamless flow. Easy adjustments and maximized comfort. The result is an enhanced, effective session for clients, club members, rehabilitation patients and for you, the Pilates professional.

How does the Allegro 2 do this? First, the EasySet™ Footbar and SoftTouch® rope system will change the way you teach Pilates. The new universe of exercise possibilities will inspire you, along with smooth-as-silk transitions even while lying on the carriage. Smaller delights await, too, like Spring Collars™ for a better grip, pop-out shoulder rests, and a seamless carriage and headrest for nothing-gets-caught comfort.

The Allegro 2 also grows with your Pilates program. Start beautifully basic, then add legs, a tower and accessories, all without requiring additional space. If space is limited, your Allegro 2 rolls, stacks and stores on end.

Quite simply, the Allegro 2 is the most intuitive, adjustable, easy-to-use Reformer on the market. Perfect for professional and home use. And did we mention it's incredibly beautiful?

EasySet™ Footbar

Fluid transitions, innovative exercise options.

» Adjust it vertically (3 positions plus down) by simply lifting the footbar and moving it to the next position.

» Slide it horizontally to 9 locking positions along the frame. You'll discover a world of effective, innovative exercises and therapeutic possibilities! Accommodates different body sizes, including children.

» Streamlined and fully-padded, this innovative footbar is a smooth and grippy surface for both hands and feet.

» Footbar locators on frame precisely indicate the horizontal position of the footbar (great for instructors).

SoftTouch® Rope System

Instant, accurate, no clips or cleats.

» Adjust ropes instantly even while lying on the carriage, with a simple-to-use lever tucked beneath the headrest. One pull releases ropes for adjustment, then locks them into place again when you release it. Revolutionary!

» Switch between loops and handles using our unique soft attachment loops. No metal components to create noise or impede flowing movement.

» No cleats or extra rope to manage, so rope adjustments do not interrupt the flow of your class or session.



Allegro 2 Reformer shown at right and next page with optional legs and wheels. **Specifications:** Height, 9" (22.5cm) or 15" (37.5cm) with legs; Length, 94" (238cm); width, 25.5" (65cm). Footbar width, 31" (79cm); Weight, 140 lbs (64kg) or 146 lbs (66kg) with legs.



Easy to use. Easier to teach. Easiest to love.

More to love

» Strikingly beautiful design, with the durability you expect from Balanced Body.

» Frame is powder-coated aluminum with maple accents.

» Choose standard/low height for easy stacking, or add legs for personal training and easy on-and-off.

» Integrated, seamless carriage and 3-position headrest – no seams or crevices where hair can catch. Maximum comfort with custom stability padding.

» Smooth, quiet ride provided by precision carriage system.

» Shoulder rests adjust to narrow or wide positions, or remove quickly for a larger flat carriage – helpful for many exercises.

» Ergonomic risers feel great for Pull-Ups, and remove easily to allow stacking your Allegro 2.

» Built-in, stratified maple standing platform, pre-configured to accept padded foot plate.

» Five Balanced Body Signature Springs™ (p. 69), with Spring Collars™ for comfortable spring changes: 3 red, 1 blue, 1 yellow.

» Free video workout and introduction to the Allegro 2.

» Choice of upholstery color; see p. 55. Stock: Storm.

» CE approved medical device (Class 1).

Take a video tour

See the Allegro 2 in action at pilates.com/allegro2.

Pricing

Allegro 2	12505	$2995 US
Allegro 2 with Legs	12499	$3290 US
Complete Allegro 2 System; Allegro 2 Reformer, Tower, Mat & Legs (see p. 18) – save $200	12501	$4710 US

10 Year Limited Warranty / 30-day money back guarantee.

Training & equipment packages

Reformer training and equipment packages are an economical and efficient way to launch a profitable Pilates program. For information, call 1-800-PILATES or email info@pilates.com.

More Allegro 2 accessories, options and upgrades on next pages.
Reformer videos, pp. 97-98.
Reformer instructor training manuals, p. 111.



Allegro® 2 Tower System



When you're ready, expand the Allegro® 2 system—no additional space needed.

Why add a tower?

» Gain 95% of the full Trapeze Table exercise repertoire, with no additional space required.

» Program mat workouts on either side of the Tower.

» Add integrated exercises using the Tower with the moving Reformer carriage.

» Remove Tower easily for storage if needed.

» Add a Tower to any Allegro 2 Reformer.

Your tower includes

» Complete stability and security.

» Three-sided push through bar is extra wide (2.5" wider than the original Allegro) to accommodate larger or less flexible clients. Safety strap and carabiner included.

» Maple roll-down bar.

» Easy mat conversion – just move carriage to the head-end and drop in the one-piece mat.

» Eight Balanced Body Signature Springs™ (p. 69): regular length (2 blue, 2 yellow) and long (2 purple, 2 yellow).

» 27 attachment points for springs, for maximum versatility.

» Simple, ingenious storage area for springs not in use. Keeps them quickly at hand yet out of the way.

» Pair of single, cotton SoftTouch® loops.

Pricing

Complete Allegro 2 System with Tower includes: Allegro 2 Reformer with legs, plus Tower and Mat Conversion. Purchase together and save $200, or buy components separately.

Complete Allegro 2 System	12501	$4710 US
Tower and Mat Conversion	12495	$1620 US
Tower only	11927	$1395 US
Mat Conversion only	12313	$225 US

Upholstery

Nine colors (Stock: Storm).	Included
Custom upholstery in 42 colors.	Add $85

Add a F.I.T. Kit® to your tower (shown next page)

Offer clients enhanced functional training with Balanced Body's Functional Integrated Trainer (F.I.T.), an economical upgrade.

» Adjust the angle of resistance for Tower exercises. Pulleys quickly adjust the full height of the Tower, allowing effective workouts that target specific movement patterns, such as a baseball pitch, or a golf or tennis swing.

» No other adjustable pulley allows you to work from both sides of the Tower, integrated with the carriage for a stabilization challenge, or on the floor for a stable surface. Increase your ability to train effective, functional movement patterns for all body positions, including standing.

F.I.T. Kit for Allegro 2 Tower	12616	$149 US

Tower shown next page includes optional F.I.T. Kit. **Specifications:** Tower height, 61" (155cm) from top of Reformer frame. Weight of tower with springs, 38.5 lbs (17.5kg). Weight of complete Allegro 2 system (Reformer and Tower), 184.5 lbs (84kg).



Allegro® 2 Reformer Accessories, Options & Upgrades

Accessories

Sitting Box
Extend your Reformer's versatility with abdominal exercises, side stretches and more, plus added comfort for seated exercises. Get a free padded foot strap when you purchase a sitting box with your Allegro 2. More sitting box options on p. 70. Stock: Storm.

12431S $225 US

Allegro 2 Foot Strap
Padded foot strap for use with sitting box. Adjustable to 3 lengths.

10519 $39 US

Allegro 2 Padded Foot Plate (Jumpboard)
For jumping, plyometrics and cardio exercises, as well as re-creating a bio-mechanically correct standing position while lying on the Reformer. More foot plate details on p. 73.

12415 $250 US

Leg and Post Kit
Raise your Allegro 2 to a personal training height of 15" (37.5cm). Kit includes legs plus posts for convenient loop storage on a higher Reformer. Elevates the frame an additional 6" (15cm) off floor.

10072 $295 US

Padded Footbar Cover,
Need extra cushioning? Our 1/4" (6mm) thick cover perfectly matches the Allegro 2 footbar. Self-adhesive foam core attaches securely. Textured cover ensures a confident grip. Clean with damp cloth.

12864 $35 US

Oversized Standing Platform
This useful Allegro 2 accessory replaces the existing standing platform and provides a 2.75" (7cm) wider surface for standing work - helpful for larger feet and for working in external rotation.
9" x 22" (22cm x 57cm)

12422 $109 US

Wheel Kit
Wheel kits add convenient portability if you often move your Reformers, and you also need them if you want to store your Reformers vertically. Kit includes a cotton twill undercarriage cover to attractively conceal mechanisms on the underside of the carriage. See wheels on p. 17.

Wheel Kit for Allegro 2 with no legs
12834 $45 US

Wheel Kit for Allegro 2 with legs
12835 $45 US

Options & upgrades

Upholstery
Nine colors (Stock: Storm) Included

Custom upholstery in 42 additional colors Add $85

Tower (see previous page)
Tower and Mat Conversion Add $1570

Tower only Add $1345

Reformer videos, pp. 97-98.

Allegro® Reformer



The Allegro® is the most widely used and recognized Reformer, with 43,000 in service around the world. And it keeps getting better.

SoftTouch® ropes and loops are standard, and you'll love the TwistLock™ shoulder rests and Tower features.

Choosing equipment to build or expand a Pilates program can be challenging. The Allegro helps you build your program at your speed. Start with the standard Allegro, then expand your programming by adding legs, a tower and accessories. And do it all without giving up additional space. No Reformer is more versatile–use it for profitable group exercise, personal training and rehabilitation sessions, or for workouts at home.

Fits all body shapes and sizes

» At 36" (91cm) wide, the securely-locking footbar is the widest on the market. Its 4 horizontal and 4 vertical positions accommodate users of all sizes and abilities.

» Our Allegro Stretch Reformer is perfect for large and tall users over 6'4" (195cm). The frame is 18" (46cm) longer than the standard Allegro - great for jumping! - and the carriage is 2" (5cm) wider and 6" (15cm) longer. An oversized standing platform is included, and additional footbar adjustments accommodate shorter users, too. Shown next page, top right.

Easy to use, move and store

» Fast to set up right out of the box – really! And at just 110 lbs., it's incredibly easy to move and store.

» Stacks or stores vertically, with or without legs.



You receive

» Your choice of standard/low height for easy stacking, or add legs to raise to 14" (36cm) high. Great for personal training and easy on and off.

» SoftTouch® ropes and loops have unique, soft attachment loops. No metal clips to create noise or impede flowing movement.

» Adjust or remove the shoulder rests quickly with the Twist-Lock system. Secure and quiet!

» Footbar lockout knobs allow easy horizontal adjustments.

» Built-in transport wheels make the Allegro easy to move.

» Smooth and quiet ride provided by precision carriage system. Maximum comfort with custom stability padding.

» Five Balanced Body Signature Springs (p. 69): 3 red, 1 blue, 1 yellow.

» Foot strap included if Sitting Box is purchased with Allegro.

» Free video workout and introduction to the Allegro.

» Choice of upholstery color; see p. 55. Stock: Black.

» CE approved medical device (Class 1).

Shown here in Greystone. Shown next page with optional legs and Sitting Box Lite. **Standard Allegro**: Height, 6.75" (17cm); Length, 93" (236cm); Carriage width, 22.5" (57cm); Footbar width, 36" (91cm); Weight, 110 lbs (48kg). **Stretch Allegro,** shown next page at top right: designed for users taller than 6'4" (195cm), with wider and longer carriage: Height, 6.75" (17cm); Length, 111" (282cm); Carriage width, 24.5" (62cm); Footbar width, 36" (91cm); Weight: 123 lbs (56kg).

Build your program at your own speed.

Pricing

Allegro, Standard	12315	$2395 US
Allegro, with Legs	12511	$2690 US
Allegro, Stretch	12302	$2895 US
Allegro, Stretch with Legs	12489	$3190 US
Complete Allegro System (Allegro, Tower, Legs & Mat - save $200)	12509	$4080 US

10 Year Limited Warranty / 30-day money back guarantee. If not 100% satisfied, return within 30 days for refund (excluding freight).

Ask about volume and quantity discounts.

Training & equipment packages

Launch a profitable Pilates program economically and efficiently with Allegro training and equipment packages. For information, contact us at 1-800-PILATES or info@pilates.com.

Take a video tour

See the Allegro in action at pilates.com/allegro.

Allegro accessories, options and upgrades, see pp. 22-23.
Reformer videos, pp. 97-98.
Reformer instructor training manuals, p. 111.





Allegro Tower of Power®

Expand when ready — add a Tower to any Allegro

» 95% of the full Trapeze Table functionality.

» Mat workouts on either side of the Tower, and Integrated Tower exercises with the Reformer's carriage.

» Convenient knobs allow easy lift-off removal of Tower if you want to stand your Allegro vertically for storage. (It no longer folds down onto the carriage.)

» Eight Balanced Body Signature Springs™ (p. 69): regular length (2 blue, 2 yellow) and long (2 purple, 2 yellow).

» Multiple resistance angles, with 22 spring attachment points on the Tower.

You receive

» The most stable and secure tower on the market, for the safest workouts.

» Three-sided push-through bar made of anodized aluminum. Adjusts quickly to three heights. Includes safety strap and carabiner.

» Easy mat conversions – just move carriage to the head of the frame, and drop in the one-piece mat.

» Free DVD workout and introduction to the Allegro.

» Custom stability padding. Choose upholstery color, p. 55. Stock: Black.

» CE approved medical device (Class 1).

Tower videos on p. 100.

Pricing

Complete Allegro Tower of Power package includes an Allegro Reformer with legs, plus Tower and drop-in Mat Conversion. Purchase together and save $200.
10 Year Limited Warranty

Complete Allegro with Tower of Power	12509	$4080 US
Tower & Mat Conversion	12507	$1590 US
Tower only	11929	$1395 US
Mat Conversion only	12304	$195 US

Add a F.I.T. Kit®



Get enhanced functional training with Balanced Body's Functional Integrated Trainer, an economical upgrade to your Allegro Tower.

» Adjust the angle of resistance for Tower exercises. Patented pulleys quickly adjust the full height of the Tower, for effective workouts that target specific movement patterns, such as a baseball pitch, or a golf or tennis swing.

» No other adjustable riser allows you to work from both sides of the Tower, integrated with the carriage for a stabilization challenge, or on the floor for a stable surface. Improve your ability to train effective, functional movement patterns for all body positions, including standing.

F.I.T. Kit for Allegro & Studio Towers	12615	$219 US

Shown here in Greystone. Tower height, 68" (173cm); Weight of tower with springs, 29.5 lbs (13.4 kg). Weight of complete Allegro Tower of Power (Reformer and Tower), 134 lbs (60.9 kg).

Accessories, Options & Upgrades for Allegro® Reformer

Accessories

Sitting Box



Increases Reformer versatility with more exercise options and provides a comfortable option for seated work. Foot strap included when sitting box is purchased with Allegro. See all our sitting boxes on p. 70.

Sitting Box for Allegro	12431	$225 US
Sitting Box Lite (see on p. 21)	15844	$149 US

Allegro Foot Strap

Allegro foot strap (not shown) 28.5" (72cm). Padded foot strap also available; see, p. 71.

Foot Strap for Allegro	10029	$16 US

Allegro Padded Foot Plate (Jumpboard)



The extra large Allegro Padded Foot Plate is a user-friendly way to add cardio and plyometric exercises to your workout, or to create a biomechanically accurate standing position while lying on the Reformer. 30"w x 23.5"l (76cm x 60cm).

Foot Plate*	12409	$195 US

*For Allegros purchased after June 21, 2007.
Older products, please call to purchase adapter kit.

Allegro 14" Retrofit Kit

Raise an Allegro or Stretch Allegro to personal traning height of 14" (36cm). Select kit based on your Reformer's serial number. Includes legs (and shoulder posts for earlier Allegros).

Allegro 14" Retrofit Kit, SN36396 and up	10074	$295 US
Allegro 14" Retrofit Kit, SN36395 and below	10070	$295 US

Oversized Standing Platform

This useful Allegro accessory replaces the existing standing platform and provides a 4" (10cm) wider surface for standing work. It is helpful for larger feet and for working in external rotation. 8.75" x 22.5" (23cm x 56cm) See top right on p. 21.

Oversized Standing Platform for Allegro*	12427	$179 US

*For Allegros SN 36396 and up.

Wall Security Strap



To secure Allegros to a wall vertically.

Wall Security Strap	10017	$15 US

Add-a-Platform™



Sit or stand at the head-end and use spring resistance to pull rather than push. Great for spinal mobilization or for standing adduction exercises, by pulling the carriage towards you. Select kit based on your Reformer's serial number. Stock: Black. Custom colors, see p. 55.

Add-a-Platform, SN36396 and up	12466	$145 US
Add-a-Platform, SN36395 and below	12462	$145 US

Options & upgrades

Upholstery

Nine colors (Stock: Black)	Included
Custom upholstery in 42 additional colors	Add $85
Standard foam padding (no additional cost)	Optional

Loops

Double cotton loops, SoftTouch	Included
Double padded loops, SoftTouch	Add $11

Tower

Tower and Mat Conversion	Add $1590
Tower only	Add $1395

Studio Reformer®



Pilates changes lives. As an instructor you are deservedly proud of that, and should be equally proud of the equipment you own. The Balanced Body Studio Reformer® is elegant and beautiful, handcrafted from Rock Maple, and a gorgeous workhorse, too. No other Reformer performs better or lasts longer. Adjustable, comfortable, so natural it feels like an extension of your body.

See how a Balanced Body Reformer is made at **pilates.com/handmade.**

Create a beautiful space with a Balanced Body Reformer built like fine furniture. Surfaces are hand-sculpted and smooth, with sleek, clean lines—appealing to the eye and inviting to the touch. Coordinate custom upholstery colors with your studio furnishings for a perfect fit.

Comfortable, customizable & ergonomic

» Enjoy the quietest, safest, longest carriage ride in the industry.

» Work in comfort with a frame height that's best for you.

» Choose a footbar/springbar system to match how you teach.

» Adapt quickly to accommodate users of any size or ability.

BONUS

Included at no extra charge—a $299 value:

» Choice of frame height
» Choice of sitting boxes: Standard, New York or Sitting Box Lite
» Cotton foot strap
» Neoprene® handles
» Free video workout and intro to the Reformer



Customize your reformer

» Choose a frame height to best meet your ergonomic needs:

a. 14" (36cm)—Standard height, great for all exercises including standing work, and for facilities with low ceilings.

b. 18" (46cm)—Less bending for instructors when working with clients, and good accessibility for wheelchair transfers.

c. 24" (61cm)—Easiest working height for clinicians and manual therapy. Good for clients challenged by getting on/off a lower Reformer. More challenging for standing work.

» Choose from fine-furniture-quality woods: Strata® Rock Maple (standard), Strata® Artisan Maple or other Select Strata® woods (p. 54).

» Select a footbar/springbar system to match your teaching style (p. 26).

» Choose your upholstery color (p. 55). Stock: Black.

Shown: Strata Rock Maple 14" with Revo Footbar® and Springbar System, in Cadet. Shown next page in Greystone with 18" frame. **Specifications:** Height: 14" (36cm), 18" (46cm) or 24" (61cm); Length: 93" (236cm); Width: 27" (69cm); Width with Infinity Footbar: 39.25" (100cm). Weight: 152 lbs (69kg).



Your investment will last a lifetime.

You also receive

» The Studio Reformer features Balanced Body TwistLock™ shoulder rests. Adjust or remove your shoulder rests quickly with no need for tethered pins. Secure and quiet!

» Longest standard carriage ride in the industry, at 41" (104cm). Control extension with 5 range-limiting carriage stops. Smooth, quiet ride provided by precision carriage system.

» Precise, non-slip adjustments with easy-to-use ropes, cleats, and cotton loops.

» Five Balanced Body Signature Springs™ (p. 69): 1 green, 3 red, 1 blue. Customized package available.

» Built-in standing platform with non-slip surface for safety.

» Maximum comfort with sculpted, adjustable and easily removable shoulder rests.

» CE approved medical device (Class 1).

Take a video tour

See the Studio Refromer: pilates.com/studio-reformer.

Pricing

With Revo Footbar® / Revo Springbar™	$3545 US
With Infinity Footbar® / No-Roll Springbar	$4145 US
With Infinity Footbar® / Revo Springbar™	$4345 US

Limited Lifetime Warranty

Stretch Studio Reformer®

Six inches longer than standard Studio Reformers, with 47" (119cm) of carriage travel. A stretch Reformer is recommended for anyone over 6' 4", and often for those between 6' 1" and 6' 4" depending on flexibility and body proportions. Call for more information. Additional cost $300.

Studio Reformer with Tower

Expand your exercise options with the addition of a Tower. Purchase a Tower with your Studio Reformer, or add a Tower in the future. See pp. 34-35.

Options and upgrades, p. 27-28. Reformer videos, pp. 97-98. Reformer instructor manuals, pp. 111.

Reformer Footbars & Springbars



A.



B.

A system to match your teaching style.

Adjust for different client sizes while keeping the footbar at the correct height. Options that allow one-step horizontal adjustments with no change in footbar height are a Balanced Body exclusive.

Revo Adjustment System™

Easiest and quickest adjustment on the market. Works like a car seat—just lift the springbar lever and slide the carriage until it clicks into the next position. No need to get off the carriage.

- Fits any user's size or range of motion.
- Locking Revo Footbar® (A) offers 4 positions, comfortable padding and non-slip surface.
- Moving the Revo Springbar™ (B) moves the carriage to/away from the footbar, while maintaining neutral spring tension. Five positions allow 12" (31cm) of adjustability. Create an ergonomically correct position for every user.
- Two spring positions: no-load (neutral) and pre-loaded.
- Available on most Balanced Body wood Reformers and the Reformer Trapeze Combination™ (RTC).

Classic Footbar/ No-Roll Springbar

If you have a classical Pilates background, this feels like the footbar you trained on.

- The Classic Footbar (C) has 2 supports and adjusts to 3 heights (including down), with comfortable padding and non-slip surface. Does not lock.



C.

- Balanced Body's No-Roll Springbar (D) adjusts resistance in 2 "gear" positions. A patented safety feature, the oval shape will not rotate downward when spring tension is released.



D.

Infinity Footbar® and Choice of Springbars

Great for working with clients of all heights (including children), because it adjusts the entire length of the frame (E).

The unmatched adjustability and extra-wide surface also support a wider range of Reformer exercises, including upper body work. Infinity Footbar lockout knobs make horizontal adjustments easy with one hand.

- Combine the multiple-position Infinity Footbar (F) with a Revo Springbar™ for the most precise system available, or choose the more traditional No-Roll Springbar.
- Your purchase of a Reformer with our Infinity Footbar includes a video that highlights the creative exercise possibilities of this innovative footbar.

See details/demos of our footbars and springbars at pilates.com.



E.



F.

Options & Upgrades for Your Studio Reformer®



Options & upgrades

Wood Frame

Strata® Rock Maple	Included
Strata® Artisan Maple (no additional cost)	Optional
Select Strata® Woods	Add $595
Choice of 3 frame heights	Included

More about Balanced Body wood choices, p. 56.

Stretch Studio Reformer

Length 99" (252cm)	Add $300

Ropes/Pulleys or Leather/Casters

Ropes/Pulleys	Included
SoftTouch Ropes and Padded Loops	Add $20
Leather Straps and Casters	Call

Upholstery

Nine colors (Stock: Black)	Included
Custom upholstery in 42 additional colors	Add $85
Custom stability padding	Add $75

Sitting Boxes, Foot Straps, Foot Plates

Standard Sitting Box with cotton foot strap	Included
New York Sitting Box (no additional cost)	Optional
Contour Sitting Box™	Add $100
Sitting Box Lite	Save $76
Padded Foot Strap, all lengths	Add $23
Padded Foot Plate (Jumpboard)	Add $195
Jumpus Maximus Padded Foot Plate	Add $250

Loops and Handles, sold in pairs

Single cotton loops	Included
Single padded loops	Add $20
Double padded loops	Add $26
Double cotton loops	Add $10
Tri Loops	Add $31
Leather handles with wood grips	Add $35
Y-Loops	Add $47
Multifunctional Straps	Add $81.95

Tower & Mat Conversion

Tower with Twin Mat Conversion	Add $2170
Tower only	Add $1495
Twin Mat Conversion only, standard foam	Add $675
Twin Mat Conversion only, custom stability padding	Add $775

Future Upgrades

Factory pre-drilled for Tower upgrade	Add $50
Factory pre-drilled for T-Bar (see p. 31)	Add $150

F.I.T. Kit®



Our Functional Integrated Trainer (F.I.T.) Kit uses patented pulleys that adjust the angle of resistance for exercises along the full height of the Tower. Effective workouts target specific movement patterns, such as a baseball pitch, tennis swing or golf swing. No other adjustable pulley works from both sides of the Tower; choose exercises using the Reformer carriage for a stabilization challenge, or on the floor for a stable surface. Improve your ability to train effective, functional movement patterns for all body positions, including standing.

F.I.T. Kit for Allegro & Studio Towers	12615	$219 US

Add-a-Platform™



Sit or stand at the riser-end and use spring resistance to pull rather than push. Great for spinal mobilization, or to increase adductor work in standing exercises by pulling the carriage towards you. Pilates instructors worldwide offer Balanced Body new product ideas; Add-a-Platform is a result of this valuable collaborative process. Fits any Studio Reformer, with or without a Tower. Choose upholstery color; see p. 57. Stock: Black.

Add-a-Platform for Studio Reformer	12464	$145 US

See the Reformer Rocker and Oversized Standing Platform on p. 72.



Keeping it Green at Balanced Body®

At Balanced Body, we want to leave this planet in better shape than we found it.

All Balanced Body woods come from FSC (Forest Stewardship Council) suppliers who purchase wood from well-managed North American forests. In these forests, tree growth exceeds removals by a nearly 2-to-1 margin.

From choosing only sustainably harvested lumber for our wood products to using recyclable shipping containers and packing materials, we are constantly improving our efforts to conduct business in environmentally-friendly ways.

We are headquartered in a "green" building in Sacramento. It's a 100,000 sq. foot building that houses our office space and manufacturing facility. The building features 1,000 solar panels (35,000 sq. feet!), CNC machines that maximize product usage and minimize waste, as well as skylights, climate-controlled fans, dust collection systems and a foam roof. You can even see how much energy-saving solar power we generate on our web site.





Visit pilates.com and see how much energy we save each day and month!

Konnector® Reformer



Developed by and created in collaboration with Viktor Uygan of Konnect Pilates, the patented Konnector® is a single-rope system that makes Pilates more versatile (and fun) without changing it. Purchase a Konnector® Reformer or add Konnector® to your existing Balanced Body reformer.

Konnector is a brilliant creation to cross-train the body as a whole. It's a true "Pilates in 3D" system for athletes, dancers and clients with asymmetries. —Marie-José Blom

Konnector®

A single-rope pulley system with loops for all four limbs, Konnector enables independent, simultaneous movement of both arms and legs. Experience constant proprioceptive feedback through the single rope, facilitating full-body integration and stronger core activation in dynamic new ways.

» One-rope pulley system with loops for all four limbs.

» Increases a client's awareness of imbalances and asymmetries.

» Exciting new functional movement possibilities moving all four limbs independently, plus all traditional Reformer repertoire is still possible.

» Tri Loops, also a collaboration between Viktor Uygan and Balanced Body, have a versatile third "hidden" loop to provide support for a full range of foot positions.

Konnector® Lite

Konnector Lite is a simplified version of the single-rope pulley system, and a nice option for group classes.

» Enables independent movement of two limbs rather than four.

» Includes two Tri Loops.

Pricing

Konnector Reformer

A fully-equipped Balanced Body Studio Reformer® with Revo Footbar®/Springbar (pp. 24-26) and the Konnector product of your choice.

Konnector Reformer	15260	$4095 US
Konnector Lite Reformer	15261	$3795 US

Limited Lifetime Warranty

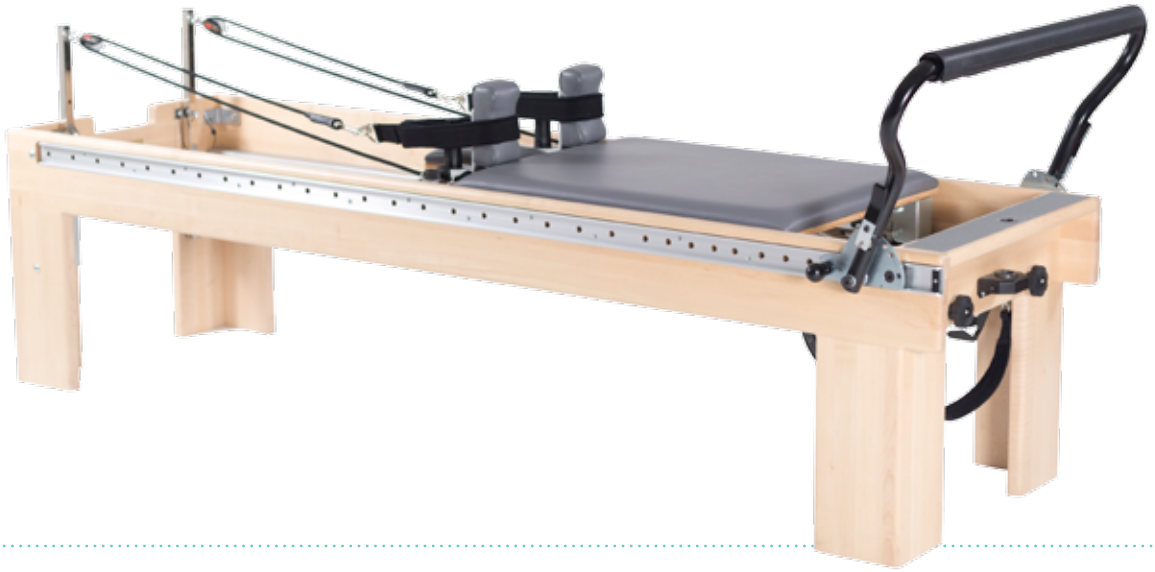
Konnector Kit*

Konnect Kits are also available to add to your Reformer. For detailed information about compatibility, call us or visit pilates.com/konnector.

Konnector Kit	$699 US
Konnector Lite Kit	$399 US

30-day money back guarantee.

Clinical Reformer®



For over 25 years, Balanced Body has worked with rehabilitation professionals to refine our Clinical Reformer® into a versatile and practical rehabilitation tool used today by clinicians worldwide.

Accommodates patients of all sizes

The Infinity Footbar® allows you to work with patients of varying heights (children to adults), by positioning and locking the footbar over the entire length of the frame.

Coupled with the Revo Springbar™, you can create an ergonomically correct position for any user's size and range of motion, while the patient stays on the carriage. Lockout knobs make horizontal adjustments easy with just one hand. More details, p. 26.

Safe and comfortable for you and your patients

» Provide comfortable, cervical support with a padded, three-position headrest.

» Protect against slipping with a built-in, non-slip standing platform.

» Enjoy the quietest, safest, longest carriage ride available.

Accurate and easy adjustability

» The Clinical Reformer features Balanced Body TwistLock™ shoulder rests. Adjust or remove your shoulder rests quickly with no need for tethered pins. Secure and quiet!

» Make quick mat conversions and accurate calibrations with locking, retractable metal risers.

» Adjust ergonomic positions easily with the Revo Springbar.

» Get safe, consistent resistance with 6 long-lasting Balanced Body Signature Springs™: 1 green, 3 red, 1 blue, 1 yellow. Customized package available.

Customize your reformer

» Choose a frame height to best meet your ergonomic needs:

  a. 14" (36cm)—Standard height, great for all exercises including standing work, and for facilities with low ceilings.

  b. 18" (46cm)—Less bending for clinicians when working with patients, and good accessibility for wheelchair transfers.

  c. 24" (61cm)—Easiest working height for clinicians and manual therapy. Good for patients challenged by getting on and off a lower Reformer. More challenging for standing exercises.

» Choose from fine-furniture-quality woods: Strata® Rock Maple (standard), Strata® Artisan Maple or other Select Strata® woods (p. 54).

» Choose your upholstery color (p. 55). Stock: Black.

You also receive

» Longest carriage ride in the industry, at 41" (104cm). Control carriage extension with 5 range-limiting carriage stops. Smooth, quiet ride provided by precision carriage system.

» Precise, non-slip adjustments via easy-to-use ropes/cleats.

» Maximized comfort with Custom Stability Padding on carriage.

» CE approved medical device (Class 1).

Shown: Strata Rock Maple 24" with Greystone. **Specifications:** Height, 14" (36cm), 18" (46cm) or 24" (61cm); Length, 93" (236cm); Frame width, 27" (69cm); Footbar Width, 39.25" (100cm). Weight, 185 lbs (84kg).



Versatile. Safe. Effective.

Pricing

Used worldwide by clinicians in private practice, rehabilitation facilities and hospitals, the Clinical Reformer® from Balanced Body provides superior performance under the rigors of daily clinical use.

Clinical Reformer	12244	$4845 US

Limited Lifetime Warranty

BONUS

Included at no extra charge—a $915 value:

- Choice of frame height.
- Standard Sitting Box.
- Padded Foot Plate.
- Oversized Standing Platform.
- Padded Double Loops and Foot Strap; Neoprene® handles; adjustable thigh cuffs and ankle cuffs.
- Factory pre-drill for Tower & Proprioception T-Bar.
- Free video workout and intro to the Reformer.

Options & upgrades

Clinical Reformer® with Tower

Enhance your rehabilitation options, now or later. See pp. 34-35.

Proprioceptive T-Bar

Swivels on horizontal and vertical axes to aid observation of weightbearing tendencies. Facilitates proprioception, trunk and pelvic stabilization, and hip alignment in a dynamic environment. For pre-drilled Reformers only.



Proprioceptive T-Bar	12389	$395 US

Wood Frame

Strata® Rock Maple	Included
Strata® Artisan Maple (no additional cost)	Optional
Select Strata® Woods	Add $595

More about Balanced Body wood choices on p. 54.

Upholstery

Nine colors (Stock: Black)	Included
Custom upholstery in 42 additional colors	Add $85

Sitting Boxes and Foot Straps

Standard Sitting Box with padded foot strap	Included
New York Sitting Box (no additional cost)	Optional
Contour Sitting Box™	Add $100
Sitting Box Lite	Save $76

Tower & Twin Mat Conversion

Tower with twin mat conversion	Add $2170
Tower only	Add $1495
Twin mat conversion only, standard foam	Add $675
Twin mat conversion only, custom stability padding	Add $775

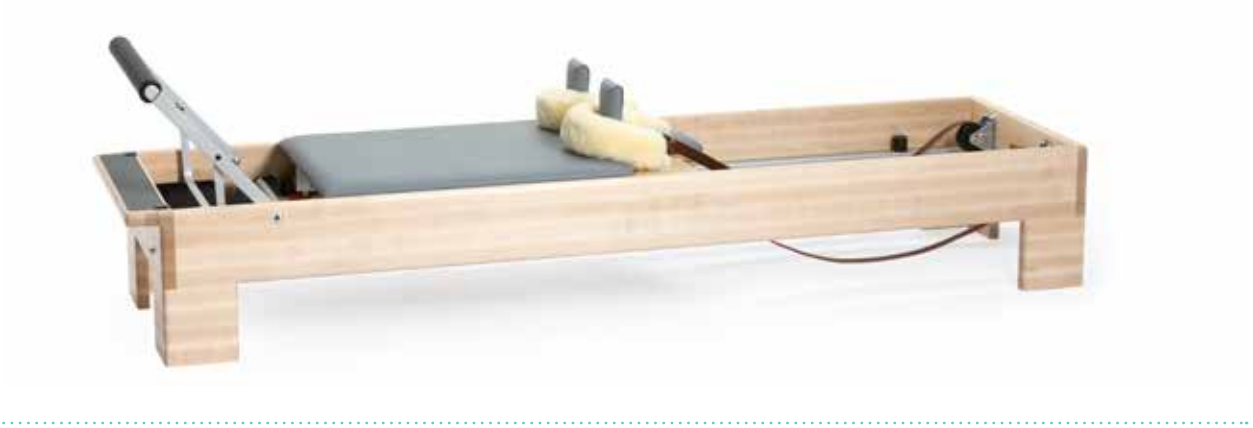
Other

Factory pre-drilled for future Face Rest Mount	Add $65

Reformer videos on pp. 97-98.

See more product details: pilates.com/clinical-reformer.

Ron Fletcher™ Reformer



Great for Fletcher Pilates® at studios and teaching centers, and for instructors with a classical Pilates influence.

The Ron Fletcher™ Reformer is based on plans given to Pilates Elder Ron Fletcher by Clara Pilates. Ron studied with Joseph and Clara Pilates beginning in 1946. Balanced Body has built custom Reformers for Fletcher Pilates for more than 30 years.

Classic in design, size and function, the Fletcher Reformer is slightly narrower than our Studio Reformer®.

Features

» Classic configuration with leather straps and casters.

» Footbar is 2" (5cm) diameter, with 3 unlocked positions for smooth transitions. No-Roll Springbar has two "gear" positions for resistance changes.

» Package of 4 red Balanced Body Signature Springs (p. 69).

» Built-in standing platform with non-slip surface for safety.

» Choose your upholstery color; see p. 55.

BONUS

Included at no additional charge—a $290 value:

» Standard sitting box.
» Cotton foot strap, 25"/64cm
» Pair of wool fuzzies.



Pricing

Ron Fletcher Reformer	12260	$3895 US

Limited Lifetime Warranty

Options and upgrades

For wood frame and upholstery options, see pp. 54-55.

Also from Fletcher Pilates

Braided Towel and Video for Fletcher Towelwork®



Fletcher Towelwork enhances shoulder girdle stabilization and arm movement, opens anterior chest and shoulder muscles, corrects forward head posture and more. Safe and effective for beginners, Towelwork can be done standing, seated or supine.

The streaming video (sorry, no DVD format available) provides an 11-minute introduction to Fletcher Towelwork technique as well as an 18-minute intermediate Fletcher Towelwork movement program. (Total run time: 30 min) ▶



Towel and Video available separately.

Fletcher Towel	10247	$40 US
Fletcher Towelwork Video	SDVD8348	$14.95 US

Shown here in Greystone. **Specifications:** Height: 14" (36cm), 18" (46cm) or 24" (61cm); Length: 93" (236cm); Width: 27" (69cm); Weight: 152 lbs (69kg).

CenterLine® Reformer



Our original CenterLine® Reformers were built in collaboration with Amy Taylor Alpers and Rachel Taylor Segel of The Pilates Center in Boulder, Colorado. They have since encouraged us to expand our collaboration with more of the brightest minds in the classical world.

The result—a thoroughly redesigned Reformer that provides the original Pilates experience that classical teachers demand, combined with the delivery and service you deserve.

The details make the difference. Every touch point on the Reformer is optimized to give you exactly what you need and nothing else.

Carriage ride and shoulder blocks

Using innovative engineering and feedback from discerning customers, the CenterLine carriage provides:

- The deliberate resistance, feedback and "end feel" so critical in the classical experience of carriage ride.
- A quiet ride, so that you and your client can focus on the work, not the noise.
- Shoulder blocks that are comfortable and stable - with a custom design that provides secure support for shoulders, hands and feet.

A consensus on geometry

Optimized for transitions, safety and ease of use, our collaborative process yielded a Reformer deeply rooted in Joe Pilates' original machines and measurements, yet with subtle innovations that you and your clients will appreciate.

Unplated springs

We put our 40 years of experience to work in developing new springs for this machine. The CenterLine now comes with four, unplated semi-heavy springs. Guaranteed to put a smile on your face.

Unparalleled delivery and service

Need your Reformer quickly? How about next day shipping for stock orders?* That's not a misprint; it's what we do for all of our customers wherever possible.

Pricing

CenterLine Reformer	12263	$4325 US
Complete CenterLine System. Purchase Reformer, Tower & Mat together and save $200	12267	$6240 US

Limited Lifetime Warranty

Options and upgrades

Gondola pole brackets

Mount pole to Reformer frame for easy access (installation hardware incl.)

Gondola Pole Brackets	15265	$30 US

Wood/upholstery options, pp. 54-55.

More CenterLine products

Chair (p. 42), Cadillac & Pole System (p.49) and Foot Corrector (p. 76).

CenterLine Reformer Tower

Ready to add a Tower to your CenterLine Reformer? Tower components are identical to those that come with the Pole System Tower (p. 49). Details online at pilates.com/centerline.

Tower and Mat Conversion for CenterLine	15271	$2115 US
Tower only	15270	$1495 US

BONUS

Included at no additional charge—a $372 value:

- Gondola pole and short box dowel.
- Kneeling pads (2).
- Sitting Box: handles on 3 sides. Extra padding on sides and top.
- Cotton foot strap and extender straps.
- Foot plate bracket pre-installed for optional accessory.

*Subject to production capacity. Shown here in Greystone. **Specifications:** Frame height, 14" (36cm); Width, 25.5" (65cm); Length, 91" (228cm). Weight, 145 lbs (66kg). Gondola pole, 60" (152cm). Short box dowel 36" (92cm). CenerLine Sitting Box: handles and extra padding on all 4 sides, 26" x 14" x 9.5" (65cm x 35cm x 24cm).

Reformer with Tower



A Reformer, Mat Station and Tower, all in the space of a Balanced Body® Reformer. Work in multiple planes of resistance, on a mat or moving platform, and from both sides of the Tower. Purchase your Reformer and Tower together, or add the Tower Retrofit Kit later.

Tower

» Our innovative Slide System makes repositioning the push-through bar a fast, one-person job that will not interrupt the flow of a session. Bonus: it is quieter to use and maintenance-free. Push-through bar is made of anodized aluminum and adjusts to 3 heights.

» Stainless steel frame is smooth and easy to maintain, resistant to chipping, pitting, corrosion and discoloration, and its fabrication is more environmentally responsible than chrome.

» Perform exercises from both sides of the Tower.

» Exercise safely with the most stable and secure frame on the market, engineered for maximum stability.

» Tower includes maple roll-down bar and has 39 spring attachment points.

» Balanced Body Signature Spring™ package of 8 with snaps. Regular: 2 yellow, 2 blue. Long: 2 yellow, 2 purple. Safety strap and carabiner included.

» CE approved medical devices (Class 1): Studio Reformer® with Tower and Clinical Reformer® with Tower.

Mat Conversion

» Transform your Reformer into a raised mat quickly and easily. No need to lift, flip or turn the carriage. Two lightweight mats fit over the carriage and on top of the frame.

» Add floor exercises by using the mats on the floor.

» Choose your upholstery color; see p. 55. Stock: Black.

Tower Retrofit Kit

Add a Tower to your existing Balanced Body Reformer. Install on any Balanced Body wood Reformer fitted with ropes and risers. Includes mounting bracket and all hardware. Special Introductory Price for the updated Tower:

Tower & Twin Mat Conversion for Studio/Clinical Reformers	15269	$2170 US
Tower only	15268	$1495 US

Shown: Studio Reformer 14" with Tower, Strata Rock Maple, Greystone. Snown next page with 18" high frame. **Specifications:** Tower height, up to 83.5" (212cm) depending on frame height. Weight of Studio Reformer with Tower, 188 lbs (85kg). Weight of Clinical Reformer with Tower, 227 lbs (103kg).



Pricing: Studio Reformer® with Tower

Includes Studio Reformer with Revo Footbar®/Springbar (p. 26), Tower and Twin Mat Conversion. Special Introductory Price for the updated Tower: Save $200 when you purchase Reformer and Tower together.
Limited Lifetime Warranty

Studio Reformer with Tower	11949	$5515 US

BONUS

Included at no extra charge—a $287 value:

» Complete Studio Reformer Bonus Package: choice of frame height, Standard or New York sitting box, cotton foot strap and Neoprene® handles.
» Additional pair of cotton loops.

See close-out deals on discontinued items at pilates.com/deals. Going, going, then gone forever.

Pricing: Clinical Reformer® with Tower

Includes Clinical Reformer with Infinity Footbar®/Revo Springbar (p. 26), plus Tower and Twin Mat Conversion. Special Introductory Price for the updated Tower: Save $300 when you purchase Reformer and Tower together.
Limited Lifetime Warranty

Clinical Reformer with Tower	12251	$6715 US

BONUS

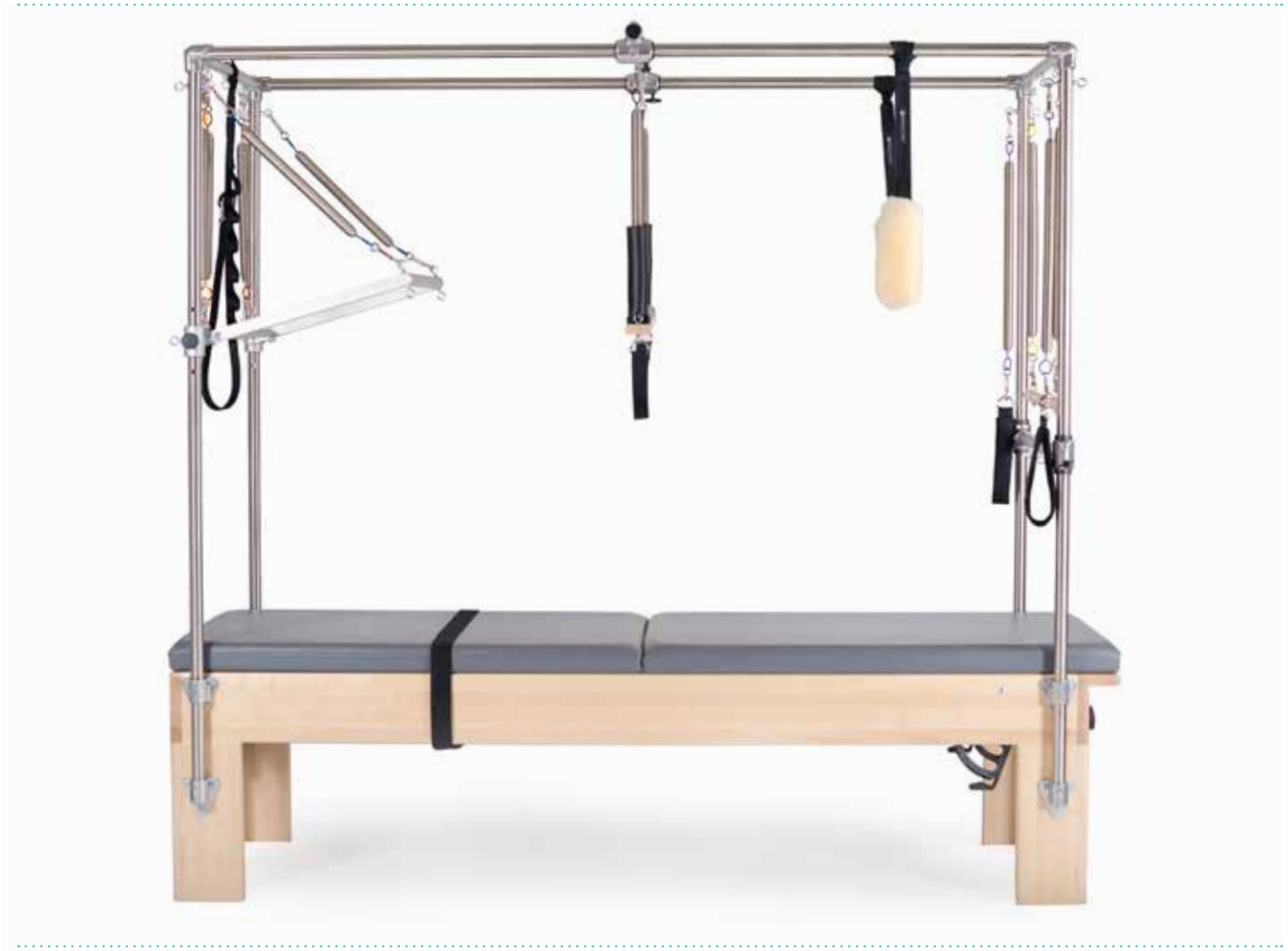
Included at no extra charge—a $933 value:

» Complete Clinical Reformer Bonus Package: choice of frame height, Standard or New York sitting box, padded foot plate, oversized standing platform, padded double loops and foot strap, Neoprene® handles, factory pre-drilled for Tower and Proprioception T-Bar, Infinity Footbar® video.
» Additional pair of cotton loops.

Options & upgrades

F.I.T. Kit® for your Tower, see at pilates.com.
Reformer instructor manuals, p. 111.
Reformer and Tower videos, pp. 97-99.

Reformer Trapeze Combination™ (RTC)



Ideal when both Reformer and Trapeze functionality are needed in a limited space. Our Studio Reformer® is combined with a complete Trapeze Table (Cadillac). Converts easily with two removable mats, while the carriage stays in place—no need to lift, flip or turn it.

Reformer

» Choose frame height to best meet your ergonomic needs:

  a. 14"/36cm—Standard height, great for all exercises including standing work and lunges, and for facilities with low ceilings.

  b. 18"/46cm—Easy reach and less bending for instructors, and good height for older clients and wheelchair transfers.

  c. 24"/61cm—Excellent working height for clinicians and therapists. Good for clients challenged by getting on or off a lower Reformer. More challenging for standing exercises.

» Choose a footbar/springbar configuration: Classic Footbar with No-Roll Springbar, or the Revo Footbar®/Revo Springbar System (p. 26).

» Choose from fine-furniture-quality woods: Strata® Rock Maple (standard), Strata® Artisan Maple or one of our Select Strata® woods, (p. 54).

» Retractable metal risers adjust easily, up to 9" (23cm) above the frame, and allow for quick mat conversions. Risers lock into 4 positions for accurate adjustment.

» Balanced Body Signature Springs™: 1 green, 3 red, 1 blue.

» Choose your upholstery color (p. 55). Stock: Black.

Trapeze Table

» The RTC is a complete Trapeze Table (pp. 46-47) and includes recent upgrades: push-through bar with Slide System, and stainless steel frame.

» Smooth-sliding horizontal and vertical crossbars with self-lubricating, greaseless bushings. Plastic-tipped butterfly locking knobs prevent burrs.

» Maple roll-down bar (23"/58cm) with inside hooks.

Shown: RTC 18" (46cm) in Strata Rock Maple with Revo Footbar/Revo Springbar, in Greystone. **Specifications**: Width of working mat surface, 26.5" (67cm). Width including brackets, 30.5" (78cm); Length, 93" (236cm). Weight including canopy and all Reformer and mat conversion parts, 249 lbs (113kg). Height of canopy above table pad, 61.5" (156cm). Table height including pad, from 15.5" (39cm) to 25.5" (65cm), depending on frame height.



Two incredible machines in one.

- Anodized aluminum push-through bar adjustable to 3 heights; use as a 3- or 4-sided bar. Safely secure the push-through bar with safety strap and carabiner (included). Maple push-through bar available on request at time of purchase.
- Package of 12 Balanced Body Signature Springs™ with snap hooks. Regular: 2 each yellow, blue, red and black (for Trapeze Bar). Long: 2 yellow and 2 purple.
- Trapeze Bar, padded with padded spring sleeves, plus cotton canopy loops (long web, black) and a pair of soft lambswool fuzzies.
- One pair each: cotton loops, adjustable thigh cuffs and adjustable ankle cuffs.
- Belly Strap (cotton, black).
- Choice of upholstery color; see p. 55. Stock: Black.
- Twin mat conversion is easy for one person to install and store. Useful as a floor mat exercise station, too.
- CE approved medical device (Class 1).

Pricing

Originally created by Balanced Body for Marika Molnar in 1994, this is a deluxe machine with all top-of-the-line features. Special Introductory Price for the updated Trapeze:

With Revo Footbar®/Revo Springbar™	15279	$6595 US
With Classic Footbar/No-Roll Springbar	15339	$6395 US

Limited Lifetime Warranty

Options & upgrades

Most options and upgrades for the Trapeze Table (p. 48) and Studio Reformer (p. 27) are available for the RTC.

Pilates IQ® Reformer





A professional-quality Reformer for home that is easy to store and budget-friendly.

The Pilates IQ® sets up in seconds, then disappears under your bed or in a closet when your workout is done. No other reformer shortens for storage and still provides a smooth, seamless carriage ride.

Easiest to store

» Stores flat or upright, with wheels for easy moving. Choose from two configurations, depending on your storage needs.

» Telescoping frame lengthens for use, shortens for storage. Lever locks make this fast and foolproof.

Your Reformer includes

» Professional-quality carriage and rails for a smooth, seamless ride.

» Five Balanced Body Signature Springs™: 3 red, 1 blue, 1 yellow.

» Padded, 4-position footbar provides 9" (23cm) of adjustment - now with easier-to-use knobs for fast changes.

» Three-position headrest for comfort and cervical support.

» Built-in, non-skid standing platform. 5.5" (14cm) wide, a full inch wider than other Reformers.

» Carriage features custom stability padding for maximum comfort. Heavy-duty upholstery. Stock: Storm gray.

» Video included, with a 40-minute workout plus instructions on setting up your Pilates IQ Reformer.

Optional accessories

A. Sitting Box

A sitting box expands your Reformer's versatility, including prone exercises, abdominal exercises, side stretching and more. It also offers a more comfortable option for many seated exercises. Get a free foot strap when you purchase a Sitting Box with your IQ Reformer.

Sitting Box	12434S	$225 US
Sitting Box Lite	15844	$149 US

B. Padded Foot Plate

A padded foot plate (jumpboard) adds versatility, allowing jumping, plyometrics and cardio exercises. It also re-creates a biomechanically accurate standing position while lying on the Reformer.

Padded Foot Plate	11986	$150 US

Foot Strap





Get a free cotton foot strap when you purchase a Sitting Box with your IQ Reformer. (For padded foot strap, see p. 70.)

Foot Strap	10506	$16 US



Pricing

Choose Wheelbarrow wheels (shown upper left) to move the IQ like a wheelbarrow, or Library wheels (shown upper right and below) to stand the IQ on end and store in a closet.

with Library wheels	11991	$1995 US
with Wheelbarrow wheels	11981	$1995 US

Two year limited warranty for non-commercial use. 30 day money-back guarantee.

For Reformer video, see pp. 97-98.



Specifications: Length: Extended, 98" (249cm); Closed, 62" (158cm). Width, 24". (61cm) Footbar height, 18"(46cm). Weight, 70 lbs (31.8kg).

Combo Chair



The split-pedal Combo Chair from Balanced Body delivers a functional workout that combines strength, coordination and balance with rotation and reciprocal exercises.

The strongest and most stable chair on the market, the Combo Chair's padded split pedal adds rotational and reciprocal movements to traditional exercises. Conceived by Brent Anderson, PhD, PT, OCS, its height is ideal for use with a Trapeze Table.

Combo Chair includes

- Widest range of resistance on the market. Each pedal has one white (light) and one black (heavy) spring, for a total of 4 springs and up to 90 lbs. of resistance. Pedals are comfort-padded, non-slip and washable.
- Expand exercise options by using a split or single pedal. Convert to single pedal with finished dowel (included). Dowel also provides hand grip.
- Spring changes are simple, fast and safe with our exclusive Cactus Spring-tree System and easy-grip spring tabs.
- Quick changing, locking handles adjust to 3 heights. Padded for comfort and safety, and removable.
- Easy to move with transport wheels.



- Arrives fully assembled, ready to use.
- Choose upholstery color; see p. 55. Stock: Black.
- Optional, removable High Back System includes upholstered cushion. Not shown; see at pilates.com.
- Optional Sitting Box Riser provides extra support for prone and sidelying exercises. Raises your existing sitting box to the height of the Combo Chair. See on p. 71.

Pricing

Combo Chair, with handles	12324	$1445 US
Combo Chair High Back (see online)	12326	$725 US
Sitting Box Riser, Tall	12418	$195 US

10 Year Limited Warranty



Shown here in Greystone. **Combo Chair Specifications:** Height, 25.5" (65cm); Length, 28.5" (72cm); Width including handles/knobs, 27.5" (70cm). Seat, 21.5" x 13" (55cm x 32cm). Weight 91 lbs (41 kg).

EXO® Chair





The EXO® Chair delivers great programming for any fitness level. Keep your clients coming back with challenging, strength-building classes and private sessions. Great for home use, too. Did we mention it is economical and beautiful?

Originally designed by Joseph Pilates as a compact workout system for New York City apartments, Chair workouts enhance stability, balance and body control. The focus on upper and lower body strength and conditioning makes the Chair a superb tool for athletes.

The right fit and resistance for just about anyone

» Wide range of resistance choices with 2 springs and 8 positions.

» Heavier resistance than competitive products.

» Deep, wide and comfortable sitting area.

When we say "easy," we mean it

» Ready right out of the box—no assembly or hardware needed.

» Easy spring adjustments from front or back of chair.

» Easy to store, with a 40% smaller footprint than competitive products when storing six chairs.

» Easily carried and stacked by one person.



found on INSTAGRAM

@balanced_body

#workoutwednesday inspiration on the #EXOChair

image via @corethepilatesstudio

You also receive

» Built from premium stratified maple with hardwood core, the beautiful and sturdy EXO Chair complements other wood studio equipment.

» Chair comes with pre-installed eyebolt attachment points (6) for easy upgrade to Functional Resistance Kit.

» Video included, which guides you through a Beginning/Intermediate workout.

» The optional split pedal allows adding reciprocal and rotational movements for more exercise options. Converts to single pedal with included dowel.

» Choose upholstery color; see p.55. Stock: Black.

Training & equipment packages

EXO Chair training and equipment packages are an economical, efficient way to launch a profitable Pilates program. For details, email info@pilates.com or call 1-800-PILATES.

Pricing

Ask about volume and quantity discounts.

EXO Chair with split pedal	12458	$945 US
EXO Chair with single pedal	12456	$795 US

Five year limited warranty

Shown here in Greystone. Shown next page with optional Functional Resistance Kit. **Specifications:** Weight, 36lbs (16.3kg); Height, 24.5" (62cm); Length, 29" (74cm); Width, 24.5" (62cm). Seat 23.5" x 16" (60cm x 41cm).



Durable. Versatile. Compact.

Optional accessories

Reformer exercises on a Chair? Yes! Combine the Functional Resistance Kit with the pedal's spring resistance for new exercises—now you can push *and* pull.

EXO® Functional Resistance Kit, Light (shown above)
Two cotton loops, two Neoprene® handles, and Slastix® resistance bands: two 25" (64cm) yellow (light), two 31" (79cm) yellow (light), and one single 42" (107cm) red (heavy).

Resistance Kit, Light	12609	$145 US

EXO® Functional Resistance Kit, Heavy (not shown)
Two cotton loops, two Neoprene® handles, and Slastix® resistance bands: two 25" (64cm) blue (medium), two 31" (79cm) blue (medium), and one single 42" (107cm) red (heavy).

Resistance Kit, Heavy	12610	$145 US

Sitting Box Riser
Use your sitting box with our new Sitting Box Riser to elevate your sitting box to the height of your EXO Chair. Provides an extended surface with extra support for exercises like Sidelying or Reverse Swan. More details on p. 71.

Sitting Box Riser, Short	12419	$195 US

EXO® Chair instructor manual, p. 111.
Slastix® products also sold individually at pilates.com.



Wunda Chair



Steeped in tradition, our Wunda Chair System is easy to use, comfortable, sturdy and expandable, with optional handles and a High Back.

Wunda Chair includes

» Classical design and size.

» Widest range of resistance for any single-pedal chair, up to 83 lbs. Two springs (black/heavy) are adjustable to 8 resistances and provide 28% more usable resistance than other chairs.

» Simple, fast and safe spring changes with Balanced Body's exclusive Cactus Springtree System and easy-grip spring tabs.

» Comfort-padded, non-slip step.

» Secure handholds with cut-out handles.

» Choose upholstery color; see p.55. Stock: Black.

Optional Wunda Chair accessories

» Removable handles: padded, with three locking positions.

» Removable High Back System: includes upholstered cushion and foot alignment platform.

» Removable, padded pedal stopper to limit the step's range of motion.

» Cushions (seat and back, not shown) to convert from Pilates apparatus to chair.

Pricing

Wunda Chair	11996	$1045 US
3-Position Handles	12428	$255 US
High Back System	12403	$725 US
Wunda Chair cushions	11998	$225 US
Padded pedal stopper	12763	$79 US

10 Year Limited Warranty

Specifications: Height, 23.5" (60cm); Length, 29" (74cm); Width, 21.5" (55cm). Seat, 21" x 16" (53cm x 41cm). Weight, 58 lbs (27 kg).

CenterLine® Chair



Comfortable, durable and easy to use, the CenterLine® Chair offers practitioners a great classical experience with a small, single-pedal footprint.

Created in collaboration with Amy Taylor Alpers and Rachel Taylor Segel of The Pilates Center in Boulder, Colorado, the CenterLine Chair is part of a suite from Balanced Body that replicates the smaller measurements Joe used on some of his original equipment. Also available: the CenterLine Reformer (p. 33), CenterLine Cadillac and CenterLine Pole System (p. 49).

CenterLine® Chair includes

» Two black (heavy) springs, adjustable to 8 resistance settings on safe, secure and easy-to-reach "cactus."

» Center-positioned cactus centers strength into the body.

» Seat is 21.5" (55cm) wide. Its narrower width facilitates exercises like Horseback and Spine Stretch.

» Lightweight for studio mobility, stable and secure for all Chair exercises.

Pricing

CenterLine Chair	12460	$795 US

5 Year Limited Warranty

Chair videos on p. 101
Instructor manuals on p. 111.

Shown here in Greystone. **Specifications:** Height, 24.5" (62cm); Length, 30" (76cm); Width, 21.5" (55cm). Seat, 21.5" x 16" (55cm x 41cm). Weight, 36 lbs (16.3kg)

Ladder Barrel



Our updated Ladder Barrel features an innovative, easy-to-use system for adjusting distance between ladder rungs and barrel. Press the foot pedal, slide to desired position, then release the pedal to lock it securely in place. Fast and easy!

You also receive

- Ten preset positions on the sliding base provide settings you can repeat precisely.
- Engraved indicators identify what position you are using. Up to 10" (25cm) of adjustability accommodates different torso sizes and leg length.
- Ergonomic, easy-grip handles on the barrel.
- Balanced Body's "comfort zone" padding offers double-layer comfort, stability and support — especially for prone exercises like Swan or sidelying exercises like Side Sit Up or Mermaid.
- Grab bar beneath the barrel for enhancing flexibility.
- Secure footing provided by bottom foot brace.
- Durable, beautiful reinforced frame of Rock Maple and Maple laminate. Hand finished, maple dowels.
- Choice of upholstery color; see p. 55. Stock: Black.

Pricing

Ladder Barrel	15266	$1675 US

10 Year Limited Warranty

Barrels instructor manuals, p. 111.



Optional accessories

Vertical and Horizontal Foot Plates

Foot plates provide options for elevated standing between the rails or against the uprights. Vertical plate is 23" x 7.25" (58cm x 18cm). Horizontal plate is 23" x 12.5" (58cm x 32cm).



Vertical and Horizontal	15189	$190 US
Horizontal only	15170	$95 US

Shown in Greystone. **Specifications:** Height, 38" (97cm); Barrel Height, 35.5" (90cm); Length, 47.25" (120cm); Width, 24.5". (62cm). Weight, 79 lbs (36kg).

Step Barrels & Baby Arcs



Step Barrels and Arcs increase spinal strength and flexibility. A great addition to mat classes for new challenges and variety.

Balanced Body's wood Step Barrels (Spine Correctors) and Baby Arcs are the strongest in the industry, with wood three times the thickness of other manufacturers. The result is a super-strong barrel that maintains its shape, even for standing exercises. Or try our Pilates Arc™ or Arc Lite™ for lightweight, economical options. All our wood Barrels have a 10 Year Limited Warranty.

Clara Step Barrel®



The steep barrel curve of the Clara Step Barrel is often preferred by classically-oriented teachers. Stacks conveniently for storage after group classes. Maple-faced sides, vertical cut-out handholds. Padded, upholstered top.

12353 $475 US

Contour Step Barrel™



Provides superior comfort and ergonomics for less flexible users, and wonderful for larger clients with its gentle arc radius and rounded step. Designed in collaboration with Rael Isacowitz, it can be upgraded to the full functionality of the Avalon Step Barrel® using springs for resistance-based repertoire. Dowel and cut-out handholds facilitate a variety of exercises.

12454 $525 US

Step Barrel, East Coast



A more gradual barrel curve than the Clara, and a shallower well. Sides and top are padded and upholstered. Metal handles.

12351 $425 US

Baby Arc, West Coast



A stackable, lightweight arc with open sides. Padded and upholstered top over wood base.

12355 $245 US

Baby Arc, East Coast



Padded and upholstered top and sides, over wood base. Cotton web handles in two positions.

12357 $295 US

Arc Lite™



The Arc Lite is identical in size to our Baby Arcs, but so much lighter. At just 2.5 lbs (1.1kg) and enticingly affordable, this high-density foam arc is destined to be a favorite for group classes or personal training. Use it upright or flip it over for fun balance challenges.

10337 $95 US

Mini-Mat



For extra comfort and stabilization, our Mini-Mat is a great companion for your Step Barrel, Pilates Arc® or MOTR®. Deep Gray, 1/4" x 34.5" x 12" (1cm x 88cm x 31cm).

10332 $8.95 US

Step Barrel videos, p.101.
Instructor manuals, p. 111.

Stock upholstery on Barrels and Arcs: Black. **Specifications: Contour Step Barrel:** Weight, 28 lbs (13kg). 16"w x 37"l x 13.25"h (41cm x 94cm x 34cm). **Clara Step Barrel:** Weight, 23.5 lbs (11kg). 17.5"w x 29"l x 13.5"h (45cm x 74cm x 34cm). **East Coast Step Barrel:** Weight, 18 lbs (8kg). 16"w x 31"l x 13.25"h (41cm x 79cm x 34cm). **Baby Arc, West Coast:** 20.5"w x 23"l x 7.5"h (52cm x 58cm x 19cm). **Baby Arc, East Coast:** 20.5" w x 23"l x 7.5"h (52cm x 58cm x 19cm). **Arc Lite:** 20.5"w x 23"l x 7.5"h (52cm x 58cm x 19cm).

Pilates Arc™



Looking for a space-saving, economical yet challenging Pilates workout? You've found it! Never has anything so light packed such a punch.

Even though it weighs less than 4 pounds (0.7kg), the versatility of the Pilates Arc™ makes it a heavy hitter.

Use as a spine corrector or exercise arc—great tools for mobilizing the spine, shoulders and hips—and for core, abdominal, lateral rotation and back extension work. Or, as a Reformer wedge to provide trunk stability and back support for a variety of strength and mobility challenges. Especially useful during pregnancy.

Great for group classes, personal training or home

An ideal add-on for mat classes in fitness facilities that don't have budget or space for larger equipment. Affordable and easy to store between workouts.

Comfortable and ergonomic for all body types

A gentle curve on the barrel and a more rounded step add comfort. The innovative asymmetrical shape makes it extremely versatile for different uses and body types.

Pricing

Pilates Arc	10298	$159 US

One year warranty

You also receive

» Beginning/Intermediate workout DVD
» Instructional booklet with convenient flip-up stand

Mini-Mat

For a bit of extra comfort and a non-slip surface, try our Mini-Mat (p. 44) sized to fit the Pilates Arc and Step Barrels. Also great for the Orbit™, MOTR®, Sitting Box Lite and Barre classes. Deep Gray. 1/4" x 34.5" x 12" (0.6cm x 88cm x 31cm).



Mini-Mat	10332	$8.95 US

Pilates Arc instructor training manual, p. 111.





Specifications: Made of high-density, recyclable foam—just 3.7 lbs (1.7kg). Black. 15.5"w x 38"l x 10.5"h (39cm x 97cm x 27cm)

Trapeze Table (Cadillac)



Also called a Cadillac, the Trapeze Table supports fitness and rehabilitation for all ages and abilities. An extraordinary variety of exercises are possible, from gentle, spring-assisted sit-ups to advanced acrobatics. Balanced Body Trapeze Tables are engineered for maximum stability, efficient adjustment, and safe use for both instructor and client.

- Exercise safely with the most stable and secure frame available.
- Our innovative Slide System makes repositioning the push-through bar a fast, one-person job that will not interrupt the flow of a session. Bonus: it is quieter to use and maintenance-free. Push-through bar is made of anodized aluminum and adjusts to 3 heights.
- Stainless steel frame is smooth and easy to maintain, resistant to chipping, pitting, corrosion and discoloration, and its fabrication is more environmentally responsible than chrome.
- Wider and longer than a traditional Trapeze Table, to accommodate a broader range of body types.
- Constructed of hardwood core, joints lapped and fitted for maximum stability.
- Easy, secure, unlimited adjustments of horizontal and vertical slider bars, for efficient exercise transitions.
- CE approved medical device (Class 1)

You also receive

- Smooth-sliding horizontal and vertical crossbars with self-lubricating, greaseless bushings. Plastic-tipped butterfly locking knobs prevent burrs.
- Anodized aluminum push-through bar adjusts quickly to 3 heights; can be used as a 3- or 4-sided bar. Safely secure the push-through bar with safety strap and carabiner (included). Maple push-through bar available on request at time of purchase.
- Maple roll-down bar (23"/58cm) with inside hooks.
- Package of 12 Balanced Body Signature Springs™ with snap hooks. Regular: 2 each yellow, blue, red and black (for Trapeze Bar). Long: 2 yellow and 2 purple.
- Trapeze Bar, padded with padded spring sleeves (see on p. 48), plus cotton canopy loops (long web, black) and a pair of soft lambswool fuzzies.
- One pair each: cotton loops, adjustable thigh cuffs and adjustable ankle cuffs.
- Belly Strap (cotton, black).
- Choice of upholstery color; see p. 55. Stock: Black.

Pricing

Trapeze Table	15278	$3895 US

Limited Lifetime Warranty

Shown here in Greystone. **Specifications:** Table surface height, 25.5" (65cm); Table width, 29" (74cm); Table length 81" (206cm) plus 4.5" (11cm) for canopy brackets; Trapeze frame height (top to floor): 86.5" (220cm). Weight, 190 lbs (86kg).



Trapeze Table Options

Optional accessories

A. Roll-Down Bar. Outside hooks, 23" (58cm)
12229 $34 US

B. Long Roll-Down Bar. Inside hooks, 30" (76cm)
12230 $38 US

C. Trapeze Table Extender, Pull-Out Shelf. Includes upholstered box, adds 12" (31cm) to table length. Factory-installed, available only with original purchase.
Trapeze Table Extender $160 US

D. Padded Foot Stopper. An alternative surface for the feet. 9" x 38" (22.5cm x 95cm)
12223 $95 US

E. Non-Slip Bar Cover. Soft, rubberized material creates a comfortable, secure, non-slip surface for feet and hands. 20.5" (52cm)
12226 $24 US

F. Maple Push-Through Bar. If your preference is for wood rather than anodized aluminum.
12227 $265 US

G. Face Rest. Removable and articulated; almost unlimited positioning. Vinyl upholstery. Trapeze Tables are pre-drilled to accept the Face Rest.
10108 $225 US

H. Stability Sling. Use with your Trapeze Bar to support mat and core control exercises. Designed by Marie-José Blom for clients with special needs like fibromyalgia, Parkinson's Disease, multiple sclerosis, and the elderly. Printed guidelines. Requires long yellow springs. 4" x 32" (10cm x 81cm)
14313 $48 US

J. Wedge. Supports your client on a gentle, 12-degree incline, including cervical support. For clients who have shoulder, neck or facial injuries, or who can't lie supine due to dizziness or postural patterns. Stock: Black.
31" x 23" x 7" (34cm x 34cm x 8cm).
12482 $169 US

K. Sitting Box Riser, Tall. If your Trapeze Table does not have a pull-out shelf with box cushion (C), our Sitting Box Riser (Tall) extends the surface of your 24" high (61cm) Trapeze Table. The riser elevates your Standard or Contour Sitting Box to the height of the table. More details on p. 75.
12418 $195 US

L. Non-Slip Tape, see on p. 90.


A


G


B


H


C


D


E


J


F


K


L

CenterLine® Cadillac



CenterLine® Pole System



The CenterLine® Cadillac and Pole System were created in collaboration with Amy Taylor Alpers and Rachel Taylor Segel of The Pilates Center in Boulder, Colorado.

Enjoy the same sliding push-through bar and stainless steel frame upgrades now available on our Trapeze Table (p. 46) and Wall Tower (p. 50).

CenterLine® Cadillac

Sized to offer users and teachers easier reach, the upper canopy tubes are 5.5" (14cm) closer to the base table than on the Balanced Body Trapeze Table. The CenterLine Cadillac matches our Trapeze Table's standard for maximum stability, efficient adjustment and safe use.

You also receive

» Roll-down bar, maple, non-swiveling with outside hooks.

» Push-through bar: maple, 4-sided, with safety strap.

» Package of 10 Balanced Body Signature Springs™. Regular: 1 red, 1 green, 2 blue, 2 gray, 2 white (for Breathing Bar). Long: 2 red.

» Breathing Bar (Trapeze Bar), padded with spring sleeves and with long black strap.

» Pair of lambswool fuzzies with short black webs.

» Belly Strap (cotton, black), foot strap (24"/61cm) and pair of single cotton loops.

» Choice of upholstery color; see p. 55.

Pricing

CenterLine Cadillac	15277	$4095 US

Limited Lifetime Warranty

CenterLine® Pole System

A Wall Tower variation that allows much of the Cadillac repertoire. Purchase the Pole System separately, or save if purchased with a Mat & Moon Box package. **The Pole System must be mounted to both wall and floor for proper installation.**

You also receive

» Push-through bar: maple, 4-sided, with safety strap and carabiner.

» Roll-Down Bar, maple, non-swiveling with outside hooks.

» Package of 8 Balanced Body Signature Springs™. Regular: 1 red, 1 green, 2 blue and 2 gray. Long: 2 red.

» Loops/handles: single D-ring cotton loops (1 pair).

Optional Mat and Moon Box Package

» Padded/upholstered raised mat with dowel handles and two Moon Boxes. Foot strap (24"/61cm).

» Weighted metal roll-up bar, 3.8 lb (1.7kg).

» Choice of upholstery color; see p. 55.

Pricing

CenterLine Pole System	15274	$1595 US
CenterLine Pole System with Mat & Moon Boxes	15275	$2190 US

Limited Lifetime Warranty

Shown in Cadet. **Specifications for Cadillac:** Table surface height, 25.5" (65cm); Table width, 29" (74cm); Table length 81" (206cm) plus 4.5" (11cm) for canopy brackets; Trapeze frame height (top to floor): 81.5" (207cm). Weight, 190 lbs (86kg). **Specifications for Pole System:** Tower; Height 89" (226cm), Width 27" (69cm), Depth: 20" (51cm). Mat; Height 6" (15cm), Width 22.5" (57cm), Length 84" (213cm). Moon Boxes; Height 6" (15cm), Width 9" (30cm), Length 14" (36cm).

Wall Tower



Efficient. Space Saving. Economical.

Wall Tower

Get Trapeze Table functionality in a compact space. Unique to the Balanced Body Wall Tower, the push-through bar adjusts quickly to 8 positions along the height of the Tower, for ease of use with floor mats, raised mats, and Reformers of any height.

Must mount to both wall and floor. Installation hardware not included.

» Our innovative Slide System makes repositioning the push-through bar a fast, one-person job that will not interrupt the flow of a session. Bonus: it is quieter to use and maintenance-free. Push-through bar is made of anodized aluminum and adjusts to 3 heights.

» Stainless steel frame is smooth and easy to maintain, resistant to chipping, pitting, corrosion and discoloration, and its fabrication is more environmentally responsible than chrome.

You also receive

» Package of 8 Balanced Body Signature Springs™ with snaps. Regular: 2 yellow and 2 blue. Long: 2 yellow and 2 purple.

» Anodized aluminum push-through bar. Safely secure the bar with safety strap and carabiner (included).

» 23 spring attachment points.

» Maple roll-down bar, pair of cotton loops.

Pricing

Wall Tower Only	15272	$1495 US
Wall Tower, Mat & 2 Moon Boxes (save $250)	15273	$2090 US

10 Year Limited Warranty

Wall Tower Mat

Stable, comfortable, padded/upholstered raised mat comes with dowel handles and cotton foot strap. Choose your upholstery color; see p. 55. Stock: Black.

Wall Tower Mat	12333	$595 US
Mat and 2 Moonboxes (save $50)	12335	$795 US

Moon Boxes



Moon Boxes increase and enhance exercises using Wall Towers, Reformers and Chairs. Sturdy wood core with padded upholstery. Stock: Black.

6"h x 9"w x 14"l (15cm x 30cm x 36cm)	12337	$125 US

Wall Tower shown here with optional Mat and Moon Boxes (shown in Cadet).
Specifications: Wall Tower; Height 89" (226cm), Width 27" (69cm), Depth 20" (51cm). **Wall Tower Mat;** Height 6" (15cm), Width 22.5" (57cm), Length 84" (213cm).

Guillotine Tower



"...The definitive apparatus for hip and spine articulation." -Ron Fletcher

Guillotine Tower

A fundamental piece of equipment in the original New York Pilates Studio, Ron Fletcher embraced the value of the Guillotine Tower during his years of study with Joe and Clara because it:

» Creates a remarkable environment for developing mobility and strength of the hips and spine.

» Provides incredible feedback. Clients can see when they are out of alignment, which makes it a great assessment tool for stability, flexibility and articulation.

Some instructors have adapted traditional Guillotine Tower exercises to the Cadillac. However, the arc of the Cadillac's push-through bar does not provide the same pelvic stabilization and spinal articulation that you get with the vertical line of the Guillotine Tower. The vertical slider allows clients with limited hamstring and lower-back flexibility (like many male clients) to experience the full benefit of these exercises.

More details: pilates.com/guillotine-tower.

The Balanced Body difference

The Balanced Body Guillotine Tower can be freestanding and is vastly easier to install compared to others that require bolting the apparatus to both floor and ceiling.

Available in two versions:

» With a freestanding base (stratified wood), requiring minimal installation (shown above).

» With no base, which requires bolting only into your floor (not the ceiling). Bolts for floor mounting not included.

You also receive

» Powder-coated steel frame.

» 2 generously-sized upholstered mats. Stock: Black.

» Slider bar* (wider than others available) with limiting strap.

» Set of 10 Balanced Body Signature Springs™ with snap hooks. Regular: 2 each yellow, blue, red. Long: 2 each yellow and purple.

» 2 Neoprene handles, 2 single cotton loops, safety strap..

» Chain with carabiners (for narrower leg work, not shown).

Pricing

Guillotine Tower with freestanding base	12623	$4250 US
Guillotine Tower without base	12344	$3595 US

10 Year Limited Warranty

Shown above with freestanding base. Specifications: Tower; Height 80.25" (203.9cm), Width 40.25" (102.2cm), Length 42" (106.7cm), (80.5", 204.5cm with mats installed), Mats (2); Length 46" (116.8cm), Width 31.25" (79.4cm) Length 36" (91.4cm), Width 31.25" (79.4cm), Base; Length 92" (230cm)), Width 42" (106.7cm), Height 1.5" (3.8.cm).
*The weight limit for standing on the slider bar is 200 pounds.



Tower on the Go®

Fast, easy set-up for a challenging Tower workout using your door!

Wrap two adjustable anchor straps around a standard door, and clip on resistance bands or springs. You're ready for a full range of Pilates exercises.

Sturdy slider clamps allow easy adjustment of the angle of resistance, and will not scratch your door.

Includes 2 springs (yellow, long), 2 cotton loops, and 2 door straps with sturdy, non-abrasive attachment points.



Comes with 60-minute DVD workout.
Safe for all levels.
Includes beginning/intermediate modifications.

Pricing

Tower on the Go with Springs	12614	$145 US



Ped-o-Pull

Complete your equipment suite with this classic, space-saving apparatus.

The Ped-o-Pull challenges core stability in functional standing position. Choose a kidney-shaped base to help properly align the feet (developed for Ron Fletcher), or the original square shape as designed by Joseph Pilates.

Ped-o-Pull includes

- Trapeze springs with snaps: 2 regular, yellow. Pair of Neoprene® handles.
- Wall brackets (2) stabilize the unit 6" (15cm) from wall.
- Maple-faced hardwood laminate base is 1.5" (4cm) thick, with updated rounded edges for improved comfort.

Pricing

Square base (not shown)	12347	$495 US
Kidney-shaped base	12348	$495 US

10 Year Limited Warranty

Fletcher Pilates® Ped-i-Pul Video

Available separately. Expand your knowledge on this piece of equipment. Includes 6 exercise categories in a 28-minute workout.



Fletcher Ped-o-Pull Video	13454	$14.95 US

Shown in Greystone. **Specifications**: Height, 39" (99cm), Length, 39" (99cm); Width of Base, 14" (36cm); Width of Rod, 30" (72cm). Weight, 54 lbs (24.5 kg).

Ped-o-Pull: Height 84" (213cm), Kidney-Shaped Base 22.5" x 16" (57cm x 41cm), Square Base 17.5" x 17.5" (45cm x 45cm).

Pilates Springboard™



Affordable and space-saving, with an optional push-through bar.

Our very popular Pilates Springboard, designed by Ellie Herman, is economical and versatile. The optional push-through bar allows even more Tower exercises in your workouts.

- Maple wood faced high-quality laminate. Easy-to-use engraved measurements and 22 spring attachment points.
- Maple roll-down bar, two cotton loops and Neoprene® handles.
- Maple dowel footbar (1.25"/3cm diameter), hand-finished, provides stable foundation for hands and feet.
- Balanced Body Signature Springs™ with snaps. Regular: 2 yellow. Long: 2 purple.
- Hardware included for attaching Springboard to wood wall studs with standard 16" spacing.
- Included: Springboard DVD with 40-minute workout. Classic Pilates exercises as well as original exercises created for the Springboard.

Pricing

Pilates Springboard	12405	$445 US

10 Year Limited Warranty



Optional Push-Through Bar

Enjoy more versatility by upgrading your Springboard with a push-through bar, making more Trapeze Table (Cadillac) exercises possible with your Springboard.

The anodized aluminum bar attaches to your existing Springboard (brackets and hardware included). Installation does not require removing already-installed Springboards from wall.

Don't have a Springboard yet? Save and buy a Springboard with push-through bar together. Choose your preferred resistance: two blue or red springs.

Pricing

Purchase Springboard and Push-Through Bar together and save $50.

Pilates Springboard and Push-Through Bar,		
with blue springs	12648	$745 US
with red springs	12649	$745 US
Push-Through Bar Kit for Springboard,		
with blue springs	12650	$350 US
with red springs	12651	$350 US

Specifications: Height 72" (183cm), Width 20" (51cm), Weight 33 lbs (15kg).

The Finishing Touch: Wood Choices

Wood choices

Strong, beautiful, environmentally sensitive. No compromises.

Balanced Body® wood is beautiful, inviting to the touch, absorbs noise and is built to last a lifetime. Our woods and construction methods are time-tested for 40 years, giving us the seasoned confidence to offer—and stand behind—our Lifetime Warranty.

We offer two standard wood choices, Strata® Rock Maple and Strata® Artisan Maple. Strata's superb strength and durability come from its solid, multi-grained core, laminated in alternating grain directions. This creates an exceptionally strong, straight board, neutralizing the forces that could otherwise cause twisting. The result is an unusually strong, sturdy wood—ideal for Reformer frames—with a distinctive "butcher block" look.

The Strata engineering process also uses more of the tree with very little waste, making it not only stronger than single-plank wood, but more environmentally sensitive.

All Balanced Body woods come from FSC (Forest Stewardship Council) suppliers who purchase wood from well-managed North American forests. In these forests, tree growth exceeds removals by a nearly 2-to-1 margin.

A. Strata® Rock Maple

Standard for Balanced Body Reformers, Rock Maple is one reason our equipment lasts practically forever. Rock Maple has a hardness rating unmatched by beech, oak and pine, and also a tighter, more consistent grain. You get a superior frame:

- Better resistance to expansion and contraction from changes in temperature and humidity.
- Better durability against dents and wear.
- Joints remain strong.
- Bolts remain tight in the solid wood.

B. Strata® Artisan Maple

Strata Artisan Maple is also durable and even more eco-friendly because it uses still more of the tree. An artful alternative to the more uniform grain and color of Strata Rock Maple, it is available at no additional cost. You will notice more natural color, character and pronounced grain detail.

Balanced Body Select Strata®

We also offer Balanced Body Select Strata in Cherry, Mahogany, and Walnut, for an additional cost of $595 per Reformer. For more information, please call.

All Balanced Body woods are complemented by a smooth, lustrous finish that brings out the beauty of the natural grain and protects the wood. Our wood Reformers and Trapeze Tables are backed by the Balanced Body Limited Lifetime Warranty.

See how Balanced Body Reformers are made at **pilates.com/handmade.**





The Finishing Touch: Custom Upholstery Colors

Upholstery—a rainbow of colors!

Add your own final, personal touch to your Pilates equipment. Create exactly the look you want from our palette of 51 gorgeous colors.

Balanced Body features Naugahyde® with BeautyGard®, the finest US-made upholstery on the market. In addition to its beauty and durability, It wipes clean with common cleaning agents and provides outstanding resistance to scuffing, perspiration, bacteria and stains.

Call for a free sample palette. Or have some fun and play with the rainbow using our Color Tool at pilates.com.

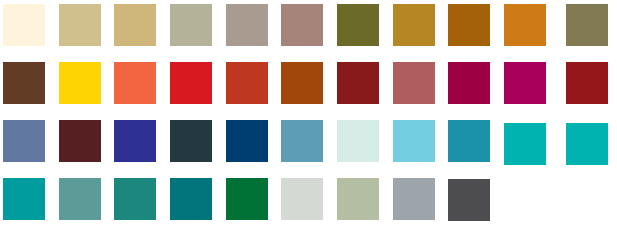
Choose from nine standard colors, no extra charge

Balanced Body offers nine standard colors at no extra charge



(Adobe White, Sage, Greystone, Wedgewood, Burgundy, Dark Cherry, Oak, Storm, Black), although additional lead times apply.

Forty-two more colors (custom charges apply) give you many beautiful choices!



Black is used on most of our in-stock items that are available for immediate shipment.

See all at pilates.com. **However**, do not base your final color selection on these samples. Please request actual color samples so you can be sure to get the color you want. Color availability subject to change without notice.

Custom upholstery color charges

Boxes, Chair Pads, Small Barrels & Arcs, per item	$45 US
All other equipment, per item	$85 US

Balanced Body Clean®

100% Organic, safe and odor-free industrial strength cleaner and disinfectant.



Balanced Body Clean® is an all-purpose cleaner that is 100% natural, organic and biodegradable. It cleans, disinfects and removes dirt, grease and oil from porcelain, plastic, glass, vinyl upholstery and metal.

» Extends the life of your equipment's vinyl upholstery.

» Kills 99.99% of bacteria.

» Eliminates odors, cleans and removes dirt and grease.

» Made with banana bark extract, 100% natural and organic.

» Safe for use around those with chemical sensitivities.

Your choices

» Concentrate formula (125ml, 4.2 fl. oz.). One bottle of concentrate equals nine bottles of the diluted mixture. Mix as directed with water in your own spray bottle and save 33%, plus savings on shipping, too.

» Convenient, pre-mixed 650ml bottles with an easy-to-use trigger spray.

Use throughout your facility for easy access. Very useful at home, too!

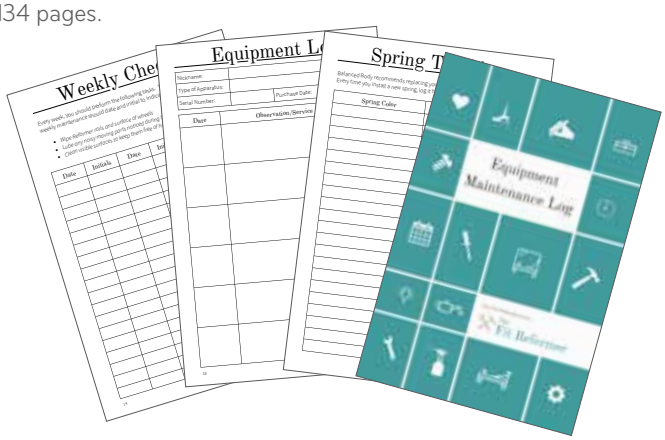
Balanced Body Clean is odor-free and made completely from a natural plant extract taken from the bark of banana trees. Does not contain VOCs, alcohols, petrochemicals, solvents, phthalates, ammonia, bleach, phosphates, dyes, preservatives or perfumes.

Pricing

Pack of two 650ml bottles	12945	$14.95 US
Carton of eight 650ml bottles (save 10%)	12944	$53.95 US
Concentrate Formula, 125ml (save 33%)	15095	$44.95 US

New! Equipment Maintenance Log Book

Your equipment is a valuable asset, and this log book makes it easier than ever to stay on top of important maintenance tasks. See clear photo descriptions of safety hazards to watch for in springs, clips, straps, and more. Use the easy-to-follow quarterly and weekly checklists to record your maintenance tasks, and keep track of parts ordered with shopping lists. Brought to you by Pilates instructor, mechanical engineer, and owner of The Fit Reformer, Kaleen Canevari. Spiral bound paperback, color photos, 134 pages.



Equipment Maintenance Log	15891	$40 US

Balanced Body® Toolkit

A convenient toolkit for maintaining your equipment in perfect condition.

Handy toolkit comes with all you need to service Balanced Body equipment (excluding power tools), in a convenient zippered carrying case.

You will never again have to track down a tool that came with your equipment!



You receive

» 6 allen wrenches in various sizes

» 2 open-end wrenches

» 1 each Phillips and flathead screwdriver

» 4 drill bits

» 1 knob wrench

» 3 custom wrenches

» 2 sockets

» 1 socket arm

» Zippered carrying case with main compartment and smaller exterior pocket

Pricing

Balanced Body Equipment Toolkit	12686	$79 US

Balanced Body® Fit Equipment



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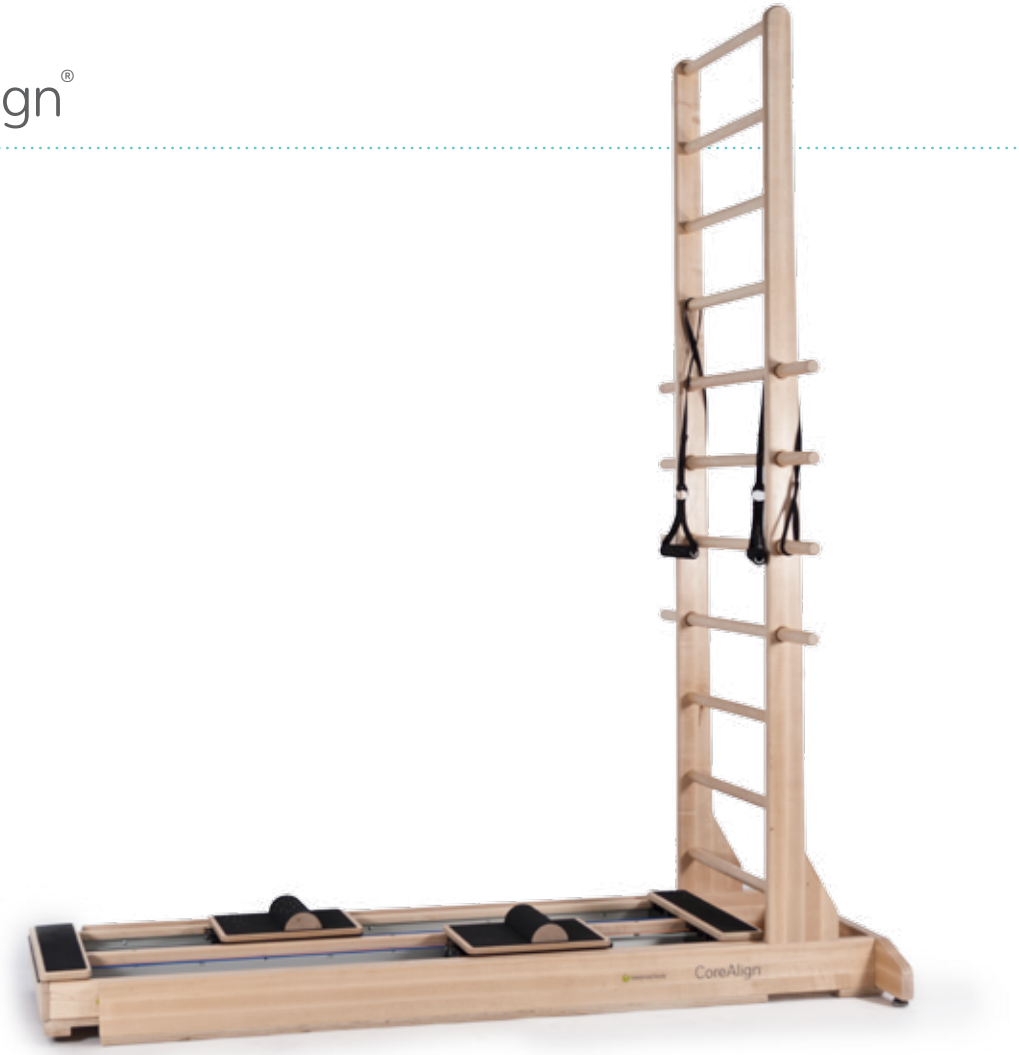
62 MOTR® and MOTR® Home

64 Bodhi Suspension System®

"I'm guided by my enthusiasm."

– Jonathan Demme

CoreAlign®



A unique standing movement system that optimizes fitness and function. The CoreAlign® from Balanced Body delivers results, whether your clients want an increased level of fitness or an improved way of moving through everyday life. Combine cardiovascular work and integrated, full-body exercises with a mind-body approach.

How does it work?

Developed by physical therapist Jonathan Hoffman in collaboration with Balanced Body, the CoreAlign's sliding carts move independently, with both resistance and assistance possible in two directions.

Change resistance easily to create nearly 200 exercises that address every part of the body.

Most exercises are done standing, leading to rapid improvements in posture, balance and functional movement.

A ladder (included with the complete package) is required for most exercises. See our options on page 60. Rotator discs for advanced work are also available.

Powerful retention and recruitment for studios and fitness professionals

» Unique and effective exercise—clients at all fitness levels feel the difference after one workout.

» Great for small group programs and sports-specific classes. A fun, cardio workout popular with men as well as women.

» Amazing versatility—integrated core training, upper/lower body strengthening, warm-up, cool-down and stretching.

An essential tool for your rehab practice

» Effective for gait and core training.

» Exercises are easy for your patients to perform.

» Great for balance and neuromuscular retraining.

CoreAlign shown on these pages with optional Freestanding Ladder. Specifications for CoreAlign: Length 66.4" (154cm), Width 23.5" (60cm), Height 5.5" (14cm). Weight 94 lbs (43kg).



Redefining functional movement.

Durable, quiet and safe

» Solid wood standing platform, ladder and base (now 66.4"/169cm long).

» Updated longer frame provides up to 41" (104cm) of quiet cart travel.

» No slipping with non-skid standing surfaces.

You also receive

» 2 complete sets of resistance tubing, in 3 resistances. Each cart uses 6 resistance tubes: 2 each light, medium and heavy.

» 2 cart stopper blocks, 2 speed bumps.

» 2 straps with padded handles.

» 3 foam pads for extra comfort during some exercises.

Pricing

Purchase CoreAlign and Ladder separately, or purchase together and save $300.

CoreAlign with Freestanding Ladder	12636	$3590 US
CoreAlign with Wall-Mount Ladder	12635	$2870 US
CoreAlign	12477	$2495 US

5 Year Limited Warranty

CoreAlign® training

For CoreAlign training, see our online Education Finder®.

Streaming video

Great ideas all types of clients. Full details, p. 102.

Aligned, Strong and Fit on the CoreAlign
Focus on alignment and full-body conditioning.

CoreAlign Hip & Shoulder Program
Enhance everyday activities and sports-specific performance.

Winter Sports Program
A workout designed to improve winter sports performance.

Gait on the CoreAlign
For neuromuscular disorders, spinal cord injuries or gait dysfunction.

Pilates on the CoreAlign
A workout that seamlessly integrates Pilates and CoreAlign.

Accessories for the CoreAlign, next page.



Accessories for CoreAlign®

Most CoreAlign exercises require a ladder. Our custom-built options fit many space and installation needs. All ladders are of the same maple as CoreAlign, with 10 hand-finished dowels. They provide a coordinated look for your space as well as hardworking performance for years to come.

Freestanding Ladder

No available wall space? Our freestanding ladder connects to a base that your CoreAlign rests on. A solid, stable solution for spaces that require a freestanding unit. Shown on p. 58.

Freestand Ladder	12473	$1395 US

Standard Wall-Mount Ladder

Our Standard Ladder (shown at right with optional bracket kit) comes with hardware to mount to wall studs. Optional bracket kits attach your ladder to a Balanced Body Trapeze Table or Wall Tower. See online at pilates.com/corealign.

Standard Ladder	12476	$575 US

NEW! CoreAlign® Rotator Discs

Add advanced instability challenges to your CoreAlign with Precision Rotator Discs available in 2 sizes and 3 resistances! These specially modified rotator discs have plugs that securely insert into the carts. (For safety reasons, do not use other rotator discs with your CoreAlign.) See p. 79 for more details on our Precision Rotator Discs and Pads. 9"/23cm or 12"/30cm diam. Sold in pairs. Shown at top.

9" no resistance	15847	$85 US
9" light resistance	15848	$105 US
9" heavy resistance	15849	$105 US
12" no resistance	15853	$90 US
12" light resistance	15854	$110 US
12" heavy resistance	15855	$110 US
Disc Pads, 9" pair	12632	$20 US
Disc Pads, 12" pair	12633	$24 US

CoreAlign® Storage Cover

Custom-fit to keep out dust and dirt when not in use, and to signal "off limits" for unsupervised use. Washable, gray.

CoreAlign Cover (not shown)	10357	$56 US

Non-Slip Bar Cover

This soft, rubberized accessory for your CoreAlign ladder rungs creates a comfortable, secure, non-slip surface for feet and hands. 20.5" (52cm). Not shown.

Non-Slip Bar Cover	12226	$24 US

More CoreAlign® accessories

Please visit pilates.com/corealign.

Replacement CoreAlign® Bands

Balanced Body's redesigned CoreAlign bands and handles, have a much longer band life! than earlier versions!

- Lighter resistance/wider dynamic range.
- Extra security band to use if desired.
- Longer band life and re-usable handles are eco-friendly and efficient.
- Made in the USA.

Replace worn tubing immediately. To prolong the life of stored bands, keep in a sealed bag away from direct sunlight and heat.

How to order

Bands come in sets of 4, of a single resistance.

If you have a new longer CoreAlign (serial number CA05244 or higher), order these bands:

Band Kit, Peach (Light)	12897	$15.95 US
Band Kit, Blue (Med)	12898	$15.95 US
Band Kit, Gray (Heavy)	12899	$15.95 US

If you have an original-length CoreAlign (serial number below CA05244), order these bands:

Band Kit, Peach (Light)	12894	$15.95 US
Band Kit, Blue (Med)	12895	$15.95 US
Band Kit, Gray (Heavy)	12896	$15.95 US

If you have older style bands with permanently attached handles, order original-length bands plus a set of handles.
Handles are re-usable; order once only.

Handles, 6	12892	$5.95 US
Handles, 26	12893	$22.95 US

If you are unsure what to order, please contact us for more information.

Freestanding Ladder Specifications: 91" x 41.5" x 72.25" (231cm x 105cm x 184cm). Weight: 89 lb (40kg). **Standard Wall-Mount Ladder (Mounted):** 91" x 41.5" x 7.5" (231cm x 105cm x 19cm). Weight: 29 lb (13kg).

Orbit™



Roll fun and challenging new moves into classes or personal training sessions. The Orbit provides an exciting, full-body workout that enhances flexibility, stability, strength, balance and coordination! Great for home, too.

An amazing core workout

» Includes both circular and linear movements, from mild to complex.

» Your abdominal muscles are always engaged.

» Increases upper and lower body strength, and improves flexibility and balance.

» Sit, lie, kneel and stand for a wide variety of exercises.

» Includes a 34-minute, Level 1 DVD workout.

Ergonomic, durable, portable

Created by Octavio Galindo in collaboration with Balanced Body, the Orbit has an ergonomic design, solid and sturdy construction, and a comfortable padded surface.

» Smooth, premium-quality casters allow easy gliding in any direction — like a Reformer carriage without the tracks!

» Safe for carpeted or hardwood floors. Two carrying handles make the Orbit a snap to carry and store.

Pricing

Orbit	12479	$229 US

5 Year Limited Warranty / 30-day money back guarantee.

Ask about volume discounts.
Custom upholstery colors, see p. 55. Stock: Greystone.

Orbit Level 2 video, p. 100.
Orbit instructor manual, p. 111.

Specifications: 23" x 15.25" x 6.5" (58cm x 39cm x 17cm). Weight: 15 lb (7kg).

MOTR®



MOTR® is way MOre Than a Roller! Create full-body workouts with three resistance levels. Build strength, challenge balance, train on multiple planes and improve cardio conditioning and agility. Ready to start your MOTR®?

Developed by Pilates instructor and fitness enthusiast Darya Bronston, MOTR was designed for use in commercial fitness facilities and studios. It is also perfect for rehabilitation professionals and home workouts.

Exercise tracks include balance, core, agility, upper body, lower body, standing, plank and more. And use the MOTR tube for release work just like any foam roller.

All MOTR components conveniently store inside the roller tube when not in use.

MOTR® comes with

- Roller tube with locking lid
- Arm with 2 VRMs (variable resistance modules), each with 3 resistance levels
- 2 stability wedges
- Pull-out and carrying straps
- 2 universal hand straps
- DVD with two workouts
- Web app and flash cards with more exercises and workouts



Pricing

MOTR	10060	$349 US

One Year Warranty / 30-day money back guarantee.



MOTR® bundles quick-start your program!

Interested in a MOTR program for your facility? It's easy and affordable to get started. Discounted bundles include:

- MOTR units
- On-site training at your facility (only one weekend)
- Access to ongoing programming
- Marketing materials to promote your program: handouts, window decals and wall posters
- Promotional video

Call Balanced Body at 1-800-745-2837 or +1-916-388-2838, and we'll help you build a bundle that works for you.

MOTR Specifications: Accommodates users up to 350 lbs (158kg) and 6'4" (193cm), Total weight: 20 lbs (9 kg), Height: 43" (109.2 cm) *Bundles available only in the continental US and Canada. Minimum of two training seats required for on-site training. Bundles include an initial order of marketing materials and 90-day access to programming videos. Additional materials and programming available on a subscription plan.



Unlimited programming, limitless results.

Optional accessories

Mini-Mat



For extra comfort while lying on or next to your MOTR, our Mini-Mat is a great companion. Deep Gray, 1/4" x 34.5" x 12" (1cm x 88cm x 31cm).

Mini-Mat	10332	$8.95 US

Round Pad, 9"



This pad is perfect for stabilizing the MOTR when using it in an upright position on smooth floors. Black, 5/8" (1.6cm) thick.

Round Pad, 9"/23cm	10333	$10 US

MOTR Home

Safe and secure storage for up to six MOTRs. The MOTR Home's heavy-duty casters make it easy to park your MOTRs when class is over.

MOTR Home	12469	$429 US



Streaming video

Streaming videos for MOTR® offer great ideas for programming and also for working with different client populations. Full details, p. 103.

Active Aging on the MOTR

Discover simple, effective ways to engage your active aging participants and keep them moving.

MOTR for Dancers

Take a dance around the MOTR for a challenging, fast-paced workout.

Cardio MOTR

Explore new ways to get your heart rate pumping in this cardio-packed MOTR workout.

MOTR Balance, Strength, and Core

Discover clever ways to use the MOTR to challenge your agility and core.

MOTR Arm Only

Learn a variety of interesting ways to use the extension arm as a strengthening and balance tool.

Pilates on the MOTR

Focusing on Pilates inspired moves, this MOTR workout tones and strengthens your whole body.

See all our streaming videos at video.pilates.com.

Bodhi Suspension System®



The world's first four point suspension system for fitness!

Bodhi is Sanskrit for "awaken". The Bodhi Suspension System® helps you awaken the potential in your body and your mind.

Developed by Khita Whyatt and Kirsten Sell, the Bodhi Suspension System includes two independent ropes which create four suspension points. You get endless opportunities to suspend the body from each point, and each point choice adds strength, flexibility, balance and proprioceptive challenges. No other single suspension system can do this.

Suitable and adaptable for all populations, the Bodhi Suspension System is perfect for group exercise, semi-private and private sessions, post-rehab sessions and home use. Options include attachment anchors for a wall, ceiling or door.

Exercise tracks include

- Strength
- Stability
- Flexibility
- Balance
- Proprioception

Bodhi Suspension System® includes

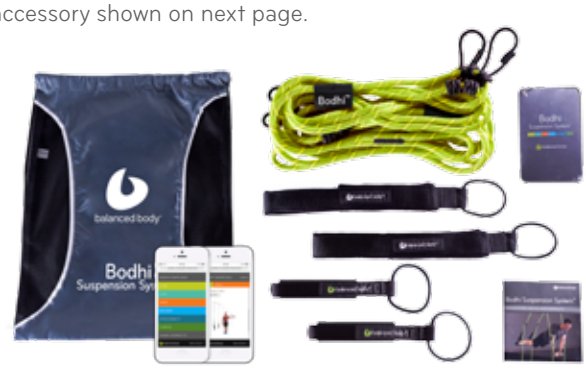
- 2 Ropes*
- 2 Handles
- 2 Padded double loops
- 4 Accessory lanyards
- Tote/storage bag
- Web app and flash cards with more exercises and workouts
- DVD with 2 workouts

Pricing

Green ropes with padded loops	12424	$275 US
Grey ropes with padded loops	12425	$275 US

One Year Limited Warranty / 30-day money back guarantee.

*Rope length is designed for use with ceiling up to 8.25 feet (2.25m) ceiling. For higher ceilings, you will need the extender accessory shown on next page.



Accessories for Bodhi Suspension System®

For information on how to safely install your Bodhi Suspension System® on wall, ceiling or door, visit balancedbody.com/bodhi.

Wall Anchor



Our wall-mounted brackets suspend your ropes 16" (40cm) from the wall. Start with a minimum of two, and install additional brackets to accommodate the number of rope systems. Use with 1.25" (32mm) steel pipe (not included).

Wall Anchor	12872	$84.95 ea US

Ceiling Anchor



Use to mount your Bodhi Suspension System on the ceiling. Start with a minimum of two, and install additional anchors to accommodate the number of rope systems. Use with 1.25" (32mm) steel pipe (not included).

Ceiling Anchor	12873	$59.95 ea US

Rope Extenders



You will need Rope Extenders if your anchor point for installing the ropes is more than 8.5 feet (2.6m) above the ground. Available in green or grey.

Green rope extender	12875	$49.95 pair, US
Grey rope extender	12876	$49.95 pair, US

One Year Limited Warranty / 30-day money back guarantee.

New streaming videos

We have new streaming videos for Bodhi Suspension System® that offer great ideas for programming as well as working with different client populations.

Athletic Bodhi

A stimulating, athletic-inspired workout pushes you to find your own inner athlete on the Bodhi Suspension System.

Bodhi for Men

A fast-paced workout for those with previous suspension training experience.

Dancing on the Ropes

While the moves may be dance-inspired, the workout is functional and will increase your flexibility and agility.

Mat on the Ropes

Combine the stability and strength of Bodhi Suspension System training with the refinement and precision of Pilates, to tone and strengthen from tip to toe.

Full video details on p. 104.
Visit our streaming video site at video.pilates.com.



Catching the CoreAlign Wave, continued from p. 11

Cascadia Pilates and CoreAlign | Portland, Oregon

You can tell by the company name that the CoreAlign is obviously an essential part of the business model at the Cascadia Pilates and CoreAlign* studio.

Owner Krista Loveless said most of the instructors fell in love with it instantly because it provides so much transference to our "everyday" upright bodies that is difficult to access on the Reformer.



Group classes at Cascadia Pilates and CoreAlign.

"I found it a necessary piece to keep for the postural movement and balance of our clients. We have had amazing outcomes," Krista says. "Some of our clients struggle with disabilities such as MS and Parkinson's and their medical scans have come back improved for balance. We cannot emphasize the importance of this piece of equipment enough."

Cascadia currently has six CoreAlign units alongside their Pilates equipment. Krista says the studio's clients love the versatility it brings to their Pilates practice.

"Many of Cascadia's clients sit at computers all day so standing work feels great. And many like the challenge of standing work versus the supine work they get in a Reformer class. Our older clients and those with neurological conditions say they feel a huge improvement in balance after using CoreAlign. I have my masters in Motor Learning and I haven't found a piece of equipment that truly helps people transfer their new movement patterns into activities of daily life the way CoreAlign does," says Krista.

Like Multnomah, part of Cascadia's success is due to programming that is specific to their clients' needs. This includes specialty CoreAlign classes aimed at yoga practitioners, runners and prenatal women, with more in the works. Cascadia currently has 15 CoreAlign group classes per week and over 40 private sessions per week, with many doing a combination of all the apparatus. The studio started with five instructors, but business has been so good they've expanded to nine.

Cascadia's future looks bright. Plans call for launching a comprehensive teacher training program that includes CoreAlign, increasing CoreAlign class sizes to eight, and expanding into a second location.

"This is a very exciting time for us," says Krista.

Learn more about the Multnomah Athletic Club at www.themac.com

Learn more about Cascadia Pilates and CoreAlign at www.cascadiapilates.com.

*CoreAlign is a registered trademark of Balanced Body Inc., and is used in this business name with permission pursuant to a license with Balanced Body Inc.

Accessories & Props



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86 Rollers and Releasing

88 Inflatable Exercise Balls

90 Pads, Poles, Barre and more

"I take a breath when I have to."

—Ethel Merman

Equipment Accessories

More equipment accessories and details at pilates.com.

SoftTouch® Loops

SoftTouch loops and ropes (p. 72) deliver quiet, fluid movement with sturdy rope (non-metal) attachments. Standard on Allegro 2 and Allegro Reformers, and available for other Balanced Body Reformers.



SoftTouch Double Loops, Padded	10046	$49 pair, US
SoftTouch Double Loops, Cotton	10530	$38 pair, US
SoftTouch Single Loop, Padded	10045	$38 pair, US

Tri Loops

Our newest loops have a hidden third strap that opens to provide additional support and security for feet or hands, and tucks out of the way invisibly if not needed.



Padded	10527	$49 pair, US

Double Loops



A Balanced Body innovation with two loops: short loop for hands and longer loop for legs or feet.

Cotton, D-Ring	10025	$28 pair, US
Padded, D-Ring	10026	$44 pair, US

Single D-Ring Loops



Cotton, D-Ring	10022	$18 pair, US
Cotton, CenterLine, D-Ring	11490	$23 pair, US
Padded, D-Ring	10020	$38 pair, US

Double D-Ring Loops



Folds in half to make a 5.5" loop.

Cotton	10023	$28 pair, US

Y-Loops

For apparatus work when feet don't feel secure in standard loops. Outer loop secures strap to ankle or wrist; inner loop works with the resistance. Soft fleece.



Y-Loops	10511	$65 pair, US

Handles

Leather with wood grips, or polypro with Neoprene®.

Polypro handles	10032	$28 pair, US
SoftTouch handles	10047	$28 pair, US
Leather handles	12429	$65 pair, US
CenterLine leather handles (not shown)	12832	$65 pair, US







Cotton Webs

For use with Fuzzies on Trapeze Tables and RTCs.



Long Webs, black, 29.5"/75cm	10038	$30 pair, US
CenterLine Short Webs, black, 20.5"/51cm	11477	$30 pair, US

Multifunctional Straps

Developed in collaboration with Gordon Hart, PMA-CPT and Christopher White, DPT, use these unique straps as classic foot straps and handles, or add multi-planar resistance to arm and leg exercises to help develop the deepest level of joint stability and control. These straps quickly and easily add more than just resisted abduction, flexion and extension. They also provide resisted internal and external rotation for optimal hip and shoulder vitality and function.

Includes 2 cotton loops, 2 polypro handles with Neoprene® and 2 resistance cords (one each heavy and light) with ball anchors.

Multifunctional Straps	12647	$99.95 US





Spring Tab Kit for Chairs

Need replacements for the cloth spring tabs that came with your chair? Easy-grip tabs make spring changes easy. Included with all new EXO®, Combo and Wunda Chairs.



Spring Tab Kit, set of 4	12787	$15 US

Adjustable Velcro® Cuffs

Our adjustable thigh or ankle cuffs are a secure alternative to loops.



Ankle Cuff	10018	$28 pair, US
Thigh Cuff	10034	$32 pair, US

Extension Straps



25.5"/65cm (30"/76cm with ring & snap)

Extension Straps	10027	$25 pair, US

Fuzzies (Lambswool or Synthetic)

Fuzzies fit over Single D-Ring Cotton Loops, Foot Straps and cotton webbing. Velcro® closure. Loops and straps sold separately. Machine washable, no dryer. Synthetic fuzzies are hypo-allergenic, machine washable, natural color.



Lambswool, Pair	10036	$64 US
Lambswool, Each	10035	$32 US
Synthetic, Pair	10039	$48 US
Synthetic, Each	10040	$24 US
CenterLine (lambswool), Pair	11500	$58 US



Balanced Body® Signature Springs™

Time-tested for superior performance under strenuous use, patented springs from Balanced Body are the best available for strength, resilience and durability. Of nickel-plated carbon steel, designed exclusively for Pilates.

Reformer Springs

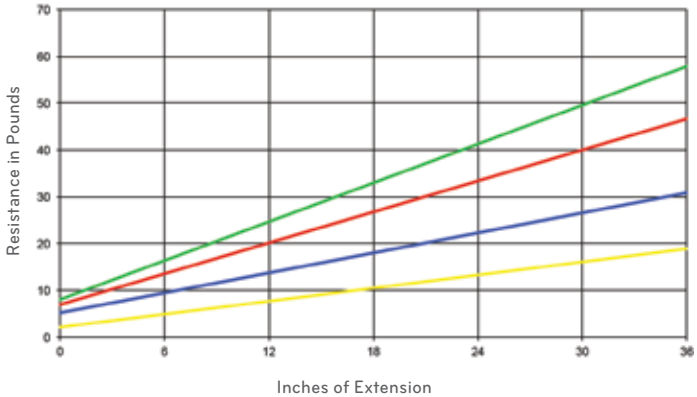
Length 18.5"/47cm.

Yellow (very light)	14295	$25 US
Blue (light)	14286	$25 US
Red (medium)	14285	$25 US
Green (heavy)	14302	$25 US

Chair Springs

For Chairs with Hourglass or Cactus spring mounts, 18.75"/47cm.

White (light)	14291	$28 US
Black (heavy)	14297	$28 US



Reformer Spring Chart

Trapeze Table / Tower / Wall Tower Springs

Length: Regular, 25.5"/65cm.

Yellow (very light)	14272	$30 US
Gray (light)	14299	$30 US
Blue (light)	14275	$30 US
Red (medium)	14270	$30 US
Green (heavy)	14268	$30 US
Black (very heavy)	14277	$30 US

Trapeze Table / Tower / Wall Tower Springs

Length: Long, 31.5"/80cm..

Long Yellow (very light)	14279	$35 US
Long Purple (medium)	14306	$35 US
Long Red (heavy)	14300	$35 US

Please contact us for springs needed for older equipment, special applications and more:

» Avalon Springs

» Allegro® Stretch Reformer Springs

» Unplated Reformer springs

The chart on this page compares the resistance of Balanced Body's Reformer springs. See similar charts for Trapeze Table and Chair springs at pilates.com, or contact us.

Sitting Boxes



A Sitting Box adds so much versatility to your Reformer: prone and abdominal work, side stretching and more, plus a comfortable option for seated exercises. We have upholstered boxes (custom colors, p. 55), and also a new budget-friendly version, the Sitting Box Lite!

NEW! Sitting Box Lite

Time for us to think outside the Box again — literally! Customers love our lightweight, economical versions of Pilates products like the Pilates Arc™, so this year we bring you the Sitting Box Lite. Now it is more economical than ever to add the versatility of a Sitting Box to your Reformer. Shown at top.

- Textured top surface provides stable, non-slip body positioning and improves comfort.
- Convenient cut-outs for handling, and for sliding over the shoulder rests of any Balanced Body Reformer.
- User-friendly rounded edges like our Contour™ Sitting box.
- Weighs just 4.5 lbs. (2 kg) – so easy to stack and store.

Made of high-density, durable yet recyclable foam. Black.

Sitting Box Lite	15844	$149 US

Contour Sitting Box™

We removed the edges, creating a box that fits the body better and encourages a larger range of motion. You will love how much better the exercises flow.



The Contour Sitting Box is more comfortable for prone exercises (Swan) and supine long box exercises (Back Stroke); no hard edges interfere with the placement of the body. Stock upholstery color is Black. Shown here in Cadet.

Contour Sitting Box	12451	$325 US

More Sitting Boxes

Standard upholstered Sitting Boxes are included with all wood Reformers. Our 3-handle design lets you carry them like a suitcase.



The CenterLine® Sitting Box features extra padding on top and sides. (See on p. 33.)

Stock colors: Allegro® 2 Sitting Box: Storm. All others: Black.

Standard / Allegro ®	12431	$225 US
Allegro® 2	12431S	$225 US
New York / Sport	12434	$225 US
IQ®	12434S	$225 US
CenterLine®	15332	$250 US

Sitting Box Specifications

Sitting Box	Inches	Centimeters
Standard	16.75"w x 29.5"l x 11.5"h	42cm x 74cm x 29cm
Allegro 2	16.75"w x 29.5"l x 11.5"h	42cm x 74cm x 29cm
Contour	16.75"w x 31"l x 11.5"h	42cm x 78cm x 29cm
New York	15"w x 27"l x 10"h	38cm x 68cm x 25cm
Large	16"w x 29" l x 13.5"h	40cm x 73cm x 34cm
CenterLine	16.5"w x 28"l x 10"h	41cm x 70cm x 25cm
Sitting Box Lite	17"w x 31"l x 10.75"h	43cm x 78cm x 27cm
Large with Lip (see online)	Top, 18"w x 34"l Base, 16"w x 29"l x 13.5"h	Top, 45cm x 85cm Base, 40cm x 78cm x 34cm



Foot Straps and Sitting Box Riser

Foot Straps

Foot straps are often used with Sitting Box exercises. Purchase a Sitting Box with your Reformer, and get a free foot strap. Lengths include snaps at ends except for Allegro 2, which does not use snaps. Also sold separately.

Revo™ Foot Strap, Medium, 27.5"/70cm

Cotton	10504	$16 US
Padded	10505	$39 US

Allegro® 2 Foot Strap, 38.5"/96cm (adjustable)

Padded	10519	$39 US

Allegro® Foot Strap, Long, 28.5"/72cm

Cotton	10029	$16 US
Padded	10031	$39 US

CenterLine® Foot Strap, 27"/69cm

Cotton	11493	$16 US

IQ® Reformer Foot Strap, Extra long, 30.5"/77cm

Cotton	10506	$16 US
Padded	10507	$39 US

Foot Strap for all other Reformers, Short, 25.5"/65cm

Cotton	10028	$16 US
Padded	10030	$39 US



Sitting Box Riser

Use our Sitting Box Riser to provide support by extending the surface of your EXO® Chair, Combo Chair or Trapeze Table. The riser elevates your Standard or Contour Sitting Box™ to the height of the equipment. Your clients will appreciate the extra support for exercises like Reverse Swan, sidelying or prone work.

Quick and easy to set up, it breaks down flat to store against a wall or under equipment. Includes non-slip grips you can attach for use on wood floors or low pile carpet. The handy cut-out in the base helps you quickly pull the Sitting Box off the riser.

Select "Tall" for use with Combo Chair or Trapeze Table, and "Short" to use with the EXO Chair (as seen on p. 41).

Sitting Box Riser, Tall	12418	$195 US
Sitting Box Riser, Short	12419	$195 US



Reformer Accessories

Our most frequently-purchased Reformer accessories. More available at pilates.com.

SoftTouch® Rope and Padded Loop Kit

Upgrade your current rope system with our SoftTouch™ ropes and loops. Our innovative attachment points are always quiet and enhance flowing movement quality. See on p. 16.

SoftTouch Rope and Padded Loop Kit	12916	$73 US

Non-Skid Strips



Steady your equipment on hard floors and low-pile carpet. Remove backing and apply to bottom of each Reformer leg (2 strips per leg). Great for infrequently-moved equipment. 5.5" x 1" (14cm x 2.5cm).

Non-Skid Strips, set of 8	12825	$14.95 US

Oversized Standing Platform



Fits most Balanced Body wood Reformers that have a jumpboard bracket. Clear, non-skid finish. 20" x 11" (51cm x 28cm).

Oversized Standing Platform	12439	$95 US

Reformer Ropes



Adjustable with snaps (except SoftTouch ropes which have non-metal components).

For Allegro 2 Reformers (not shown)	10520	$35 pair, US
For Standard-length Reformers	10501	$35 pair, US
For Stretch (extended length) Reformers	10500	$40 pair, US
SoftTouch, for Allegro Reformers	10536	$35 pair, US
SoftTouch, for Stretch Allegro	10529	$40 pair, US

Leather Straps



Traditional leather straps as used by Joseph Pilates. CenterLine® Reformer uses customized straps. Latigo straps may be used on any Balanced Body Reformer with casters.

Latigo Straps	12430	$150 pair, US
CenterLine Straps, Oak	12842	$150 pair, US

Spring Collars™



Easy-grip Spring Collars slip onto Balanced Body® Reformer springs to make spring changes easier for both instructor and client. Eliminates direct handling of spring. Included on the Allegro® 2 Reformer, can add to any Balanced Body Reformer spring. A patented exclusive.

Spring Collars (set of 5)	12833	$12 US

Ropes and Risers Retrofit Kit

Straps are traditional, but ropes move more freely through pulleys. Our swivel pulleys allow rope movement in any angle of direction. Quickly adjust length with cam cleats. Risers elevate pulleys 2"-12" (5cm-30cm) above frame. Ropes pass above shoulder rests with no scuffing. Sold as a set, retrofit for straps.

Ropes/Risers Retrofit Kit	12380	$250 US

Reformer Rocker

Developed by Pilates instructor Barbara Mayr, the Reformer Rocker is a valuable (and fun!) feedback tool that increases a client's awareness of imbalances and asymmetries.



- Improves focus. Creates an unstable environment to challenge balance and stimulate the muscles and nervous system.
- Provides an effective training environment for kayakers, skiers and other athletes who require excellent balance.
- Calms the mind, relaxes muscles and deepens breathing.

Carpet slows Rocker reactivity and decreases the rocking sensation. Firm floors increase responsiveness and rocking. Specially designed mats (optional, below) may be desirable.

Support blocks (included) fully stabilize the Reformer for standard use.

Note: Use only with 14" Balanced Body wood Reformers without a Tower. Rockers are screwed into Reformer legs, adding 5.75" (15cm) to your Reformer's height.

Reformer Rocker	12481	$495 US

Reformer Rocker Mats

Specially designed mats for the Reformer Rocker. Mats prevent slippage and traveling on hard surfaces, especially during jumpboard exercises, and increase the responsiveness of Rockers on carpeted surfaces. 10" x 40" x 1/8" (3cm x 102cm x 0.3cm). Sold as a pair.

Reformer Rocker Mats	12484	$40 US

Plunger Lockout Knobs Retrofit Kit



Moving the footbar along the frame just got easier. Pull out knob and turn, slide the footbar, then lock knobs back into place. Included on original Allegro® and any Infinity Footbar® sold after March 1, 2010. Can retrofit older versions.

Plunger Lockout Knob Retrofit Kit	12822	$22.95 US

Upholstery Kit

Give your Studio or Clinical Reformer a makeover or just a fresh, updated color. Includes carriage pad, shoulders with brackets and a complete headrest. (Upholstery Kits are also available for other Reformers. Please call for details.)

Upholstery Kit	12704	$260 US

Looking for loops and handles? see p. 68.

Padded Foot Plates (jumpboards) and related accessories expand the versatility of your Balanced Body® Reformer. They allow jumping and other cardio exercises, and re-create a biomechanically accurate standing position while lying on the Reformer.

Studio & Clinical Padded Foot Plate



Fits Balanced Body Studio Reformer® or Clinical Reformer®.
21" x 20.5" (53cm x 52cm)

Call for Info $195 US

Jumpus Maximus Padded Foot Plate



Our largest foot plate for Studio Reformer® or Clinical Reformer®. 29" x 20.5" (74cm x 52cm)

Call for info $250 US

Allegro® 2 Padded Foot Plate



Fits Allegro 2 Reformers. Handles included for easy moving/installing. A generous 31.5" x 20".
(79cm x 50cm)

12415 $250 US

Allegro® Padded Foot Plate



Fits Allegros purchased after June 21, 2007. Handles make it easier to move and install. A generous 30" x 23.5" (76cm x 60cm)

12409 $195 US

Allegro® Foot Plate Retrofit Kit

Upgrade earlier Allegros so that you can use the newer foot plate. (Not shown.)

12776 $40 US

IQ®/Pilates Sport® Padded Foot Plates



Two versions, both 26"x 18" (66cm x 48cm). Product 936-000 includes a foot plate and a required retrofit kit.

Fits all IQs and any Sport purchased after May 18, 2010

11986 $150 US

Fits any Sport purchased before May 18, 2010

12637 $410 US

Standing Platform Pad



Originally created for the standing platform of the CoreAlign® (included), this pad is also perfect for the standing platform of our Reformers. Cushions hands and forearms for many exercises. 22" (56cm) length x 14.5" (37cm) wide x 3/4" deep (2cm).

Standing Platform Pad 14695 $10.95 US

Videos with foot plate (jumpboard) exercises, see pp. 98-99.

NEW! Precision Rotator Discs for your Foot Plate



Now with your choice of progressive spring resistance or no resistance. Position them virtually anywhere on the jumpboard with adjustable attachments (included). You can also remove and use discs separately. (Attachment strap stays affixed to disc, but does not impair standalone use.) Fits any Balanced Body® foot plate. Originally built by Balanced Body for Marika Molnar, PT.

The Balanced Body difference

» Three choices of spring resistance*: light, heavy or none.

» Built-in markers to easily measure range of motion.

» Longer lasting, top-quality ABS construction. Maximum weight, 500 lbs. (277 kg).

Choose no resistance for traditional rotator disc exercises and to measure range of motion.

Choose resistance to strengthen end-range of motion, to improve joint support and stability, and to identify strength imbalances between limbs. Consider light resistance for upper body and heavy resistance for lower body.

*Discs are not adjustable. Each provides one resistance option. Sold as pair with everything needed to attach to jumpboard.

9"/23cm, no resistance (pair)	15850	$125 US
9"/23cm, light resistance (pair)	15851	$145 US
9"/23cm, heavy resistance (pair)	15852	$145 US

Cardio Cloud™



Create a softer jumping surface in seconds by slipping the Cardio Cloud over your Balanced Body foot plate. Ideal for sensitive feet or for ankle, knee or hip problems.

The pad's softness encourages full articulation of the feet, and durable foam padding ensures better biomechanics for jumping. Unlike others, it completely covers the foot plate surface used during jumping. Feels better than a trampoline!

Non-slip cover provides a secure grip for feet and against the jumpboard. It is easy to clean, and removable so you can replace padding when needed.

Large size fits the Allegro® 2 and Allegro®. Small size fits the Studio Reformer®, Sport®, and IQ® Reformer. Large: 31" x 15" x 2" (78cm x 38cm x 5cm). Small: 21" x 18" x 2" (53cm x 45cm x 5cm). Padded Foot Plate not included.

Large	12421	$95 US
Small	12420	$95 US

Pilates and Placekickers

Kicking in the NFL is a stressful job and takes a tough mentality. While the action rages on the field during a normal football game, you can usually find the kicker standing on the sideline or simulating field goals by kicking into a net at the end of the bench.

When a kicker finally sees action, many times it's with the game on the line. Often it's a single kick that wins or loses the game. You're either the hero or the goat—there is seldom an in-between.



Caleb training at the University of Florida.



Kickers Club (L-R): Josh Lambo, Brandon McManus, Cairo Santos, instructor Robin Zukowski, Will Lutz, Caleb Sturgis.

That's a lot of mental pressure. And although they don't get tackled as much as positional players, the complex act of kicking requires the perfect combination of strength, power, and flexibility. Overuse injuries are common amongst kickers and without proper training an injury can shorten the career of a professional athlete.

A balanced musculature is key

Caleb Sturgis is heading into his fifth season as an NFL kicker, his third for the Philadelphia Eagles. "Kicking a football for me is a total body exercise. For the most part, my right quad, groin, and hip flexor are the sorest after kicking," says Caleb.

For Caleb, kicking for all these years has led to a lot of imbalances in his body. These imbalances can cause nagging injuries during the season that can negatively affect his performance. Caleb points out that these imbalances can come from a lack of strength in his upper body. "My left glute needs to be stable throughout the kick so all the pressure is not transferred to the right leg. The majority of the power comes from the left hamstring pulling me through the ball. The upper body and core are critical since they serve as stabilization so that I can attack the ball with my lower body," he says.

Fortunately for him, during the off season he trains at his alma mater, the University of Florida in Gainesville, Florida. Down the road from the university is the Gainesville Health and Fitness Club and Robin Zukowski's Pilates program.

Two years ago Caleb started working with Robin and made an important discovery:


Caleb and Cairo on the Combo Chair.



"Pilates allowed me to correct imbalances without taking a toll on my body like certain strength training can. And it is a great tool for the core, which may be the most important body component of kicking.

I really noticed how good and aligned my body felt whenever I left after training. I felt a lot looser and felt that my range of motion was better when kicking."

> *"My goal with each athlete is to teach them the importance of developing muscular balance during their off-season training as well as maintaining flexibility and core strength to help prevent injuries both on and off of the playing field."*

The mind-body element

In addition, the mind-body benefit from Pilates assuages the mental burden kickers face during the season. This was especially true last season. The NFL lengthened extra point attempts from 2 yards to 15 yards, essentially changing what was a chip shot into a much more daunting 32-yard try (adding in seven yards where the kicker stands behind the line of scrimmage and the ten yards to the goal post at the back of the end zone).

"Because of the change in the extra points, there is now very little room for error so my mental workload has more than doubled," Caleb says. "Instead of having 2 to 6 kicks in a game that matter I can have 5 to 10. I think the breathing I have learned in Pilates can help me focus when there are sudden changes in the game."

The group grows to 7

Caleb was so impressed with this training that he told his good friend, fellow kicker Cairo Santos of the Kansas City Chiefs. Cairo began training with Caleb and Robin, and he, too, experienced first-hand how Pilates could help him increase performance while reducing the chance of injury.

And it grew from there as they told more of their kicker compatriots. This last off-season Caleb, Cairo and 5 other NFL kickers all met in Gainesville for a week of kicking practice, Pilates sessions, and bonding. Josh Lambo from the Los Angeles Chargers, Wil Lutz from the New Orleans Saints, Brandon McManus from the Denver Broncos, Chandler Catanzaro from the New York Jets, and Jason Myers from the Jacksonville Jaguars all visited GHF Pilates and joined Caleb during his Pilates sessions.


Caleb and Cairo on the Combo Chair.

"Each NFL Placekicker I have worked with has a different body type as well as a difference in his training regimen," Robin says. "My goal with each athlete is to teach them the importance of developing muscular balance during their off-season training, as well as maintaining flexibility and core strength to help prevent injuries both on and off of the playing field."

Now that Robin has worked with the entire crew for the past off-season she has been able to build a solid foundation of Pilates principles and can expand on that knowledge next year. She spends a lot of time working with their feet and ankles. And she includes various movements on different apparatus (primarily the Reformer, Chair and Cadillac) that closely mimic the way their bodies move during a kick as well as exercises that specifically target the muscles that are often neglected.

"I love teaching clients how to take control of their own bodies. It is no different with a professional athlete. I want them to be able to carry what they learn with them, when they leave our session in the Pilates studio," she says.

As a new NFL season gets underway Caleb is confident that Pilates will make a powerful impact on his game this year:

"Health has always been the biggest factor in how I perform. The biggest thing I take away from Pilates is having a good understanding of how I need to move. Generating power through the core helps me create an efficient, repeatable kicking motion without the imbalances."

Learn more about the Pilates program at Gainesville Health and Fitness Club at www.ghfc.com/pilates.

Photos courtesy of Jessica Garrett



Foot Products

See podcasts for our foot products online, at pilates.com/podcasts.

Foot Corrector



Strengthens and lifts the foot's arch. Makes feet stronger and improves balance and gait. A safe, no-pinch design that accommodates longer and wider feet than others. And, no need to rotate the device mid-exercise. Two spring sets included: heavy and light. Printed exercises included.

Foot Corrector	12407	$175 US

CenterLine® Foot Corrector



Works foot muscles by raising it off the floor to aid alignment, as well as working the leg and pelvis. Saddle is sized to open the sole horizontally and laterally. Saddle holes have space around the posts so that foot muscles learn to grab the surface and work correctly in order to make no noise. All this enables full body connection.

CenterLine Foot Corrector	12423	$175 US

Joe's Toe Gizmo®



Strengthens feet, improves balance and gait, corrects toe misalignments and improves bunions. Will not come apart; non-corrosive metal parts are tightly fitted for long use. Choice of heavy or light springs, or set of two with one of each. Printed exercises.

With light spring	12411	$80 US
With heavy spring	12406	$80 US
Set of 2 with light and heavy springs	12591	$145 US

Fivebow



This ingenious product exercises your toes with resistance, in plantar flexion or dorsiflexion. Designed with dancers, runners and active people in mind, it builds strong feet and toes—the foundation of good posture and balance and the antidote to cramping, stiffness and pain.

Fivebow	10062	$49 US

Functional Footprints™



Originally designed by Jean-Claude West and Katy Keller to help dancers achieve optimum technique, Functional Footprints are innovative, easy-to-use tools that get foot, ankle and hip working together for maximum alignment, strength, symmetry and balance. Great rehabilitative and dance medicine tool. Printed exercises.

Functional Footprints, pair	12597	$120 US

Yamuna® Foot Wakers



Inflated pods with rounded fingers to gently massage, invigorate and release. Use the walking test to gauge foot health, begin with seated exercises, then advance to standing work. Prevent or alleviate plantar fasciitis, bunions, fallen arches and other common problems. Three 10-minute, easy-to-follow DVD workouts.

Yamuna Foot Wakers	10312	$65.95 US



SmartBell® and Hand Weights

SmartBell®

Uniquely shaped to carve through space in flowing, rotational movements, we love the SmartBell's sculptural and ergonomic design. Two-handed grip gives a high level of control while conforming to your body, and supports physical challenges in rehab settings. Enjoy extended flowing movements that stretch and tone your whole body or targeted muscle groups. Travels beautifully, too!



See them in action at pilates.com/smartbells. Sold individually.

1.5 lb. (0.7kg), Gray	12939	$29.95 US
1.5 lb. (0.7kg), Blue	12938	$29.95 US
1.5 lb. (0.7kg), Purple	12937	$29.95 US
1.5 lb. (0.7kg), Green	12936	$29.95 US
4.6 lb. (2kg), Red	10356	$39.95 US

Bell Tower

Conveniently store up to 24 SmartBells on our attractive wood rack. It assembles quickly and attaches to a wall for safe, easy storage. Tower is 48.5" tall x 8" wide x 8.5" deep (123cm x 20cm x 22cm). When installed, the base of the tower is approximately 13.5" (34cm) from the wall.



Bell Tower	12470	$159 US

SmartBell® Streaming Videos

Workout for Travel or Home



Pack your SmartBell for a great travel workout. This challenging, full-body workout is short enough to fit into a busy travel schedule. Includes variations for Beg and Int/Adv levels. (Total run time: 25 min) ▶

SmartBell: Workout for Travel or Home	SDVD8449	$29.95 US

Workout for Golf: SmartBell® and Pilates Mat



Improve your game or get a great all-around workout. Address typical golf challenges: coordinating complex movements plus flow, rotation and flexibility. From Vicki Sullivan, Wellness Dir., PGA Tour Gary Player Employee Fitness Ctr. Props: 2 SmartBells. (Total run time: 40 min) ▶

Workout for Golf: SmartBell and Mat	SDVD8448	$29.95 US

Weighted Balls



Now smaller in diameter for an easier grip and textured to prevent slipping. Use for simple arm exercises or to increase the intensity of a mat workout. 3.5" (9cm) diam. Sold individually.

Blue, 2 lb. (0.9kg)	10337	$11.50 US
Green, 3 lb. (1.4kg)	10338	$14.50 US

Hand Weights



Traditional hand weights with gently textured Neoprene coating for a secure, comfortable grip. Sold in pairs.

Pink, 1 lb. (0.5kg)	10350	$8.95 US
Green, 2 lb. (0.9kg)	10351	$11.95 US
Turquoise, 3 lb. (1.4kg)	10352	$13.95 US



Resistance Tools

Handmaster Plus



We are delighted to share this hand exerciser with you. We love this product because it both strengthens the hand and forearm muscles that close the hand for gripping, as well as those that open and spread the hand. It facilitates full range of motion through both flexion and extension. Easy to use and comes in 3 strengths: Soft, for entry-level and rehab; Medium for activities like sports, music and hobbies that require gripping; and Firm for advanced hand strengthening and balancing. Available individually or in an economical set of 3 that includes one of each. Colors vary according to resistance. Printed instructions.

Soft, each	15099	$16.95 US
Medium, each	15100	$16.95 US
Firm, each	15101	$16.95 US
Set of 3 (one of each resistance)	15102	$24.95 US

Lifeline® Resistance Cables & Quik Fit™ Handles



These super-durable cables maintain maximum resistance longer, so you don't need to replace them as often. And we love the removable, comfortable Neoprene®-padded handles (sold separately) — just quickly switch cables when you're ready for more resistance; no need to buy new handles. Four levels of resistance, color-coded, in five-foot (152cm) lengths. Fitness can't get more portable!

Teal, 10 lb	10323	$6.95 US
Purple, 20 lb	10324	$7.95 US
Pink, 30 lb	10325	$8.95 US
Magenta, 40 lb	10326	$9.95 US
Lifeline Max Flex Handles, Pair	15882	$12.95 US

Resistance Bands



Top-quality Thera-Band® exercise bands, versatile and economical for fitness and rehabilitation. Color-coding makes it easy to chart progress. Enhanced grip reduces slippage. Five levels of resistance, available in two lengths. US sales only on this product.

Eight-Foot (2.4M) Band Lengths

Yellow/Light	10086	$6 US
Red/Medium	10087	$6 US
Green/Heavy	10089	$6 US
Blue/Extra Heavy	10088	$8 US
Black./Special Hvy.	10090	$8.50 US

Six-Yard (5.5M) Band Rolls

Yellow	10081	$14 US
Red	10082	$15 US
Green	10083	$17 US
Blue	10084	$18 US
Black	10085	$20 US

Thera-Band® Handles



Sold in pairs, for easier use of resistance bands.

Thera-Band Handles, pair	10080	$10 US

Stretch-eze® Band



From movement therapist Kimberly Dye, this innovative, full-body resistance band stretches and strengthens opposing muscles, stabilizes joints, and aids pain-free movement. Provides resistance and support for exercises like Rolling Like a Ball, Hundred, and Swan. Choose size for your height. Nylon/Lycra/Spandex. Band color may vary. See Stretch-eze videos on p. 96.

Small (4'8"-5'2")	10011	$29.95 US
Med (5'3"-5'6")	10012	$32.95 US
Tall (5'7"-6'1")	10013	$35.95 US
X-Tall (6'2" plus)	10340	$38.95 US



New! Precision Rotator Discs

Another useful innovation from Balanced Body. Our new generation of rotator discs offers progress spring resistance! Or, choose traditional functionality with no resistance. Your practice, your choice. Available in 9" (23cm) and 12" (30cm) diameter.

Precision Rotator Discs

Rotator discs are great tools for improving balance, alignment, core strength, joint stability and more. Now you also have the choice of staying traditional (no resistance), or working with spring resistance.*

Why choose Rotator Discs with resistance?

» Strengthen end-range of motion to improve joint support and stability

» Identify strength imbalances between limbs

» Consider light resistance for upper body and heavy resistance for lower body

Or, choose discs without resistance for traditional rotator disc exercises and to measure range of motion.

The Balanced Body difference

» Three choices of spring resistance*: light, heavy or none

» Built-in markers for precise measurement of range of motion

» Two disc sizes: 9" (23cm) and 12" (30cm)

» Longer lasting, top-quality ABS construction. Maximum weight, 500 lbs. (277 kg)

» Free video content available online

*Discs are not adjustable. Each provides one resistance option.

Pricing

Sold individually. Shown above with optional pads.

Rotator Disc 9", no resistance, each	15741	$29 US
Rotator Disc 9", light resistance, each	15742	$41 US
Rotator Disc 9", heavy resistance, each	15743	$41 US
Rotator Disc 12", no resistance, each	15744	$34 US
Rotator Disc 12", light resistance, each	15745	$46 US
Rotator Disc 12", heavy resistance, each	15746	$46 US



For Precision Rotator discs that attach to your Reformer's jumpboard, see p. 73. For use on your CoreAlign®, see p. 60.

Pads for Rotator Discs

Use these pads on top of rotator discs for a little comfort and cushioning, or underneath the discs to stabilize them on slippery floors. Black, 5/8" thick. Sold individually.

Rotator Disc Pad, Small, 9" (23cm)	10333	$10 US
Rotator Disc Pad, Med, 12" (31cm)	10334	$12 US
Rotator Disc Pad, Large, 15" (38cm)	10335	$14 US



Traditional Wood Rotator Disc, 15" (38cm)

We also offer a traditional Wood Rotator Disc, 15" (38cm), available online at pilates.com.



Mats and Mat Accessories

Call for volume pricing on ten or more mats! And check out our environmentally-friendly choices. No latex, PVC or chloride.

Airex® Pilates Mat



You get maximum non-slip protection, superb cushioning and a soft, warm touch with this mat. Hygienic "Sanitized" treatment. Easy to clean, long lasting, impervious to water, lightweight and easy to roll.
74.8" x 23.6" x 5/16"

Charcoal	10003	$74 US
Purple	10004	$74 US

Balanced Body® Aeromat®



Extra thick to cushion spine during rolling exercises, for superior comfort and safety. Top of the line in exercise mats. 72" x 23" x 5/8"

Blue Aeromat	10000	$52 US
Black Aeromat	10001	$52 US
Carrying Harness	10002	$12 US

Balanced Body Mat Manuals, see all five on p. 111.

Mini-Mat



For extra comfort and stabilization, our Mini-Mat is a great companion for your Step Barrel, Pilates Arc™, Sitting Box Lite or MOTR®. You'll find lots of uses for it!
1/4" x 34.5" x 12" (1cm x 88cm x 31cm).

Storm Gray	10332	$8.95 US

Ecowise® Pilates Mat

High quality mats in the same three colors as our grommeted mats below, including exclusive Amethyst only from Balanced Body! No latex, PVC, phthalates or chloride. 72" x 23" x 3/8"

Amethyst	10343	$44 US
Onyx	10344	$44 US
Blue	10345	$44 US

Hanging Ecowise® Pilates Mat



Our mats with sturdy grommets hang on a rack for space-saving storage. No latex, PVC, phthalates or chloride. Get a free Hanging Rack when you buy 5 or more mats. 72" x 23" x 3/8"

Amethyst	10346	$47 US
Blue	10303	$47 US
Onyx	10322	$47 US



Hanging Rack for Mats



Wall-mounted rack stores mats flat and off the floor.
Holds up to 10 hanging mats. (Hanging hardware not included.)

Hanging Rack	10304	$24.95 US

Balanced Body Clean®



Our new concentrate formula saves you up to 33% over pre-mixed bottles, plus savings on shipping!

Our 100% natural, organic and biodegradable cleaner disinfects and deodorizes your upholstery, metal, and more! Contains no bleach, dyes, solvents, or other unpleasant chemicals. More details on p. 56.

Concentrate 125ml	15095	$44.95 US
Eight 650 ml bottles	12944	$53.95 US
Two 650 ml bottles	12945	$14.95 US



found on INSTAGRAM

@balanced_body
#TeaserTuesday is always more fun with a friend!
image via @highgatepilates

Upholstered Mat

To give your clients a truly exceptional experience, consider custom-upholstered, raised mats for your studio.

Pictured here in Cadet upholstery with optional Moon Boxes, our standard Upholstered Mat includes:

- Padded, upholstered raised mat with dowel handles, 6"h x 22.5"w x 84"l (15cm x 57cm x 213cm).
- Foot strap, 24" (61cm).
- Choice of upholstery color; see p. 55. Stock: Black.

Order a Mat and two Moon Boxes together and save $100.

Upholstered Mat	12333	$595 US
Upholstered Mat & Moon Boxes	12335	$795 US



Positioning and Balance

Oov™



The Oov activates core stabilizing muscles while also gently extending the spine to stimulate healthy intervertebral disc lubrication. From stretching to core strengthening to rehabilitation, or for relaxation, the Oov offers significant benefits for spinal health. Its highly durable foam complements the spine's natural curves. Select size by weight and height; more information at pilates.com. Call for volume pricing.

Small for users up to 120 lb. (55kg)	12947	$179 US
Medium for users 120-165 lb. (55-75kg)	12948	$179 US
Large for users over 165 lb. (75kg+)	12949	$179 US
Set of 3 (one each size)	12946	$510 US

Moon Box Lite



Our ultra-lightweight Moon Box Lite (0.95 lbs/0.5kg) is the perfect accessory to add height to the Chair, or for standing next to the Reformer. Useful for adding height, creating support and balancing the legs. Recyclable, high-density foam. 6"h x 9.5"w x 15.5"l (24cm x 39cm)

Moon Box Lite, single	10360	$35 US
Moon Box Lite, pair (save 15%)	12654	$59.50 US

Neu Spine



A simple-to-use proprioception tool helps your client find neutral spine and connect to deep core muscles. Easier and faster to position than towels. Soft, comfortable, anti-bacterial and easy to wipe clean. No PVC, phthalate or chloride.

Small, 15" x 3.25" x 0.5"	10056	$39.95 US
Medium, 15" x 4" x 0.75"	10057	$39.95 US
Large, 15" x 4.25 x 1"	10058	$39.95 US

Inflatable Wedge



Great for balance training and rehabilitation. For variation, one side is pebbled and the other is smooth. Inflates to desired firmness. 13.5" x 13.5" x 3" (34cm x 34cm x 8cm)

Inflatable Wedge	10305	$22 US

Foam Wedge



Ease wrist discomfort or create a balance challenge. Also great for seated clients with tight hamstrings. Soft, smooth EVA foam, but rigid enough for support. 20" x 6.5" x 2" (51cm x 17cm x 5cm)

Foam Wedge, Blue	10306	$12 US

Sissel® Step-Fit® Mat



A "pebble beach" for home or work. This durable floor mat simulates cobblestones to provide proprioceptive feedback, promote blood circulation and stimulate the metabolism. It is ideal for balance training, sensory motor training and reflexology. Flexible and washable, made of thermoplastic elastomer with no phthalates. 20" (49cm) square

Step-Fit Mat	15106	$117 US

Balanced Body vinyl-upholstered cushions below are stocked in Black, and are also available in all our upholstery colors (p. 55) to complement your décor.

The Wedge



A perfect fit between the shoulder rests of Balanced Body Reformers. Supports your client on a gentle, 12-degree incline with cervical support. For clients with shoulder, neck or facial injuries, or who can't lie supine. Stock: Black 31" x 23" x 7" (34cm x 34cm x 8cm)

The Wedge	12482	$169 US

Half Cylinder Cushions



Position the head in supine on the mat, Reformer or Cadillac. Stock: Black.

7" x 5.5" x 3" (18cm x 14cm x 8cm)	12396	$50 US
8.5" x 7" x 4.5" (22cm x 18cm x 11cm)	12398	$59 US

Vinyl Cushions



Support and position your client for optimum alignment or comfort. Stock: Black.

1" x 6" x 9" (2.5cm x 15cm x 23cm)	12390	$38 US
2" x 6" x 9" (5cm x 15cm x 23cm)	12392	$40 US
2.5" x 10" x 13" (6cm x 25cm x 33cm)	12394	$52 US

Headrest Cushion



For your Reformer's headrest, to elevate head to same height as a Sitting Box on your Reformer carriage. Stock: Black. 8" x 10" x 11.5" (20cm x 25cm x 29cm)

Headrest Cushion	12370	$102 US

Moon Box



A very strong, small box, in two heights. Use with Wall Towers, Reformers or Chairs. Adds height for sitting on equipment, or use as a step stool for taller Reformers. Stock: Black.

6" x 9" x 14" (15cm x 23cm x 36cm)	12337	$125 US

NEW! Activ-Wedge®



Developed by Pilates Therapeutics, these small foam wedges address asymmetries caused by scoliosis or other imbalances. Use in a seated position to even out the hips, or during standing work. Also great to prop up the hips during exercises like Mermaid. Sold in a package of two. Pamphlet with suggested uses included. See companion video on page 96.
2" x 4" x 6" (5cm x 10cm x 15cm)

Activ-Wedge	15887	$40 US.

Large Foam Wedge



Made of firm, closed-cell EVA foam, this is the perfect-sized wedge for those with tight hamstrings to get into a proper seated position or to elevate the head in supine. No chlorides, pthalates or PVC.
15.75" x 16" x 3.75" (40cm x 40.6cm x 9.5cm)

Foam Wedge	10336	$22 US

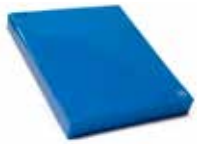
Foam Block



Elevate seated clients who have short hamstrings, or stand on. Assists with stretches, and as an alignment aid. Soft, smooth EVA foam, yet rigid enough for support. 3" x 6" x 9" (8cm x 15cm x 23cm)

Foam Block	10276	$9 US

Balance Pad



Adds low-level instability to standing, sitting, all fours and bridging. Or, use to improve core strength, balance and motor control. Durable foam has a smooth, easy to clean finish. Blue, 16" x 19" x 2.5" (41cm x 48cm x 6cm)

Balance Pad	10280	$35 US

Inflatable Balance Cushion



Sit, lie or stand to work core muscles in any position. Also perfect for seniors and chronic back pain; use in therapy, at home or office, or while traveling. Inflate with traditional ball pump or drinking straw. Blue, 14" (36cm).

Balance Cushion	10299	$25 US

Soft Spike Balance Pod



For balance training and motor skill development, as you step from one to another. Use flat side down for moderate balance training, pebble side down for more challenge. Purple, 6" (15cm) diameter. Sold individually.

Balance Pod	10281	$7.50 US

Balance Board



This 16" (40cm) diameter balance board from Sissel® is budget-friendly and brightly colored to bring pep to your balance and coordination training. Fixed height is 3" (7.5cm). Washable plastic with a ribbed surface.

Balance Board, 16" Red	15103	$34 US

Balance Boards



Excellent for challenging proprioception, rehabilitating the lower extremity and advanced balance training. The base has 3 heights to increase or decrease the difficulty level. Maple-faced plywood has a non-skid surface embedded in the finish.

Small, 16" (41cm)	11225	$75 US
Large, 20" (51cm)	11226	$85 US

BOSU® Pro



Add fun and challenge to floor workouts with BOSU's highest grade Pro version. Suitable for all types of workouts; largest surface area available. Comes with hand pump and DVD. Diameter 26" (65cm). US sales only on this product.

BOSU Pro	10076	$160 US

Large Oval Cushion



Those with tight hamstrings can sit in correct alignment. Use lengthwise for exercises requiring a partial rolldown, or sideways for seated exercises. Also offers a balance challenge for standing work. Comes in Swirlie Blue.
17" x 9.25" x 2.5" (43cm x 24cm x 6cm)

Large Oval Cushion	10293	$40 US

Circles, Rings

Ultra-Fit Circle® Mini



Lightweight with comfortable inner/outer handles, our wildly popular Ultra-Fit Circle is also available in this smaller size now. We've trimmed it by 3" (7.5cm) in diameter and the resistance is lighter. The result? A ring that is perfect for smaller body types, beginners, and when it's important to achieve better leg alignment. Free online videos at pilates.com/ultra-fit-mini. Outside diameter, 12" (30cm).

Ultra-Fit Circle Mini	15083	$27 US

Ultra-Fit Circle®



Lightweight and offering superior comfort, the Ultra-Fit Circle is sturdy, flexible plastic with a soft, rubberized shell. Handles are padded on both inside and outside. Resistance is approximately equivalent to a 3-band Spring Circle. Free 15-minute DVD training guide included. Design by Risa Sheppard. Outside diameter, 15" (38cm).

Ultra-Fit Circle	10156	$34 US

Two versions of the Ultra-Fit Circle® — which is right for you?

Ultra-Fit Circle® Mini

» Perfect for smaller body types and narrow shoulders.

» Easier lower body work due to smaller size.

» Achieve better leg alignment with feet directly under hips.

» Lighter resistance is great for beginners.

Ultra-Fit Circle® Regular

» Good for larger body types and broad shoulders.

» More resistance provides more challenge.



Flex Ring Toner®

Soft and comfortable to use, this updated version of Joseph Pilates' Magic Circle is of tempered steel and equivalent to a 3-band Spring Circle. Encased in a non-slip, rubberized coating that is corrosion-proof and comfortable to handle anywhere on its surface. Slender handles make overall width slightly narrower than other Circles, so it fits more body types while maintaining similar deflection and resistance. 3.2 lbs (1.5 kg), outside diameter 15" (38cm). Color: Storm.

Flex Ring Toner	10103	$45 US
Flex Ring Toner, DVD and Handle Pads (save $15)	12524	$66.95 US

Flex Ring Handle Pads



Soft, non-skid Neoprene® covers slip over the handles and are secured with Velcro®. Pads are recommended for those who prefer softer handles for the Flex Ring.

Flex Ring Handle Pads, pair	10097	$12 US

Spring Circles



Faithful reproductions of Joseph Pilates' Magic Circles. Tempered spring steel with padded wooden handles. Outside diameter, 16.5" (42cm).

4-band resistance	12384	$87 US
3-band resistance	12385	$77 US
2-band resistance	12386	$70 US

➥ Call for volume pricing. Attractive retail packaging is available for Ultra-Fit Circle® products and Flex Ring Toner®.

➥ See Circle workout videos on p. 96-97.

Save $10

» Spring Circle and Flex Ring video— $101.95 US
» Flex Ring Toner and Flex Ring video — $59.95 US



found on INSTAGRAM

@balanced_body

How about a little #pilates on #WorkoutWednesday

image via @sheofdc

Anatomy + Movement® Skeleton

Calling all students and anatomy nerds...

Born of many years teaching our Anatomy in Three Dimensions™ courses, Balanced Body® has explored compelling ways to teach musculoskeletal anatomy. Building muscles in clay on a specially-designed skeleton is effective, engaging and fun.

For those who prefer personal exploration, or who teach anatomy in other settings, we are excited to introduce our Anatomy + Movement™ products for your own use.

No contract or licensing is required, and photography of the Anatomy + Movement™ Skeleton is freely allowed.

Accurate, beautiful, detailed

- Anatomically correct and more detailed than others available at this price. Similarly detailed skeletons cost twice as much.
- One side shows major tendons and ligaments.
- It is custom-designed specifically for the purpose of teaching anatomy through the use of clay. Not an artist's interpretation, the beautiful design comes from scans of actual bones.
- Designed in the USA.

Easy to use, removable parts

- Arms and legs show a variety of positions to facilitate a clear understanding of how muscles change length and position with movement.
- Arms detach easily via magnets at the shoulder, making them easy to build and attach.
- Skull removes to allow for building.



Pricing

The Anatomy + Movement™ Skeleton includes a Skeleton of durable polyurethane mounted on a sturdy base, introductory "Getting Started" manual, and instructions for minor assembly. Skeleton is 28.5" (69cm) high, including 1" base. Starter Kit includes Skeleton, both clay colors and tool kit - save $30.

Anatomy + Movement Skeleton	15070	$549 US
Anatomy + Movement Starter Kit	15284	$565 US

30-day money back guarantee.

Optional accessories

Tool Kit

Basic tool kit has everything you need to get started building muscles out of clay and applying them to the skeleton: double-sided wire tool, wood carving knife, plastic putty knife, 12"/cm wood dowel for rolling clay, carrying case for your tools, and heavy-duty non-skid mat to protect table surface.

Tool Kit	15259	$24 US



Modeling Clay

Our high-quality modeling clay is oil-based, reusable, and available in two colors to help clearly define individual muscles as they are added to the skeleton.

Terra Cotta, 4.5 lb (2 kg)	15257	$17 US
White, 1 lb (0.5 kg)	15508	$5 US

Interested in Anatomy in Three Dimensions™ courses? Our multiple courses pair muscle function with exercises that apply the anatomical information to movement. See the current schedule at pilates.com/education-finder.

Rollers and Releasing



Foam rollers are humble in appearance, yet extraordinarily effective. Activate deep core muscles, improve balance and posture, and strengthen extremities. They also bring magic to myofascial release and self-massage. Call for volume pricing on five or more rollers.



Magic Roller®

Our premium Magic Roller comes in harmonious gray neutrals. A long-time customer favorite, this high-performance, professional roller is made of top-quality, closed-cell foam. This Balanced Body innovation is long-lasting and holds its round shape. Optional free poster of roller exercises. 6" x 36" (15cm x 90cm)

Rain Cloud Gray	10104	$39 US
Swirlie Gray	10105	$39 US
Rain Cloud & Poster	12641	$39 US
Swirlie Gray & Poster	12642	$39 US

Standard Foam Roller, 36"/90cm

Our most economical rollers are improved in density for longer-lasting wear. Available in full- or half-round, choose White for softer density, and Black for hard/intense release work. The 4"-diameter roller is our original, softest material (available in full-round only).

White, Full, 6" dia.	10354	$23 US
Black, Full, 6" dia.	10310	$23 US
White, Half, 6" dia.	10106	$18 US
Black, Half, 6" dia.	10107	$18 US
White, Full, 4" dia.	10101	$15 US

40" Foam Roller — a Balanced Body exclusive!

Have a long torso? You'll love the extra length and support of our 40" (102cm) roller, in White (softer) or Black (hard). Full-round. Only from Balanced Body.

White, 6" x 40"	10355	$25 US
Black, 6" x 40"	10349	$25 US

Magic Roller® Softie

The newest in our premium Magic Roller line-up is the oh-so-very-soft Softie, because sometimes it's just what you need. Lighter gray than Rain Cloud, so you can find it fast in the flock.
6" x 36" (15cm x 90cm)

Softie Roller	10102	$39 US
Softie & Poster	12643	$39 US

Mat and Roller Manual

Take your teaching to a new level with our Balanced Body instructor manual. More details and additional manuals on p. 111.



Roller Manual	13020	$39.95 US

Roller Storage Center



Need a space-saving solution for storing up to 5 rollers? This simple, convenient design from Sissel® does the trick. It holds 6" (15cm) diameter rollers and is made of durable, closed-cell PE foam. Blue. 38"l x 8"w x 2.5" h, (95cm x 19.5cm x 6cm)

Roller Center	15105	$26.95 US

Sissel® Roller Head Align



For clients who need assistance maintaining optimal alignment without cervical hyperextension. Use this crescent-shaped prop on a roller as shown, or upside down to cradle the head on a mat or flat surface. Comes in Swirlie Blue. Made of soft EVA with no phthalates. Instructional poster included.

Roller Head Align	15104	$29.50 US

Short Roller



Soft EVA foam, yet rigid enough for support. Blue, full-round. A great travel buddy!

Short Roller, 6" x 12" (15cm x 30cm)	10302	$20 US

KnotOut®



The unique shape of KnotOuts helps you get to places that traditional rollers can't reach. Made of natural rubber in a polyolefin sleeve, they are durable, portable, and easy to clean. Large is perfect for glutes, hamstrings, and other large muscle groups. Medium is great for shoulders and lower legs. Small is ideal in size and density for soles of the feet and palms of the hands.

Small, 1.6" x 5" (4cm x 13cm)	10068	$18.95 US
Medium, 2.75" x 5.5" (7cm x 14cm)	10067	$29.95 US
Large, 4" x 8" (10cm x 20cm)	10066	$42.95 US

Spiky Massage Balls



"Spikes" create a tingling sensation on the skin when massaging tight spots. Five sizes, so you can find the right one for any area. From 2.5" (6cm) to 4" (10cm). Sold individually.

Orange, 2.5" (6cm)	10307	$2.95 US
Green, 2.8" (7cm)	10287	$3.95 US
Yellow, 3.2" (8cm)	10308	$4.95 US
Red, 3.6" (9cm)	10288	$5.95 US
Navy, 4" (10cm)	10289	$6.95 US

Posture/Massage Balls



Use on a mat or standing against a wall to release muscle tension, improve alignment, and apply pressure to trigger points. Closed-cell EVA foam material holds it shape. Sold individually. Volume pricing on five or more balls of same kind.

Swirlie Blue, 6" (15cm)	10278	$19.95 US
Swirlie Blue, 8" (20cm)	10279	$27.95 US

"Pinky" Ball



For foot massage and proprioception to improve standing posture and gait. Or, an intense massage ball for stubborn spots. Hard natural rubber. Sold individually. Volume pricing five or more.

Pinky Ball, 2.5" (6cm)	10294	$4.25 US

The Stick



Use before and after exercise to prevent soreness and increase flexibility. Provides myofascial release and trigger point therapy. Its unique design simultaneously releases multiple points in minimal time, with virtually no physical effort.

The Stick	10051	$30 US

Portable Hand Roller



Have roller, will travel! Featuring retractable handles, this roller is designed perfectly for travel. It easily fits into your suitcase or gym bag for myofascial release on the go! The ribbed surface offers a unique release experience. Rolling surface: 8" (20cm). Fully extended: 19" (48cm)

Portable Roller	10091	$21 US

Myotool™



Developed by physical therapists, the MyoTool is an innovative self-massage tool. Its unique shape and carefully placed knobs help you bring extra attention to hard-to-reach spots. Use to stimulate or gently massage any area, from bottoms of feet to neck. Includes booklet with exercise suggestions.

MyoTool	10052	$49.95 US

Inflatable Exercise Balls

Call for volume pricing on five or more balls of the same kind. (Yamuna excluded.) For balls used for release work, see p. 87.

Inflatable Ball, 4"



An excellent surface to stand or lie on. Use for balance work, self-massage, or to improve alignment by holding between knees or ankles during footwork. Inflate with needle pump. Sold individually.

Inflatable Ball, 4" (10cm)	10295	$4.95 US

Playground Ball, 5"



A Pilates favorite for years, the 5" inflatable playground ball is a great massage tool, alignment tool, or pelvic floor initiator. Inflate with needle pump. Sold individually.

Playground Ball, 5" (13cm)	10297	$8.95 US

Two-Way Pump with Needle (not shown)

Needle pump for our 4", 5" and 8-10" inflatable balls.

Two-Way Pump	15914	$2.50 US

TOGU Ball, up to 12"



The perfect size and texture, the TOGU ball is soft and flexible, and conforms to the body. It provides excellent feedback or core work including abdominals, oblique abdominals, back extension and lateral flexion. Strong enough to kneel on, it also acts as an unstable surface under torso, foot or knee. Quickly inflates to desired level. Inflate with household straw. Sold individually.

TOGU Ball, up to 12" (30cm)	10309	$23.95 US

Ribbed Inflatable Ball, 8-10"



Get extra support or increase challenge for mat exercises. Try it behind your rib cage for abdominal curls, between ankles for teaser, or under ribs for side stretch. Inflates with needle pump (included) or household drinking straw. Optional free poster of ball exercises. Gray. Sold individually.

Ribbed Inflatable Ball, 8-10" (20-25cm)	10296	$15.95 US
Ribbed Inflatable Ball with poster	12644	$15.95 US

Yamuna® Body Rolling, Beginner Kit



Discover what Yamuna® Body Rolling can do for you. This method of exercise will relax and invigorate you, while building core strength and balance. Introductory kit includes Yamuna's specially-designed ball, pump, and 57-minute workout DVD.

Yamuna Beginner Kit	10311	$60.95 US

Inflatable Ball, 8-10" Ball



Increase challenge during ab exercises, or as a proprioception tool when placed between the knees or ankles. Soft, textured surface for easy gripping. Inflates by mouth or household straw. Storm Gray. Sold individually.

Inflatable Ball, 8-10" (20-25cm)	10250	$8.95 US

Eric Franklin Products

The products below were created for Franklin Method® classes by Eric Franklin. The Air Ball inflates with household drinking straw; others inflate with needle pump (sold separately).

Franklin Textured Ball™ Set



Used in Franklin Method® classes, and specifically designed for self massage, balance and gait exercises. A unique, uneven, honeycomb-textured surface provides more intense stimulation than smoother balls. Sold as a pair.

Textured Franklin Ball, 4" (10cm)	10317	$24.95 US

Franklin Mini-Roll™



The unique shape of this double-ended ball makes it ideal for supporting and releasing muscles around the spine, legs and shoulders, as well as for activating the pelvic floor. Sold individually.

Franklin Mini-Roll, 4"x6.5" (10cm x 16cm)	10318	$24.95 US

Franklin Easy Grip™ Set



For self massage, balance and gait exercises when maximum sensory stimulation is required. Soft, rounded bumps allow for a better grip and more intense release work. Sold as a pair.

Franklin Easy Grip Set, 5" (12cm)	10319	$16.95 US

Franklin Air Ball™



A great balance and proprioceptive tool used in Franklin Method® classes, as well as a helpful addition to a Pilates mat class to support the upper body and challenge the core. Inflates with straw.
Sold individually.

Franklin Air Ball, 6-7" (15-18cm)	10320	$9.70 US

Franklin Smooth Ball™ Set



Used in Franklin Method® classes, specifically designed for self massage, balance and gait exercises. The smooth surface is excellent for more sensitive students. Sold as a pair.

Smooth Ball Set, 4" (10cm)	10321	$23.95 US

Burst-Resistant Fitness Balls

Fitness balls are great for both conditioning and rehabilitation, adding balance challenges, support and playfulness to your workout or therapy session. All Balanced Body fitness balls are the best burst-resistant balls available. However, for safety reasons do not use in combination with other exercise equipment. Inflates with pump (included).

Your height	Ball size (max. height/diameter)
4'8" to 5'3"	55cm (21")
5'3" to 6'0"	65cm (25")
6'0" to 6'7"	75cm (29")

Balanced Body offers two top choices:

Fitness Balls



The finest burst-resistant quality available. You will appreciate the soft, supple feel, and these will appeal if you prefer subdued colors. Colors correspond to size. Use sizing chart above to help you choose.

Grey, 55cm	10249	$30.95 US
Red, 55cm	10290	$28.95 US
Deep Purple, 65cm	10291	$34.95 US
Blue, 75cm	10292	$38.95 US

Ecowise® Fitness Balls



Looking for a top-quality, eco-friendly fitness ball? No latex, PVC, phthalates or chloride in our colorful burst-resistant fitness balls. Colors correspond to size. See sizing chart above.

Spa Green, 55cm	10329	$28.95 US
Brilliant Red, 65cm	10330	$34.95 US
Spa Blue, 75cm	10331	$38.95 US

A. Deluxe Fitness Ball Base, 20" (51cm)

Give your fitness balls a place to call home with this convenient storage base. Fits all our fitness balls. Black.

Ball Base	10282	$24.95 US

B. Fitness Ball Stacker

Store up to three balls vertically. Clear plastic, 3 pieces.

Ball Stacker	10283	$19.95 US



A



B

Begin Chair®



Exclusively from Balanced Body® and developed in collaboration with Pilates instructor Maria Mankin, our patented Begin Chair is an attractive, functional addition to your office or studio. The only ball chair with comfortable lumbar support that adjusts to your spine's natural curves, it also provides a safer, more stable alternative.

The small ball in the chair back adjusts up and down, or in and out, to fit every spine. The large fitness ball provides instability to activate core muscles while seated. Adjust your seated height by slightly deflating the ball if needed. Back away from your desk and take a seated exercise break on it, too!

Included: beautiful and solidly built chair frame, 8-10" ball, 55cm fitness ball and chart with sample seated exercises. Balls are Storm gray and must be inflated (pump included). Wheel kit and fabric ball cover available separately below. More details, p. 115.

Begin Chair	12485	$499 US

5 Year Warranty

Begin Chair® Accessories

Add Wheels to your Begin Chair

Make your Begin Chair more mobile with our custom-designed wheel kit. Includes heavy duty casters and all hardware needed for installation.

Wheel Kit for Begin Chair	12877	$99 US

Fabric Ball Cover

Fits any 55cm fitness ball for more comfortable contact. Zippered cover removes quickly to wash, then goes back on easily without having to deflate the ball – not true of other ball covers! Convenient sewn-in carrying handle. Your choice of Black or Storm gray, to fit the 55cm ball included with your Begin Chair or any other 55cm ball. Garment dyed and pre-shrunk. Wash cold, dry low.

55cm Ball Cover, Black	10373	$59 US
55cm Ball Cover, Storm	10374	$59 US





Begin Chair Specifications: Weight: 17 lbs. (7.7kg), Width: 33.8" (85.8cm), Depth: 26" (66cm), Maximum Weight: 300lbs. (136.1kg), Approximate starting seat height: 24" (60.1cm)

Pads, Poles and more

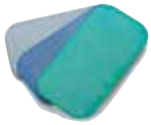
Standing Platform Pad



This handy pad is perfect for standing platforms on Reformers. It cushions hands and forearms for many exercises, and is much more comfortable than a folded towel. Your clients will love it! Approximately 22" x 4" x 0.5" (56cm x 10cm x 1cm).

Standing Platform Pad	14695	$10.95 US

Non-Skid Kneeling Pads



Extra cushioning can be so helpful! We love these for kneeling exercises. Black: 7" x 14" x 0.25". Others: 7.5" x 14" x 0.5" (19cm x 36cm x 0.6cm).

Light Gray	10098	$10 US
Blue	10099	$10 US
Aqua Green	10100	$10 US
Black (not shown)	10248	$8 US

Cotear™ Non-Slip Tape



For a better grip on your push-through bar or other equipment. Medical-grade adhesive tape is easy to remove and leaves no sticky residue. Each roll is 2" (5cm) wide and 15' (4.6m) long. We use about 3/4 of a roll to cover one bar.

Red	10005	$2.95 US
Black	10006	$2.95 US
Purple	10007	$2.95 US
Green	10015	$2.95 US

Yoga Strap



Lightweight, with buckle for quick adjustment. Support the body while stretching. This lightweight version is a travel-friendly.

Blue, 8' (2.5m) long	10277	$8 US

Gondola Pole

Helps you balance when performing standing work on the Reformer. Rubber ends improve traction against the floor. Solid maple. 60" (152cm) length x 1.25" (3cm) diam.

Gondola Pole	12369	$45 US

Weighted Metal Poles



Chrome-plated with rubber ends. Length for all is 31" (79cm).

2 lb (0.9kg)	12400	$52 US
3 lb (1.4kg)	12401	$55 US
3.8 lb (1.7kg)	12147	$58 US

Maple Dowel



A great tool for alignment, armwork and more. Nicely finished, in three lengths.

27" (68cm)	11489	$26 US
32" (81cm)	12374	$27 US
36" (91cm)	12375	$28 US

Balanced Body® Barre



A portable, easily assembled Balanced Body Barre for your workouts. Our custom-designed aluminum barre has an anti-microbial, powder-coated satin finish, and is a great, lightweight addition to your studio or home.

Barres are 1.5" (4cm) in diameter and come in two sizes: 72" long (183cm) or 48" long (120cm). Vertical height adjusts from 6" (15cm) above the floor to 46" (117cm). Horizontal floor supports are 28" (71cm) long.

Non-slip rubber feet grip well without damaging your floors.

Balanced Body Barre, 72" (183cm)	10064	$145 US
Balanced Body Barre, 48" (120cm)	10063	$135 US

SmartSpine™ and Sacral Wedge



SmartSpine eases spinal biomechanical challenges during core exercises, or try wrapping it around the shoulders for relaxation. Delivers immediate sensory and proprioceptive awareness, simplifying cueing and increasing mind/body focus. Created by Marie-José Blom. Use alone or with any piece of Pilates equipment.

Warm in the microwave for relaxing muscle release, or cool for a post-workout cold wrap. Products are 100% natural, unbleached cotton, infused with organic lavender.

SmartSpine	10043	$125 US
Sacral Wedge (shown below)	10044	$25 US

SmartSpine™ Professional Kit



The Professional Kit includes SmartSpine plus two sacral wedges, a cervical disc, two Arch Tubbies, a Globe (to increase difficulty in various movements), plus a microwave sleeve, and carrying strap. Companion DVD and booklet demonstrate product use (not a "workout video").

Professional Kit	10041	$475 US

Videos, Books & Manuals



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BOOKS & MANUALS

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"The whole purpose of education is to turn mirrors into windows."

—Sydney J. Harris

Videos: General Pilates and Mat

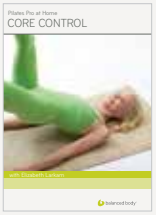


We offer many of our videos in both streaming and DVD formats, to make it as convenient as possible for you to get what you need, when you need it.

Our symbols indicate the format(s) currently available for each title: ● for DVD and ▶ for streaming. We constantly add to our library, so check online regularly, at pilates.com or on our streaming site, video.pilates.com.

See why people love the Balanced Body "Pilates Pro at Home" series. Master instructor Elizabeth Larkam guides you with calm, detailed and carefully-paced instruction. These intermediate/advanced Pilates Mat workouts are suitable for healthy individuals, and previous Pilates experience is not required. Effective, yet short enough to fit into a busy day. Mix and match to create your customized program.

Pilates Pro at Home: Core Control



Build core control with stronger abs, protect against back pain, improve posture, and help prevent injuries and falls. Includes an 18-minute introduction to Pilates principles, an 11-minute tutorial with tips and modifications, plus a challenging 26-minute workout and 14-minute bonus workout. Int/Adv. Safe for osteoporosis/osteopenia. (Total run time: 69 min) ●▶

Pilates Pro at Home: Core Control 13422 $19.95 US

Pilates Pro at Home: Create Flexibility



Enjoy the benefits of improved flexibility, relief from stiffness, increased joint mobility, and counter the effects of long periods of sitting. Includes an 18-minute introduction to Pilates principles, a 17-minute tutorial with tips and modifications, plus a challenging 32-minute workout and 17-minute bonus workout. Int/Adv. (Total run time: 84 min) ●▶

Pilates Pro at Home: Create Flexibility 13423 $19.95 US

Pilates Pro at Home: All About Abs



Sculpt your waistline, decrease risk of low back pain, improve posture and balance, and boost your performance in sports and daily activities. Includes an 18-minute introduction to Pilates principles, a 19-minute tutorial with tips and modifications, plus a challenging 19-minute workout and 18-minute bonus workout. Int/Adv. (Total run time: 74 min) ●▶

Pilates Pro at Home: All About Abs 13421 $19.95 US

Pilates Pro at Home: Perfect Posture



Sit, stand, and walk tall, with improved comfort and ease. Learn how to strengthen back muscles and counter rounded shoulders and "forward head" caused by computer work. Includes an 18-minute introduction to Pilates principles, a 13-minute tutorial with tips and modifications, plus a challenging 14-minute workout and 8-minute bonus workout. Int/Adv. Safe for osteoporosis/osteopenia. (Total run time: 53 min) ●▶

Pilates Pro at Home: Perfect Posture 13424 $19.95 US

Pilates Pro at Home: Upper Body Challenge



Gain comfort and ease in your daily life. Protect against back pain, improve sports performance, and prevent injury. Includes an 18-minute introduction to Pilates principles, a 22-minute tutorial with tips and modifications, plus a challenging 30-minute workout and 9-minute bonus workout. Int/Adv. (Total run time: 79 min) ●▶

Pilates Pro at Home: Upper Body 13425 $19.95 US

Pilates Pro at Home: The Complete Series



Can't decide which one you want?
Buy the complete series of five titles, so you can mix and match each week to create your own customized program! Purchase all five titles and save 10%. ●

Pilates Pro at Home: The Complete Series 12640 $89.75 US

For accessories used in DVD workouts, see pp. 76-90 | ●=DVD ▶=Online Streaming

Videos: General Pilates and Mat

30-Minute Mat Class



This fast-paced advanced mat class from The Pilates Center of Boulder is designed by Rachel Taylor Segel and is great either as a workout, or to give you ideas for quick transitions to incorporate into your classes. Recommended for experienced Pilates practitioners or professionals. Props used: Mat. (Total run time: 24 min)

30-Minute Mat Class	13472	$14.95 US

Pilates on the Go® for Mat



Enjoy Balanced Body's re-release of this excellent Pilates mat workout, filmed in an inspiring outdoor setting. Celebrity trainer Maria Leone is certified by PhysicalMind Institute and is an IDEA Master Trainer. Beginning with a warm up and review of Pilates principles, this workout is a full body challenge. Some exercises use resistance bands and tubing. Improve posture and core strength! (Total run time: 54 min)

Pilates on the Go	13398	$17.95 US

Pilates on the Go® for Golf



Strengthen the back, increase your range of motion and play better. Maria Leone and PGA golfer Steve Pate demonstrate exercises to increase core strength, flexibility, balance, and range of motion. Take strokes off your score and hit the ball longer and more consistently. Props used: mat and golf club. (Total run time: 54 min)

Pilates on the Go for Golf	13400	$17.95 US

Balanced Body® Pilates Mat Program



Increase the strength of your abdominal and back muscles, gain greater strength and control to enhance your daily activities, sports and recreation. Elizabeth Larkam teaches variations of 20 fundamental mat exercises and instructs on correct breathing, alignment and form. Props used: dowel. (Total run time: 90 min)

Balanced Body Mat Program	13284	$19.95 US

Combining Pilates & Yoga for Balance



Tom McCook begins with Pilates to develop core strength and spinal flexibility, then moves into yoga to link the power of the breath to the body. Explains essential principles of breathing and neutral spine, then teaches a flowing, 45-minute workout with more than 40 Pilates and yoga exercises. Easier variations shown. Int/Adv. (Total run time: 56 min)

Combining Pilates & Yoga	13305	$19.95 US

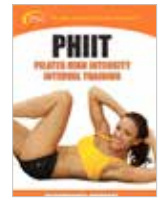
A Movement of Movement



A fascinating documentary by Mark Pedri that captures the philosophy and lifestyle of Pilates through the eyes of world-renowned instructors and participants in the industry, including everyday people who have been transformed by the method, as well as athletes. Traveling around the world to meet with instructors from all backgrounds, Pedri gives an all-access look into the method, from the beginnings of Pilates through the evolution of Pilates as it is today. A must-have for your documentary or Pilates library. (Total run time: 72 mins.)

A Movement of Movement	13468	$29 US

PSC Pilates High Intensity Interval Training



What do you get when you mix Pilates with a stopwatch? This innovative, cutting edge workout! Using just eight Pilates exercises, Joshua Smith of PSC has created a challenging, fun, high intensity workout! Exercises in each interval are demonstrated before the invterval starts, so there's no stopping in between. Side by side variations are demonstrated. Previous Pilates experience is recommended. (Total run time: 55 min)

PSC PHIIT	13450	$19.95 US

Learning from Two Masters



Recorded during a workshop in 2000, this remastered video features nearly 4 hours of footage. Filtered through Jillian Hessel's 30 years of teaching, she conveys the indivdual teaching methods of Kathy Grant and Carola Trier. A wonderful addition to your Pilates educational library. Includes a companion 53-page spiral-bound booklet. (Total run time: 4 hr)

Learning from Two Masters	13389	$49.95 US

Corpus Pilates



Videos for beginning/intermediate students, or as a refresher for the professional. Each video begins with a review of modifications and a 27-minute tutorial on Pilates principles, modifications and contraindications. Exercises are clearly labeled with level, reps, and modifications. Level 1 (85 min) also contains sections for leg weights, seated and wall exercises, and a magic circle workout. Level 2 (69 min) includes a routine with handweights and a magic circle workout. Level 3 (58 min) features more advanced matwork. Props used: (Levels 1 and 2) Mat, cushion, ankle weights, chair, magic circle.

Level I	13401	$19.95 US
Level 2	13402	$19.95 US
Level 3	13403	$19.95 US

For accessories used in DVD workouts, see pp. 76-90

Videos: General Pilates and Mat

Polestar Pilates Beginning & Intermediate Workouts



Polestar's 60-minute beginning mat class lengthens, strengthens and tones, while introducing Pilates principles of concentration, breathing, alignment, coordination, centering and balance. Includes variations. The 54-minute Intermediate DVD guides you through a focused mind-body workout to strengthen, tone, align and stretch. Props used: chair and tennis ball. ●

Beginning DVD	13288	$19.95 US
Intermediate DVD	13289	$19.95 US

Lolita's Pilates Mat Repertoire



World-renowned first-generation Pilates Master Teacher Lolita San Miguel presents this Intermediate/Advanced mat workout. Begin with a long and gentle warmup (25 mins), then progress into the 50-minute workout, followed by a five-minute cool down. A challenging workout for Int/Adv practitioners.
(Total run time: 1 hr, 20 min.) ●

Lolita's Pilates Mat Repertoire	13377	$19.95 US

Lolita Shares Her Pilates



In this lively, informative mat video and workout, Lolita San Miguel recounts her early training with Carola Trier and the history of Pilates, and gives an excellent explanation of Pilates principles and cues. She teaches 24 mat exercises in detail and leads a 45-minute group mat workout.
(Total run time: 122 min) ●

Lolita Shares Her Pilates	13319	$19.95 US

Fletcher Pilates® Matwork, Levels 1 & 2



Ron Fletcher talks about working with Joe and why matwork is the foundation of the Pilates system. Learn the Seven Cues of Standing and Centering. Level 1 (22 min) teaches 12 mat exercises, integrating precise, flowing movement with percussive breathing. Level 2 (30 min) adds 13 exercises for an intermediate workout.
(Total run time: 75 min) ●

Fletcher Pilates Matwork	13317	$29.95 US

Jennifer Kries Master Trainer Series—Mat



See Joseph Pilates' entire mat sylllabus demonstrated at all levels. Includes bonus sculpting section with the Magic Circle. Instructors, get tips for unique cueing and stretching. Advanced Pilates enthusiasts can deepen their understanding of the practice. Buy the complete series (Reformer, Mat, Chair, Barrel, and Cadillac) and save $60. (Total run time: 3 hr, 5 min) ●▶

Master Trainer Series—Mat	13373	$39.95 US
Master Trainer Series—Set of Five	13376	$99.95 US

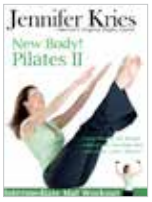
New Body! Pilates I



Start down the road to your new Pilates body by learning the fundamentals of Pilates with Jennifer Kries. This beginner mat workout is easy to follow, with variations for different levels. Challenge your entire body! Bonus workout with the magic circle. Props used: mat, magic circle for bonus section. (Total run time: 48 min) ●▶

New Body! Pilates	13369	$12.95 US

New Body! Pilates II



Challenge your core with this intermediate mat workout. Jennifer Kries quickly moves through the routine, burning calories and helping you tone abs, arms, and legs. Includes bonus workout with hand weights. Props used: mat, handweights for bonus section. (Total run time: 45 min) ●▶

New Body! Pilates II	13370	$12.95 US

New Body! Pilates III



A challenging at home mat workout for advanced practitioners, or get sequencing tips for your classes. This 35-minute routine by Jennifer Kries builds on previous New Body! Pilates videos, but advanced students, take advantage of this amazing workout. Quick, smooth transitions give you a cardio workout. Bonus 10-minute exercise ball workout. Props used: mat, exercise ball for bonus section. (Total run time: 55 min) ●▶

New Body! Pilates III	13415	$12.95 US

For accessories used in DVD workouts, see pp. 76-90 | ●=DVD ▶=Online Streaming

Videos: Mat with Props

Workout for Golf: SmartBell® and Pilates Mat



Improve your client's golf game or use as a full-body workout. Addresses typical golf challenges. coordinating complex movements with precision, plus flow, rotation and flexibility. From Vicki Sullivan, and PGA Tour Gary Player. Props: two SmartBells, mat. (Total run time: 40 min) ▶

Workout for Golf: SmartBell and Mat SDVD8448 $29.95 US

Yur Back Extension



A unique Pilates-based post-rehabilitation workout from physical therapist Dr. Christine Romani-Ruby is great for anyone who has lumbar disc herniation, ankylosing spondylitis, or osteoporosis. Use alone or with Yur Back: Flexion. Props used: Mat, foam roller, resistance band. (Total run time: 30 min) ● ▶

Yur Back Extension 13461 $25.95 US

Yur Back Flexion



Get a complete workout while learning to protect your back. Recommended for those who have osteoarthritis, spinal stenosis, degenerative disc disease, chronic spondylolisis or spondylolisthesis. Props used: 8-10" ball, mat, exercise band. (Total run time: 30 min) ● ▶

Yur Back Flexion 13466 $25.95 US

Yur Back Stability Level I



The ideal start to a fitness program for those who have suffered from back pain. Learn how to use the spine in neutral while getting a safe, but challenging workout. Appropriate for a diagnosis of sacro-iliac dysfunction. Props used: Mat, resistance band. (Total run time: 30 min) ● ▶

Yur Stability Level 1 13462 $25.95 US

Yur Back Stability Level II



Incorporate more challenging work for strengthening, including standing footwork and holds. This routine works best as a progression from Yur Back Flexion or Extension, or Stability 1. Props used: Mat, resistance band. (Total run time: 32 min) ● ▶

Yur Back Stability Level 2 13463 $25.95 US

Yamuna® Beginner Kit



This method of exercise will relax and invigorate you, while building core strength and balance. Introductory kit includes Yamuna's specially-designed ball, pump, and 57-minute workout DVD. ●

Yamuna Beginner Kit 10311 $60.95 US

Pilates for Low Back Pain



Strengthen the core, keep your back healthy. A safe routine from the Australian Physiotherapy & Pilates Institute for beginners and those experiencing low back pain. Modifications included. Props used: mat, cushions, chair or exercise ball. (Total run time: 1 hr, 30 min) ●

Pilates for Low Back Pain 13419 $24.95 US

SmartBell®: Workout for Travel or Home



Pack your SmartBells and you have a great travel workout. This full-body workout is challenging, yet it's short enough to fit into a busy travel schedule. Includes variations for beginning plus intermediate/advanced levels. Props used: mat and SmartBell. (Total run time: 25 min) ▶

SmartBell: Workout for Travel or Home SDVD8449 $29.95 US

Lolita Shares Her Mat with Magic Circle



Select specific areas to work on or individual exercises, such as swan and mermaid. Includes variations for different levels. Use as a workout, or see how to teach specific exercises. Props used: mat, magic circle. (Total run time: 51 min) ●

Lolita Shares Her Mat with Magic Circle 13302 $19.95 US

Flex Ring Toner® Workout



Easy-to-follow workout with more than 50 resistance exercises for the Flex Ring Toner®, Spring Circle, or Ultra-Fit Circle®. Improve muscle tone, endurance, coordination and balance. Beg/Int/Adv variations. (Total run time: 60 min) ● ▶

Flex Ring Toner 13285 $24.95 US

PSC Stretch and Stamina



Bring stretching to your workout routine and increase stamina and strength. This flowing workout integrates a variety of Pilates elements for a challenging, fun, and unique workout. Props used: mat, Theraband. (Total run time: 60 min) ● ▶

PSC Stretch & Stamina 13451 $19.95 US

Pilates for Men: 10-20-30 Challenge



This 3-disc from PSC set will increase strength, control, endurance and flexibility. Great for any level, each exercise is demonstrated at both beginning and advanced levels. Bonuses: music only, and safety tips. Props used: 8-10" ball and resistance band. (Total run time: 120 min) ▶

Pilates for Men: 10-20-30 Challenge 13453 $29.95 US

For accessories used in DVD workouts, see pp. 76-90

Videos: Mat with Props

NEW! Activ-Wedge 2-disc set



From Dr. Suzanne Martin of Pilates Therapeutics, this set contains 3 videos. In the first video (33 min), learn how to assess a scoliotic client using visual assessments and a Scoliometer®, and create a detailed client profile. The second video (40 min) shows how to use the Activ-Wedge® on the mat in supine, prone, kneeling, and standing positions. The third video (60 min) takes movement to the Apparatus. In 8 sections, learn how to use the Activ-Wedge® on the Reformer, Wunda Chair, Trapeze Table, and more. Props used: Acitv-Wedge, dowel, 4" inflatable ball. ●▶

Activ-Wedge DVD	15888	$24.95 US
Activ-Wedge (set of 2), see on p. 83	15887	$15.95 US

A Body Empowered



Quick-paced choreography will tone your entire body from head to toe. Amy McCauley creatively includes barre-inspired moves, Pilates mat exercises, and yoga stretches for a kick butt workout! Int/Adv. Props used: 8-10" ball, resistance band, mat and a chair for balance. (Total runtime: 60 mins.) ●

A Body Empowered	15196	$24.95 US

Pilates Circle Challenge



Look no further for a challenging circle routine! Bernadette Giorgi leads this full-body sculpting workout. Includes four pre-mixed routines for lower body. Props used: circle, mat. (Total run time: 50 min) ●

Pilates Circle Challenge	13362	$19.95 US

Pilates Small Ball Workout



Build core strength, improve balance, flexibility, and increase range of motion. Pilates pro Cindy Brain presents this workout using the small ball, which assists in engaging the deep core and pelvic floor. Includes modifications. Previous Pilates experience recommended. Props used: mat, 8-10" ball. (Total run time: 60 min) ●▶

Pilates Small Ball Workout	13477	$19.95 US

Lolita Shares Her Mat with Foam Roller



Pilates legend Lolita San Miguel shares her favorite exercises on this simple, yet mightly prop. Choose from a total workout, or individual exercises. Includes self-massage on the roller. (Total run time: 55 min) ●

Lolita Shares Her Mat with Foam Roller	13303	$19.95 US

PSC Foam Roller Workout



Use the foam roller to challenge your entire body. Includes two levels of difficulty, plus release work and stretching. Bonus feature with safety tips and advanced options. Props used: roller, handweights. Wall space needed to roll. (Total run time: 52 min) ●▶

PSC Foam Roller Workout	13432	$19.95 US

PHI® Pilates Foam Roller Workout



Unique and innovative exercises help challenge balance and core stability. Deepen the stretch or help you focus on your core. Brought to you by physical therapist Dr. Christine Romani-Ruby Props used: mat and roller. (Total run time: 40 min) ●▶

PHI Pilates Foam Roller Workout	13346	$29.95 US

Pilates on the Go® for Fitness Ball



Re-released by Balanced Body, this workout on the fitness ball improves core strength and balance. Good for all fitness levels. (Total run time: 54 min). ●▶

Purchase DVD and fitness ball, save 15%.
See p. 89 for fitness ball sizing info.

Pilates on the Go for Fitness Ball	13399	$17.95 US
DVD with 55cm Fitness Ball (Red)	12600	$38 US
DVD with 65cm Fitness Ball (Deep Purple)	12601	$42 US
DVD with 75cm Fitness Ball (Blue)	12602	$45 US

Ultimate Pilates Workout with Stretch-eze®



Target the entire body! Includes information on benefits of the Stretch-eze and demonstrations on how to wrap it. All levels. Choose band for your height (p. 85). Props used: mat, Stretch-eze band. (Total run time: 80 min) ●

Ultimate Pilates Workout with Stretch-eze	13457	$24.95 US

Pain-Free Pilates for Stretch-eze® Band



Dyenamic Core® (26 min) increases core strength by integrating counter-tension from the Band. Dyenamic Stretch® (16 min) maximizes the stretch with the inside of the band. Choose band for your height (p. 85). Props used: mat, 8-10" ball, and Stretch-eze Band. ●

Pain-free Pilates for Stretch-eze Band	13353	$24.95 US

Videos: Reformer

A Session with Alan Herdman



Pilates pioneer Alan Herdman offers fresh material for your Reformer workout. Fun, effective and insightful. Learn from the master who first introduced Pilates to the United Kingdom! (Total runtime: 87 min.) ▶

A Session with Alan Herdman SDVD8429 $29.95 US

Reformer Workouts on the Allegro



Two beginning, yet challenging workouts led by Viktor Uygan. Introductory workout (30 min) introduces basic exercises. Level 1 workout (54 min) builds on that foundation. Includes setup and safety for the Allegro and an overview of movement principles. Excellent for workouts on other Reformers, too. (Total run time: 99 min) ● ▶

Reformer Workouts on the Allegro 13469 $29.95 US

Allegro® Introductory and Level 1



An outstanding introduction to Reformer work. The Introductory Workout (30 min) demonstrates basic movements and principles. Level 1 (50 min) integrates core control, correct breathing, and proper alignment with continuous movements. Tutorial provides detailed instruction and cueing. ● ▶

Allegro Introductory and Level 1 13299 $29.95 US

Reformer Level 2



Builds on Level 1 for Reformer, adding more complex variations and longer sets. New exercises are introduced, including standing work, which helps you continue to refine your form. Includes 30-min. tutorial for instructors with cues and variations. (Total run time: 90 min) ● ▶

Allegro Level 2 13286 $29.95 US

Pilates Reformer Foundations I and II



Foundations I includes beginning exercises, focused on breathing, elongation and alignment (57 min). Foundations II adds intermediate exercises plus more challenging variations on Foundations I exercises (57 min). ● ▶

Foundations I 13291 $24.95 US

Foundations II 13292 $24.95 US

Reformer Reformation



Experience a fun and flowing Reformer workout from PHI Pilates set to music in 8 counts. Learn exciting new Reformer choreography while increasing strength and flexibility. (Total run time: 47 min) ● ▶

Reformer Reformation 13393 $29.95 US

Return to Health with Alan Herdman



Pilates pioneer Alan Herdman takes you through a Reformer workout that demonstrates why Pilates works for every body. Good for those who have never done Pilates, those looking to re-engage with Pilates and those recovering from surgery. (Total run ime: 53 min) ▶

Return to Health with Alan Herdman SDVD8424 $29.95 US

Reformer Workout with the Infinity Footbar®



Set your ropes aside for a full-body, 60-minute intermediate workout with master instructor Tom McCook. See the creative exercise possibilities when you position the Infinity Footbar along the full length of the Reformer. Workout is also suistable for the Allegro 2® Reformer. Included with the purchase of Reformers with Infinity Footbar as of 2017. (Total run time: 76 min) ● ▶

Infinity Footbar Workout 15263 $29.95 US

Twisted Reformer



Balanced Body Education Director Nora St. John presents exercises from her Twisted Reformer workshop, adding lateral flexion and rotation to many well-known Pilates exercises. (Total run time: 56 min) ▶

Twisted Reformer SDVD8427 $29.95 US

Reformer Workout on the Pilates IQ®



Enjoy a Reformer workout that integrates core control, correct breathing and proper alignment with smooth, continuous movements. Also included: correct set-up and use of a Pilates IQ Reformer. Excellent for workouts on other Reformers, too. (Total run time: 40 min) ● ▶

Pilates IQ Reformer Workout 13310 $29.95 US

Polestar Intermediate Allegro®



Dr. Brent Anderson of Polestar Pilates leads this innovative Reformer class. Polestar's method brings a creative, holistic approach to fitness. Learn a wide variety of exercises in a flowing, rhythmic workout. (Total run time: 54 min) ●

Intermediate Reformer 13290 $24.95 US

The Pilates Coach Allegro® I and II



Allegro I is a total-body Beg/Int workout of 40 Reformer exercises, including variations, breathing techniques, and equipment setup (56 min). Allegro II continues with 60 Int/Adv exercises, including variations (49 min). Props used: foot plate, sitting box and 8-10" ball. ●

Allegro I Basic 13295 $24.95 US

Allegro II Adv 13296 $24.95 US

For accessories used in DVD workouts, see pp. 76-90

Videos: Reformer

Yur Back Reformer Stability Level I



Challenge the spine in a neutral position and reduce the chance for back pain. From physical therapist Dr. Christine Romani-Ruby, this is appropriate for instructors or experienced practitioners. Props used: 8-10 " ball, non-skid pads, sitting box and jump board. (Total run time: 50 min) ●▶

Yur Back Reformer Stability Level 1	13464	$31.95 US

Yur Back Reformer Stability Level II



Builds on exercises in Level 1, challlenging and strengthening the core while keeping the spine stable. Includes more advanced work. Sitting box used for some exercises. Props used: 8-10" ball, magic circle, non-skid pads, and Gondola Pole, if desired. (Total run time: 50 min) ●▶

Yur Back Reformer Stability Level 2	13465	$31.95 US

Reformer Workout on the Studio Reformer®



Join Nora St. John for an energizing, full-body workout (67 min) for Beg/Int levels. Comes with your Studio Reformer purchase, but you can enjoy the workout on other Reformers, too. (Total runtime: 77 min) ●▶

Reformer Workout on the Studio Reformer	14919	$29.95 US

Allegro® 2 Reformer Workout



Led by Nora St. John, this workout incorporates the innovative features of the Allegro 2 Reformer into a complete, full-body workout. Includes sections with an optional sitting box and foot plate, and a tour of the features of the Allegro 2. All levels. (Total run time: 66 min) ●▶

Allegro 2 Workout	13437	$29.95 US

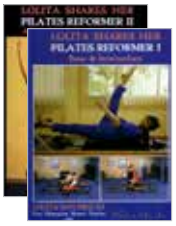
Advanced Reformer Class



Brought to you by Amy Taylor Alpers of The Pilates Center of Boulder, this workout includes exercise name, springs and reps for identification and set up. A great resource for cueing ideas and seamless exercise transitioning. (Total run time: 65 min) ●

Advanced Reformer Class	13474	$19.95 US

Lolita Shares Her Pilates – Reformer I and II



Reformer I (80 min) covers basic intermediate instruction for over 100 Reformer exercises. Reformer II (118 min) shares advanced moves, variations and props for over 100 Reformer exercises. ●

Reformer I	13337	$19.95 US
Reformer II	13338	$19.95 US

Advanced Reformer



Balanced Body master instructor Viktor Uygan leads you through an advanced workout with a theme of "1 to 6" that focuses on endurance and strength. Get ready for a challenge! (Total run time: 65 min) ▶

Advanced Reformer	SDVD8428	$29.95 US

Pilates Educational Video Library from Polestar®: Reformer



Polestar Pilates and Dr. Brent Anderson brings you this excellent educational tool. Designed as an companion to Reformer training, this Reformer-only set of three DVDs covers 60 exercises, plus work on the jumpboard. Bonus feature include interviews with the educators. (Total run time: 1 hr, 54 min) ●

Pilates Educational Library: Reformer	13416	$99.95 US

Breathe Pilates Jump!



Get a great Int/Adv cardio workout at home. Includes two levels of difficulty, plus an optional challenge of a magic circle. Alternates upper body work with jumping exercises for a seamless, flowing workout. Props used: Ultra-Fit Circle (optional). (Total run time: 100 min) ●

Jump!	13420	$24.95 US

Aerobic Pilates from Retrofit Pilates Rx™



This fun workout is for instructors who want to add an aerobic element to sessions, and physical therapists seeking an aerobic workout for bone mass building and rehab. Level 1 (45 min) has 10 exercises with modifications. Level 2 is a 25 min workout with instruction and then with music only. Props used: hand weights and the Pilates Arc®. ●

Jumpboard Level 1	13321	$19.95 US
Jumpboard Level 2	13330	$19.95 US

PSC: The Jumpboard Workout



Burn calories and expand your Pilates repertoire. Side by side demonstrations show modifications. All DVDs appropriate for any level. Level I (50 min) is a great way to introduce the Jumpboard. Level II (72 min) integrates props. Level III (60 min) is the most challenging, with advanced moves and choereography. Props used: Level I, none. Level II, small ball and band. Level III, handweights. ●▶

The Jumpboard Workout	13352	$29.95 US
Level II: With Props	13396	$29.95 US
Level III: Advanced Cardio Jump	13397	$29.95 US

For accessories used in DVD workouts, see pp. 76-90 | ●=DVD ▶=Online Streaming

Videos: Tower

Pilates Springboard™ Workouts



Two great Springboard workouts from Margot McKinnon, who leads a Beg/Int workout (45 min) and an Int/Adv workout. Excellent cues accompany workouts that deliver an integrated, full-body experience. Also includes bonus material (37 min) for the optional Push-Through Bar. Great for Towers, too! Included with Springboard purchase as of 2017. (Total run time: 2 hours, 9 min)

Pilates Springboard Workouts 15262 $29.95 US

Tower Workouts on the Allegro®: Integrated and Tower Workout



Disc 1 includes a full set up and safety tour, plus a 69-minute integrated workout using the Tower and moving Reformer carriage. Disc 2 is a 58-minute more traditional Tower workout, including exercises off the back of the Tower. Also features a 7-minute bonus section (some exercises include an optional sitting box). (Total run time: 2 hr, 41 min)

Allegro Tower: Integrated Workout 13470 $29.95 US

Allegro® 2 Tower and Integrated Workout



A challenging, 45-minute workout on the Allegro 2 System with Tower, including traditional Tower exercises as well as exercise options that integrate the Tower with the moving Reformer carriage. Designed by Nora St. John, with Caleb Rhodes, Lizbeth Garcia, and Portia Page. Exercises range from beginning to advanced levels. (Total run time: 58 min)

Allegro 2 Tower: Integrated Workout 13438 $29.95 US

Allegro® Tower: Intro Workout



Maximize the versatility of the tower with Chrissy Ruby of PHI Pilates. Start with 10 exercises from the Integrated program, a workout combining the tower bars and springs with the moving carriage. Then learn 10 traditional exercises for the Trapeze Table. Can be done on any Reformer with Tower. (Total run time: 57 min)

Tower: Intro Workout 13307 $29.95 US

Allegro® Tower: Tower Workout



This workout covers 17 exercises from the Trapeze Table repertoire, including Coordination, Short Spine, and Mermaid. Modifications are done prone, supine, sidelying and kneeling. It's a challenging, full-body workout you can perform on any Reformer Tower Combination or Trapeze Table. (Total run time: 46 min)

Tower: Tower Workout 13309 $29.95 US

The Guillotine Tower with Ron Fletcher



Pilates elder Ron Fletcher takes you through a workout on a fundamental piece of equipment found in the original New York Pilates studio. The Guillotine Tower creates a remarkable environment for developing mobility and strength of the hips and spine. (Total run time: 43 min)

Guillotine Tower 14911 $29.95 US

Allegro® Tower: Integrated Workout



This unique workout brings a fresh perspective to Pilates. Combine the tower and springs to work major muscle groups, while controlling the moving carriage. Learn 22 exercises, plus variations. Use with any Reformer Tower Combination. (Total run time: 51 min)

Tower: Integrated Workout 13308 $29.95 US

Tower/Pole System Class



Make the most of this versatile piece of equipment. Brought to you by The Pilates Center of Boulder, this class using the Pole System (Wall Tower) includes exercise title and clear cueing for a full intermediate class, or ideas to integrate into your own classes. (Total run time: 57 min)

Tower/Pole System Class 13473 $19.95 US

Tower on the Go® Workout



Challenge yourself with this full body workout on the Tower on the Go (see p. 56). Three workouts focus on the core, lower body, or upper body. Clear explanations and demonstration of each exercise, including set up and adjustment. (Total run time: 60 min)

Tower on the Go 13379 $29.95 US

Tower/Cadillac



Over 30 challenging exercises for the Tower! Use as a full workout or for tips to teach on both sides of the Tower. Expert cueing and tips on safety and spring placement. Develop skills to teach an exciting Tower routine! From PHI Pilates. (Total run time: 45 min)

Tower/Cadillac 13394 $29.95 US

PSC Pilates Cardio Springboard/ Tower Workout



Learn cutting edge techniques for your own workout or to integrate into your tower sessions. Includes core work, cardio, resistance training, and flexibility exercises. Side by side demonstration for two intensity levels. (Total run time: 40 min)

PSC Pilates Cardio Springboard/Tower 13434 $29.95 US

Videos: Orbit™, Cadillac & Multi-Apparatus

Orbit™ Workout, Levels 1 and 2



Roll your way through a fun, full-body workout. Perfect for any level of fitness or Pilates experience. Level 1 (34 min) incorporates foundation exercises (included with your Orbit purchase or available separately), while Level 2 (60 min) introduces more advanced work. Props used: mat. ●▶

Orbit Workout, Level 1	13409	$29.95 US
Orbit Workout, Level 2	13436	$29.95 US

Lolita Shares Her Ped-a-Pull, Magic Circle, Toe Corrector, and Wrist Strengthener



Join Pilates legend Lolita San Miguel as she presents workouts for smaller props. Includes an introduction of each piece of equipment and a sampling of exercises. A wonderful DVD for anyone looking to learn more about how to use these less common, yet valuable, props. (Total run time: 45 min) ●

Lolita Shares Her Ped-o-Pull, Magic Circle, Toe Corrector, and Wrist Strengthener	13304	$19.95 US

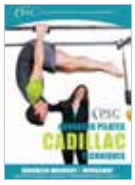
Lolita Shares Her Pilates Cadillac



Pilates elder Lolita San Miguel shares her extensive teaching knowledge on the Cadillac. This 2-disc set covers safety features, breathing, and cueing for exercises at the open end, tower end, trapeze, and standing leg work. Also includes modifications for pregnant and senior clients. A wonderful addition to your Pilates library. (Total run time: 2 hr) ●

Lolita Shares Her Pilates Cadillac	13388	$19.95 US

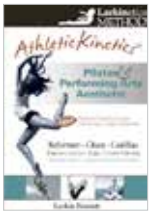
PSC Advanced Pilates Cadillac Techniques



Great for athletes or advanced students. Work from all sides of the Cadillac, and learn to quickly transition from one exercise to the next to create an effective, fun Cadillac workout. Bonus section includes safety tips, plus modified and advanced options. (Total run time: 1 hr, 11 min) ●▶

PSC Adv Cadillac Techniques	13430	$29.95 US

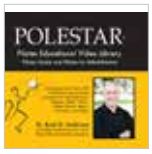
Pilates & Performing Arts Aesthetic



A unique approach to Pilates exercises. Perfect for instructors looking for new ways to train the athlete, dancer, or advanced client. Also appropriate for advanced and experienced practitioners who want more challenge for their personal workouts. Larkin Barnett's cueing and smooth flow give you a clear vision of how each move is to be executed, along with breath. A great tool for ideas on cross-training for athletes. Uses the Reformer, Chair, and Cadillac. See companion manual on p. 111. (Total run time: 1 hr, 29 min) ●▶

Pilates & Performing Arts Aesthetic	13452	$29.95 US

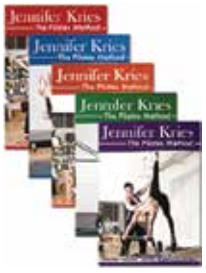
Polestar® Pilates Educational Video Library: Pilates Studio and Pilates for Rehabilitation



Dr. Brent Anderson provides commentary for 500+ movement variations. Includes 150+ traditional and evolved exercises for Reformer, Trapeze Table, Chair, Ladder Barrel, Spine Corrector and Mat. 6-disc set for Pilates studio and rehabilitation practitioners. (Total run time: approx. 5 hr) ●

Pilates Educational Video Library	13348	$199.95 US

Jennifer Kries Master Trainer Series



Cover key principles, movement study, and execution. Exercises are performed at all levels. Learn how to customize for clients with special needs, and to get the most out of your equipment. Includes tips for cueing and assisted stretching. Also great for the advanced student seeking a deeper understanding of the work. (Mat total run time: 3 hr. Reformer total run time: 3 hr. Chair total run time: 90 min. Barrel total run time: 90 min. Trapeze total run time: 2 hr.) Save almost $80 when you buy the complete series (Reformer, Mat, Chair, Barrel, and Cadillac). ●▶

Master Trainer Series—Mat	13373	$39.95 US
Master Trainer Series—Reformer	13374	$39.95 US
Master Trainer Series—Chair	13371	$29.95 US
Master Trainer Series—Barrel	13372	$29.95 US
Master Trainer Series—Cadillac	13375	$39.95 US
Master Trainer Series—Set of Five	13376	$99.95 US

Videos: Chair, Barrel

Workout for Golf: Pilates Chair, SmartBell® and Rotator Disc



Improve anyone's golf game with this workout from master instructor Vicki Sullivan, also Wellness Director for the PGA Tour Gary Player Employee Fitness Center. It addresses typical golf challenges: complex/coordinated movements, precision, flow, rotation and flexibility. Uses two SmartBells, rotator disc and a split-pedal Pilates Chair. (Total runtime: 48 min)

Workout for Golf	SDVD8447	$29.95 US

Advanced Chair Workout



Pilates pros from The Pilates Center of Boulder lead this workout on a single-pedal chair like the EXO® or CenterLine™, moving quickly through each exercise with smooth transitions and clear cueing. Target every inch of the body with this advanced class! (Total run time: 52 min)

Advanced Chair Workout	13475	$29.95 US

Beginning and Intermediate Chair, Levels 1 and 2



In Level 1 (55 min), learn 20 exercises plus variations on both the Wunda and Combo Chairs, including seated, standing and lying on the chair and floor; maple dowel used. Level 2 workout (58 min) teaches 20 new exercises, plus numerous advanced variations on Level 1 exercises.

Level 1	13300	$34.95 US
Level 2	13316	$34.95 US

Lolita Shares Her Pilates Chair



Lolita San Miguel brings you this instructional DVD containing the entire repertoire of the Wunda and Combo Chairs. Included are variations, sequencing cues, safety tips, a warm up and cool down, and more. Does not include the EXO® Chair. (Total run time: 85 min)

Lolita Shares Her Pilates Chair	13412	$19.95 US

Pilates Wunda Chair



This 2-disc set from Rael Isacowitz presents mechanics and cueing for 59 Int/Adv exercises. Props used: exercise ball, 12" rotator disc and gondola pole. (Total run time: Disc 1, 31 min; Disc 2, 33 min)

Wunda Chair	13354	$29.95 US

Split Pedal Wunda Chair Workshop



From PSC Pilates, learn new twists on familiar exercises! Two levels demonstrated for variations and modifications of each exercise. Bonus section with safety and advanced options. Props used: rotator disk. (Total run time: 45 min)

PSC Split Pedal Wunda Chair Workshop	13431	$29.95 US

Step Barrel/Spine Corrector: Classic & Signature Exercises



This remastered DVD from Jillian Hessel covers variations on many classic mat exercises, and introduces exercises unique to the Step Barrel. For teachers and Int/Adv students. Some exercises use wood dowel or weighted pole. (Total run time: 25 min)

Step Barrel/Spine Corrector	13349	$24.95 US

Pilates Arc® Workout



Use the Pilates Arc in unique ways to make the most of it! Demonstrated at Beg/Int/Adv levels, it's perfect for any fitness level or Pilates experience. Use as a traditional Step Barrel (Spine Corrector), and then flip it for innovative balance challenges. Props used: mat. (Total run time: 29 min)

Pilates Arc Workout	13359	$29.95 US

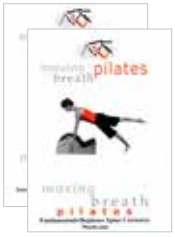
Lolita Shares Her Pilates Barrels and Arcs



Master Teacher Lolita San Miguel covers all the barrels and arcs, including the Pilates Arc®. Learn all repertoire for the barrels plus contemporary variations. Included: breathing, transitions, sequencing cues, safety tips, and a warm-cool-down. Props used: Mat. (Total run time: 1 hr, 48 min)

Lolita Shares Her Pilates Barrels & Arcs	13426	$19.95 US

Spine Corrector—Beg/Int and Int/Adv



Beg/Int (45 min) is a fundamental workout to improve posture, core strength and flexibility and is suitable for all levels. Int/Adv (60 min) offers two workouts and 58 exercises, including more complex movement patterns. For healthy, active individuals with Pilates or other movement experience.

Spine Corrector, Beg/Int	13339	$29.95 US
Spine Corrector, Int/Adv	13340	$29.95 US

Fletcher Pilates® Spine Corrector Work



Includes three workouts: an introductory series on the spine corrector, a program for integrating Fletcher Towelwork with the spine corrector, and finally matwork exercises on the spine corrector. (Total run time: 60 min)

Spine Corrector Work	13318	$29.95 US

For accessories used in DVD workouts, see pp. 76-90

Videos: CoreAlign®

Aligned, Strong and Fit on the CoreAlign



Focus on alignment and full-body conditioning with a workout from Tom McCook. Enhance mobility where often needed (mid-thoracic, hips, ankles), and build strength through the back body chain while integrating limbs into the core. Appropriate for anyone not dealing with an injury. Emphasis on standing exercises is powerful for improving movements related to daily life. (Total run time: 55 min) ▶

CoreAlign: Aligned, Strong and Fit S15264 $29.95 US

CoreAlign Hip & Shoulder Program



Discover the unique features of the CoreAlign to strengthen, restore and enhance sports-specific performance. Physical therapist Lindy Royer shows how to use the CoreAlign in a dynamic, safe and challenging workout that relates to and enhances everyday activities. (Total run time: 36 min) ▶

CoreAlign Hip & Shoulder Program SDVD8432 $29.95 US

Winter Sports Program



Physical Therapist Lindy Royer leads a CoreAlign workout designed to improve winter sports performance. See how the CoreAlign can activate, balance and coordinate the anatomical systems we use in winter sports like skiing. (Total run time: 60 min) ▶

CoreAlign Winter Sports Program SDVD8430 $29.95 US

Gait on the CoreAlign



Gait expert Nancy Myers of EHS Pilates leads a gait-focused workout on the CoreAlign. Great for neuromuscular disorders, spinal cord injuries or gait dysfunction. (Total run time: 43 min) ▶

Gait on the CoreAlign SDVD8425 $29.95 US

Pilates on the CoreAlign



Nancy Myers of EHS Pilates leads a workout that shows how seamlessly the CoreAlign can be integrated with Pilates. A great way to introduce your Pilates clients to this extraordinary apparatus. (Total run time: 55 min) ▶

Pilates on the CoreAlign SDVD8426 $29.95 US

CoreAlign Level 1



The CoreAlign is an amazing functional fitness offering from Balanced Body. Education Director Nora St. John gives an introductory overview of the CoreAlign and then leads a Beg/Int workout. Included with the purchase of a CoreAlign (Total run time: 36 min) ● ▶

CoreAlign Level 1 SDVD8378 $29.95 US



For accessories used in DVD workouts, see pp. 76-90 | ●=DVD ▶=Online Streaming

Videos: MOTR®

Active Aging on the MOTR



Join Erika Quest as she defines and highlights the active ager and provides a multitude of ways to work out this growing population on the versatile MOTR. Discover simple, effective ways to engage your participants and keep them moving. (Total run time: 60 min) ▶

Active Aging on the MOTR SDVD8446 $29.95 US

MOTR for Dancers



Former professional dancer Viktor Uygan takes you on a dance around the MOTR for a challenging, fast paced workout. Includes all 8 tracks from the Balanced Body MOTR Track System which can be used as is or broken out and used in other workouts or with other props or equipment. (Total run time: 68 min) ▶

MOTR for Dancers SDVD8441 $29.95 US

Cardio MOTR



Join Viktor Uygan of Konnect Pilates as he explores new ways to get your heart rate pumping and your muscles quivering in this cardio packed workout on the MOTR. (Total run time: 27 min) ▶

MOTR for Dancers SDVD8440 $29.95 US

MOTR Balance, Strength, and Core



Take a class with Valentin and discover clever ways to use the MOTR to challenge your agility and core. Workout can be done as is from start to finish or broken up into Tracks to incorporate into other workouts. (Total run time: 31 min) ▶

MOTR Balance, Strength, and Core SDVD8439 $29.95 US

MOTR Arm Only



Join Valentin of Pilates by Valentin as she leads this challenging and full body workout using only the extension arm of the MOTR. Learn a variety of interesting ways to use the extension arm as a strengthening and balance tool. (Total run time: 26 min) ▶

MOTR Arm Only SDVD8438 $29.95 US

Pilates on the MOTR



Focusing on Pilates-inspired moves, this workout from Erika Quest will tone and strengthen your whole body while showing you ways to use the MOTR. Use as a complete workout or combine with other workouts. Intermediate. (Total run time: 64 min) ▶

Pilates on the MOTR SDVD8433 $29.95 US



For accessories used in DVD workouts, see pp. 76-90

Videos: Barre, Bodhi Suspension System®

Barre for Dancers



Join Kelly Uygan, Balanced Body master instructor, for a Balanced Body Barre® class designed to keep you in shape for dancing and other other activities. Level: Beg/Int. (Total run time: 44 min.) ▶

Barre for Dancers SDVD8443 $29.95 US

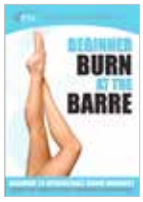
Barre for Seniors



Former professional ballerina Kelly Uygan delivers a Balanced Body Barre® program designed for active seniors. Many of the exercises can be done seated or on a mat. Additional props include a chair, ball, mat and stretch band. Level: Beg. (Total run time: 43 min) ▶

Barre for Seniors SDVD8442 $29.95 US

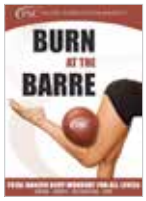
PSC Pilates Beginners Burn at the Barre



Perfect if just starting a barre routine. Tone and sculpt the entire body. No barre? No problem! Improvise with a chair for this beginner workout. Two levels are shown so you can progress at a comfortable pace. Props used: hand weights, barre (or chair). (Total run time: 35 min) ● ▶

PSC Beginner Burn at the Barre 13448 $19.95 US

PSC Pilates Burn at the Barre



This awesome barre-based workout is great for any level. Includes variations for beginner, intermediate, and advanced. Work the lower and upper body in this fabulous full-body barre workout. Props used: 8-10" ball, barre or chair. (Total run time: 60 min) ● ▶

PSC Burn at the Barre 13447 $19.95 US

PSC Pilates Advanced Burn at the Barre



This 33-minute advanced barre workout will kick your metabolism and make your abs and glutes scream. Burn calories and sculpt a long, lean figure. Props used: 8-10" ball, optional Thera-Band, mat, and barre. (Total run time: 35 min) ● ▶

PSC Advanced Burn at the Barre 13449 $19.95 US

Ballet Barre Mix



Great Balanced Body Barre® workout for ballet dancers who can use their style and skill, and for first-timers who would like to add a challenging classical ballet element to their Barre workout. Beg/Int, with Joy Karley and Lizbeth Garcia. (Total run time: 50 min) ▶

Ballet Barre Mix SDVD8435 $29.95 US

Barre Sculpt



A fast-moving Balanced Body Barre® workout designed to sculpt, tone and tighten trouble spots. Uses 1-3 lbs. hand weights and a moderate-tension stretch band. Level: Int. Level 2. (Total run time: 53 min) ▶

Barre Sculpt SDVD8434 $29.95 US

Athletic Bodhi



This stimulating, athletic-inspired workout from Nico Gonzalez pushes you to find your own inner athlete on the Bodhi Suspension System. Works the entire body and can be used as is or broken out in tracks for shorter segments of strength training and power. Level 3. (Total run time: 54 min) ▶

Athletic Bodhi SDVD8445 $29.95 US

Bodhi for Men



This full-body, challenging strength workout on the Bodhi Suspension System is a fast-paced workout lead by Viktor Uygan for those with previous suspension training experience. Use from start to finish or break out into tracks for a quick jump start to intense upper body strength and balance. Level 3. (Total run time: 40 min) ▶

Bodhi for Men SDVD8444 $29.95 US

Dancing on the Ropes



This challenging and functional dance on the Bodhi Ropes works the entire body. While the moves led by Joy Karley are dance-inspired, the workout is functional and will increase your flexibility and agility while building upper and lower body strength. Level 2. (Total run time: 34 min) ▶

Dancing on the Ropes SDVD8437 $29.95 US

Mat on the Ropes



Combine the stability and strength of Bodhi Suspension training with the refinement and precision of Pilates. You'll tone and strengthen from tip to toe while experiencing the body's dynamic relationship to gravity. Led by Joy Karley. Level 1-2. (Total run time: 26 min) ▶

Barre Sculpt SDVD8436 $29.95 US

Videos: Health Topics

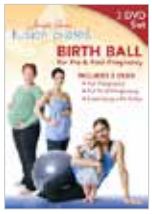
NEW! Abdominal and Pelvic Cancer Restoration on the MOTR®



This unique MOTR workout from Dr. Suzanne Martin of Pilates Therapeutics helps aid in recovery from cancers of the abdomen or pelvis. Includes difficulty level with each exercise so you can work at an appropriate level or modify the exercises. Sections include seated arm and trunk rotations, pelvic bridging, supine overhead arm reaches for more core stability and torso opening. Exercises use the entire MOTR, the arm alone, or as a roller. Includes a tutorial on set up and use of your MOTR. Props used: Mat. Arch Tubbie (SmartSpine™). (Total runtime: 75 min)

Abdominal and Pelvic Cancer Restoration 15815 $21.95 US

Jennifer Gianni's Fusion™ Pilates Birth Ball for Pregnancy Set



Discover how the exercise ball can enhance your pregnancy, prepare you for labor, and help you heal post-natally. Jennifer Gianni's routines follows all guidelines from the American College of Obstetrics and Gynecology. Modifications appropriate for each trimester are noted for each exercise when needed. Birth Ball for Pregnancy, Birth Ball for Post-Pregnancy, and Birth Ball: Exercise with Baby For more information on each included title, please visit video.pilates.com.

Fusion Pilates Birth Ball Pregnancy Set 13445 $39.95 US

Fusion Pre & Post-Natal Protocol for Apparatus



Learn to assess and reverse postural issues caused by pregnancy. Jennifer Gianni presents a Reformer DVD with 50 exercises (60 min), and a Chair and Trapeze Table DVD with 50 exercises for Wunda Chair, Combo Chair and Trapeze Table (72 min). Multiple props used.

For Reformer 13356 $34.95 US

For Chairs & Trapeze Table 13357 $34.95 US

Fusion Pilates™ Pregnancy Set



Brought to you by Fusion Pilates' Jennifer Gianni, this boxed set includes Pilates for Pregnancy, safe for any trimester; Post-Pregnancy and C-Section Recovery, designed for immediately after giving birth and the weeks following; Exercise with Baby, a safe routine you can do with your baby; and Triple Threat, a great workout with an 8-10" ball to help regain your pre-pregnancy body.

Fusion Pilates Pregnancy Boxed Set 13368 $59.95 US

NEW! Breast Cancer Restoration on the MOTR®



Dr. Suzanne Martin of Pilates Therapeutics designed this special workout with the MOTR. Start with a warm-up and progress to more challenging work. Dr. Martin calls out levels of difficulty throughout the exercises so you can quickly identify how to start at a low level or modify the exercises, depending on where you are in your recovery. Features over 30 exercises using the entire MOTR, the arm alone, or as a roller. Includes a tutorial on set up and use of your MOTR. Props used: shelf liner or other grippy material. (Total runtime: 90 min)

Breast Cancer Restoration on the MOTR 15816 $21.95 US

Breast Cancer Survivor's Guide to Physical Restoration



Designed for the breast cancer survivor, and post-op patient, Pilates Therapeutics® presents suggestions for a complete physical program. Includes nutritional guidelines, a 30-minute daily Pilates workout, and more. Props used: Thera-Bands, towel/cushions. (Total run time: 108 min)

Breast Cancer Survivor's Guide 13343 $19.95 US

Leah Stewart's Live Life Pilates for New Mothers



This progressive series of 4 workouts helps you through the entire process of healing from pregnancy and reconnecting with your post-pregnant body. The first routine is for the first few days after giving birth (15 min). The next workout is designed for 4-6 weeks post-birth (45 min), followed by one designed for 2-4 months after giving birth (23 min) - do this one with your baby! The final workout is designed to renew and regain strength and stability for your non-pregnant body 4-6 months after birth (45 min). Props used: mat, small towel.

Live Life Pilates for New Mothers 13441 $24.95 US

Pilates for Pregnancy and Beyond



Physical therapist Dr. Christine Romani-Ruby discusses postural and physiological changes during pregnancy. Learn modifications, cueing, and precautions on the Reformer, Trapeze Table, and Combo Chair. Includes a 45-minute mat workout. Props used: sitting Box, gondola pole and C-Shaper. (Total run time: 115 min)

Pilates for Pregnancy and Beyond 13298 39.95 US

For accessories used in DVD workouts, see pp. 76-90

Videos: Health Topics

Pre-Pilates for Rehabilitation



Review proper breathing, alignment, and core control with Sherri Betz, PT. Great for an advanced Pilates student post-injury/surgery, or to supplement therapy at home. Props used: mat, hard ball/tennis ball, pole, 8-10" ball, yoga strap, small towel. (Total run time: 41 min)

Pre-Pilates for Rehabilitation	13383	$29.95 US

Pilates for Seniors



From Sherri Betz, PT, a video with seated and standing exercises for seniors. Includes instructions for safely getting down and up from the floor and exercises to do in bed. Anatomy, breathing and spine positioning precede the workout. Props used: dowel or yellow/light Thera-Band®. (Total run time: 63 min)

Pilates for Seniors	13350	$29.95 US

Hardcore Scoli



An accessible, easy-to-follow workout for anyone with scoliosis. Pilates instructor Erin Myers, diagnosed with scoliosis as a teenager, designed this 40-minute workout to help you increase awareness of your body alignment. Get a great workout, improve core strength, and strengthen your spine! Props used: Mat, chair, large mirror, towel. (Total run time: 43 min)min.)

Hardcore Scoli	13471	$24.95 US

The Cerny System for Scoliosis



Learn how to stabilize your spine and soften your scoliotic curves. Change unhealthy movement patterns into healthy ones with Pilates-based stretching and breathing with Pilates pro Jana Cerny's unique approach to scoliosis. Includes three routines. Props used: mat, small towel, cushion. (Total run time: 66 min.)

The Cerny System for Scoliosis	13467	$34.95 US

The Scoliosis Series, Parts 1 and 2



Manage scoliosis with proper body mechanics. In Part 1 (60 min), Dr. Suzanne Martin includes a self-test, tips on conducting a Scoliometer screen and judging joint flexibility, and a 20-minute Wall Spring workout with two Door Resistance Kits. Part 2 (57 min) includes breathing exercises, a self-test, and a 20-minute workout. Props used: mat and resistance band.

Scoliosis Series, Part 1	13334	$19.95 US
Scoliosis Series, Part 2	13345	$19.95 US

TheraPilates® Mat for Bone Building & Injuries



Mat-based program by physical therapist and Pilates pro Sherri Betz for osteoporosis and osteopenia. Strengthen legs, improve posture, and gain core strength. Safe for everyone; includes cautions and what to avoid. Knowledge of Pilates basics recommended. Props used: mat, dowel or broom handle, foam roller, 8" massage ball, light elastic tubing, Fletcher Towel, light handweights. (Total run time: 74 min)

TheraPilates for Bone Building & Injuries	13478	$29.95 US

TheraPilates® Reformer for Osteoporosis



Designed specifically for those diagnosed with osteoporosis or osteopenia. Incorporate safe and effective Reformer exercises that will strengthen the hips, wrists, and spine. Brought to you by Sherri Betz, PT. (Total run time: 65 min)

TheraPilates Reformer for Osteoporosis	13446	$29.95 US

Pilates for Buff Bones



This award-winning DVD from Rebekah Rotstein is designed to strengthen bones and muscles, and improve alignment and balance. This 60-minute, full-body workout is adaptable for any level and safe for those with osteoporosis. Props used: mat, hand weights and a wall space to lean against. (Total run time: 72 min)

Pilates for Buff Bones	13440	$19.95 US

Pilates Exercises for Osteoporosis



Safely incorporate Pilates mat exercises into your bone-building program. From Sherri Betz, PT, these exercises help build bone density, improve posture and balance, and increase flexibility and mobility. Learn to avoid movements that increase fracture risk. (Total run time: 60 min)

Osteoporosis Program	13287	$29.95 US

Bone Smart Pilates



PT and Pilates pro Teresa Maldonado Marchok designed this easy to follow routine. Includes tutorials and four bonus sections. Previous Pilates experience not required, but some knowledge of Pilates is recommended. Props used: dowel/broom handle, Theraband®, tennis ball cut in half, mat, Stretch-eze® band. (Total run time: 2 hr, 19 min)

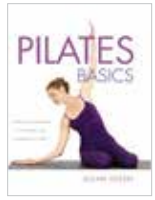
Bone Smart Pilates	13458	$29.95 US

Looking for workout DVDs suitable for those with low back pain? See pp. 95 and 98.

Books: General

NEW! Pilates Basics

by Jillian Hessel

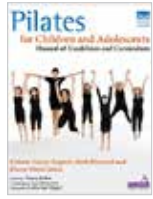


Developed by Jillian Hessel, this book includes all you need to know to build a solid Pilates foundation in preparation for matwork. Jillian's B.E.A.M. fundamentals focus on breath, energy, alignment, and movement. Clear cueing and color photography make following along easy for safe execution, including photos of what not to do during each movement. Excellent for the novice Pilates practitioner, or to continue to build on previous Pilates experience. Paperback, color photos, 158 pages.

15903 $34.95 US

Pilates for Children and Adolescents

by Celeste Corey-Zopich, Brett Howard, and Dawn-Marie Ickes

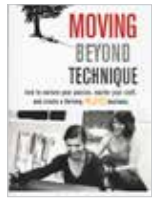


Teach Pilates to young people. Learn how to structure class, the anatomical differences between teaching an adolescent versus adult body, and cueing suggestions. Exercise chapters are separated by age group. Lesson plans included. Paperback, color illustrations, 214 pages.

13105 $49.95 US

Moving Beyond Technique

by Chantill Lopez

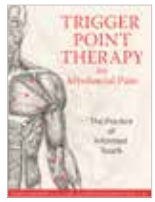


A great book for both new and seasoned Pilates pros. Go through thought-provoking exercises to help you evolve your teaching and reinvigorate your practice. Includes real life strategies to boost your business and rekindle your love for teaching. Paperback, color photos, 78 pages.

13095 $20.95 US

Trigger Point Therapy for Myofascial Release

by Donna Finando, LAc, LMT, and Steven Finando, PhD, LAc

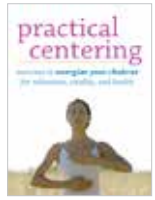


Detailed illustrations show the muscle's trigger point and accompany information on its attachment and action, plus how to palpate, pain patterns of each muscle, exercises to stretch and strengthen, and more. Paperback, black and white, 245 pages.

13030 $19.95 US

Practical Centering

by Larkin Barnett, BA, MA



Energize, heal, and relieve stress. Learn techniques on how to breathe better and gain an increased understanding of how breath affects efficiency of movement. Paperback, black and white, 155 pages.

13028 $15.95 US

Return to Life Through Contrology

by Joseph Pilates



Published in 1945, this original work by Joseph Pilates includes advice regarding posture, body mechanics, breathing, spinal flexibility, and physical education. Includes his original 34 mat exercises, with cues and illustrations. Paperback, black and white, 105 pages.

13093 $16.95 US

Pilates Evolution: The 21st Century

by Joseph Pilates, Judd Robbins, and Lin Van Heuit-Robbins

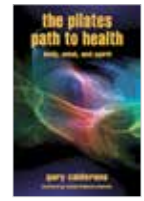


Includes Joseph Pilates' *Your Health* (1934) and *Return to Life* (1945) in their original form, plus an additional chapter on how Pilates of recent years has built on the foundation established many years ago. Paperback, black and white, 256 pages.

13090 $15.95 US

The Pilates Path to Health

by Gary Calderone



Gary Calderone brings to life Joseph Pilates' legacy with this guide intended to offer readers a new appreciation and deeper understanding of the work. Covers the principles of Pilates and its modern applicability. Paperback, 153 pages.

13088 $19.95 US

Pelvic Power

by Eric Franklin

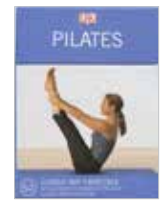


For men and women: mind/body exercises for strength, flexibility, posture, and balance. Combines scientific principles with movement and imagery exercises. Create a stronger body by training the muscles and joints of the pelvic floor! Paperback, black and white, 114 pages.

13055 $19.95 US

Pilates Classic Mat Exercises Cards

by Alycea Ungaro



An ideal reference for traveling, the gym, or at home. Each card contains easy-to-follow cues and full color illustrations, with color coding to make it quick and easy to find your workout. Includes transition cues at the bottom of each card, so you can flow from one move to the next. Also covers basic Pilates principles. 52 exercises.

10372 $12.95 US

Books: General

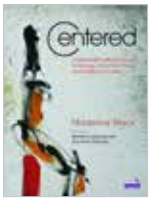
Pilates Practice Companion
by Alycea Ungaro



Pilates pro Alycea Ungaro presents this informative, comprehensive book filled with color photos demonstrating proper exercsie execution, reps and speed, photos of common faults to avoid, and more! Paperback, color photographs and illustrations, 256 pages.

13101 $19.95 US

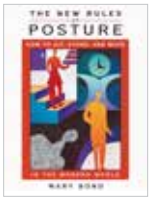
Centered: Organizing the Body through Kinesiology, Movement Theory and Pilates Techniques
by Madeline Black



This book provides a complete picture demonstrating the interconnectedness of the musculature, fascia, joints Grasp the biomechanics of underlying posture and dysfunction, enabling change and improvement. Paperback, color photos and illustrations, 320 pages.

13108 $49.95 US

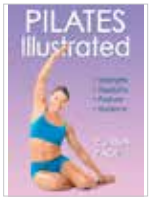
The New Rules of Posture: How to Sit, Stand and Move in the Modern World
by Mary Bond



A resource for Pilates instructors and health care professionals to educate people on relieving chronic pain via postural changes. Learn key anatomical features that affect posture, and exercises to change it. Paperback, black and white illustrations, 240 pages.

13058 $18.95 US

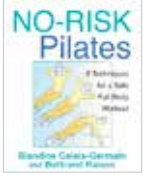
Pilates Illustrated
by Portia Page



Great for the novice or seasoned Pilates enthusiast. Includes 16 goal-specific programs, such as posture or total-body. See each exercise in start, middle, and end positions, with clear cues and variations. Some exercises use a magic circle, resistance band or exercise ball. Paperback, color photos, 300 pages.

13080 $14.95 US

No-Risk Pilates
by Blandine Calais-Germain and Bertrand Raison



Make Pilates mistake-free and enjoy all the benefits it has to offer. Great for the instructor to explain how to identify common errors, or for the student, to help become more aware of proper alignment and where/how problems might arise during exercise execution. Covers 8 fundamental Pilates exercises on the Reformer. Paperback, color, 118 pages.

13091 $19.95 US

Get on it! BOSU® Balance Trainer
by Jane Aronovitch, Miriane Taylor, Colleen Craig



Strengthen your core and stabilizing muscles, and reshape your body with the power of the BOSU! Learn how to adapt familiar exercises into challenging and highly effective work on BOSU. Paperback, black and white, 144 pages.

13069 $14.95 US

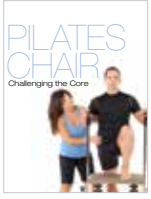
The Golfer's Guide to Pilates: Step-by-Step Exercises to Strengthen Your Game
by Monica Clyde



Includes beginner, intermediate, and advanced workouts. Gain greater flexibility, increase core strength, and a better golf swing! Includes easy-to-learn Pilates exercises with step-by-step photos. Paperback with black and white photos, 144 pages.

13062 $14.95 US

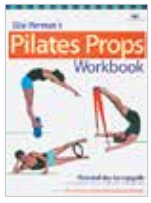
Pilates Chair: Challenging The Core
by Christine Romani-Ruby, PT, MPT, ATC



Arranged in chapters based on what the spine is doing (neutral, flexion, extension, rotation). Features set up, movement, and cueing suggestions with variations. Also included: guidelines for teaching group classes, a history of Pilates and the chair. Over 30 exercises. Paperback, black and white photos, 100 pages. Props used: Moonbox (optional).

13082 $19.95 US

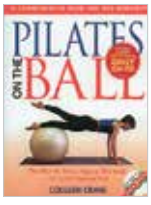
Pilates Props Workbook
by Ellie Herman



Includes Pilates principles, a movement vocabulary, plus programs for beginners through advanced, and designed to strengthen the low back, shoulder, foot and ankle, and neck and upper back. 100 exercsies. **Props used: roller, ring, "pinky" ball and resistance band.** Paperback, black and white, 144 pages.

13040 $14.95 US

Pilates on the Ball
by Colleen Craig



A comprehensive guide to Pilates exercise on the ball, with workout DVD. Included are breathing, postural, and abdominal exercises, restoration and rebuilding, stretching, cardiovascular exercise and more! Over 50 exercises. Props used: hand weights (optional). Paperback, black and white, 179 pages.

Book with DVD 13033 $24.95 US

Books: Anatomy and Movement

NEW! Fascia in Motion
by Elizabeth Larkam



From Elizabeth Larkam and excellent for Pilates instructors, other movement professionals and therapists, this is a comprehensive guide to fascia-oriented training in original and contemporary Pilates, for mat, Reformer and other apparatus. Specialized applications for aging well, bone health, knee/hip issues and gait are also included. Paperback, color illustrations, 352 pages. Available November 2017.

15913 $49.95 US

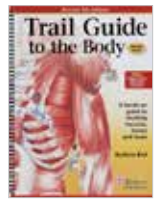
Trail Guide to Movement
by Andrew Biel



A detailed, comprehensive visual guide written with subtle humor that clearly shows the various anatomical structures. Chapters include muscles, joints, and connective tissue, plus movement principles, gait, biomechanics and more. A must have resource for any movement professional, body worker.

13106 $42.95 US

Trail Guide to the Body, 5th Ed.
by Andrew Biel, LMP



A comprehensive visual tour that teaches you to palpate the body's structures and identify muscles, bones, ligaments and bony landmarks. Learn the purpose and function of each section of the body. Also includes identification of other body systems, such as lymph nodes and nerves. Spiral bound paperback, color illustrations, 496 pages.

13102 $62.95 US

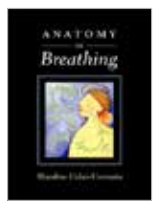
Trail Guide to the Body Flashcards
by Andrew Biel, LMP



These flashcards complement *Trail Guide to the Body* and assist in memorizing bones and muscles (name, origin, insertion, action, and nerve innervation), as well as pronunciation.

Volume 1—Skeletal System 13074 $18.95 US
Volume 2—Muscular System 13075 $21.95 US

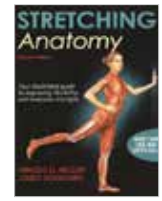
Anatomy of Breathing
by Blandine Calais-Germain



A clear and helpful guide to learning the mechanics of breath and the benefits of different types of breathing. Filled with helpful illustrations, exercises and explanations to gain better control of the breath. Paperback, black and white illustrations, 232 pages.

13067 $21.95 US

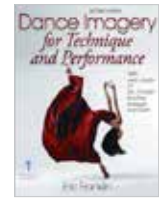
Stretching Anatomy, 2nd Ed.
by Arnold G. Nelson & Jouko Kokkonen



Detailed information for each stretch. Color illustrations show the muscles in action. Each exercise includes variations, instructions, primary muscles affected/activated for support, and detailed stretch notes, plus safety tips. Paperback, color illustrations, 222 pages.

13286 $15.95 US

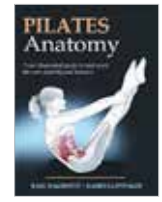
Dance Imagery for Technique & Performance, 2nd Ed.
by Eric Franklin



Learn how to use Eric Franklin's unique imagery techniques to improve dance performance, improvisational skills, and overall expression Includes chapters on the history of imagery, plus 294 exercises to explore its use. Paperback, black and white, 376 pages.

13094 $32.95 US

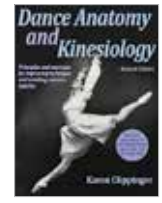
Pilates Anatomy
by Rael Isacowitz and Karen Clippinger



Over 45 exercises illustrated with color drawings. Includes exercise execution, muscles used, cueing, variations and modifications, plus notes to help understand each exercise. Also covers Pilates principles and history, overall anatomy, alignment, and breathing. Paperback, color illustrations, 204 pages.

13084 $14.95 US

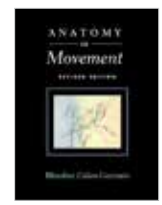
Dance Anatomy & Kinesiology, 2nd Ed.
by Karen Clippinger



Now with a suite of online resources! Reader-friendly 2nd edition focuses on musculoskeletal anatomy and kinesiology that dancers should know for optimal movement. Includes graphics, photos, and illustrations of muscle movement and how everything relates to dance technique. Hardcover, black and white illustrations, 532 pages. All sales final on this book. 1st ed. also available online.

15893 $59.95 US

Anatomy of Movement, Revised Ed.
by Blandine Calais-Germain



Learn more about anatomy and how bodily structures are related to movements like dance and exercise. Clear and concise language and illustrations give a visual tour through the muscles, bones, ligaments, and joints and their respective motions. Paperback, black and white illustrations, 316 pages.

13064 $25.95 US-

Books: Health Topics

NEW! Pilates and Parkinson's

by Sarah Sessa, BSc, MCSP and Karen Pearce

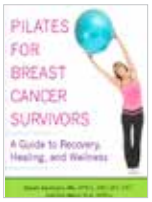


Physical therapist and Pilates instructor Sarah Sessa and Pilates instructor Karen Pearce combine knowledge and expertise in this invaluable tool for those with Parkinson's. Exercises have step-by-step instructions, photos, and tips for execution and cueing. Props: Thera-Band, small inflatable ball, roller, cushion, chair, fitness ball. Equipment: mat, Reformer, Trapeze Table, and CoreAlign®. Paperback, black and white, 142 pages.

15739 $34.95 US

Pilates for Breast Cancer Survivors

by Naomi Aaronson, MA, OTR/L, CHT, CPI, CET & Ann Marie Turo, OTL/R



A wonderful resource to help breast cancer survivors safely use Pilates to regain flexibility, endurance, and relieve the side effects of treament such as fatigue, lymphedema and upper body impairment. OTs and Pilates instructors Naomi Aaronson and Ann Marie Turo created this program for any stage of breast cancer treatment and recovery. Props: chair, mat, Thera-Band, dowel, 8-10" ball, small weighted ball or handweights, folded towel, magic circle. Paperback, black and white photo illustrations, 229 pages.

13107 $21.95 US

Pilates for Menopause Manuals

by Carolyne Anthony

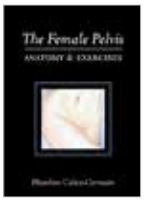


Manuals from Carolyne Anthony discuss how the body changes during perimenopause and menopause, and how to use Pilates to counteract effects like loss of flexibility and potential for decreased bone density. Mat manual includes work with resistance band, ball, hand weights and Pilates Arc®.

Mat	56 exercises	92 pp	13096	$25.95 US
Reformer	51 exercises	72 pp	13097	$21.95 US
Cadillac	59 exercises	88 pp	13098	$25.95 US
Chair	27 exercises	58 pp	13099	$22.95 US

The Female Pelvis

by Blandine Calais-Germain

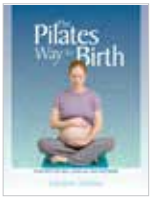


An in-depth, yet eash to understand manual. Emphasis on the impact of pregnancy and childbirth, with exerises to exercises to increase flexibility, strength and coordination. Also features exercises to decrease complications from maladies related to the pelvis. Paperback, black and white illustrations, 108 pages.

13066 $19.95 US

The Pilates Way to Birth

by Carolyne Anthony



Safely exercise and move through pregnancy. Learn the changes in the body during pregnancy, then exercises on the mat, Reformer, and Trapeze Table. Color photographs demonstrate each motion with detailed explanations and benefits. Safe for any trimester. Props used: mat, exercise ball, hand weights, resistance tubing, small ball, foam roller. Sitting box needed for Reformer exercises. Spiral bound, color, 174 pages.

13068 $34.95 US

Prenatal Pilates Manuals

by Carolyne Anthony



From Carolyne Anthony and The Center for Women's Fitness, each manual covers safe and beneficial exercises for any stage of pregnancy. Each movement is clearly shown and explained with full-color photographs. Use with the full *Pilates Way to Birth* manual or independently. Mat manual includes work with a resistance band, ball, hand weights and the Pilates Arc®.

Mat	59 exercises	108 pp	13026	$29.95 US
Reformer	53 exercises	72 pp	13027	$26.95 US
Cadillac	28 exercises	38 pp	13079	$22.95 US

Scolio-Pilates: Exercise for Scoliosis

by Karena Thek Lineback



Learn a unique combination of spinal elongation and breathing exercises with strength and endurance work. Reduce pain and improve lung and heart health. Karena Thek Lineback distills the complexity of scoliosis into an effective, easy to understand guide. Includes common curvatures and how to use props to help realign the spine. Exercises on the Mat, Reformer, each Apparatus. Props used: various. Black and white illustrations. 121 pages.

13087 $54.95 US

The Osteoporosis Exercise Book: Building Better Bones

by Sherri Betz, PT



The companion manual to the DVD on page 106. PT Sherri Betz created this guide to help you incorporate safe Pilates mat exercises into your bone-building program. Build bone density of the spine and hip, improve posture and balance, and increase flexibility and mobility. Learn how to avoid movements that increase the risk of fracture. Spiral bound, black and white, 96 pages.

13031 $19.95 US

Books: Manuals

Balanced Body® Manuals: Detailed Guides for Practicing Pilates



These comprehensive Balanced Body manuals include detailed exercise descriptions, great photograph sequences, precautions, modifications for common physical limitations, and cueing for optimum form. Instructions on using the equipment, programs of different levels and overview of the Pilates movement principles will help you deepen your understanding and appreciation of the Pilates method. Spiral bound, now updated to full color except the "Mat and Toys" series, which is coming soon.

Arm Chair	16 categories	50 pp	13029	$24.95 US
Orbit™	47 exercises	122 pp	13023	$49.95 US
Mat	81 exercises	99 pp	13012	$59.95 US
Mat and Ring	37 exercises	88 pp	13019	$39.95 US
Mat and Roller	30 exercises	100 pp	13020	$39.95 US
Mat and Balls	22 exercises	132 pp	13021	$39.95 US
Mat and Bands	36 exercises	125 pp	13022	$39.95 US
Reformer	103 exercises	165 pp	13013	$74.95 US
Chair	58 exercises	76 pp	13014	$59.95 US
Trapeze Table	60 exercises	102 pp	13015	$74.95 US
Barrels	21 exercises	49 pp	13016	$49.95 US
EXO® Chair	46 exercises	76 pp	13017	$44.95 US
Pilates Arc™	41 exercises	88 pp	13018	$44.95 US

Set of 5 manuals - save $45

(Mat, Reformer, Chair, Trapeze Table, Barrels) 12624 $274.95 US

Manuals by Ellie Herman

by Ellie Herman



Great for Pilates trainers, fitness professionals, and those wanting a deeper understanding of their practice. Classic Pilates repertoire plus original exercises from Ellie Herman. Detailed descriptions and photos with breathing, alignment cues, contraindications, and rehab applications. Paperback, black and white photos.

Mat Work	80 exercises	191 pp	13060	$59.95 US
Reformer	100 exercises	183 pp	13042	$69.95 US
Cadillac	35 exercises	112 pp	13047	$39.95 US
Springboard	70 exercises	122 pp	13041	$49.95 US
Wunda Chair	40 exercises	111 pp	13046	$49.95 US
Arc & Barrel	77 exercises	152 pp	13081	$59.95 US

Reforming Human Movement

by Christine Romani-Ruby, PT, MPT, ATC



A comprehensive textbook that addresses the use of the Pilates reformer as a tool for movement intervention. Written for movement professionals of any level, this book provides the fundamental knowledge to develop skills to safely train clients on the Reformer. Paperback, black and white illustrations, 232 pages.

15191 $59.95 US

Pilates Teachers' Education Program

by Jennifer M. Stacey, MS



Movement Perspectives, Vol. 1, is a scientific approach to classic Pilates, to help create a sound foundation of knowledge. *Teaching the Universal Repertoire* is a comprehensive guide to the Reformer repertoire. Learn settings, contraindications, transitions, modifications and sequencing. Clear photos, with detailed cueing and teaching tips. Paperback, black and white.

Movement Perspectives: Vol. I,	174 pp	13059	$74.95 US
Universal Reformer Repertoire,	256 pp	13070	$78.95 US

Roller Play

by Jennifer M. Stacey, MS



Learn to make the most of the roller! Jennifer Stacey gives detailed, step-by-step instructions to 41 exercises on this versatile prop. Photographs make understanding the correct movement even easier. Includes cueing, benefits, contraindications, and common errors. Spiral-bound paperback, black and white, 40 pages.

13077 $28.95 US

Pilates & Performing Arts Aesthetic for Reformer, Chair, and Cadillac

by Larkin Barnett, BA, MA



A totally unique approach to Pilates! Focused breathing and spiral movements combine with the exercises you know and love to make you stronger and leaner. This manual is perfect for anyone who wants ideas on Pilates exercises to cross-train your athletes, dancers, or advanced clients. Includes no-nonsense illustrations to give you visual suggestions for cuing, plus teaching tips and clear demonstration photos. 26 exercises. Spiral bound, black and white illustrations, 84 pages. See companion DVD on p. 101.

13092 $29.95 US

Pilates on Tour® 2018

CONTINUING EDUCATION FOR PILATES PROFESSIONALS

Join us in 2018 for a weekend of learning, networking and fun.

Istanbul, TR	March 9-11
Phoenix, AZ	April 6-8
London, UK	April 27-29
Seoul, SK	June 1-3
New Orleans, LA	June 20-22
Chicago, IL	October 13-15
Italy	TBD

Pilates on Tour events also feature pre-conference workshops.

STUDIO TOURS FOR 2018

Like Pilates on Tour®, our Studio Tours feature a weekend of great instructors, lots of equipment and a variety of classes. They are smaller events held at Pilates studios.

Boston, MA	September 29-30

Details and updates at pilates.com/pilatesontour

Spend a weekend with the world's best instructors, in small classes with plenty of equipment. New exercises, great group programming, enhanced teaching skills and tips on growing your business—be inspired in 2018!

Learn more or register at pilates.com/pilatesontour

Trying to lighten your mailbox load?

If you received a print version of this catalog, and would rather we email you a link to a digital catalog next year, please let us know.

Send your request to info@pilates.com.

Yes, this catalog is printed responsibly from FSC-certified sources (www.fsc.org), but every little bit helps, right? On the other hand, if you like sitting down with a cup of tea to read this catalog, we aim to please.



Furnishings & Apparel



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"We have an infinite amount to learn both from nature and from each other."

—John Glenn

Historical Posters and Photos

Rare photographs of Joseph Pilates in his 8th Avenue studio in New York City.

Original Pilates Studio



This beautifully detailed photo was given to Ron Fletcher by Clara Pilates, and shows the Pilates Studio circa 1940. Generously sized, at 30" x 24," this poster will become a focal point in your studio. Reproduced on heavyweight paper.

Poster, 30" x 24" (76cm x 61cm)	10110	$39.95 US

Joe Pilates—Cadillac



Taken by photojournalist, I.C. Rapoport in 1961, "The Cadillac" shows Joe teaching proper position to an unidentified student. Photo on heavyweight paper.

Poster, 30" x 24" (76cm x 61cm)	10133	$44.95 US
Photo, 11" x 16.5" (28cm x 42cm)	10116	$150 US

Joe Pilates—The Barrel



Photographed in 1961 by I.C. Rapoport, Joe demonstrates use of "The Barrel," one of his "mechanical contraptions designed to strengthen and stretch the body." Photo on heavyweight paper.

Poster, 22" x 32" (56cm x 81cm)	10134	$44.95 US
Photo, 11" x 16.5" (28cm x 42cm)	10120	$150 US

Joe Pilates—Jack Knife



Taken in 1961 by I.C. Rapoport at Joseph Pilates' studio, this image shows Joe cueing a student in Jack Knife on the Refomer. Photo on heavyweight paper.

Poster, 22" x 32" (56cm x 81cm)	10149	$44.95 US
Photo, 11" x 16.5" (28cm x 42cm)	10119	$150 US

Additional photographs available at pilates.com.

IC Rapoport Photographs

Balanced Body is pleased to present an outstanding series of photographs with Joseph Pilates. Taken October 3, 1961, by photojournalist I.C. Rapoport, these are the finest photographs we have ever seen of Joseph Pilates at work. Rapoport was on assignment for *Sports Illustrated* magazine when he encountered the creator of Contrology. Available as archival pigment prints, with a few as posters.

All below are 11" x 16.5" (28cm x 42cm)

A. Working Muscle Photo	10171	$150 US
B. Joseph Pilates	10117	$150 US
C. Client/Reformer Photo	10111	$150 US
D. Trap Table Photo	10118	$150 US
E. Client/Mat Photo	10113	$150 US
F. Short Box Photo	10114	$150 US

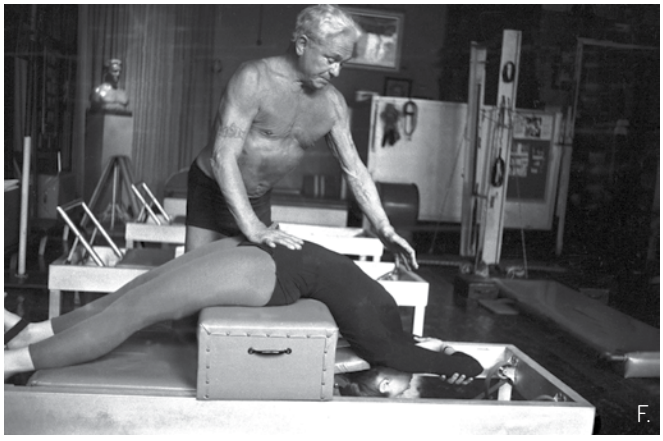












Begin Chair®



Begin your day with a healthy outlook! Transform sitting at your desk into an active experience that promotes healthy posture. Original concept by Pilates instructor Maria Mankin, developed in collaboration with Balanced Body®.

Finally, a beautiful and more stable ball chair for home or office. Exclusively from Balanced Body, the Begin Chair® is an attractive, intelligent ball chair with a unique advantage: it delivers comfortable lumbar support that adjusts to your own spine's natural curves.

The small ball in back adjusts up and down, or in and out, to fit every spine. It will provide friendly yet firm feedback if your posture deteriorates.

The large fitness ball (55cm) is our highest quality, burst-resistant ball. It provides the right amount of instability to activate core muscles. If needed, adjust your seated height by slightly deflating the ball. Back away from your desk during the day, and the chair is also great for a seated exercise break.

Balls are Storm gray and must be inflated (pump included). Wheel kit and fabric ball covers available separately.

You receive

- Patented chair frame of premium stratified maple and hardwood core. Beautifully designed and solidly built.
- 55cm fitness ball
- 8-10" ball for lumbar support
- Needle pump to inflate balls
- Chart with suggested seated exercises

Pricing

Begin Chair	12485	$499 US
Begin Chair with Wheel Kit	12941	$598 US

5 Year Limited Warranty

Begin Chair® Accessories

Wheel Kit

Make your Begin Chair more mobile with our custom-designed wheel kit. Includes heavy duty casters and all hardware needed for installation.

Wheel Kit	12877	$99 US

Fabric Ball Cover with Handle

Fits any 55cm fitness ball for more comfortable contact. Cotton knit cover is zippered so that you can quickly remove and launder it, then put it back on without needing to deflate the ball—not true of other ball covers. It also has a convenient, sewn-in carrying handle.

Your choice of Black or Storm gray. Fits any 55cm fitness ball. Garment dyed and pre-shrunk. Wash cold, dry low.

55cm Ball Cover, Storm	10374	$59 US
55cm Ball Cover, Black	10373	$59 US

See another view of the Begin chair on p. 113.

Specifications for Begin Chair™ Weight: 17 lbs. (7.7kg) Width: 33.8" (85.8cm) Depth: 26" (66cm) Maximum Weight: 300lbs. (136.1kg) Approximate starting seat height: 24" (60.1cm)

Posters and Notecards

Pilates Reflections Posters

Decorate your wall with this series of four artful posters in jewel tones. Do you see your favorite Pilates exercise in one of them? 11" x 14" (28cm x 35.5cm).

Trapeze Table Wall Art	10154	$12.95 US
Reformer Wall Art	10155	$12.95 US
Step Barrel Wall Art	10152	$12.95 US
Pilates Chair Wall Art	10153	$12.95 US



Anatomy Poster

The finest wall chart we have seen for teaching and learning the human superficial muscular system and its relationship to the skeleton. Over a dozen photographic/orthographic views. "Cut-away" details and cross sections depict real three-dimensional projection of forms and features. A "test your knowledge" section and primary muscle actions make this chart superior to other wall charts. Printed full-color, 2-sided, laminated with metal hanging rivets. 40"W x 26" H (102cm x 66cm).

Anatomy Poster	10135	$39.95 US



The Pilates Chart

This colorful chart presents the original mat sequence in an easy-to-follow, color-coded system that differentiates beginning, intermediate, and advanced exercises. Brought to you by Carol Appel, this bold poster is perfect to decorate the walls of a studio, or to reference at home for the experienced practitioner. 24" x 35.5" (61cm x 90.2cm).

The Pilates Chart	10341	$32.95 US



Prop Posters

Great for your studio or home workout space, or as a reference wherever you are. Each poster features ten of our favorite exercises, plus variations. 18" x 24" (46cm x 61cm)



Ball Poster with 8-10" Ball	12644	$15.95 US
Ball Poster only	10148	$9.95 US
Roller Poster with Rain Cloud Gray Magic Roller	12641	$39 US
Roller Poster with Swirlie Gray Magic Roller	12642	$39 US
Roller Poster only	10139	$9.95 US

Exercise Posters

These large posters will inspire and inform your students. Series I includes beginning to intermediate exercises, while Series II focuses on intermediate to advanced positions. Thanks to master instructors Elizabeth Larkam, Tom McCook and Valentin for joining us. All are 24" x 36" (61cm x 91cm).

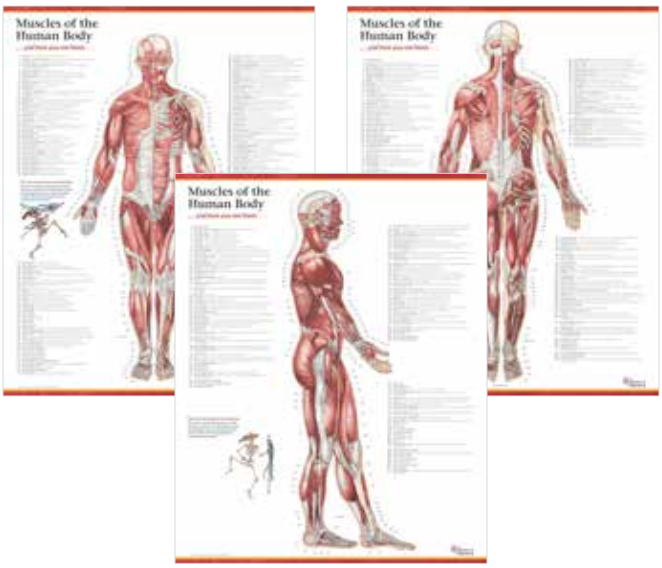
Chair I	10126	$15.95 US
Chair II	10127	$15.95 US
Trapeze Table I	10128	$15.95 US
Trapeze Table II	10129	$15.95 US
Reformer I	10124	$15.95 US
Reformer II	10125	$15.95 US



Trail Guide to the Body Anatomy Posters

Excellent companions for the Trail Guide to the Body manual and flashcards (p. 109). These quick reference posters are written in the same quirky humor, making anatomy fun and quick to learn. 24" x 30" (61cm x 76cm)

A. Front View	15098	$24.95 US
B. Rear View	15097	$24.95 US
C. Side View	15096	$24.95 US



Carola Trier Poster

Vintage images of Carola Trier demonstrating Reformer exercises. Printed on heavy paper, these posters will adorn the walls of your studio for years to come.
44" x 19.5" (112cn x 50cm)

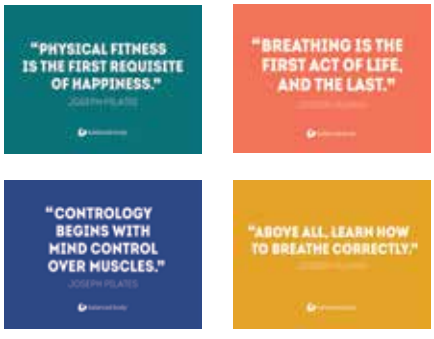
Horizontal	10361	$54.95 US
Vertical	10362	$54.95 US





Words from Joe Notecards

Share four of Joe's memorable quotes on these colorful folding notecards. Give a box to your students or teachers, or treat yourself. 12 notecards with white envelopes. Blank inside.
4.1" x 5.5" (10.4cm x 14cm).



Words from Joe Notecards	10151	$17.95 US

Joe Cards

Traditional repertoire by the master. Check out Joe's Pilates form and position in these sequential photographs from circa 1940s and '60s. Folding notecards (4-1/2" x 6-1/4") are blank on the inside. Set of 12 cards with envelopes.

Joe Cards	10093	$17.95 US



BowWow! Note Cards

Our famous "Awesome Aussies" demonstrate perfect Pilates form on these whimsical note cards. (Dogs actually posed on miniature Pilates equipment!) Oversized folding notecards (5-3/8" x 7-7/8") are blank on the inside. Set of 15 cards with envelopes.



BowWow! Note Cards	10092	$17.95 US

Notebooks from Pilates Nerd™

These soft cover notebooks of faux leather are filled with acid free, lined paper and have a stitched-in satin bookmark. Perfect for all your treasured Pilates notes! 8" × 5.5" (20cm x 14cm)

Gold	13100	$35 US
Turquoise	13104	$35 US





found on INSTAGRAM

@balanced_body

I call this exercise "Allegro Lounging Labradoodle" with one blue sping. Paw dangle optional. Smile Required!

image via @kellyybarba

Apparel

To see our full line of apparel, visit pilates.com.

NEW styles! ToeSox®



ToeSox fit like a second skin, with a non-slip sole providing superior grip. Five-toe construction allows for proper toe alignment, increasing flexibility, balance and control. Cotton.
Available in Small (men's shoe size 4-7 or women's shoe size 5-8), and medium (men's shoe size 7.5-9.5 or women's shoe size 8.5-10).

A. Carbon batik, half-toe, "Bellarina"

Small	15909	$18 US
Medium	15910	$18 US

B. Onyx, full-toe, low-rise

Small	15911	$17 US
Medium	15912	$17 US

NEW color! Shashi Socks



Now in Sugar Plum! Slip-resistant grips on the soles add traction, while the mesh panel on top delivers breathability to keep your feet cool.
Available in Small (women's 5.5 to 7.5 shoe size) and Medium (women's 8-10 shoe size).

"Star", Sugar Plum, regular toe

Small	15889	$18 US
Medium	15890	$18 US

Black, split toe

Small	10053	$16 US
Medium	10054	$16 US

Tucketts Socks



With grips in all the right places, these socks will keep your feet clean and all your toes together. Seam is between the big toe and second toe, like a flip flop. Made of recycled cotton with a low carbon footprint and ethically sourced. One size fits most!

Black	15085	$16 US
Grey/Lime	15086	$16 US

Great Soles Socks



These ballet-inspired socks have custom molded tread at key contact points on the soles. Perfect for those who don't like toe separation. One size fits comfortably for women's 6-10 shoe size.

Black	15084	$12 US

NEW! Tavi Noir "Savvy" Sock



If toe separation isn't your thing, but you still want a grippy sock, these low-rise socks just might be perfect for you! Includes an arch band for arch support and heel tabs to protect your achilles tendon. Patterned starburst ebony rhinestone. Made of organic cotton. Available in Small (women's 5.5 to 7.5 shoe size) and Medium (women's 8-10 shoe size).

Starburst Ebony Rhinestone

Small	15907	$14 US
Medium	15908	$14 US

NEW! "Short Spine is Divine" Sweatshirt from Pilates Nerd®



Upside down or rightside up, this lightweight sweatshirt keeps you cozy and your Pilates friends with get the joke! Wide neck and fitted profile give it a flattering silhouette. If you prefer a looser fit, order one size up. Cotton/poly blend. Machine wash.

Small	15918	$58 US
Medium	15919	$58 US
Large	15920	$58 US
Extra Large	15921	$58 US

Mat Bag



Multi-purpose mat bag for all your traveling needs! Durable, machine washable twill securely holds a mat of virtually any size or thickness. Large main compartment holds a change of clothes and shoes. Outer flaps store pens, ID and other items, plus a side zipper pocket stashes a water bottle. Also has a convenient external pocket for your cell phone. Padded shoulder straps adjust for comfort. 20"l x 9"w x 6"d (50cm x 23cm x 15cm)

Mat Bag	10379	$50 US

Balanced Body Necklace



Our cool logo necklace is made of lightweight anodized aluminum. Logo is 1.25" x 1.25" (3cm x 3cm). Includes 16" (40cm) chain.

Logo Necklace	10203	$15 US

New! Exclusive Balanced Body® Gear

We've designed beautiful new shirts with you in mind! Layer or wear alone for a versatile, wear-anywhere addition to your Pilates wardrobe.



A. NEW! "Just One More" Tee



Have you told this Pilates fib to your clients? This super soft and flattering tee layers perfectly over workout tanks and pairs with Pilates pants or jeans. Poly/cotton/rayon blend. Machine washable.

Small	15869	$40 US
Medium	15870	$40 US
Large	15871	$40 US
Extra Large	15872	$40 US

B. NEW! "Arabesque" Zip-Up Hoodie



Lightweight and perfect to throw over your tank top in a chilly studio or at night. Features a kangaroo pocket and ribbed detailing. Poly/cotton/rayon blend, unisex. Machine washable.

Small	15894	$45 US
Medium	15895	$45 US
Large	15896	$45 US
Extra Large	15897	$45 US

C. NEW! "Breathing" High Neck Tank



Show off your lungs in this flowy, loose-fitting tank for a comfortable, relaxed fit. Hits mid hip to pair with jeans or leggings. Cotton/poly blend. Machine washable.

Small	15898	$35 US
Medium	15899	$35 US
Large	15910	$35 US

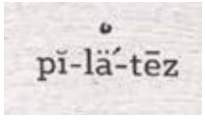
D. NEW! "Ring of Fire" Muscle Tee



A more feminine version of the traditional muscle tee. Super soft, ideal to wear with a tank or sports bra. Relaxed, drapey fit. Poly/cotton blend. Machine washable.

Small	15873	$35 US
Medium	15874	$35 US
Large	15875	$35 US
Extra Large	15876	$35 US

E. "Pĭ-lä´-tēz" Long Sleeve Tee



You know how to say it. Now help out those who don't! Relaxed, drapey fit is comfy and flattering. Wear on or off the shoulder. Ribbed cuffs and waistband. Dolman sleeves. Marbled White Poly/viscose. Machine washable.

Small	15087	$35 US
Medium	15088	$35 US
Large	15089	$35 US
Extra Large	15090	$35 US

Visit pilates.com to see shirt in Heather Grey.

Send the gift that lets them choose: a Balanced Body gift certificate.

Easy to redeem by mail, and available in any denomination. We mail it to you so that you can customize it for the lucky recipient. Free mail delivery within the United States. Call or order online.



Shipping / Returns / Warranties

Equipment stocked for immediate delivery
We keep our most popular equipment in stock, ready for fast shipment. Don't you just love immediate gratification?

Customer satisfaction policy and returns
Certain products cannot be returned. For complete and current information on returns, changes and cancellations, please visit "About My Order" in our online store at pilates.com.

Shipping
Most of our large equipment ships via a freight company in cardboard boxes, unless you request a wooden crate at additional cost. Small items like DVDs and accessories ship via a package shipper, and normally arrive within 5-7 business days in the continental US.

For overseas shipments, please contact us for details. For additional information on shipping, please visit "About My Order" in our online store at pilates.com.

Custom orders are our specialty
Can't find something? Please check online at pilates.com, or call us with your custom request. We love a challenge!

Changes
Availability, prices and specifications are subject to change without notice.

Warranties
For complete and current information, please visit "Returns & Warranty" in our online store at pilates.com.

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It's easy to reach us. We love answering your questions—really! How can we help?

Call or email us
Monday-Friday, 6am to 5pm Pacific Time

From U.S. and Canada: 1-800-745-2837
From the U.K.: 0800 014 8207
From all locations: +1 916-388-2838

Or send us an email: info@pilates.com



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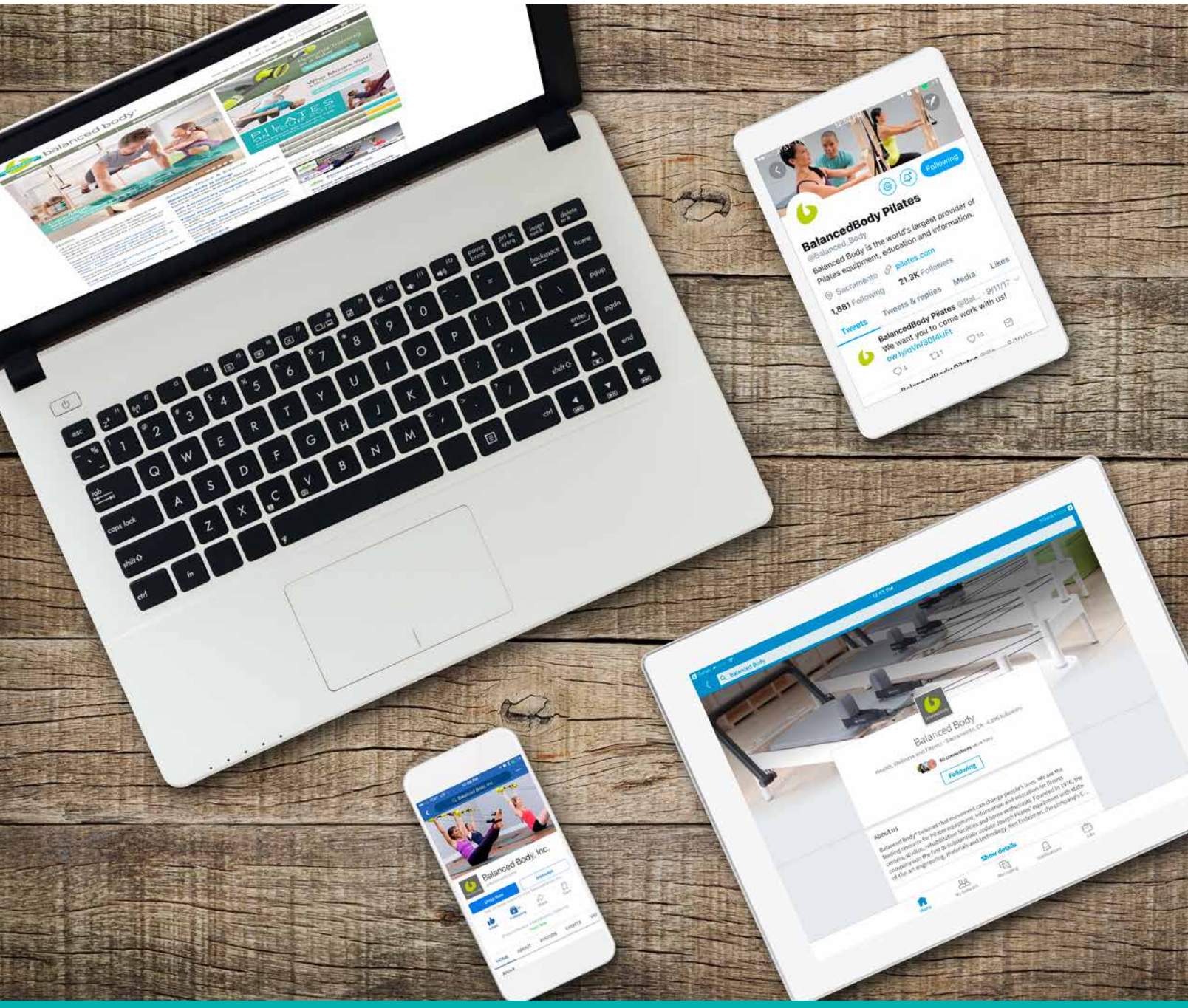
- Free podcasts on a zillion topics.



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