EXO® Chair
A DETAILED GUIDE FOR PRACTICING PILATES
# TABLE OF CONTENTS

<table>
<thead>
<tr>
<th>Page</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Balanced Body Education</td>
</tr>
<tr>
<td>2</td>
<td>What is Pilates?</td>
</tr>
<tr>
<td>4</td>
<td>Pilates Principles</td>
</tr>
<tr>
<td>6</td>
<td>Introduction to the EXO® Chair</td>
</tr>
<tr>
<td>10</td>
<td>Hamstring Stretch 1</td>
</tr>
<tr>
<td>12</td>
<td>Hamstring Stretch 2</td>
</tr>
<tr>
<td>14</td>
<td>One Arm Push-Up Standing</td>
</tr>
<tr>
<td>16</td>
<td>Standing Leg Pumps</td>
</tr>
<tr>
<td>18</td>
<td>Standing Leg Pumps With Arms</td>
</tr>
<tr>
<td>20</td>
<td>Achilles Stretch</td>
</tr>
<tr>
<td>22</td>
<td>Standing Arm Work Facing Side</td>
</tr>
<tr>
<td>24</td>
<td>Standing Leg Work</td>
</tr>
<tr>
<td>26</td>
<td>Double Leg Pumps</td>
</tr>
<tr>
<td>28</td>
<td>Single Leg Pumps</td>
</tr>
<tr>
<td>30</td>
<td>Seated Arm Work Facing Front</td>
</tr>
<tr>
<td>34</td>
<td>Seated Leg Pumps with Arms</td>
</tr>
<tr>
<td>36</td>
<td>Seated Abdominals</td>
</tr>
<tr>
<td>40</td>
<td>Seated Arm Work Facing Back</td>
</tr>
<tr>
<td>44</td>
<td>Seated Mermaid</td>
</tr>
<tr>
<td>46</td>
<td>Seated Mermaid with Tubes</td>
</tr>
<tr>
<td>48</td>
<td>Side Body Twist/Side Lying Oblique</td>
</tr>
<tr>
<td>50</td>
<td>Side Leg Series on the Chair</td>
</tr>
<tr>
<td>54</td>
<td>Chest Press/Scapula Mobilization</td>
</tr>
<tr>
<td>56</td>
<td>Swan on Seat</td>
</tr>
<tr>
<td>58</td>
<td>Reverse Swan/Torso Press Sit</td>
</tr>
<tr>
<td>60</td>
<td>Reverse Swan/Side Arm Twist</td>
</tr>
<tr>
<td>62</td>
<td>Supine Arm Work Feet to Chair</td>
</tr>
<tr>
<td>64</td>
<td>Roll Down with Tubes</td>
</tr>
<tr>
<td>66</td>
<td>Roll Down with Tubes</td>
</tr>
<tr>
<td>68</td>
<td>Supine Leg Pumps/Bridging</td>
</tr>
<tr>
<td>72</td>
<td>Supine Leg Pumps with Arms</td>
</tr>
<tr>
<td>74</td>
<td>Teaser on Floor</td>
</tr>
<tr>
<td>75</td>
<td>Teaser with Arms</td>
</tr>
<tr>
<td>76</td>
<td>Swan From Floor</td>
</tr>
<tr>
<td>78</td>
<td>One Arm Push-Ups</td>
</tr>
<tr>
<td>80</td>
<td>Kneeling Mermaid</td>
</tr>
<tr>
<td>82</td>
<td>Kneeling Mermaid with Tubes</td>
</tr>
<tr>
<td>84</td>
<td>All Fours Leg Work Facing Back</td>
</tr>
<tr>
<td>86</td>
<td>All Fours Leg Work Facing Front</td>
</tr>
<tr>
<td>88</td>
<td>Cat</td>
</tr>
<tr>
<td>90</td>
<td>Lunges</td>
</tr>
<tr>
<td>94</td>
<td>Pull Up/Hamstring Stretch 3</td>
</tr>
<tr>
<td>96</td>
<td>Tendon Stretch</td>
</tr>
<tr>
<td>98</td>
<td>Step Downs</td>
</tr>
<tr>
<td>100</td>
<td>EXO® Chair Exercise Sequences</td>
</tr>
</tbody>
</table>
INTRODUCTION TO THE EXO® CHAIR

The EXO® Chair

The original Chair that Joe Pilates called the "Wunda" Chair was designed as a home exercise machine for small New York city apartments. The EXO Chair takes this idea one step further by adding elastic bands ("Functional Resistance Kits") to the Chair to create a truly multi purpose exercise tool for classes, one on one sessions and home workouts. The Chair is considered to be the most challenging piece of Pilates equipment for building strength. Exercises on the Chair are great for skiers, runners, tennis players and golfers, and for clients looking to increase power in the upper body for throwing, lifting and racquet sports.

The EXO Chair is a simple piece of equipment consisting of a seat with a spring loaded, hinged foot pedal and a series of eyebolts to attach the elastic tubing on to. You can sit, lie or stand on the Chair or the floor and push the pedal with your hands or feet. You can pull the elastic tubing while sitting on the Chair or standing on the floor, or you can pull on the bands while you push on the pedal, creating an extra challenge. There are over 30 different exercise categories on the Chair focusing on core strength, leg strength, shoulder girdle stability, mobility and strength and functional movements, such as standing, climbing, pushing and lifting.

BALANCED BODY EXO CHAIR ANATOMY

The EXO Chair is based on the design of Balanced Body's Wunda Chair. It is 21" high, with a single foot pedal or a split pedal, two heavy black springs and 6 eyebolts for attaching elastic tubing. The Functional Resistance kit contains 2 short elastic tubes, 2 long elastic tubes and 1 extra long elastic tube. The tubes come in three different strengths, light, heavy and super heavy.

Adjusting the Springs on the Foot Pedal

The EXO Chair has a series of spring attachment points to adjust the resistance of the pedal for different exercises. The springs are adjusted by moving them higher or lower on the cactus shaped spring attachments located at the back of the Chair. The lowest rung of the cactus is the number 1, or lightest position and the highest rung is the number 4, or hardest position. The higher up the spring is attached, the stronger the resistance. Remember: higher=harder, lower=lighter.
Using the Elastic Tubing

The tubing comes in 3 different strengths, indicated by the color of the tubing, and 3 lengths, short and long for exercises, extra long for use as a footstrap or anchor point. Functional Resistance kits come in light and heavy. The tubes can also be purchased individually. Depending on the amount of resistance you want and how much range of motion you need, you can attach the tubes on any of the eyebolts.

The eyebolt positions are:

- Front High (FH)
- Front Low (FL)
- Back Low (BL)

The tubing resistance is color coded as follows:

- Yellow: Light (available in short and long)
- Blue: Heavy (available in short and long)
- Red: Super Heavy (available in extra long only)

The Light Functional Resistance Kit contains:

- 2: Short Yellow (SY)
- 2: Long Yellow (LY)
- 1: Extra Long Red (R)

The Heavy Functional Resistance Kit contains:

- 2: Short Blue (SB)
- 2: Long Blue (LB)
- 1: Extra Long Red (R)

SAFETY AND THE CHAIR

- **Pedal Safety:** Keep your feet and your client’s feet out from under the pedal during standing exercises. Press the pedal down slowly to start each exercise.
- Don’t release the pedal quickly with the springs stretched. The force of the springs can damage the cactus spring attachment at the back of the Chair. Release the pedal slowly from the stretched position until the springs are no longer under tension. The instructor can assist the client by placing their foot on the pedal and controlling the return.
- Make sure you have a firm grip on the pedal with your feet or hands. Do not wear socks or slippery footwear on the Chair.
- **Chair Stability:** When performing exercises where the Chair could slide, place sticky pads under the Chair or place it against the wall for safety. This includes any exercise where you are not sitting or standing on the Chair.
- Do not lie on the floor with your head at the base of the Chair and pull on the tubes. The EXO® Chair is designed to provide a wide variety of exercise options in a small space. It is not designed to be used for exercises such as feet in the straps, because it can tip forward.
- To optimize Chair stability in exercises where you are not sitting on the seat or using the pedal, take all the springs off the pedal and place it on the base of the Chair.
- **Spring Safety:** Make sure the spring loop is fully engaged with the cactus before starting the exercise. Check the springs regularly for wear and replace as needed. We recommend that you replace your springs every 3 years in a busy studio or fitness center.
- When removing the spring, lower it gently onto the wooden step rather than letting it drop. This will keep your Chair looking good and will decrease the wear on the step.
- **Elastic Tubing Safety:** Make sure the clip is fully engaged on the eyebolt and be aware of the clip getting stuck around the eyebolt or on the edge of the seat. Make sure it is moving freely throughout the exercise.
- Never stretch the tube all the way to the end point. The Chair is stable as long as the tube has some give in it. Use a tube with more resistance or a longer tube for your taller and stronger clients.
- Elastic tubing is made from Latex, a natural substance and, like all natural substances, it may vary in resistance over time. In order to match up your tubes, place them on hooks so the ends can hang freely and attach a 5 lb or 10 lb weight to the bottom of the tube. Matched sets should stretch approximately the same length.
- Our elastic tubing is covered, helping to protect the tube from damage caused by sunlight, heat and oils and will also keep the loose ends from flying around, should the tube break. We recommend replacing the tubes every 12 to 18 months.
SEATED ARM WORK FACING FRONT
BEGINNING • 6-10 REPS

**STARTING POSITION**
Sit on the Chair with the feet on the pedal. Hold one handle in each hand. Arms are lengthened in front of the body.

**Biceps Curls**

**MOVEMENT SEQUENCE**

**Exhale:** Bend the elbows and pull the tube towards the front of the shoulder.

**Inhale:** Straighten the elbows to return to the starting position.

**BICEPS CURLS ARM POSITIONS**

**Shoulder neutral:** Begin with the elbows at the waist and the upper arm parallel to the torso. The forearm is parallel to the floor. This is the easiest position.

**Shoulder flexed to 45 degrees:** Begin with the shoulder flexed to a 45 degree angle to the torso.

**Shoulder flexed to 90 degrees:** Begin with the shoulder flexed to a 90 degree angle to the torso. The upper arm is parallel to the floor. This is the most challenging position.

**Arms in neutral rotation:** Begin with the forearm directly in front of the torso.

**Arms externally rotated to 30 degrees:** Begin with the shoulder externally rotated so the arms is in about 30 degrees of horizontal abduction.

**Arms fully externally rotated:** Begin with the shoulder fully externally rotated so the arms are out to the sides.

**Palms up:** Hold the handle with the palm facing the ceiling.

**Thumb up:** Hold the handle with the thumb facing the ceiling.

**Back of hand up:** Hold the handle with the back of the hand to the ceiling.

**Straight Arm Raises**

**MOVEMENT SEQUENCE**

**Exhale:** Keeping the elbows straight, slide the shoulder blades down as you lift the arms up. Keep the shoulders down and the neck long.

**Inhale:** Return to the starting position.

1. Seated Arm Work Facing Front, Biceps Curls starting position.

2. Hold the tubes out in front of the body and bend the elbows.


2. Hold the tubes in front of the body, straighten the arms and lift.
STRAIGHT ARM RAISE POSITIONS

Forward raise: Flex the arms in front of the torso.

Lateral raise at 45 degrees: Lift the arms into flexion at 45 degrees of horizontal abduction.

Full lateral raise: Abduct the arms. Lift the arms to the side.

Palm up: Hold the handle with the palm facing the ceiling.

Thumb up: Hold the handle with the thumb facing the ceiling.

Back of hand up: Hold the handle with the back of the hand to the ceiling.

Overhead Press

STARTING POSITION

Goal post arms: The elbows are bent at a right angle, the upper arms parallel to the floor. Arms are abducted to 90 degrees.

Full range: Upper arms are at the sides with the elbows at the level of the waist for a longer press.

MOVEMENT SEQUENCE

Exhale: Press the arms overhead.

Inhale: Lower the arms to the starting position.

OVERHEAD PRESS ARM POSITIONS

Palms in: Hold the handle with the palms facing the torso.

Palms forward: Hold the handle with the palms facing forward.

Forearm rotation: Rotate the forearm as the arms press upwards. For example, in the full range version, begin with the palms facing the torso and rotate the arms so the palms face forward at the end of the press.


2. Holding the tubes just above the shoulders, straighten the arms overhead.
Seated Mermaid with Tubes

STARTING POSITION
Assume the seated sideways Mermaid starting position. Hold the tube with the hand farthest from the pedal.

MOVEMENT SEQUENCE
Inhale: Laterally side bend, reach for the pedal and extend the free arm toward the ceiling.
Exhale: Continue to press the pedal down as you press the tube up to the ceiling.
Inhale: Bend both elbows.
Exhale: Press the pedal down and the tube up.
Inhale/Exhale: Repeat the bend and press 4X before rolling the torso back up to the starting position.

1. Seated Mermaid with Tubes starting position.
2. Laterally side bend to bring one hand to the pedal. Press the tube toward the ceiling as the body side bends.
3. Bend and straighten both arms 4 or more times.
4. Straighten both arms and sit up tall to return to starting position.
CHALLENGES

Rotations
Rotate the torso toward the pedal and reach the free arm out to the side when the pedal is pressed down.

Triceps press
Move the top arm over the head and bend the elbow to add a triceps press when the pedal is pressed down.

CUEING AND IMAGERY

ƫ Reach up before you lean over to create as long a curve as possible.
ƫ Draw the abdominals in and up as you lean over.
ƫ Imagine you are bending over a large ball.

ƫ Keep the shoulders down.
tti Draw the abdominals in and up as you lean over.

ƫ Keep the torso straight as you lean over.
tti Keep the hips, shoulders and eyes looking straight ahead.

PURPOSE

tti Stretch the lateral torso and hip, including the oblique abdominals, quadratus lumborum, latissimus dorsi, gluteus medius and minimus.
tti Oblique abdominal strengthening.
tti Teach pelvic stability.
tti Teach scapular stability.

PRECAUTIONS

Elbow and/or wrist problems: Avoid with carpal tunnel and elbow tendonitis. Decrease the resistance and limit the number of reps. Avoid if pain increases.

Shoulder problems: Avoid following shoulder dislocation or with anterior shoulder pain.

Low back problems: Client must tolerate lateral flexion before attempting.

Osteoporosis: Avoid.