





2022: Let's Get Right and Then Get Healing

"Every step taken in mindfulness brings us one step closer to healing ourselves and the planet." ~ Thich Nhat Hanh

Adversity and change have been abundant these past two years. 2020 was a dark storm cloud on the cosmic weather chart, and 2021 has been a rollercoaster ride. However, I think that coaster is clacking back up the tracks and hopefully stays on that trajectory. Vaccinations have arrived and cities have started to come alive again. Our industry has changed, and we are more technically savvy and smarter about how we do things. Most importantly, we are more focused on what is needed. Balanced Body has seen too many of our longest standing customers change from the traditional Pilates studio model to home studios. And some have chosen retirement. The good news is that Pilates Studios are refreshing, reopening, or starting brand new at a surprising rate. All of this tells me that despite the curveballs we were thrown, it's a good and incredibly important time to be back live and in the game.

Initiatives in diversity are rising, new and innovative business practices are being developed, and mind-boggling advances in movement science are changing the way we practice. But maybe the most important motivator is this: so many people are still insecure, unsure, and just plain angry from the last two years. They need their minds and bodies healed – and we can help. But there may be work to do first. I truly believe the quote at the top of this story by Vietnamese monk, Thich Nhat Hanh. A physically and emotionally mindful lifestyle can help heal this

world. But notice how he mentions healing ourselves first. That's something we sometimes don't think about. Are we doing our best to help others if we ourselves aren't right yet?

So, take care of yourself. Do something that strengthens you on a daily basis – whether it's meditation or reading or a new fitness modality. Heck, spoil yourself once a day (within reason 😊). Just make sure to do something for you.

Because the stronger you get the stronger others will eventually become.

This year's catalog includes feature stories, educational opportunities and products for both homes and studios that we hope inspire you and your clients to either get back on or continue down the road to a healthy mind and body. I hope you enjoy it.

I say this every year and every year the feeling gets stronger – this is an absolutely amazing community of gifted people. And each of us are going to play a part in getting this world back in shape. So, here's to an awesome 2022 – let's get everybody moving!

Ken Endelman
Founder, CEO | Balanced Body

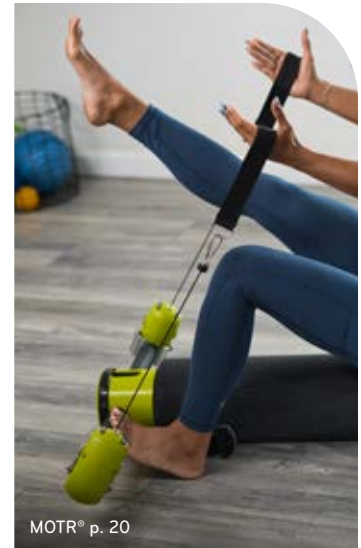
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AT HOME

It's more important than ever for all of us to lead healthy active lives. Regular exercise, eating right and enjoying time with the ones we love.



Your home is your castle... and your office... and your workout space! We have the training tools, equipment, and streaming workouts to help you make the most of exercising at home.



Pilates Arc™

Durable, lightweight, and affordable, this versatile piece is a floor exercise tool, traditional spine corrector and wedge for your Balanced Body Reformer!

Learn more on p. 53

Add Mini Mat for padded comfort



SmartBell®

Effective for core strengthening and upper body training. Ergonomically shaped, SmartBell offers a strong grip for upper body training and acts as an instability platform during floor exercise!

Learn more on p. 73



Is space at a premium in your home? Discover full-body training on our uber cool EXO Chair... with resistance training of course!

EXO® Chair

Pilates Chair exercise is the ultimate for building strength. Our EXO Chair delivers a whole body workout at an affordable price!

Learn more on p. 44

Slastix™ Resistance Bands

Proven resistance bands with nylon safety covers and easy snap clips to attach to your favorite equipment and increase exercise options!

Learn more at pilates.com

EcoWise Flat Mat

Free of latex, PVC or chloride, our EcoWise Mat is easy-to-clean and dual-sided texture offers great traction and stability!

Learn more on p. 74

Magic Roller®

High-performance, durable, myofascial release roller with soft "grippy" surface for greater accuracy while rolling!

Learn more on p. 75







YOUR STUDIO

Beautiful. Versatile. Unparalleled Performance. That's what you can expect with our equipment.



Allegro® 2 Reformer

Smooth transitions, seamless flow, easy adjustments, maximized comfort and versatile accessories... all built into our stylishly stunning white Reformer!

Learn more on p. 30

Sitting Box Lite

(not shown)

Take your Reformer work to the next level using the Sitting Box in prone exercise, abdominal strengthening, side stretching and more!

Learn more on p. 64

Allegro® 2 Padded Jumpboard

Increase your Reformer exercise options with a cardio-inducing Padded Jumpboard. This will change the way you workout from your first push-off!

Learn more on p. 67



There's nothing like fresh air, sunshine and an invigorating workout!



MOTR®

Our portable training system goes with you for a full body workout anywhere!

Learn more on p. 20



Oov®

An innovative proprioceptive tool, Oov is a "must have" for athletes, therapists and movement professionals!

Learn more at pilates.com



Ultra Fit Circle®

Soft texture, dual padded handles, and proven durability, rank this circle #1 with customers!

Learn more on p. 72



3lb Hand Weight

All the benefits of light weight training with an ergonomic shape that fits your grip!

Learn more on p. 76

Pilates in the Hood



By Kim Carruthers

I am the first Black woman to own and operate my own private Pilates studio in the Los Angeles area. I'm also a Certified Pilates instructor, Certified Practical Nutrition Specialist, Certified Personal Trainer, Certified Lifestyle Wellness Coach, Certified Holistic Health Specialist and an LMT.



My studio is called Physical Perfection and is located in West Hollywood. My clientele has run the gamut from Hollywood celebrities to high-tech executives to top professional athletes. And I've been featured in Oprah Magazine, Women's Health; Vogue; People; Newsweek; Pilates Style Magazine; ABC7 News; Extra; E!News and The TodayShow.

In 2005 I realized I wanted to give back to my community. I created the program Pilates in the Hood that year within

south central Los Angeles. My goals and dreams were to bring on site Pilates instruction to those whom Pilates has never been readily available due to expense, systemic racism, geography, and exposure. The program has been extremely popular and with its success we have been able to expand to the cities of Inglewood, Lynwood, Pacoima, East LA, and other surrounding areas of greater Los Angeles County. Our mission is simple - to introduce as many people as possible to the healing benefits of movement through the teachings of Joseph Pilates.

Over the years we have partnered with the Boys and Girls Club of America, community resource centers, local public and private schools and The Girl Scouts of America, which has given us the unique opportunity to be able to have hundreds of people join us to learn Pilates. Our partnership with the city of Inglewood, California has led to the formation of our new program - Pilates in The Wood. This launched over last summer and will offer Pilates classes in most of the city's parks and recreation centers, senior facilities, The Inglewood Veterans building, and local youth camps. Unfortunately, the pandemic made it impossible to teach our initial in-person classes but through the support of the community and partnerships we were able to move our classes to an online platform as well as over live virtual classes for most of our participants.

There have been challenges. Our program has experienced a lack of representation in the Pilates community, as well as funding, partnerships and even networking opportunities. But it is also incredibly rewarding. For myself it is that I've had the opportunity to change lives by taking Pilates outside of the walls of my studio and introduce it to those that don't have the same opportunities as others.

The Pilates in The Hood program has received local and national attention and has been featured on

Our mission is simple—to introduce as many people as possible to the healing benefits of movement through the teachings of Joseph Pilates

the Today Show, E! News, ABC7 and featured in many national magazines. Within the next months and years, I see our program expanding, having real-world branding opportunities, and becoming a household name.

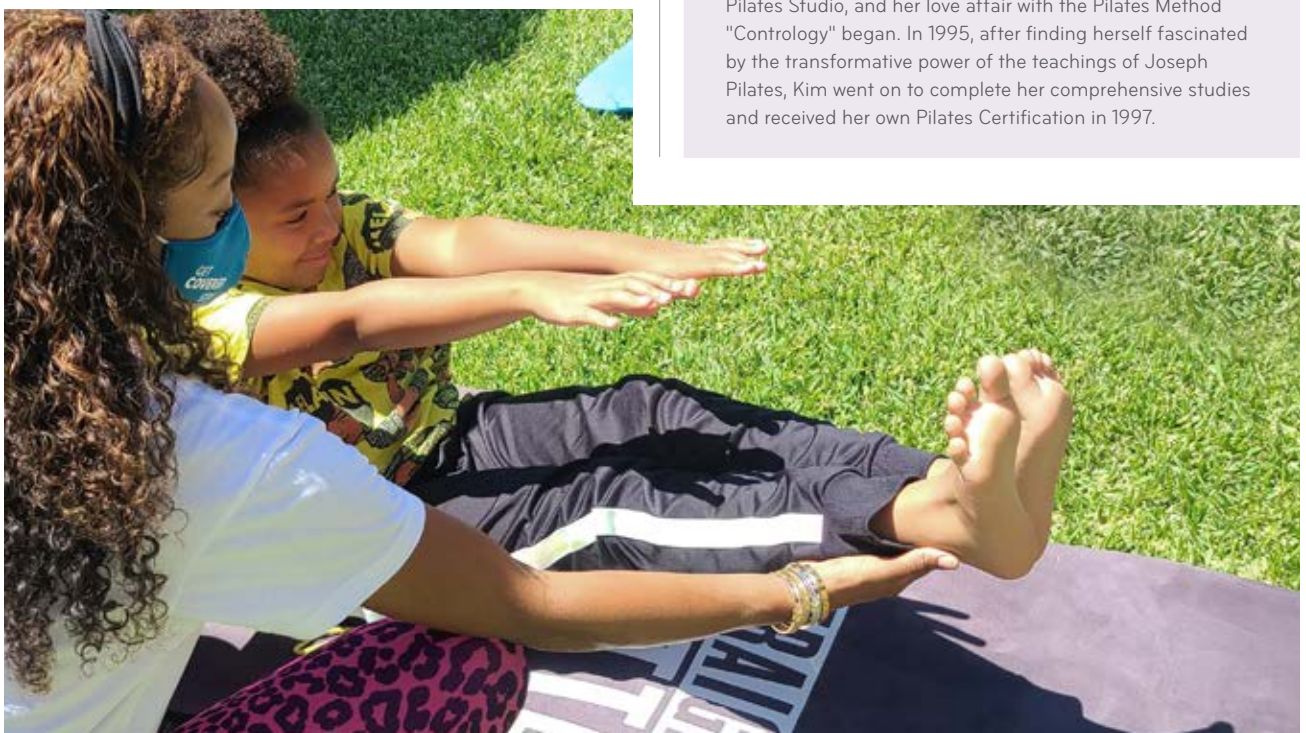
In addition, I also work with the senior community in this area - it has been a big scope of my Pilates practice and one of my biggest joys. I am a certified senior fitness specialist and I love working with seniors to help revitalize their lives by developing fitness, wellness and movement programs that significantly improve their overall health.

The bottom line is talk is cheap these days and that is definitely not me.

With these programs now in place, lives are being tangibly changed for the better. My goal is to have them grow beyond the communities I currently serve. ■

About Kim Carruthers

An acclaimed professional dancer and performer since the age of 14, Kim received a scholarship to study with the Alvin Ailey American Dance Theater, and Martha Graham, which led her to perform with several NYC dance companies. As her career went on, Kim began to experience several overuse injuries and was eventually sent to a physical therapist who introduced her to the healing benefits of Pilates. Soon after Kim began to take Pilates sessions at the New York Pilates Studio, and her love affair with the Pilates Method "Contrology" began. In 1995, after finding herself fascinated by the transformative power of the teachings of Joseph Pilates, Kim went on to complete her comprehensive studies and received her own Pilates Certification in 1997.





Handcrafted in
Sacramento, California

FOR OVER 45 YEARS



We are proud to make our equipment in the USA and maintaining our premium consistent quality. That said, with global supply chains disrupted, it's a challenging time for us to get the parts to keep our production teams humming.

Fortunately for Balanced Body, we employ a dedicated group of woodworkers, seamstresses, machinists, upholsterers, and metal workers. They are committed to building, every day, and have proven their versatility in pivoting (often daily) to what they can build based on the materials we have in stock.

Balanced Body is expanding our footprint in 2022 to create new opportunities for our team members to expand, cross-train and function better as an integrated unit. We are investing in our production space – as well as our production team – because they are the foundation of our business.





Integrated Movement Equipment



Shown MOTR with MOTR Grip Cover

MOTR®

Personal workout system offers resistance training, core strengthening, balance, agility and myofascial release.

FREE STREAMING AT
 [video.pilates.com](https://www.video.pilates.com)*



Shown: MOTR with MOTR Grip Cover

*All equipment includes access to the free videos section on our streaming video platform. Paid monthly and annual subscriptions also available to access all content.

INCLUDED

- ✓ Detachable Resistance Arm with 2 variable resistance modules offering 3 resistance levels
- ✓ 2 Stability Wedges hold MOTR position during exercise
- ✓ Integrated Carrying Strap and Hand Straps
- ✓ Self-Contained Roller Tube with Locking Lid
- ✓ Flash cards with exercises
- ✓ Free streaming MOTR video workouts

ACCESSORIES

- ✓ MOTR Grip Cover offers a "grippy" surface while you're exercising
- ✓ Mini-Mat for floor exercises
- ✓ Additional streaming MOTR video workouts (purchase required)
- ✓ MOTR® Home
 - Safe and secure storage for up to six MOTRs. Heavy-duty casters make it easy to move and store
 - 1-year Warranty/30-day money back guarantee

FEATURES

- ✓ Create full-body workouts using different resistance levels
- ✓ Components conveniently store inside the 43" (109cm) roller
- ✓ Easy transport and storage
- ✓ Detachable variable resistance arm for targeted upper body and lower body exercise
- ✓ Warm up and finish off with myofascial release on outer padded roller

Perfect for "on-the-go" workouts – indoors and out!

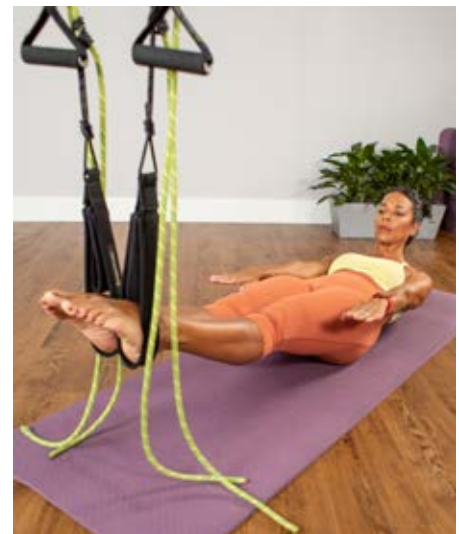
Product	Part #
MOTR	10060
MOTR Grip Cover	17242
MOTR & MOTR Grip Cover	17633
MOTR Home	12469





Bodhi Suspension System®

The world's first 4 point suspension system for fitness, Bodhi Suspension System enables you to create progressive workouts by adding strength, flexibility, balance and proprioceptive challenges.



 FREE STREAMING AT
video.pilates.com*

INCLUDED

- ✓ 2 High Density Abrasion Resistant Ropes (for ceilings up to 8.25ft (2.25m))
- ✓ 2 Easy Grip Handles and 2 Padded Double Loops for upper and lower body suspension
- ✓ 4 Pre-attached accessory lanyards (to connect loops/handles to main Bodhi rope)
- ✓ Bodhi Tote Bag to pack, carry and store
- ✓ Flash cards with exercises and workouts

OPTIONAL ACCESSORIES

- ✓ Wall Anchor
- ✓ Ceiling Anchor
- ✓ Rope Extenders (for ceilings over 8.25ft (2.25m))

Product	Part #
Bodhi system, green ropes	12424
Bodhi system, grey ropes	12425
1-year Limited Warranty / 30-day money back guarantee	

FEATURES

- ✓ Loops and handles secure hands and feet in suspended state
- ✓ Created to complement Pilates, Bodhi uses posture, alignment, breathing and core control in full-body workouts
- ✓ 2 independent ropes, creating 4 suspension points
- ✓ Intensity of movement is controlled by user's bodyweight
- ✓ Anchoring solutions available for wall and ceiling
- ✓ Fast, easy and safe adjustment system

4 point suspension training for full body strength and flexibility training!

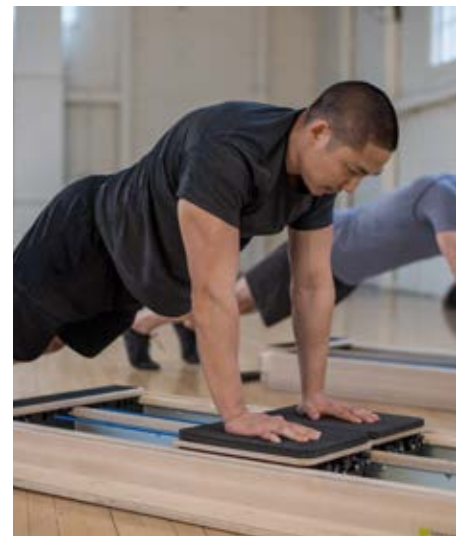




CoreAlign®

Developed for rehab, general fitness, and sport-specific training, CoreAlign® provides mind-body movement, functional exercise, full-body conditioning and neuromuscular retraining.

 FREE STREAMING AT
[video.pilates.com](https://www.video.pilates.com)*



*All equipment includes access to the free videos section on our streaming video platform. Paid monthly and annual subscriptions also available to access all content.

INCLUDED

- ✓ Solid wood standing platform and base
- ✓ Long frame for up to 41" (104cm) of quiet cart travel
- ✓ Non-slip and no-skid surfaces
- ✓ 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 exercises

OPTIONS

- ✓ Freestanding Ladder
- ✓ Wall-Mount Ladder
- ✓ CoreAlign Rotator Discs and Pads

Product	Part #
CoreAlign	12477
Wall Mount Ladder	12476
Freestanding Ladder	12473
CoreAlign with Wall-Mount Ladder	12635
CoreAlign with Freestanding Ladder	12636
5-year Limited Warranty	

FEATURES

- ✓ CoreAlign's sliding carts move independently, with resistance and assistance in two directions
- ✓ Facilitates functional exercise to improve gait, balance, core strength and neuromuscular retraining
- ✓ Soft cart bumpers provide smooth glide while in motion
- ✓ Easily adjust resistance for 200+ functional exercises
- ✓ Re-engineered resistance bands designed to last longer
- ✓ Offers standing and prone exercise options

Innovative functional apparatus system
for all levels function and fitness!





Pilates Equipment



Finding the Reformer for You

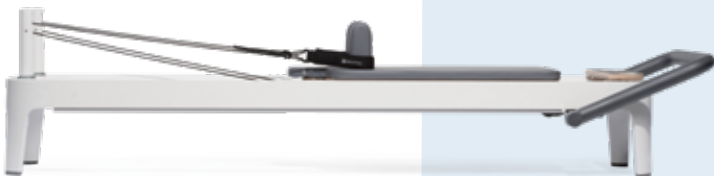
Every Balanced Body Reformer offers unique features, distinctive design, and unparalleled performance for a premium Pilates experience. All backed by the industry's best customer service and warranties. Which one is best for you?



Studio Reformer®

- ✓ #1 Choice of Pilates Pros
- ✓ Maximum adjustability with footbar and springbar design
- ✓ Handcrafted from durable Solid Rock Maple

Learn more on p. 34



Allegro® 2 Reformer

- ✓ Stunning combination of design and performance
- ✓ Easy-to-adjust for beginners
- ✓ Super smooth transitions

Learn more on p. 30



Allegro® Reformer

- ✓ Quick and easy setup
- ✓ Integrated transport wheels for portability and vertical storage
- ✓ Proven ideal for group Reformer classes and high traffic facilities
- ✓ Fits a wide range of body types

Learn more on p. 32



Rialto™ Reformer

- ✓ Innovative, durable frame of maple and powder coated aluminum, with plush over-molded padding on carriage, shoulder rests and head rest
- ✓ Includes sitting box and foot strap

Learn more on p. 38

NEW!



Metro™ IQ® Reformer

- ✓ Designed specifically for home use
- ✓ Telescoping frame and choice of transport wheels allows for vertical storage or horizontal under a bed

Learn more on p. 36



NEW! Carbon Fiber Footbar (included)

- ✓ 7lb (3kg) less than the original footbar, it is easier to install and adjust
- ✓ Grippier textured cover for stronger hand and foot positioning
- ✓ Softer padding for greater comfort
- ✓ Smaller diameter offers enhanced grip, greater foot articulation

Allegro® 2 Reformer

Beautifully designed and built, the Allegro® 2 Reformer offers smooth transitions, seamless flow, easy adjustments and maximum comfort. Perfect for use in studio and at home.



FREE STREAMING AT
 [video.pilates.com](https://www.video.pilates.com)*

*All equipment includes access to the free videos section on our streaming video platform. Paid monthly and annual subscriptions also available to access all content.

INCLUDED

- ✓ 5 Signature Springs™ (3 red, 1 blue, 1 yellow) with Spring Collars™
- ✓ 3-position headrest and integrated seamless carriage surface
- ✓ SoftTouch® Rope System for instant accurate transitions with no clips or cleats
- ✓ Powder-coated aluminum frame
- ✓ Innovative and efficient rope retraction system
- ✓ Built-in, maple standing platform, pre-configured to accept padded foot plate
- ✓ Ergonomically-correct risers remove easily
- ✓ **NEW!** Carbon Fiber Footbar

ACCESSORIES

- ✓ Sitting Boxes
- ✓ Padded adjustable footstrap
- ✓ Leg and Post Kit
- ✓ Padded Jumpboard
- ✓ Cardio Cloud
- ✓ Standing Platform Extender (see p. 68)
- ✓ Wheel Kit
- ✓ Plank Bars
- ✓ Start with the Reformer, then add legs, accessories or a Tower (see p. 60)

FEATURES

- ✓ **EasySet™ Footbar with smooth, grippy surface for hands and feet**
- ✓ **Adjust ropes quickly and easily even while lying on carriage**
- ✓ Smooth, quiet ride on our precision carriage system
- ✓ Footbar adjusts vertically (4 positions including down)
- ✓ Slides horizontally to 9 positions
- ✓ Easy to move and store on end (optional wheel kit required)
- ✓ Standard/low frame height with option to add legs
- ✓ CE Approved Medical Device

Product	Part #
Allegro 2	17820
Allegro 2 with Legs	17817

10- year Limited Warranty/30-day money back guarantee

Smooth transitions, seamless flow and easy adjustments for an unparalleled Reformer workout!

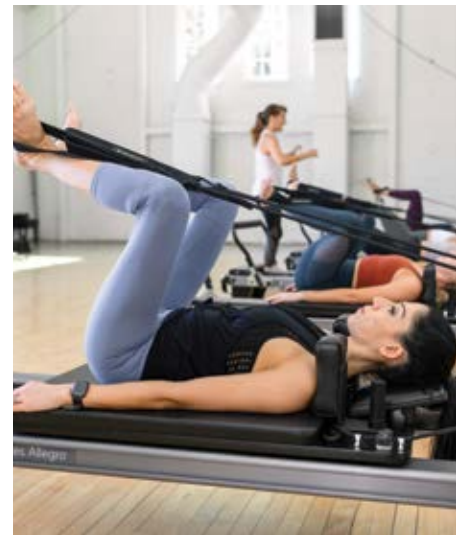


▲ Upholstery: Storm
Shown with optional Leg Kit



Allegro® Reformer

With proven performance and reliability, the Allegro® is the most widely used Reformer, with over 44,000 in service worldwide.



 FREE STREAMING AT
[video.pilates.com](https://www.video.pilates.com)*

*All equipment includes access to the free videos section on our streaming video platform. Paid monthly and annual subscriptions also available to access all content.

INCLUDED

- ✓ 5 Signature Springs™: 3 red, 1 blue, 1 yellow
- ✓ At 36" (91cm) wide, the Allegro locking footbar is among the widest on the market and features 4 secure locking positions
- ✓ Standard frame height, or add legs to raise to 14" (36cm) high
- ✓ SoftTouch® ropes and loops for soft attachment and reduced noise
- ✓ Adjustable, removable TwistLock shoulder rests
- ✓ Footbar lockout knobs allow easy horizontal adjustments
- ✓ Integrated transport wheels
- ✓ Standing Platform Pad

ACCESSORIES

- ✓ Sitting Box
- ✓ Footstrap (included when Sitting Box is purchased with Reformer)
- ✓ Allegro Jumpboard
- ✓ Jumpus Maximus
- ✓ Cardio Cloud
- ✓ Allegro 14" Leg Retrofit Kit
- ✓ Wall Security Strap
- ✓ Add-a-Platform™
- ✓ Start with the Reformer, add legs, accessories or a Tower (see p. 62)
- ✓ Standing Platform Extender (see p. 68)

FEATURES

- ✓ **Proven durable and versatile, ideal for group reformer classes as well as personal home training**
- ✓ **Smooth, quiet ride provided by precision carriage system**
- ✓ Custom stability padding for increased comfort on the carriage
- ✓ Stores vertically, with or without legs
- ✓ Fits all body shapes and sizes
- ✓ Easy to set-up, move and store
- ✓ Allegro Stretch is an excellent choice for larger users
- ✓ CE Approved Medical Device

A proven 20+ year track record of durability, function and long-lasting performance.

Product	Part #
Allegro, Standard	12315
Allegro, with Legs	12511
Allegro, Stretch	12322
Allegro, Stretch with Legs	12513

10 Year Limited Warranty / 30-day money back guarantee (excluding freight)



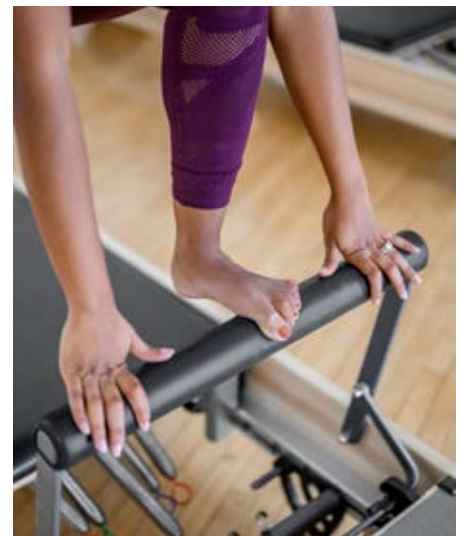
▲ Upholstery: Black



Studio Reformer®

Our Studio Reformer® is strong, durable and a timeless beauty. Fully adjustable and incredibly comfortable, it feels like an extension of your body.

 FREE STREAMING AT
[video.pilates.com*](https://www.video.pilates.com)



*All equipment includes access to the free videos section on our streaming video platform. Paid monthly and annual subscriptions also available to access all content.

INCLUDED

- ✓ 5 Signature Springs™ (3 red, 1 blue, 1 green)
- ✓ Choice of frame height: 14" (36cm), 18" (46cm), 24" (61cm)
- ✓ Choice of adjustable footbar and springbar systems:
 - XSR Footbar® and Choice of Springbars
 - Revo Footbar® and Revo™ Springbar
 - Classic Footbar/No-Roll Springbar
 - Infinity Footbar® and Choice of Springbars
- ✓ TwistLock™ removable shoulder rests
- ✓ Sitting Box
- ✓ Footstrap

ACCESSORIES

- ✓ Jumpboard
- ✓ Contour Sitting Box™
- ✓ Sitting Box Lite
- ✓ Cardio Cloud
- ✓ Large Upholstered Wedge
- ✓ Detachable Jumpboard Rotator Discs
- ✓ Studio Reformer Add-A-Platform™
- ✓ Start with the Reformer, add accessories or a Tower (see p. 62)
- ✓ **NEW!** Standing Platform Extender (see p. 68)

FEATURES

- ✓ **Longest standard carriage ride in the industry at 41" (104cm)**
 - ✓ **Smooth, quiet ride provided by precision carriage system**
 - ✓ **Gorgeous solid Strata Maple frame (see p. 60 for other wood choices)**
-
- ✓ Precise, non-slip adjustments with ropes, cleats, and cotton loops
 - ✓ Stretch Studio Reformer offers increased carriage travel
 - ✓ CE Approved Medical Device

Our flagship Reformer that is the gold standard in craftsmanship and comfort.

Product

With Classic Footbar/
No-Roll Springbar

With Revo Footbar® /
Revo Springbar™

With XSR Footbar® /
Revo Springbar™

With Infinity Footbar® /
Revo Springbar™

Stretch Studio Reformer

Limited Lifetime Warranty



▲ Upholstery: Black
Wood: Solid Strata Rock Maple

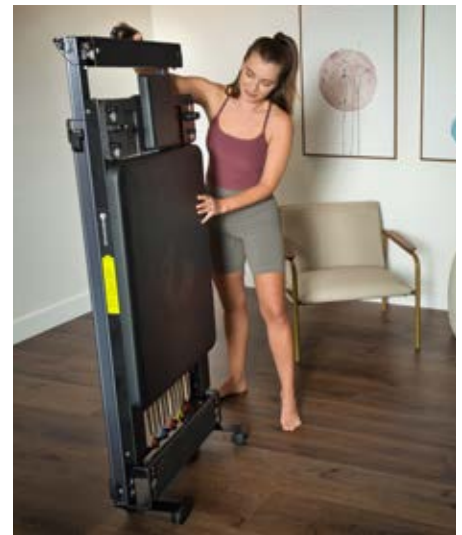
NEW!



Metro™ IQ® Reformer

Our redesigned premium Home Reformer offers most of the Reformer repertoire, and lots of leg exercises on the floor! Easy to set-up, move and store.

 FREE STREAMING AT
[video.pilates.com](https://www.video.pilates.com)*



*All equipment includes access to the free videos section on our streaming video platform. Paid monthly and annual subscriptions also available to access all content.

INCLUDED

- ✓ Over-molded foam carriage, shoulder rests, and headrest provide plush comfort
- ✓ 5 Signature Springs™: 3 red, 1 blue, 1 yellow
- ✓ Enhanced telescoping frame locking system
- ✓ 2-position shoulder rests are removable and stow flush under the carriage
- ✓ Easy-to-use padded, 4-position footbar provides 9" (23cm) of adjustment
- ✓ 3-position headrest for comfort and cervical support
- ✓ Built-in 5.5" (14cm) wide non-skid standing platform
- ✓ Choice of transport wheel configurations
- ✓ Available in black only

ACCESSORIES & OPTIONS

- ✓ Sitting Boxes
- ✓ Jumpboard
- ✓ Footstrap
- ✓ Cardio Cloud
- ✓ Standing Platform Pad

Product	Part #
Metro IQ with Library Wheels	17860
Metro IQ with Wheelbarrow Wheels	17861

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

FEATURES

- ✓ "Telescoping" frame lengthens (98", 249cm) for use, shortens (62", 157cm) for storage
- ✓ Safe and comfortable for all size bodies
- ✓ Choice of Wheelbarrow transport wheels for easy flat/under bed storage
- ✓ Choice of Library transport wheels for easy upright/in-closet storage
- ✓ Seamless track provides a smooth carriage ride
- ✓ Patented seamless telescoping frame has no frame joints for smooth carriage ride
- ✓ SoftTouch™ Rope System eliminates metal clips and D-rings for a softer, quieter experience.
- ✓ Thoroughly tested springs for consistent resistance

Specifically designed for home with telescoping frame for easy storage in closet or under bed!



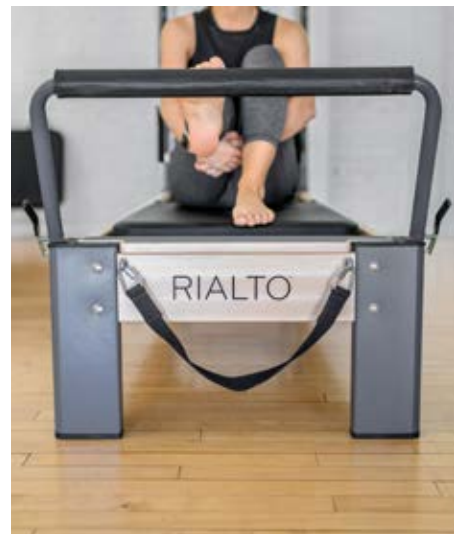
▲ Padding: Black only



Rialto™ Reformer

Innovative Design. Quality Craftsmanship.
Powerful Performance.

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[video.pilates.com](https://www.video.pilates.com)*



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INCLUDED

- ✓ 5 Signature Springs™ (3 red, 1 blue, 1 green)
- ✓ Handcrafted solid Maple frame with extruded aluminum legs
- ✓ Medium density over-molded padding on carriage, head rest and shoulder rests (black only)
- ✓ 5-position footbar with 1-step vertical adjustments
- ✓ Sitting Box Lite and footstrap add prone, torso and stretching exercises
- ✓ Standard 14" (36cm) frame height only

ACCESSORIES

- ✓ Jumpboard
 - For jumping and cardio exercise
 - Recreates bio-mechanically accurate standing position while lying on Reformer
- ✓ Plank Bars
 - Discover new options for exercises like Push-ups and Tendon Stretch
 - Great for exercises that require supporting yourself with your arms
- ✓ Start with the Reformer, add accessories or a Tower (see p. 62)
- ✓ **NEW!** Standing Platform Extender (see p. 68)

FEATURES

- ✓ **Balanced Body's hallmark quiet carriage ride**
- ✓ Quick-adjustment ropes and cleats
- ✓ Innovative over-molded padding cushions and supports user during exercise
- ✓ Shoulder rests have 3 positions normal, wide and removable
- ✓ Contemporary design combines maple and aluminum in unique look for studio or home

Eye-catching design with professional-grade features and over-molded padding for added support and comfort!

Product	Part #
Rialto Reformer	16088
Rialto Jumpboard	16563
Rialto Plank Bars	16458
5 Year Limited Warranty	



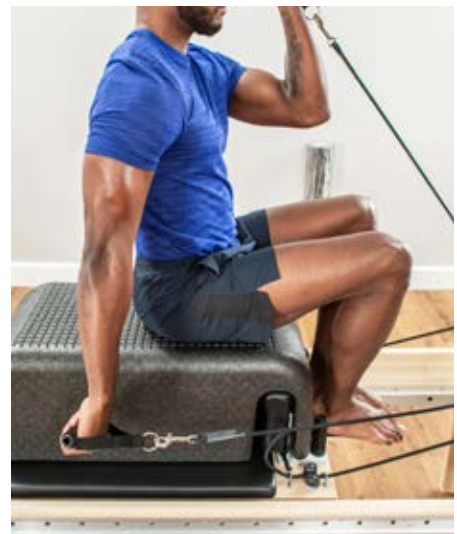
▲ Padding: Black only
Wood: Solid Maple



Clinical Reformer®

We worked with rehab professionals to make the Clinical Reformer® a versatile and effective treatment tool. It is now the gold standard among clinicians worldwide.

 FREE STREAMING AT
[video.pilates.com](https://www.video.pilates.com)*



*All equipment includes access to the free videos section on our streaming video platform. Paid monthly and annual subscriptions also available to access all content.

INCLUDED

- ✓ 6 long-lasting Signature Springs™: 1 green, 3 red, 1 blue, 1 yellow
- ✓ Choice of frame height: 14" (36cm), 18" (46cm), 24" (61cm)
- ✓ Revo Springbar, and Infinity Footbar with 5 vertical and 32 locking positions
- ✓ CSP upholstery padding provides firm stable surface
- ✓ TwistLock™ removable shoulder rests
- ✓ Built-in non-slip standing platform
- ✓ Standard Sitting Box
- ✓ Padded Jumpboard
- ✓ **NEW!** Standing Platform Extender
- ✓ Padded Double Loops and Foot Strap; Foam handles; adjustable thigh and ankle cuffs
- ✓ Factory pre-drilled for Tower and Proprioception T-Bar

ACCESSORIES

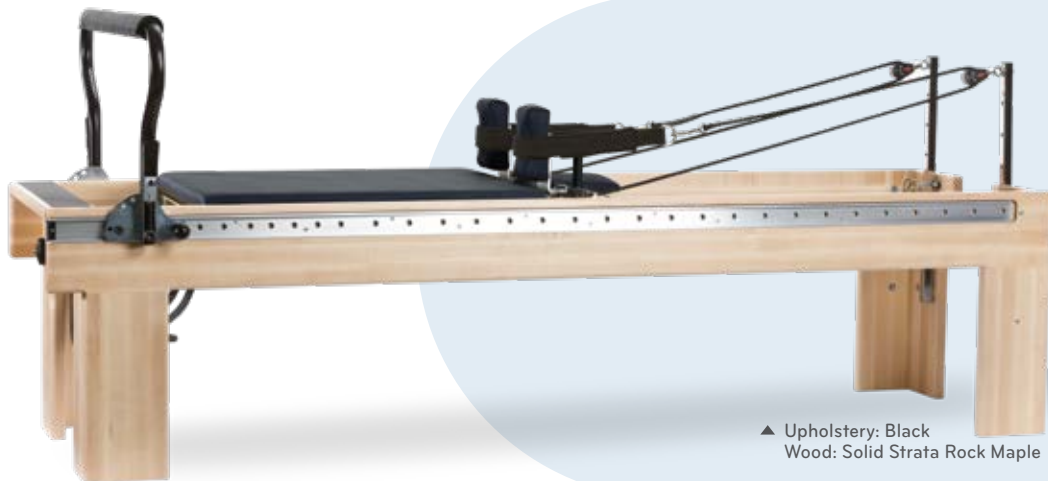
- ✓ Proprioception T-Bar
 - ✓ Select Strata® Woods
 - ✓ Sitting Boxes
 - ✓ Cardio Cloud
 - ✓ Face Rest Mount
 - ✓ Jumpus Maximus
 - ✓ Wedge
- Start with the Reformer, add accessories or a Tower (see p. 62)

Product	Part #
Clinical Reformer	12244
Stock height: 24" (61cm) Limited Lifetime Warranty	

FEATURES

- ✓ **Unique design facilitates physical therapy and rehabilitation**
- ✓ **Footbar works for all heights as it adjusts the entire length of the frame**
- ✓ **Safe and comfortable for all body sizes**
- ✓ Provides an ergonomically correct position for any user's size and range of motion
- ✓ Infinity footbar is positioned with easy to reach levers for efficient and secure adjustment
- ✓ Quietest and safest carriage ride with our precision carriage system
- ✓ Longest carriage ride in the industry at 41" (104cm)
- ✓ Approved Medical Device (Class 1)

Developed with rehab professionals to help facilitate treatment of orthopedic, neurological, and chronic pain conditions.



▲ Upholstery: Black
Wood: Solid Strata Rock Maple

Ron Fletcher™ Reformer

Great for Fletcher Pilates® studios, teaching centers and in home.



▲ Upholstery: Storm
Wood: Solid Strata Rock Maple

INCLUDED

- ✓ 4 Signature Springs™: all red
- ✓ Fletcher 14" (36cm) frame height
- ✓ Strata Rock Maple frame with choice of standard or custom upholstery
- ✓ No-Roll Springbar with 2 "gear" positions for resistance changes
- ✓ Built-in standing platform with non-slip surface for safety
- ✓ Standard Sitting Box
- ✓ Cotton foot strap, 25" (64cm)
- ✓ Pair of wool fuzzies
- ✓ Extender straps and extender stopper

FEATURES

- ✓ Design based on plans given to Pilates elder Ron Fletcher by Clara Pilates
- ✓ Footbar is 2" (5cm) diameter, with 3 unlocked positions for smooth transitions
- ✓ Slightly narrower than our Studio Reformer

Product	Part #
Ron Fletcher Reformer	12260C
Limited Lifetime Warranty	

CenterLine® Reformer

Designed in collaboration with Amy Taylor Alpers and Rachel Taylor Segel of The Pilates Center.



▲ Upholstery: Storm
Wood: Solid Strata Rock Maple

INCLUDED

- ✓ Strata® Rock Maple frame with 14" (36cm) height
- ✓ 4 unplated springs
- ✓ Gondola pole and short box dowel
- ✓ Kneeling pads (2)
- ✓ Sitting Box: handles on 3 sides. Extra padding on sides and top extender straps and extender stopper

ACCESSORIES

- ✓ Gondola pole brackets
- ✓ CenterLine Reformer Tower features components identical to those of the Pole System Tower.
- ✓ Jumpboard

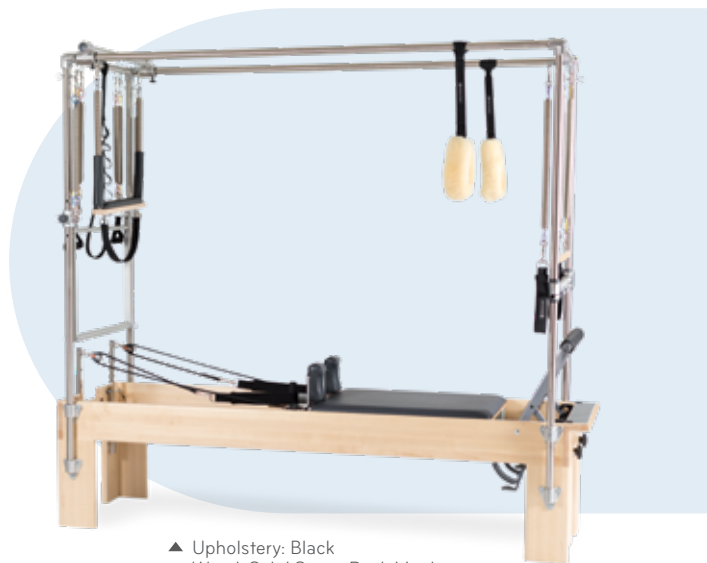
FEATURES

- ✓ Carriage ride with deliberate resistance, feedback and "end feel"
- ✓ A quiet ride, so user can focus on the work
- ✓ Comfortable, stable shoulder blocks –provide secure support for shoulders, hands and feet

Product	Part #
CenterLine Reformer	12263
Complete CenterLine System	12267C
Jumpboard	12088
Limited Lifetime Warranty	

Reformer Trapeze Combination™ (RTC)

Ideal for Reformer and Trapeze work in a limited space. Our Studio Reformer® is combined with a complete Trapeze Table (Cadillac). Converts easily with 2 removable mats, while the carriage stays in place.



▲ Upholstery: Black
Wood: Solid Strata Rock Maple

INCLUDED

- ✓ 12 Signature Trapeze Springs™- Regular: 2 each yellow, blue, red and black. Long: 2 yellow and 2 purple
- ✓ 5 Reformer Signature Springs™: 1 green, 3 red, 1 blue
- ✓ Trapeze Bar with padded spring sleeves, cotton canopy loops (long web, black) and soft lambswool fuzzies
- ✓ 1 pair each: cotton loops, adjustable thigh cuffs and adjustable ankle cuffs
- ✓ Twin mat conversion also acts as floor mat station
- ✓ Anodized aluminum Push-Through-Bar with Slider System adjusts to 3 heights
- ✓ Safety strap and carabiner
- ✓ Standard Sitting Box
- ✓ Padded Footstrap

OPTIONS & UPGRADES

- ✓ Most options and upgrades for the Trapeze Table and Studio Reformer are available for the RTC
- ✓ Choice of frame wood: Select Strata woods

Product	Part #
With Revo Footbar® / Revo Springbar™	15279
With Classic Footbar/ No-Roll Springbar	15339
Limited Lifetime Warranty	



FEATURES

- ✓ Choose frame height to best meet your ergonomic needs: 14" (36cm), 18" (46cm), 24" (61cm)
- ✓ Choice of frame wood: Strata® Rock Maple (standard), Strata® Artisan Maple or other Select Strata® woods
- ✓ Stainless steel canopy with smooth-sliding horizontal and vertical crossbars
- ✓ Retractable metal risers adjust up to 9" (23cm) , allowing for quick mat conversion; risers lock into 4 positions
- ✓ Plastic-tipped butterfly locking knobs on slider bars does not scratch canopy tubing
- ✓ Maple roll-down bar (23"/58cm) with inside hooks
- ✓ CE Approved Medical Device

FREE STREAMING AT
 [video.pilates.com](https://www.video.pilates.com)*

EXO® Chair

Lightweight, stackable and extremely sturdy, the EXO® Chair offers an array of exercise and resistance options. EXO workouts enhance stability, balance, strength and are perfect for individual and group training!



▲ Upholstery: Black

FREE STREAMING AT
 [video.pilates.com](https://www.video.pilates.com)*

INCLUDED

- ✓ 2 black (heavy) springs for 28% more usable resistance
- ✓ Pre-installed eye bolt attachment points (6) for easy upgrade to Functional Resistance Kit
- ✓ Widest range of resistance for any single-pedal chair up to 83lb
- ✓ Improved Cactus 2.0 spring attachment system is quieter and extends life of springs

OPTIONS & UPGRADES

- ✓ EXO Functional Resistance Kit enables you to push and pull for a full-body resistance-based workout
- ✓ Insider Tip: Best-selling EXO Chair with split pedal adds reciprocal and rotational movement to exercise options
- ✓ Sitting Box Riser

FEATURES

- ✓ **Lightweight, stackable and extremely sturdy**
- ✓ **Wide range of resistance choices with 2 springs, up to 14 different resistances, and 8 positions**
- ✓ **No assembly required**
- ✓ Heavier resistance than competitive products
- ✓ Spacious sitting area for users of all shapes and sizes
- ✓ Convenient spring changes from front or back
- ✓ Spring changes are easy, safe and quiet with Cactus 2.0 Resistance System
- ✓ Effective and challenging athletic training tool for all fitness levels

Product	Part #
EXO Chair with split pedal	12458
EXO Chair with single pedal	12456
EXO Functional Resistance Kit, Light	12609
EXO Functional Resistance Kit, Heavy	12610
5 Year Limited Warranty	



*All equipment includes access to the free videos section on our streaming video platform. Paid monthly and annual subscriptions also available to access all available content.

CenterLine® Chair

Created in collaboration with Amy Taylor Alpers and Rachel Taylor Segel of The Pilates Center, the CenterLine® Chair is based on the smaller measurements used in some original Pilates equipment.

FREE STREAMING AT
 [video.pilates.com](https://www.pilates.com)*

INCLUDED

- ✓ 2 black (heavy) springs, adjustable to 20 settings
- ✓ Center-positioned Cactus 2.0 centers strength in the body, engaging the core while exercising

Product	Part #
CenterLine Chair	12460
5 Year Limited Warranty	



▲ Upholstery: Black

FEATURES

- ✓ **Lightweight for transport and storage**
- ✓ **No assembly required**
- ✓ Spring changes are easy, safe and quiet with Cactus 2.0 spring attachment system
- ✓ Small footprint and single pedal design provides authentic experience
- ✓ Narrow seat width at 21.5" (55cm) facilitates exercises like Horseback and Spine Stretch

Combo Chair

Designed for functional workouts combining strength, coordination and balance, our Combo Chair is the strongest and most stable chair on the market.

FREE STREAMING AT
 [video.pilates.com*](https://www.video.pilates.com)

INCLUDED

- ✓ Each pedal has 1 white (light) and 1 black (heavy) spring, totaling 4 springs and up to 110lb (41kg) of resistance
- ✓ Spring changes are quiet, easy and safe with Cactus 2.0 spring attachment system
- ✓ Made of sturdy maple-faced hardwood laminate
- ✓ Integrated wheels for easy moving

OPTIONS

- ✓ Removable High Back System includes upholstered cushion
- ✓ Sitting Box Riser

Product	Part #
Combo Chair with handles	12324
Combo Chair with back	12530
10 Year Limited Warranty	



▲ Upholstery: Black

FEATURES

- ✓ **Hardwood dowel converts split pedal to single pedal**
 - ✓ **Padded split pedal (conceived by Brent Anderson, PhD, PT) adds rotational and reciprocal movements**
 - ✓ **Easy to move with transport wheels**
 - ✓ **No assembly required**
-
- ✓ Height is ideal for use with our Trapeze Table
 - ✓ Solid stable removable handles have 4 locking positions
 - ✓ Pedal covers are comfort-padded, non-slip and easy to clean

*All equipment includes access to the free videos section on our streaming video platform. Paid monthly and annual subscriptions also available to access all content.

Wunda® Chair

Classic in design, our Wunda Chair is easy to use, comfortable, sturdy and expandable. Offers widest range of resistance for a single pedal chair, up to 83lb (38kg) and 2 springs (black/heavy) that are adjustable to 8 resistances.



▲ Upholstery: Black

FREE STREAMING AT
 [video.pilates.com](https://www.video.pilates.com)*

INCLUDED

- ✓ Padded, non-slip, easy-to-clean step
- ✓ Secure cut-out hand holds
- ✓ 2 springs (black/heavy) are adjustable to 8 resistances

OPTIONS

- ✓ Secure removable handles have 4 locking positions
- ✓ Removable High Back System
- ✓ Removable padded pedal stopper
- ✓ 2 cushions convert the Wunda to a sitting chair, just like the original designed by Joe Pilates

FEATURES

- ✓ **Easy to use, comfortable, sturdy and expandable with back and handle options**
- ✓ Widest range of resistance for a single-pedal chair, up to 83lb (38kg)
- ✓ Spring changes are easy, safe and quiet with Cactus 2.0 spring attachment system

Product	Part #
Wunda Chair	11996
Wunda Chair with back	12528
10 Year Limited Warranty	



Wunda Chairs shown with optional Handles and High Back

Trapeze Table (Cadillac)

The Trapeze Table supports fitness and rehabilitation for all ages and abilities - from gentle, spring-assisted sit-ups to advanced acrobatics.



▲ Upholstery: Black

FREE STREAMING AT
 video.pilates.com*

INCLUDED

- ✓ 12 Signature Springs with snap hooks. Regular: 2 yellow, 2 blue, 2 red, 2 black. Long: 2 yellow, 2 purple
- ✓ Standard 24" (61cm) frame height
- ✓ Anodized aluminum Push-Through-Bar with slider system adjusts to 3 heights
- ✓ Horizontal & Vertical Slider Bars
- ✓ Pair of Soft Lambswool Fuzzies
- ✓ Cotton Canopy Loops (long web, black)
- ✓ Belly strap for positioning
- ✓ Safety Strap & Carabiner
- ✓ Solid Maple Roll-Down Bar with Inside Hooks
- ✓ Padded Trapeze Bar with padded spring Sleeves
- ✓ Cotton Loops, adjustable thigh cuffs & adjustable ankle cuffs (1 pair ea)

ACCESSORIES & OPTIONS

- ✓ Several Roll-Down Bar Options
- ✓ Optional 4 side connector bar
- ✓ Optional frame heights of 14" (36cm) and 18" (46cm)
- ✓ Padded Foot Stopper
- ✓ 4-Sided Maple Push-Through-Bar
- ✓ Stability Sling
- ✓ Upholstered Wedge
- ✓ Sitting Box Riser, Tall

FEATURES

- ✓ Engineered for maximum stability, easy adjustment, and safety
- ✓ Hardwood Core Base hand-built with lapped and fitted joints
- ✓ Wider & Longer for most body types
- ✓ Stainless Steel Canopy
- ✓ CE Approved Medical Device

Product	Part #
Trapeze Table	15278
Limited Lifetime Warranty	



*All equipment includes access to the free videos section on our streaming video platform. Paid monthly and annual subscriptions also available to access all content.

CenterLine® Cadillac and Pole System

Created in collaboration with Amy Taylor Alpers and Rachel Taylor Segel of The Pilates Center in Boulder Colorado.



▲ Upholstery: Black

CenterLine® Cadillac

INCLUDED

- ✓ 8 Signature Springs™: Regular- 1 red, 1 green, 2 blue, 2 gray. Long- 2 red
- ✓ Push-Through-Bar: Maple, 4-sided, with safety strap and carabiner
- ✓ Roll-Down Bar: Maple, non-swiveling with outside hooks
- ✓ Loops/handles: Pair of Single D-ring Cotton Loop

FEATURES

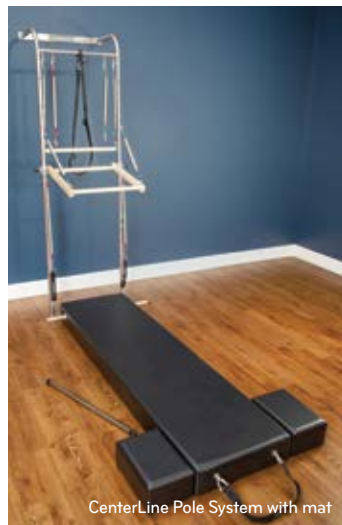
- ✓ Maximum stability, efficient adjustment and safe use
- ✓ Designed for easier access to the top canopy
- ✓ Upper canopy tubes are 5.5" (14cm) closer to the base table than the Balanced Body Trapeze Table

Product	Part #
CenterLine Cadillac	15277C
Limited Lifetime Warranty	

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CenterLine Pole System without mat

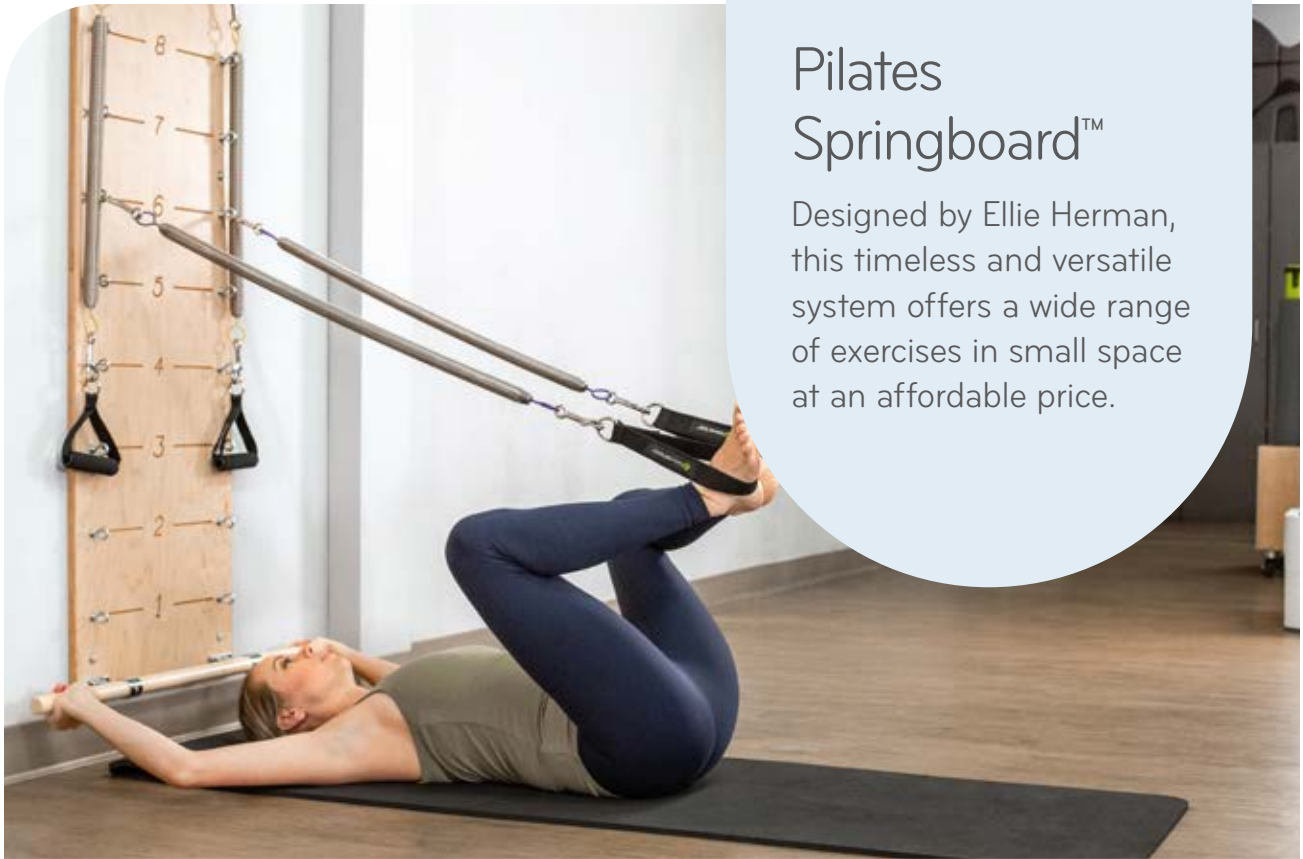


CenterLine Pole System with mat

CenterLine® Pole System

- ✓ Allows much of the Cadillac repertoire
- ✓ Pole System must be mounted to both wall and floor
- ✓ Padded/upholstered raised Mat with dowel handles and 2 Moon Boxes. Footstrap 24" (61cm)
- ✓ Weighted Metal Pole, 3.8lb (1.7kg)

Product	Part #
CenterLine Pole System	15274
CenterLine Pole System with Mat & Moon Boxes	15275
Limited Lifetime Warranty	



Pilates Springboard™

Designed by Ellie Herman, this timeless and versatile system offers a wide range of exercises in small space at an affordable price.

INCLUDES

- ✓ 4 Signature Springs™ with snaps. Regular: 2 yellow. Long: 2 purple
- ✓ Maple faced high-quality laminate
- ✓ Easy-to-follow engraved measurements
- ✓ 22 spring attachment points
- ✓ Solid Maple roll-down bar, 2 Cotton Loops and Foam handles
- ✓ Handcrafted solid Maple dowel footbar
- ✓ Hardware for attaching Springboard to wood wall studs with standard 16" (41cm) spacing

UPGRADE

- ✓ Upgrade Springboard with a Push-Through-Bar for more Trapeze Table (Cadillac) exercise options



Product	Part #
Pilates Springboard	12405
Pilates Springboard and Push-Through-Bar, with blue springs	12648
with red springs	12649
Push-Through-Bar Kit for Springboard with blue springs	12650
with red springs	12651
Springboard: 10 Year Limited Warranty	



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video.pilates.com*

*All equipment includes access to the free videos section on our streaming video platform. Paid monthly and annual subscriptions also available to access all content.

Wall Tower

Efficient. Effective. Space Saving. Affordable.

INCLUDED

- ✓ 8 Signature Springs™ with snaps.
Regular: 2 yellow and 2 blue.
Long: 2 yellow and 2 purple
- ✓ 23 spring attachment points
- ✓ Maple Roll-down Bar, Pair of Cotton Loops

ACCESSORIES

- ✓ Upholstered mat includes dowel handles, 24" (61cm) footstrap 6"h x 22.5"w x 84"l (15cm x 57cm x 213cm)
- ✓ Padded and upholstered Moon Box is designed to work with Wall Tower

FEATURES

- ✓ Trapeze Table functionality in a compact space
- ✓ Slider Push-Through-Bar adjusts to 8 vertical positions to use with foam mat, raised mat and all reformer heights
- ✓ Must mount to both wall and floor. Installation hardware not included
- ✓ Innovative Slider System for Push-Through-Bar
- ✓ 3-sided anodized aluminum Push-Through-Bar
- ✓ Stainless steel frame is easy to maintain, resistant to chipping

15272



Ped-o-Pull

A simple yet versatile tool for helping develop core strength and balance.

INCLUDES

- ✓ 2 Signature Springs (yellow, regular length) and neoprene handles
- ✓ Pair of Foam handles
- ✓ Wall brackets (2) stabilize the unit 6" (15cm) from wall
- ✓ Maple-faced hardwood laminate base is 1.5" (4cm) thick in Square and Kidney-shaped designs

FEATURES

- ✓ Simple wall attachment system secures unit for users of all abilities
- ✓ Kidney-shaped base helps properly align feet

12348

10 Year Limited Warranty



Arcs

Arcs improve posture, build flexibility, and foster spinal alignment.

Baby Arc, West Coast

Easy to move and store, Baby Arc, West Coast is stackable arc with open sides. Padded and upholstered top over wood base.

12355



Baby Arc, East Coast

With premium padded upholstery over wood base, Baby Arc, East Coast is strong, comfortable exercise tool. Easy to carry and store.

12357



Step Barrels

Also known as a Spine Corrector, this space-saving apparatus is a foundational element in most studios.

Clara Step Barrel Lite®

Namesake step barrel with design preferred by classically-trained teachers. Now available in same lightweight, high-density foam as our best-selling Pilates Arc. Stacks for easy storage.

16598



Contour Step Barrel™

Gentle arc radius and rounded step are more comfortable for less flexible and larger users. Upgradeable with springs for resistance exercises. Comes with dowel and cut-out hand holds.

12454



Step Barrel, East Coast

A more gradual barrel curve than the Clara, with shallower well. Sides and top are padded and upholstered. Contoured metal handles.

12351



FREE STREAMING AT
 [video.pilates.com](https://www.video.pilates.com)*

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Pilates Arc™

Our original patented design, the Pilates Arc functions as a spine corrector and training tool. It weighs less than 4lb (1.8kg) for easy transport and storage.

10298
1-year warranty

INCLUDES

- ✓ High density lightweight foam in 2 piece design that's easy to move, use, clean and store
- ✓ Instructional booklet with convenient flip-up stand



FEATURES

- ✓ Innovative asymmetrical design offers core, abdominal, lateral rotation and back extension work, back extension in mat work, and home exercise for all body types
- ✓ Fits on all Balanced Body Reformers (except Contrology™)
- ✓ 2-piece design for expanded exercise options and space-saving storage
- ✓ Lightweight at 4lb (1.8kg) and easy to clean

Ladder Barrel

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



▲ Upholstery: Black

 FREE STREAMING AT
video.pilates.com*

INCLUDED

- ✓ 10 preset positions with quick and secure pedal adjustment
- ✓ Engraved indicators identify what position you are using
- ✓ Ergonomic, easy-grip handles
- ✓ "Padding zone" has double layer padding for comfort and support
- ✓ Grab bar beneath the barrel increases flexibility

ACCESSORIES & OPTIONS

- ✓ Options for elevated standing between the rails or against the uprights
- ✓ Vertical plate 23" x 7.25" (58cm x 18cm). Horizontal plate 23" x 12.5" (58cm x 32cm)

FEATURES

- ✓ Easy-to-use solution for adjusting distance between ladder rungs and barrel
- ✓ Durable, reinforced frame of Rock Maple and Maple laminate
- ✓ Hand finished Maple dowels

Product	Part #
Ladder Barrel	15266
Vertical and Horizontal Foot Plate	15189
Horizontal only Foot Plate	15170
10 Year Limited Warranty	



Movement for Healing and Wellness



By Nora St. John
Balanced Body - Education Program Director

Do you want to learn more about how to help your clients with knee, hip, back, neck and shoulder pain? Would you like to improve your ability to work with these clients? Then read on! Introducing the next evolution of Balanced Body Education, Advanced Movement Principles: Movement for Healing and Wellness an in-depth program providing information, strategies and exercise techniques for working with post rehabilitation clients.



Pilates teachers and movement professionals often work alongside doctors, physical therapists and other healthcare professionals to provide the movement and exercise training that is essential for healing, injury prevention and attaining optimum function.

Advanced Movement Principles focuses on movement as a healing tool and is designed to help movement professionals fill the gap between rehabilitation and a return to full function. Each course will take a deep dive into the anatomy, common injuries, specific assessments, exercises and program design for the many conditions

that walk into your studio. If you want to increase your confidence and competence in working with this population, this program will give you the foundation you need to succeed.

The program includes 5 individual modules to address specific areas or conditions of the body:

1. Introduction – client intake, medical vocabulary, fascia and pain science
 2. The Lower Back
 3. The Lower Body including the hip, knee, ankle and foot
 4. The Upper Body including the shoulder, upper limb, hand, neck and thorax
 5. Special Conditions – multiple sclerosis, Parkinson's, spinal cord injuries, traumatic brain injuries and others.
- All of the following include: anatomy, common pathologies, assessment, exercise principles, progressions and case studies

If you want to increase your confidence and competence in working with this population, this program will give you the foundation you need to succeed.

Each course consists of both an online and a live component. The online elements provide the background necessary to develop good critical thinking while the live course focuses on assessment, relevant exercise review, program design and case studies. Courses can be taken in any order and upon completion of the full program, instructors will receive recognition as Balanced Body Post Rehabilitation Specialists.

The course is under development now and we expect the first modules to be available in 2022. We look forward to seeing you there! ■



Enhance Your Equipment



Customize Your Equipment

WOOD CHOICES



Strong, beautiful, environmentally sensitive.
No compromises.

Balanced Body® woods and construction methods have been time-tested over 40 years, giving us the confidence to offer our Lifetime Warranty.

Strata engineering process uses more of the tree with very little waste, making it stronger than single-plank wood and more environmentally sensitive.

All Balanced Body woods come from FSC (Forest Stewardship Council) suppliers who purchase wood from sustainably managed North American forests.

We offer two standard eco-friendly wood choices:



Strata® Rock Maple

Standard for Balanced Body Reformers, Rock Maple has a hardness rating unmatched by beech, oak and pine, and tighter, more consistent grain for:

- » Stronger resistance to expansion and contraction from changes in temperature and humidity
- » Tougher durability against dents and wear
- » Enhanced joint strength



Strata® Artisan Maple

- » Durable hard wood
- » More pronounced grain and figuring compared to Strata Rock Maple

Balanced Body Select Strata®

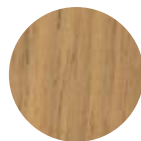
For an additional cost we also offer Balanced Body Select Strata.



Cherry



Mahogany



Walnut

UPHOLSTERY CHOICES

Create the look you want from our palette of 35 gorgeous colors.

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

We offer 9 colors at no additional cost:



Adobe White



Sage



Greystone



Wedgewood



Burgundy



Dark Cherry



Oak



Storm



Black

Call for free color samples, or see our palette at pilates.com. Black is commonly used on our in-stock, ready-to-ship items.

Please request actual color samples so you can be sure to get the color you want. Color availability subject to change without notice.

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

Footbars & Springbars

Available for **STUDIO REFORMER**

TRADITIONAL

Classic Footbar/No-Roll Springbar

- ✓ Classic Footbar has 2 supports and adjusts to 3 heights (including down), with comfortable padding and non-slip surface
- ✓ Patented No-Roll Springbar adjusts resistance in 3 "gear" positions. A patented safety feature, the oval shape will not rotate downward when spring tension is released



HIGHEST PERFORMANCE

XSR Footbar® and Choice of Springbars

- ✓ Extra-wide, non-sliding footbar for the Studio Reformer – safe, sturdy, comfortable
- ✓ Mounted outside of the frame, the XSR is 31" (79cm) wide-perfect for those needing wider foot positioning
- ✓ Easy to reach with 6 secure locked positions, including vertical. Can be paired with a Revo Springbar™ or the more traditional No-Roll Springbar



Available for **CLINICAL REFORMER**

MOST POPULAR

Revo Adjustment System™

- ✓ Easiest and quickest adjustment available. Lift the springbar lever and slide the carriage until it clicks into the correct position
- ✓ 2x Spring Resistance Adjustments: no-load (neutral) and pre-loaded
- ✓ Moving the Revo Springbar™ moves the carriage to/away from the footbar, while maintaining neutral spring tension. 5 positions allow 12" (31cm) of adjustability. Creates ergonomically correct position for every user
- ✓ Locking Revo Footbar offers 4 positions (including down), comfortable padding and non-slip surface



Available for **CLINICAL & STUDIO REFORMER**

MOST FLEXIBLE

Infinity Footbar® and Choice of Springbars

- ✓ Widest footbar for the Studio Reformer, the Infinity has 5 vertical and 32 horizontal locking positions, and adjusts the entire length of the frame
- ✓ Unmatched adjustability and extra-wide surface support a wider range of Reformer exercises, including upper body work. Lockout knobs provide easy and smooth horizontal positioning
- ✓ Combine the multi-position Infinity Footbar™ with a Revo Springbar™ for the most precise system available



LEARN MORE AT pilates.com

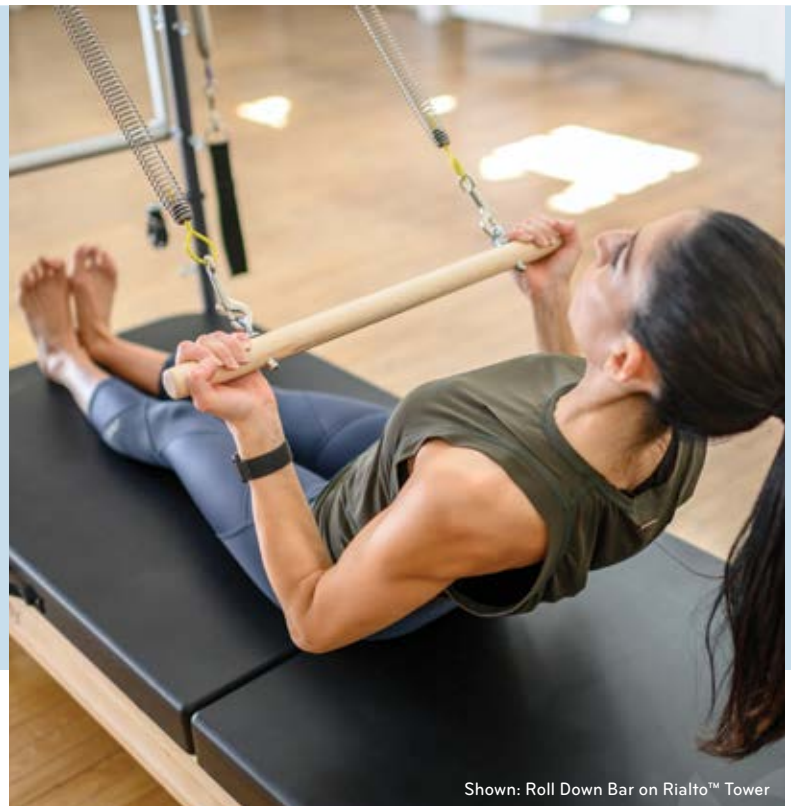


Shown: Push-Through-Bar on Allegro® Tower of Power



FEATURES

- ✓ Gain 80% of full Trapeze Table exercise repertoire
- ✓ Perform mat workouts on either side of the Tower to train effective functional movement patterns
- ✓ Add integrated exercises with the moving Reformer carriage
- ✓ Work from both sides of the Tower for more exercise options
- ✓ 5-in-1 workout system: Reformer, Mat station, Reformer/Tower with mat, Reformer/Tower without mat, Tower standing exercise station using the floor side



Shown: Roll Down Bar on Rialto™ Tower

LEARN MORE AT
[pilates.com](https://www.pilates.com)

Towers for Balanced Body® Reformers

Durable, safe and extremely versatile, Balanced Body Towers combine three exercise systems—Reformer, Tower/Cadillac and Mat—into one space-saving machine!



Available for Studio, Allegro, Allegro 2, Rialto, Clinical and CenterLine Reformers.



REFORMER
SPRINGS



Signature Springs™ EXCLUSIVE

Our patented Springs are the best available today for strength, resilience and durability.

Nickel-plated carbon steel and color-coded for efficient visual identification during workout.

Designed and tested for use on Balanced Body equipment.

LEARN MORE AT
pilates.com

CHAIR SPRINGS

For our Chairs with
Hourglass or Cactus
spring mounts
18.75" (47cm)



TRAPEZE TABLE
/ TOWER / WALL
TOWER SPRINGS



Contact us for Springs for older equipment and specialty applications:
Contrology® Springs / Allegro® Stretch Reformer Springs / Unplated Reformer Springs

Handles

Everyone has their favorite handle. Whether you're a D-Ring devotee, SoftTouch™ die hard or leather/wood traditionalist, we have the grip you want in your workout!



POLYPRO HANDLES

With Neoprene® grips, using a D-Ring attachment.

10032



SOFTTOUCH™ HANDLES

With Neoprene® grips, using our SoftTouch™ non-metal attachment (used on Allegro® 2 Reformer).

10047



LEATHER HANDLES

With wood grips, using our standard dog clip attachment.

12429

Additional Leather Handles available. Call for info.

Loops

We like loops. Simple, yet integral to the feel of movement. That's why we make so many... to provide options that meet all your loop needs!



DOUBLE PADDED LOOPS (PAIR)

Short loop for hands and longer loop for legs or feet

10026



DOUBLE SOFT TOUCH VINYL LOOPS (PAIR)

Easy to clean. Our premium vinyl stitched directly on our Cotton Loops

17317



SINGLE PADDED LOOPS (PAIR)

Single Loops for foot and arm work

10045



Y LOOPS (PAIR)

For anyone who has trouble keeping their feet in conventional loops

10511



VINYL COVERS FOR SINGLE COTTON LOOPS (PAIR)

Premium Vinyl Covers with industrial grade Velcro closures for easy on/off (loops not included)

17313

Vinyl Covers for our Cotton Loops and Padded Loops - easy on/off and easy to clean!

Sitting Boxes

Increase your Reformer and Mat exercise options!
The Sitting Box is used in long and short box positions, for prone and abdominal work, side stretching and elevated seated exercises.



STANDARD SITTING BOX

- ✓ Standard upholstered Sitting Box included with Balanced Body wood Reformers. 3-handle design for easy transport

12431



SITTING BOX LITE

- ✓ High density, durable and recyclable foam (Black only)
- ✓ Textured surface for stable, non-slip body positioning
- ✓ Convenient cut-outs slide over the shoulder rests of all Balanced Body Reformers (except Contrology® Reformer)
- ✓ Rounded edges like our Contour Sitting Box™
- ✓ 4.5lb (2kg) and hand-holds for easy stacking and storage

15844



CONTOUR SITTING BOX™

- ✓ With rounded edges, this Box fits the body and offers a wider range of motion

12451

Other Sitting Boxes available. See pilates.com.



Footstraps

Expand your workout with a footstrap. All Balanced Body Reformers have attachment points for a footstrap.

LEARN MORE AT
pilates.com

Shown: Sitting Box Lite

Purchase Sitting Box with Reformer, and get a free Footstrap. Also sold separately.

Konnector[®]

Called the next evolution in Pilates, Konnector is a single-rope pulley system connecting arms and legs for a full-body workout. Take your Reformer work to new heights!

Available for Studio, Allegro and Rialto Reformers.

Created by Viktor Uygan of Konnect Method, Konnector takes Pilates to a dynamic new level with independent and simultaneous movement of arms and legs.

The single rope system with (4) Tri-loops engages your entire body, providing constant proprioceptive feedback and strong core activation.

FEATURES

- ✓ Specially-designed "quiet ride" pulleys minimize noise while in motion
- ✓ Easy locking mechanism returns Reformer to standard Pilates functionality



FREE STREAMING AT
[video.pilates.com](https://www.video.pilates.com)*

Contact Balanced Body to buy the correct Konnector kit.

*All equipment includes access to the free videos section on our streaming video platform. Paid monthly and annual subscriptions also available to access all content.

Jumpboards

PADDED JUMPBOARDS

Jumpboards add cardio exercise to Reformer work by enabling jumping. Balanced Body Jumpboards provide the largest standard jumping surface on the market.

Allegro® Padded Jumpboard

Fits Allegros purchased after 6/21/07.
Handles for easier installation.



Jumpus Maximus

Our largest jumpboard for Studio Reformer®, Clinical Reformer®, and Allegro Reformer.



Other Jumpboard options available. See pilates.com • Allegros prior to 6/21/2007 call for options.



Shown: Allegro® 2 Reformer with Padded Jumpboard

Cardio Cloud™

Create a softer jumping surface over your Balanced Body® Jumpboard.

Available in two sizes.



Plank Bars

Gain new options for Plank variations and other exercises.

Allegro® 2 Plank Bars, 15978
Rialto Plank Bars, 16458



Shown: Rialto™ Plank Bars

Available for Rialto™ and Allegro® 2 Reformers.



Standing Platform Extenders

FOR ALLEGRO® 2, ALLEGRO®, RIALTO™ AND STUDIO REFORMER®

Add variety to your workouts with this versatile drop-in accessory

Standing Platform Extenders increase the width and depth of the integrated standing platform. Expand your workout to include planking, kneeling and standing exercises. For larger feet, a more functional, comfort surface area.

FEATURES

- ✓ Large, stable and grippy surface for entire foot
- ✓ Comfortably support forearms, elbows and knees
- ✓ Platform extender pad for additional cushioning
- ✓ Install quickly and lift for easy access to springs
- ✓ Great for athletes and leg strengthening with squats and lunges
- ✓ Excellent stable, comfortable base for older clients
- ✓ Warm maple with a non-skid surface (except Allegro Reformer)



NEW!

Studio Reformer® Standing Platform Extender

17873
Dimensions:
26"l x 12"w (66cm x 31cm)



Allegro® 2 Reformer Standing Platform Extender

15976
Dimensions:
25"l x 5.75"w (64cm x 15cm)



Allegro® Reformer Standing Platform Extender

15961
Dimensions:
22"l x 9 3/8"w (60cm x 24cm)

For Allegros serial# 41501 and above.



NEW!

Rialto™ Reformer Standing Platform Extender

17874
Dimensions:
27.3"l x 6.1"w (69cm x 15cm)

Standing Platform Extenders are included with your purchase of the Clinical Reformer.

Virtual Pilates & A Double Knee Replacement Rockstar



By Gina Papalia

I met Mary during the pandemic when I was virtually teaching her daughter. Mary wanted to work out with us. I said, "Sure, I can make it work." I asked her to stand in front of her computer, turn sideways and walk around so I could assess her body. I noticed a big discrepancy in her knees and hip imbalances. I asked what was going on. She said: "Old knee issues, but it's not something that's going to stop me."

As Mary and her daughter made their way to their mats, I reminded Mary to share any limitations as we went along. Pilates Mat work was perfectly aligned for her knee issues, with very few knee restrictions at that point. The main knee restrictions were flexion and kneeling. Mary loved Pilates instantly and was serious about getting strong - doing 3-5 virtual sessions a week. We focused on strengthening her core, identifying imbalances and bad habits, reinforcing new patterns, and improving posture.

A few months later she said: "I have to tell you something. I am having a double knee replacement in four weeks!" I was surprised, but she had made a decision, and it was my job to support her and get her ready! Her biggest complaint with her knees was that she woke up with pain in the night and one of her goals was she wanted to be able to play tennis with her grandkids.

We continued with Pilates mat work strengthening her core and full body. We shifted our end of mat focus to additional strengthening of leg muscles (front, back, inner and outer thighs) and arms (to support her recovery). Mary built up her strength and stability in her pelvis, worked her legs doing sidekicks, and eventually building up to leg weights. I mentioned how important it would be to move her calves, ankles, and feet for circulation, healing, flexibility, and strength after the surgery. Mary was focused, worked hard, and was confident going into her surgery.

I have to tell you something.
I am having a double knee replacement in four weeks!

This was her text after surgery. *Honestly, really well. Gina, you are the star of our family. No one can believe how I just stood up to grip the walker in therapy (strong quads), can pull my toes back while in a chair and lift my legs (quads), can easily push up with my arms to stand straight, while leaning forward looking up and smiling (strong core and arms) and on and on!*



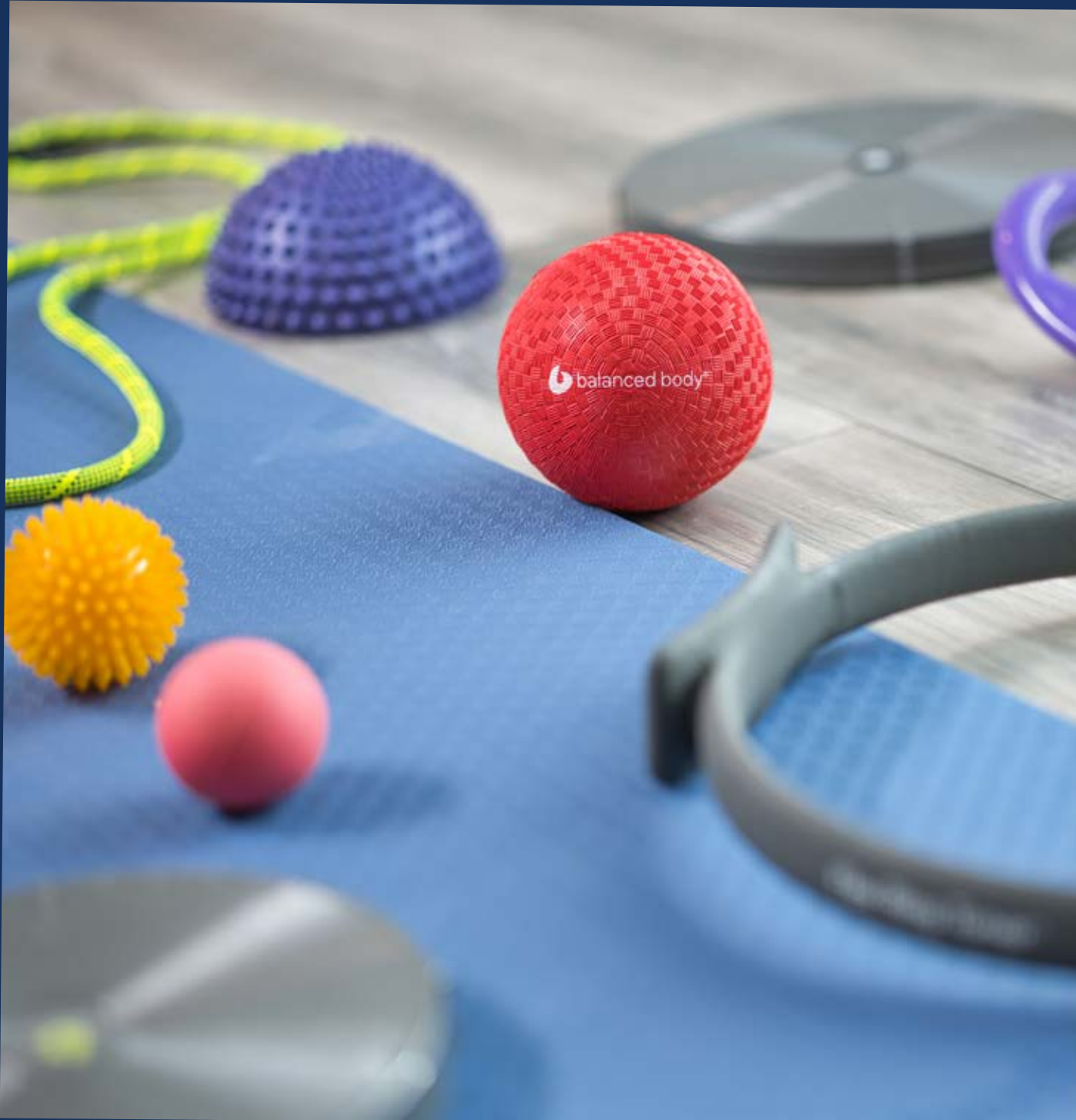
Mary, 10 days post-surgery and 3 months post-surgery

Four days after surgery, I am walking all over. Sleeping well. Drugs... yes! I'm an Olympic "patient"! Gina, thank you! I have a long way to go, but I'm really confident... Much love! Mary

Mary started her recovery just 7 days after her surgery with a PT who was Pilates certified and had a Reformer and a Cadillac. Her PT mentioned that her numbers were like those of a person that was recovering 4 weeks after surgery. All of Mary's hard work had paid off! She continues virtual Pilates with me and sometimes visits me at my studio, Grasshopper Pilates NYC. Mary is fully recovered, ready to play tennis with her grandkids, and is moving around like a rockstar! ■

About Gina Papalia

Gina Papalia was certified 1996 at The Pilates Studio in NYC, with Romana Kryzanowska and Bob Liekens. Grasshopper Pilates NYC opened in Spring, 2000. She also spends time as a teacher trainer for The Pilates Standard. For more information or to have a session, you can find her at grasshopperpilates.com or Instagram [@grasshopperpilates](https://www.instagram.com/grasshopperpilates).



A photograph of various Pilates props on a light-colored wooden floor. In the foreground, a teal-colored exercise ball with the 'balanced body' logo and the number '3' is visible. Behind it, a purple Pilates ring is partially shown. In the background, a grey Pilates ring and a blue mat are also visible. The image is partially obscured by a dark blue overlay on the right side.

Pilates Props on the Go



Ultra-Fit Circle® Mini

Smaller ring size facilitates better leg alignment and makes it easier to handle during exercise. 12" (30cm) diameter.

- ✓ Positions feet directly under hips for improved leg alignment
- ✓ Lower resistance works well for beginner

15083

Ultra-Fit Circle®

Lightweight, durable, flexible plastic in rubberized shell. Padded handles inside and out. Resistance approx. equal to 3-band Spring Circle. Outside diameter is 15" (38cm). Larger size enables User to put legs (or arms) for wide diversity of exercise options.

14607

See pilates.com for other Ring options.

SmartBell®

Fun and easy-to-use, SmartBells are ideal for toning, sculpting and range-of-motion work. Ergonomically-shaped, dual-handed grips are safe and secure. Sold individually.



Resistance	Part #
1.5lb (0.7kg), Gray	12939
1.5lb (0.7kg), Blue	12938
1.5lb (0.7kg), Purple	12937
1.5lb (0.7kg), Green	12936

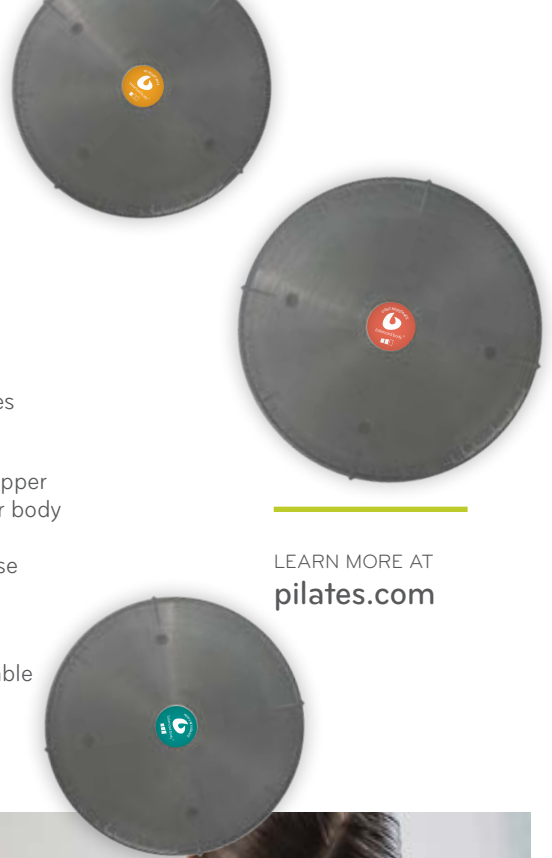
Precision Rotator Discs

Next generation Rotator Discs offer progressive spring resistance, and traditional functionality with no resistance.

- ✓ Longer lasting, top-quality ABS construction (maximum weight capacity is 500lb (277kg))
- ✓ 9" (23cm) and 12" (30cm) diameters, with built-in markers to measure range of motion
- ✓ Strengthen end-range of motion and improve joint support and stability
- ✓ Identifies strength imbalances between limbs
- ✓ 3 resistance levels: light for upper body training; heavy for lower body work; and no resistance for traditional rotator disc exercise
- ✓ Rotator Discs for CoreAlign® and Jumpboards, and Rotator Disc Pads, also available

Discs are not adjustable. Each provides 1 resistance option.

Learn more at pilates.com



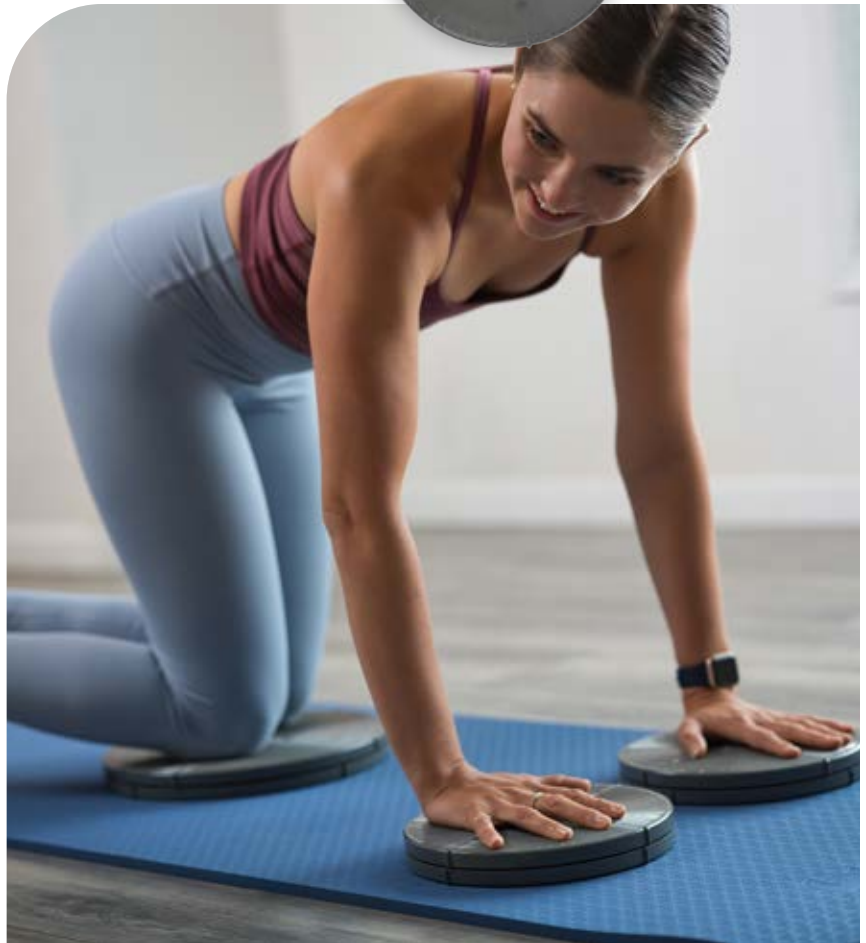
LEARN MORE AT
pilates.com

EcoWise Pilates Mat

High quality eco-friendly mat in 3 colors, including Amethyst exclusively from Balanced Body®! No latex, PVC, phthalates or chloride.

72" x 23" x 3/8" (183cm x 58cm x 1cm)

Color	Part #
Amethyst	10343
Blue	10345
Onyx	10344





Magic Roller®

High-performance, professional roller made of closed-cell foam that holds its shape and has soft feel touch. Non-skid, "grippy" surface prevents sliding.

6" x 36" (15cm x 90cm)

Product	Part #
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High Density Blue Roller	17161
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Softie Roller	10102
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Rain Cloud Gray	10104
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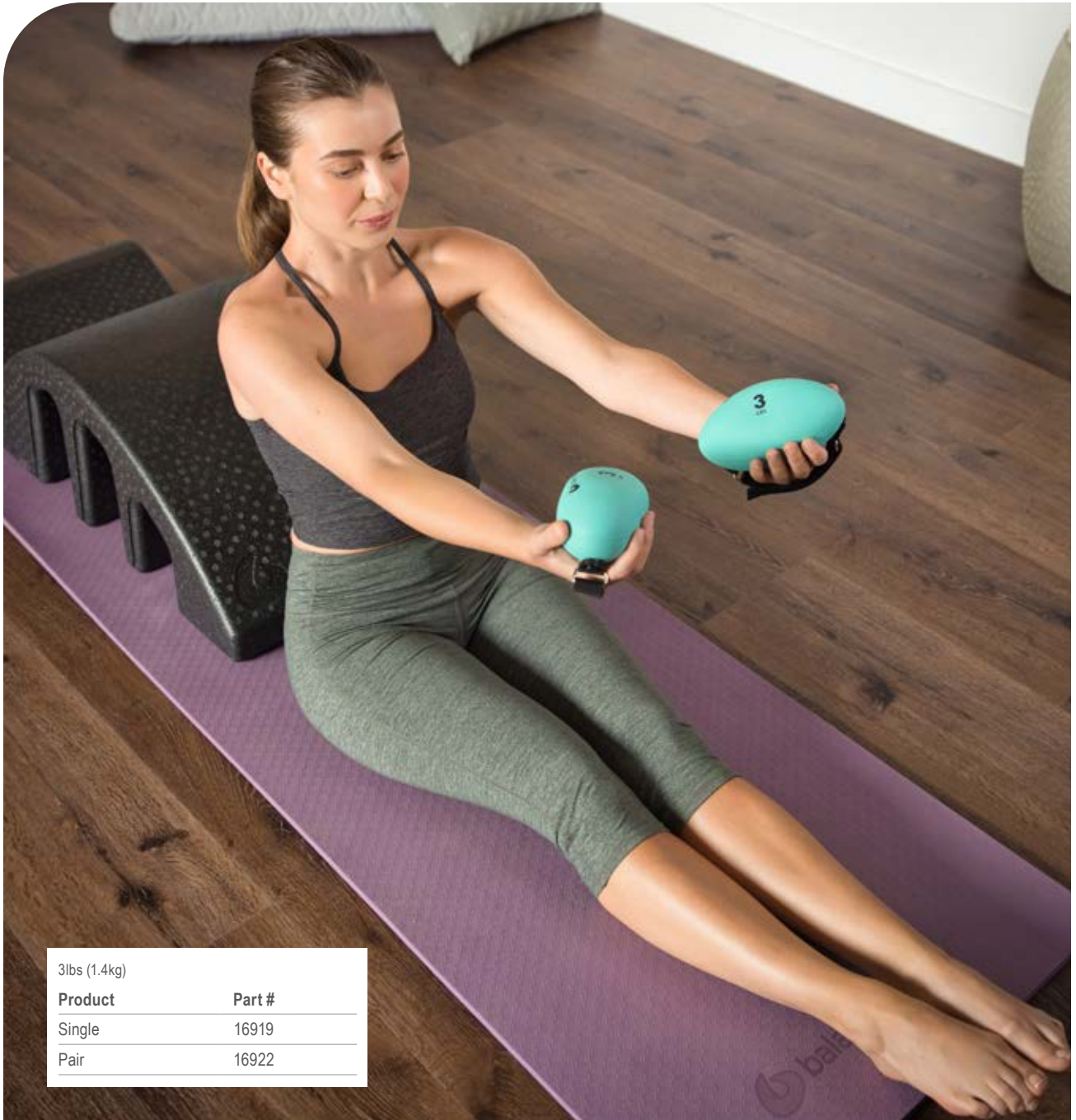
Swirlie Gray	10105
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Softie & Poster	12643
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Shown: EcoWise Pilates Mat and Magic Roller

3lb Hand Weight

All the benefits of traditional lightweight dumbbells in ergonomic easy-gripping shape with non-slip textured surface. Secure strap is adjustable and removable.



3lbs (1.4kg)

Product	Part #
Single	16919
Pair	16922

Balls of all Shapes and Sizes!

Balls enhance your workouts and they're fun! They help improve abdominal, upper body, and lower back strength and flexibility.

BURST-RESISTANT FITNESS BALLS

Great for exercise and physical therapy! Use balls to add balance challenges, positioning support and fun motion to each session.

Learn more at pilates.com

Not recommended for use with fitness equipment.
Inflation pump included.



Inflatable Ball,
8-10" (20-25cm)

10250

LEARN MORE AT
pilates.com

Playground Ball,
5" (13cm)

10297



Ribbed Inflatable
Ball, 8-10" (20-25cm)

10296

TOGU Ball,
up to 12" (30cm)

10309



Inflatable Ball,
4" (10cm)

10295



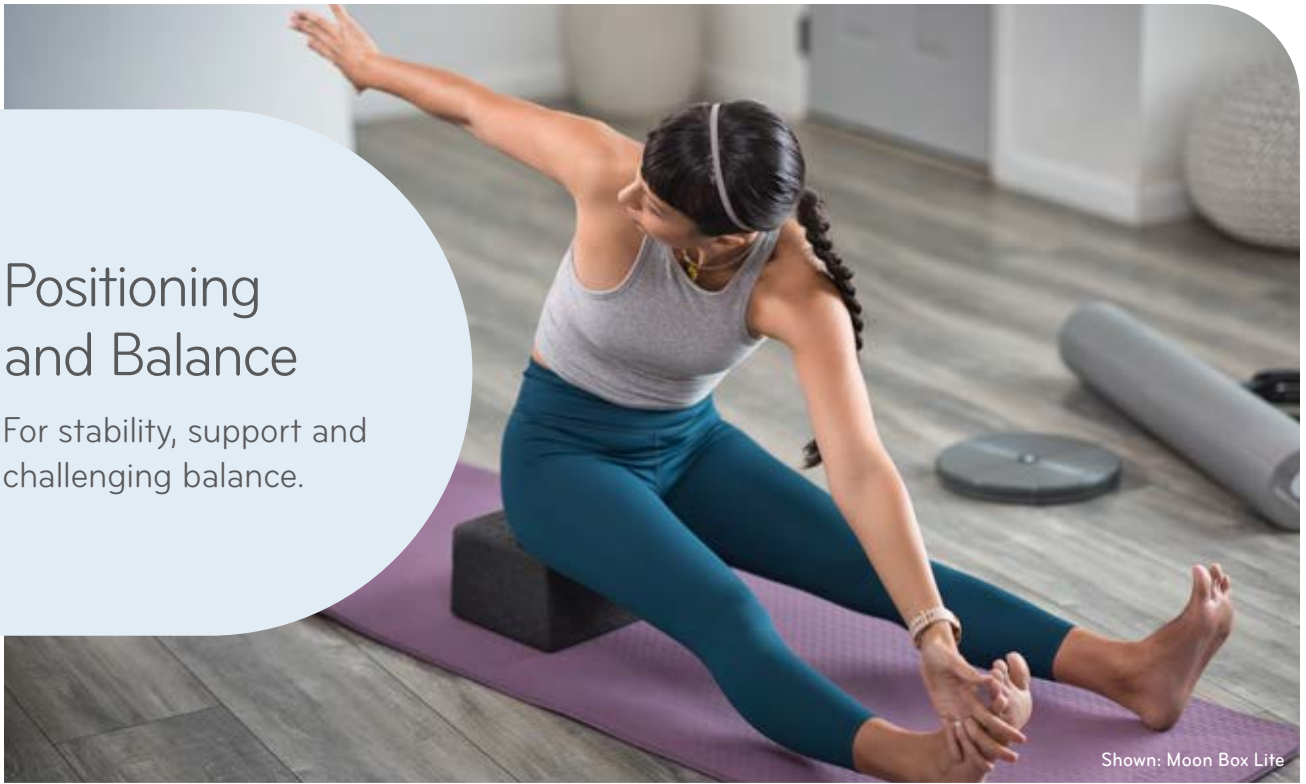
Franklin Textured Ball,
4" (10cm)

10317



Positioning and Balance

For stability, support and challenging balance.



Shown: Moon Box Lite

MOON BOX

Upholstered, strong, small box to use with Wall Towers, Reformers or Chairs. Adds height for sitting on equipment, or as step stool for taller Reformers.

Stock: Black. Dimensions: 6" x 9" x 14" (15cm x 23cm x 36cm)

12337

MOON BOX LITE

This lightweight moon box can be used in all the same ways as a traditional moon box. Easy to clean, move and store. High density recyclable foam.

Dimensions: 6" x 9.5" x 15.5" (24cm x 39cm)

Single, 10360
Pair, 12654

THE WEDGE

Large upholstered wedge fits between shoulder rests on Balanced Body Reformers. Provides cervical support on gentle, 12-degree incline. For those with shoulder, neck or facial injuries, or who can't lie supine.

Stock: Black . Dimensions: 31" x 23" x 7" (34cm x 34cm x 8cm)

12482

C-SHAPER

Back by popular demand the original C-Shaper, first made by Balanced Body in 1988. Designed by Marie-Jose Blom of Long Beach Dance Conditioning and Quentin Josephy of Kinetic Fitness Studios, the C-Shaper provides support for the spine.

Dimensions: 6" x 9" x 14" (15cm x 23cm x 36cm)

12362

THE SLICE

Developed with Blossom Crawford of Bridge Pilates, the Slice is an excellent, multi-use positioning tool to incorporate into your daily practice.

Dimensions: 3.75" h x 5" w x 11" l (9.5cm x 12.7 x 28cm)

16810

CORK BLOCK

Made from sustainably-harvested cork, our Cork Block is an eco-friendly alternative to foam blocks, and provides a natural grained surface for secure hand and body positioning.

Dimensions: 3" x 6" x 9" (8cm x 15cm x 23cm)

16920

Balanced Body Barre®

Portable, easy-to-assemble aluminum barre with anti-microbial, powder-coated satin finish. Non-slip rubber feet grip without damaging floor.

Poles

Poles for balance and stability.

GONDOLA POLE

Helps you balance when performing standing work. Rubber ends improve traction on floor. Solid maple. 60" (152cm) length x 1.25" (3cm) diam.

12369

LEARN MORE AT
pilates.com

WEIGHTED METAL POLES

Chrome-plated with rubber ends.

MAPLE DOWELS

For alignment, arm work and more!

Product	Part #
Balanced Body Barre, 72" long (183cm)	10064
Balanced Body Barre, 48" long (122cm)	10063

Where do you think the Pilates industry is heading?



LINDA HENRIQUEZ

Peace Love Pilates | Panama City, Panamá

peacelovepilatespty.com

[@peacelovepilatespty](https://www.instagram.com/peacelovepilatespty) [f](https://www.facebook.com/peace.love.pilates) peace.love.pilates

The Pilates industry is heading into smaller boutique spaces that provide movement experiences that feel safe, sanitary, and calm as we emerge from 2020 and desire human contact more than ever. Secondly, with online global access to Master Instructors all over the world we can enjoy a variety of classes in the privacy of our homes.



PAGE SIEFFERT

Pilates Nosara | Nosara, Costa Rica

pilatesnosara.com

[@pilatesnosara.pagesieffert](https://www.instagram.com/pilatesnosara.pagesieffert) [f](https://www.facebook.com/PilatesNosara) Pilates Nosara

Our industry is moving in the direction of full body health, truly based in the mind, body, and spirit. Integrating people of all colors, body types, and economic backgrounds. Connecting with people more than ever around the world with a touch of a button. In our isolation of the past year, we also feel the need to be in communion with each other. I see studios being busier than ever and Pilates Retreats as a growing industry.



TOM MCCOOK

Center of Balance | Mountain View, CA. USA

centerofbalance.com

[@centerofbalancemv](https://www.instagram.com/centerofbalancemv) [f](https://www.facebook.com/Center.Balance) Center.Balance

I've noticed more people valuing their health and quality of life through learning a practice to move better with professional guidance. I think Pilates will continue to grow as more and more athletes endorse its many benefits. On a larger scale, a growing number of people are prioritizing learning skills to improve function and aging well in the second half of life.



SU YEON ROH

Pilates The Balance, Korea Integrated Movement Academy
Seoul, South Korea

bbkorea.kr

 Su Yeon Roh

Pilates leaders are not simply required to complete a certificate or a leadership curriculum. Quality services of education through constant communication and self-development should be improved by participating in various professional workshops to gain field experience and learn about anatomical knowledge. A crisis like COVID-19, can be an opportunity. And to survive now, instead of quantitative growth in the Pilates market, we need to seek 'quality growth through high-quality education'.



JULIA SHEGANOVA

MFitness | Moscow, Russia

coachclub.pro

 @coachclub_fit  coachclub.pro


I'm looking to the future with high level of optimism. The Pilates industry will have new horizons for development. The modern trend of a functional 3-D motion model is firmly based on the principles of free motion and the methodology of Pilates, so it will further strengthen its position. The variability and possibility of modification of exercises allow to adjust them to any level of training. It is also extremely important to mention the principle of breathing integrated into exercises, which is very valuable during the global pandemic.



NORMA GRAY

Al Manahil | Riyadh, Saudi Arabia

almanahil.com.sa/mind-body/

 @normagray.pilates

We live in our bodies and our senses, influenced by our emotions and our planet. Environmental changes and a life without borders through social media, has us returning to nature and community. Joseph's teachings of Breath Body Mind and Spirit, suggest a matured intelligence of Pilates for all, ecological harmony, and a Return To Life Through Controlology.



CAREER COURSE

Pilates Instructor Training

Join Balanced Body for education, support and community to develop your Pilates career. We have a global network of educators in over 50 countries. Our Pilates curriculum is based on the Balanced Body Movement Principles and provides a deep understanding of how the body works and how to make it work better.

LEARN MORE AT pilates.com/education/pilates

Integrated Movement Series

Our Integrated Movement Specialist™ certification explores the relationship between anatomy and movement, and the role of foundational movement in physical fitness. Graduates are recognized experts in movement performance with the skills to customize programming to meet individual goals.

LEARN MORE AT sites.pilates.com/integrated-movement



Pilates and Rehabilitation

Pilates is an effective therapeutic movement methodology, easily modified to fit a patient's level of function. Our PT/Rehab courses are designed for Clinicians interested in Pilates as a treatment modality and post-treatment maintenance program.

LEARN MORE AT sites.pilates.com/rehab



CoreAlign®

Designed by a physiotherapist as a rehabilitation tool, the CoreAlign is also as a functional training apparatus used by world-class athletes to enhance strength, speed, and agility.

Learn more on p. 24



Clinical Reformer®

For over 40 years, we have worked with rehabilitation professionals to make our Clinical Reformer an effective tool that helps facilitate treatment of orthopedic, neurological, and chronic pain conditions.

Learn more on p. 40



BEGIN YOUR JOURNEY

Anatomy in Three Dimensions™

There is no better way to learn anatomy! We build the body from the inside out using clay on our proprietary skeleton. This hands-on approach ensures you learn the structure of bones, joints, muscles, tendons, and ligaments, and how they function when the body is in motion.

LEARN MORE AT [pilates.com/education/anatomy3d](https://www.pilates.com/education/anatomy3d)

Complete Anatomy Build Kit

All you need to build your own musculoskeletal anatomy! Anatomy + Movement™ Skeleton, terra cotta clay, white clay, tool Kit and complete Anatomy Build Manual.

16504





Best of POT launched last year with 4 super successful gatherings! Bringing together leading presenters and on-trend topics, these events are interactive and engaging. We will keep the virtual magic flowing – and add in-person when we can all gather safely!

SEE DETAILS AT pilatesontour.com

INTEGRATED MOVEMENT SERIES →→

Designed for movement professionals, these one day virtual events dive deep into functional and performance-based training. Highlights include: anatomy and kinesiology; multifaceted movement mechanics; and progressive workout programming.

SEE DETAILS AT
sites.pilates.com/integrated-movement



Pilates for Kids: The Origins



By Christine Egan
Christine Egan Physical Therapy - Point San Quentin Village, CA

I have always preferred “intelligent” exercise: activities that not only exercise my body, but my mind and my spirit as well. Compared to traditional fitness workouts, studying different forms of yoga, taking Alexander Technique classes and practicing Pilates has made me more mindful and in-tune with my body.



As a physical therapist, I recognize body alignment is a crucial element of any movement practice. Therefore, I have incorporated Pilates in my pediatric rehabilitation regimen since 1993 to build my patients' core strength and proximal postural stability – which facilitates controlled movement of their extremities. Pilates fits seamlessly with Neuro-Developmental Treatment (NDT), the cornerstone of my therapy practice. When a fellow physical therapist (and fellow yoga student) suggested I try Pilates for its well-rounded benefits in 1991, little did I know how pivotal the practice would become to me.

In order to enhance my Pilates expertise, I decided to become certified as a Pilates instructor in 2000. My years of work in pediatric rehabilitation moved me towards more 'out-of-the-box' methods and using Pilates with children is a novel approach to achieving PT goals such as increasing force generation through the legs, learning mid-range control of muscles and increasing muscle

strength and flexibility. My certification curriculum was quite extensive and covered all the classic mat exercises as well as in-depth work on the equipment. While the process was quite rigorous, this time spent earning the certification refined how I instructed this exercise regimen to my pediatric patients. Using Pilates equipment, I'm able to both teach and assess my clients simultaneously. The ability to gauge resistance throughout a closed chain movement sequence on the Reformer is the focus of my treatment. The feedback provided by the equipment helps me guide children into a greater body awareness. This proprioceptive and kinesthetic awareness is a key component of muscular control and coordination. The Pilates work I do is not a one-size-fits-all solution, rather it is customized to meet the needs of each particular child.

Using Pilates with children is a novel approach to achieving PT goals

Learning the full scope of Pilates reinforced that this work could be beneficial for a wide variety of orthopedic and neuromuscular disorders including cerebral palsy, hypotonia, club foot deformity, gait deviations, scoliosis, autism spectrum disorder (ASD) as well as post-surgical rehabilitation. The kids genuinely look forward to working on the Reformer, which I had modified for my practice with the help of Balanced Body's Dave Littman back in 1999.

The knowledge I obtained over the years continues to help me personally with my own body knowledge (it is my go-to for maintaining and rehabilitating myself following an injury), as well as professionally as I apply Pilates techniques to specific diagnosis in children. I continue taking Pilates mat classes to this day, as well as practicing Iyengar-style yoga. ■

About Christine Egan

Currently Christine Egan, MPH PT C/NDT is contributing a chapter on applying Pilates methods to children and adolescents in the upcoming book "Pilates Applications for Health Conditions: Case Reports and Perspectives", edited by Madeleine Black and Elizabeth Larkam and published by Handspring Press. Interested in learning more about using Pilates with children and adolescents? Check out Christine's websites: PilatesKids.com and ChristineEgan.com.

Reformer Checklist

All Reformers share the 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, adjust-ability and beauty. While some prefer the easy storage of our portable Reformers, others need Reformers for a wide variety of body sizes, or accommodate add-on Tower/Mat Conversion for additional exercise options.

Features		Allegro	Rialto	Allegro 2	Studio	Clinical	Metro IQ	CenterLine	Fletcher	Contrology
Frame		METAL	WOOD	METAL	WOOD	WOOD	METAL	WOOD	WOOD	METAL
Stock Springs		3, 1, 1	3, 1, 1	3, 1, 1	3, 1, 1	3, 1, 1, 1	3, 1, 1	4	4	4
Vertical Footbar Positions		4 or 5**	5	4	4 or 5*	5	2	2	3	2
Horizontal Footbar Positions		4 or 5**	1	9	1 or 32	32	2	1	1	1
Springbar Adjustments		2	3	2	6	6	1	3	2	3
Frame Heights	Lowest	7.5" (19cm)	14" (36cm)	8" (23cm)	14" (36cm)	14" (36cm)	5.75" (14cm)	14" (36cm)	14" (36cm)	14" (36cm)
	Mid-level	14" (36cm)	-	15" (38cm)	18" (46cm)	18" (46cm)	-	18" (46cm)	-	-
	Highest	-	-	-	24" (61cm)	24" (61cm)	-	-	-	-
Transport Wheels		Included	-	Optional	-	-	Included	-	-	-
Sitting Box & Foot Straps		Optional	Included	Optional	Included	Included	Optional	Included	Included	Included
Shoulder Rest		Removable / Adjustable	Removable / Adjustable	Removable / Adjustable	Removable / Adjustable	Removable / Adjustable	Removable / Adjustable	Removable / Adjustable	Fixed	Fixed
Ropes or Leather Straps		Rope / Risers	Rope / Risers	Rope / Risers	Ropes/Risers/ Leather	Rope / Risers	Rope / Risers	Leather	Leather	Leather
Vertical Storage		☑	-	☑	-	-	☑	-	-	-
Warranty on Frame		10 Year	5 Year	10 Year	Lifetime	Lifetime	2 Year	Lifetime	Lifetime	Lifetime

Options and Add-Ons		Allegro	Rialto	Allegro 2	Studio	Clinical	Metro IQ	CenterLine	Fletcher	Contrology
Tower & Mat Conversion		☑	☑	☑	☑	☑	-	☑	-	☑
Jumpboards	Standard	☑	☑	☑	☑	☑	☑	☑	-	☑ ¹
External Frame Footbar		☑	☑	☑	☑	☑	-	-	-	-

*Infinity footbar option expands horizontal footbar positions to 32.

**Allegro Stretch has 5 horizontal footbar positions. Available Footbars limited for Stretch Reformers.

¹ Jumpboards for 86" & 89" only.



Capital Equipment Dimensions

EQUIPMENT		FUNCTIONAL HEIGHT FLOOR TO WORKING SURFACE: (CARRIAGE/MAT)	WIDTH OVERALL (WIDEST POSSIBLE POINT)	LENGTH OVERALL	CARRIAGE TRAVEL (DISTANCE)	WEIGHT (EST. ONLY)
REFORMER	Allegro 2 Reformer	8.75" (22cm)	32" (81cm)	93.75" (238cm)	40" (102cm)	140lb (64kg)
	Allegro 2 Reformer With 14" Legs	15" (38cm)	32" (81cm)	95" (241cm)	40" (102cm)	146lb (66kg)
	Allegro 2 Reformer With Legs/Tower	15" (38cm)	35.25" (90cm)	95" (241cm)	40" (102cm)	171lb (78kg)
	Allegro Reformer	7.5" (19cm)	36" (91cm)	92.75" (236cm)	40" (102cm)	113lb (51kg)
	Allegro With 14" Legs	14.5" (37cm)	36" (91cm)	95" (241cm)	40" (102cm)	124lb (51kg)
	Allegro Reformer Legs/Tower	15.25" (39cm)	36" (91cm)	95" (241cm)	40" (102cm)	171lb (78kg)
	Allegro Reformer Stretch	7.5" (17cm)	36" (91cm)	113" (287cm)	46.25" (117cm)	138lb (63kg)
	Rialto Reformer	15" (38cm)	34.25" (87cm)	95.5" (243cm)	40" (102cm)	140lb (64kg)
	Rialto Reformer With Tower	15" (38cm)	34.25" (87cm)	97" (246cm)	40" (102cm)	180lb (82kg)
	Ron Fletcher Reformer	15" (38cm)	25.5" (65cm)	93" (236cm)	33.5" (85cm)	145lb (66kg)
	Centerline Reformer	15" (38cm)	25.5" (65cm)	91" (231cm)	37" (94cm)	145lb (66kg)
	Metro IQ Reformer	5.75" (15cm)	25" (64cm)	98" (249cm)	39.75" (101cm)	85lb (39kg)
	Studio Reformer 14"	15" (38cm)	26.5" (67cm)	93" (236cm)	40" (102cm)	152lb (69kg)
	Studio Reformer Tower 14"	15" (38cm)	26.5" (67cm)	94.75" (241cm)	40" (102cm)	188lb (85kg)
	Studio Reformer 18"	19" (48cm)	26.5" (67cm)	93" (236cm)	40" (102cm)	160lb (73kg)
	Studio Reformer Tower 18"	19" (48cm)	26.5" (67cm)	94.75" (241cm)	40" (102cm)	196lb (89kg)
	Studio Reformer 24"	25.5" (65cm)	26.5" (67cm)	93" (236cm)	40" (102cm)	168lb (76kg)
	Studio Reformer Tower 24"	25.5" (65cm)	26.5" (67cm)	94.75" (241cm)	40" (102cm)	204lb (96kg)
	Contrology Reformer	14" (36cm)	26.5" (67cm)	80.5" (204cm)	26.5" (67cm)	114lb (52kg)
	TRAPEZE	Reformer Trapeze Combination 24"	25.5" (65cm)	31" (79cm)	93" (236cm)	40" (102cm)
Centerline Cadillac		25.5" (65cm)	29" (74cm)	85.5" (242cm)	N/A	190lb (86kg)
Centerline Pole System		89" (226cm)	30.25" (76cm)	30" (76cm)	N/A	61lb (28kg)
Trap Table/Cadillac		25.5" (65cm)	29" (74cm)	86" (218cm)	N/A	190lb (86kg)
Contrology Cadillac		23.7" (60.2cm)	25.5" (64.8cm)	86" (218,4cm)	N/A	245lb (111.1kg)
CHAIR	Combo Chair	25.5" (65cm)	28" (71cm)	29" (74cm)	N/A	91lb (41kg)
	Exo Chair	24.25" (62cm)	23.25" (59cm)	30.5" (77cm)	N/A	36lb (16kg)
	Wunda Chair	23.75" (60cm)	21.5" (55cm)	29" (74cm)	N/A	58lb (27kg)
	Centerline Chair	24.5" (62cm)	21.5" (55cm)	30" (244cm)	N/A	36lb (16.3kg)
	Contrology Arm Chair	33.63" (85.4cm)	16.5" (42cm)	41.5" (105.4cm)	N/A	34lb (15.4kg)
LADDER	CoreAlign Without Ladder	7" (18cm)	23.5" (60cm)	66.25" (168cm)	40.75" (104cm)	94lb (43kg)
	CoreAlign With Ladder	7" (18cm)	38.25" (76cm)	78.25" (199cm)	40" (102cm)	183lb (83kg)
	Ladder Barrel	36" (91cm)	36" (91cm)	47.25" (120cm)	N/A	79lb (36kg)



Shipping / Returns / Warranties

SHIPPING

Large equipment ships via freight company in cardboard boxes, unless you request a wooden crate at additional cost. Most accessories and small props ship via FedEx.

For overseas shipments, please contact us for details.

CUSTOM ORDERS

Can't find something in the catalog? Please check online at pilates.com, or call us with your custom request.

CHANGES

Availability, prices and specifications are subject to change without notice.

WARRANTIES

For complete and current information, please visit "Returns & Warranties" in our online store at pilates.com.

PATENTS

For complete and current information on Balanced Body patents, please visit www.pilates.com/patent.

LEGAL NOTICES

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contrology[®]
BY BALANCED BODY[®] INC.

The Back Story

Our Contrology[®] suite was born when Ken was asked to make authentic, uncompromising classical apparatus. The first and most critical step was to recreate the original springs. Next, Ken needed to understand every element that contributed to the feel and geometry of each classical piece.

Answers were found when Ken was introduced to Jay Grimes. Jay's first-hand knowledge of the original apparatus was a perfect match with Ken's mechanical expertise. This unlikely partnership grew out of their shared commitment to recreating "how each piece felt exercising in Joe's studio."

In 2018 we launched the Contrology Reformer, followed by the Chair, Ped-o-Pul and Cadillac. Last spring we introduced our Contrology Folding Mat. Next up: the Contrology Reformer with Tower, Ladder Barrel and few more surprises!

It's been a lot of researching, re-inventing and recreating to get each Contrology apparatus just right. Much of that work still comes back to the springs — and each piece having its own specially-designed springs. They are a key ingredient in the secret sauce that is the classical "feel" of our Contrology apparatus.

Contrology® Reformer



▲ Upholstery: Black

INCLUDES

- ✓ Choice of 4 models: 80" (203cm) JGRIMES, 80" (203cm) custom, 86" (218cm) custom, 89" (226cm) custom
- ✓ 4 specially-developed Reformer Springs
- ✓ Uncovered metal footbar
- ✓ 2 leather and wood handles
- ✓ 36" (92cm) Maple pole
- ✓ 1 gear block
- ✓ 2 cushioning kneeling pads
- ✓ Upholstered Box
- ✓ 2 black cotton footstraps and extender straps
- ✓ 2 carriage blocks (86" and 89" Reformers only)

ACCESSORIES

- ✓ Unpadded Footbar Cover
- ✓ Padded Footbar Cover
- ✓ Jumpboard*
- ✓ Contrology Springs (Sold as single and box of 4)

Product	Part #
Contrology JGRIMES Reformer	16095
Contrology 80" Reformer	16472C
Contrology 86" Reformer	16472C
Contrology 89" Reformer	16472C

Limited Lifetime Warranty. 30-day money back guarantee.

FEATURES

- ✓ Ultra-strong and durable extruded aluminum frame
- ✓ One piece weld-free side rails are stronger and easier to clean
- ✓ Thin, dense and resilient foam on carriage for support, feedback and comfort
- ✓ Weld-free cast aluminum shoulder supports
- ✓ Deeper Springbar hooks provide proper spring angle for authentic "feel"
- ✓ Custom headrest block maintains position
- ✓ Pre-stretched and treated natural leather straps with O-rings and strap mounts adjustments in strap length
- ✓ Slight indentation in carriage pad just below shoulder rests provides positioning and feedback



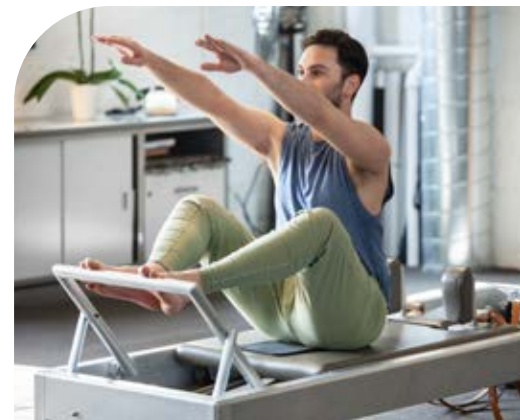
Shown: Contrology Springs (Box of 4)



SPOTLIGHT: SPRINGS

Contrology Springs are the result of our extensive research into spring design and manufacture. Joe used many different springs, some no longer available.

We've resurrected certain spring styles for use on select apparatus. Give them a try - we believe you'll feel the difference!



Contrology® Cadillac



► Upholstery: Black

INCLUDES

- ✓ Wooden Push-Through Bar (PTB)
- ✓ Wood Roll Back Bar 31" (79cm) with metal "s" hooks
- ✓ Trap Bar with footstrap
- ✓ 2 Contrology Arm Springs (light) with leather handles
- ✓ 2 Contrology Leg Springs (light) with cotton loops
- ✓ 2 Contrology Roll Back Bar Springs
- ✓ 2 Contrology Trap Bar Springs
- ✓ 3 Contrology PTB Springs
- ✓ 2 Safety chains and 1 Storage chain
- ✓ Large Kuna Board
- ✓ Adjustable Belly Strap

ACCESSORIES & OPTIONS

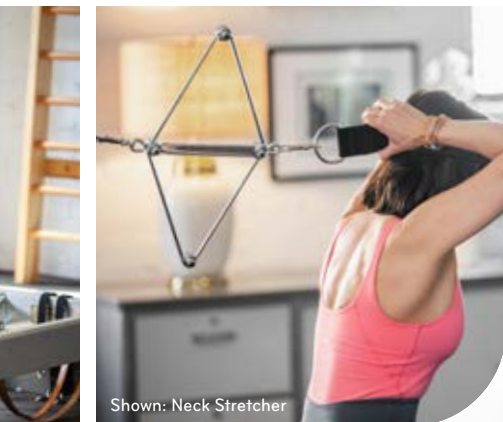
- ✓ Exclusive "Toybox" is storage for accessories and props
- ✓ Airplane Board
- ✓ Small Kuna Board
- ✓ JPack Springs: Includes two (heavy) arm springs and two (heavy) leg springs
- ✓ Neck Stretcher

Product	Part #
Contrology Cadillac	17037
Contrology Cadillac with Toybox	17123

Limited Lifetime Warranty. 30-day money back guarantee.

FEATURES

- ✓ **Integrated weld-free aluminum base built for strength and durability**
- ✓ Canopy vertical tubing inserts run the full length of legs for significantly enhanced rigidity and stability
- ✓ Galvanized, polished schedule 80 steel pipe in canopy
- ✓ Tabletop made of thin, dense, resilient foam for support, feedback and comfort
- ✓ Slider knobs intentionally placed on side of slider for easier access
- ✓ Stronger, vintage, forged steel eye bolts on Push-Through-Bar
- ✓ Adjustable clasp on belly strap enables user to tailor fit to size



Shown: Neck Stretcher



Shown: Small Kuna Board



Shown: Cadillac Toybox

NEW!



Contrology® Folding Mat

FEATURES

- ✓ 1" (2.54cm) high density foam with sturdy wooden base provides ultimate Pilates mat experience
- ✓ Seams for folding mat are virtually undetectable when in use
- ✓ Hidden magnetic closure holds tight for easy transport and storage
- ✓ Vinyl handles for easy transport
- ✓ Removable dowel handles turn your arm and back connection "on" for safe overhead exercises, strengthening your back and feeling your two-way stretch
- ✓ Durable, upholstered Moon Boxes (2) provide positioning assistance
- ✓ Our cotton foot strap provides support through a workout and is often used by advanced practitioners as a teaching tool, as a loose foot strap may indicate loss of center in some exercises
- ✓ Hinge seam is covered to prevent damage to surfaces



Contrology® Reformer with Tower

INCLUDES

- ✓ All Contrology Reformer components
- ✓ Wooden Push-Through Bar (PTB)
- ✓ Wood Roll Back Bar 31" (80cm) with metal "s" hooks
- ✓ One-piece drop in Mat Conversion provides seamless support and cushioning
- ✓ 2 Contrology Arm Springs (light) with leather handles
- ✓ 2 Contrology Leg Springs (light) with cotton loops
- ✓ 3 Contrology PTB Springs
- ✓ 2 safety chains and 1 storage chain

FEATURES

- ✓ Choose from two Reformer frames: 86" (218cm), 89" (226cm)
- ✓ One piece weld-free side rails
- ✓ Thin, dense, resilient foam
- ✓ Rigid, removable shoulder supports
- ✓ One-piece drop in Mat Conversion
- ✓ Galvanized, polished "schedule 80" steel pipe in Tower

ACCESSORIES

- ✓ Mat handles

Product	Part #
Contrology 86" Reformer Tower & Mat	17424
Contrology 89" Reformer Tower & Mat	17426C

Contrology Tower Retrofit Kit is available for pre-drilled frames. Please call us for details.



Contrology® Arm Chair

- ✓ Designed to strengthen the arms, upper body and core
- ✓ Handcrafted solid maple frame
- ✓ Upholstered with thin, dense and resilient foam
- ✓ Movable seat back can tilt forward
- ✓ A (hidden) removable stopper in back frame for further reclining extension
- ✓ 2 custom-developed arm springs

17011

ACCESSORIES

- ✓ Foam Wedge adjusts seat higher, creates level surface for kneeling

17039

Contrology® Ped-o-Puls

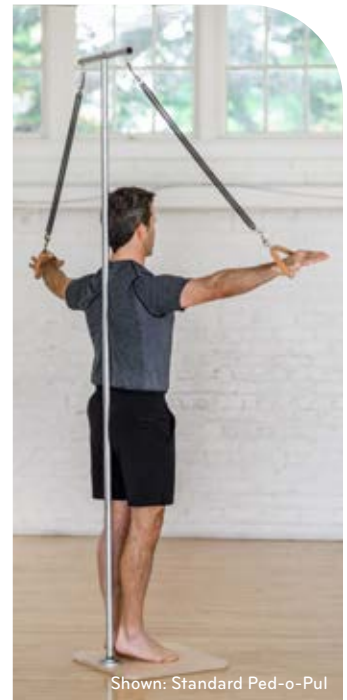
- ✓ Helps develop core strength, balance and body awareness
- ✓ 2 models: Standard Ped-o-Pul or the enhanced KSG/CT Ped-o-Pul
- ✓ Solid Maple wood base with rounded corners
- ✓ 2 Contrology Springs (light)
- ✓ Flexible galvanized steel pole
- ✓ Choice of handles: leather and wood or vintage wire or wood

*Included in KSG/CT Complete Package, and sold separately.

KSG/CT ONLY:

- ✓ Adjustable top slider with 8 vertical positions
- ✓ 2 Additional Hooks for Springs
- ✓ 2-way tilted base, tilts 3/4" for increased exercise challenges*
- ✓ Bike Seat for seated exercise, adjusts to 3 positions*

Product	Part #
Standard Ped-o-Pul	17036
KSG/CT Ped-o-Pul Complete Package	17226
Accessories (KSG/CT only)	
Bike Seat	16915
Tilting Base	16895



Shown: Standard Ped-o-Pul



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