

The Balanced Body® Clinical Reformer®



IMPORTANT:

This manual is intended for medical and fitness professionals, or persons with experience in the use of this equipment. If there is a question regarding appropriateness of a particular movement, please consult a licensed health professional.

Safety Note: Warning – The Balanced Body Clinical Reformer® contains flammable materials, please keep out of direct heat

INTRODUCTION

The Clinical Reformer® is the most versatile piece of Pilates equipment available today. Consisting of a wooden frame, a movable carriage, a footbar, springs and adjustable ropes, exercise pioneer and inventor Joseph Pilates created a machine that addresses virtually every part of the body.

Various spring strengths provide resistance and support while the user pushes on the footbar, pulls on ropes, and sits or stands on the carriage. Exercises vary from simple isolated movements of the arms and legs to complex exercises involving the whole body. The exercises provide a challenging full-body workout for anyone - from a sedentary office worker to an elite athlete to users with injuries. Users will finish a session feeling refreshed and energized without the usual soreness and fatigue that often accompany a workout. Balanced Body's Clinical Reformer is the #1 choice of leading hospitals, clinics, universities and private practitioners worldwide. For more than two decades, we have worked with rehabilitation specialists to develop a versatile, practical and safe piece of rehabilitation equipment. With 31 horizontal and 4 vertical positions, the Clinical Reformer accommodates people of virtually all heights, including children. In addition, the versatility of the Infinity footbar opens the door to a whole new realm of exercise and treatment possibilities.

FEATURES OF THE BALANCED BODY CLINICAL REFORMER® WITH INFINITY FOOTBAR

Headrest

The headrest is used to optimally support the users head, neck and shoulder placement while lying on the back. To determine the best position, the ears should be in line with the center of the shoulder and the line of the jaw should be perpendicular to the carriage.

To adjust headrest position, loosen the knob underneath the headrest, slide it into one of the four slots to adjust the height and retighten bolt.

Low – The headrest is in the lowest slot and the headrest is lower than the level of the carriage.

Flat – The headrest is in the second slot from the bottom and the headrest is level with the carriage.

Safety Note: The flat headrest position is used for exercises where users will be rolling up on to their shoulders. A flat headrest will keep the user from over-flexing the cervical spine and injuring the neck.

Medium – The headrest is in the third slot from the bottom and it is elevated above the carriage. Used for users who need their heads slightly forward for correct alignment and comfort.

High – The headrest is in the top slot. Used for users with a forward head or a deep rib cage to facilitate correct alignment.

Shoulder Rest Adjustments

The shoulder rests on the Clinical Reformer can be adjusted laterally to accommodate wide or narrow shoulders. To remove the shoulder rests, turn the post counter-clockwise 1-2 turns and gently slide the shoulder rests towards the carriage, then lift them up and out.

Narrow Shoulders – Take one shoulder rest and set posts directly over keyhole notches in the metal plate. If the posts fit into the notches and completely cover the metal plate, it is set for narrow shoulders.

Wide Shoulders – Take one shoulder rest and set posts directly over keyhole notches in the metal plate. If the posts fit in the notches and a strip of the metal plate is exposed toward the headrest, it is set for wider shoulders.

Horizontal Footbar Adjustments on the Infinity Footbar

The Clinical Reformer with the Infinity Footbar includes 31 horizontal adjustments to fit users of virtually any height, including children. It also allows the footbar to move above the shoulder rests creating an entirely new set of exercises. To move the footbar, pull both large knobs out of the holes in the lateral tracks of the Infinity and move footbar forward or back to desired hole. Release the knobs and wiggle the bar until both sides are fully seated.

Please note that the footbar is moved by pulling both knobs at the same time.

Hole 1 is closest to the foot-end of the reformer and creates the longest distance between the shoulder rests and the footbar. It is used for taller users (over 5' 9") or users with limited knee and hip flexion.

Hole 2 is for users between 5'5" and 5'9"

Hole 3 is for users between 5' and 5'5"

Hole 4 is the point farthest from the footbar end of the reformer. It is used for shorter users (under 5') or where increased knee and hip flexion is desired.

The heights given here are recommended suggestions. The footbar adjustment should allow the user to have slightly less than 90° of hip flexion when the carriage is all the way in for leg and footwork.

Vertical Footbar Adjustments

To adjust the footbar vertically squeeze both levers on the sides of the footbar uprights until pins come out of both holes. Move footbar to the desired height and release the levers so both pins fully engage the new holes.

Please note that the footbar is moved by squeezing both of the levers at the same time.

High Bar – Squeeze levers until pins are free of the holes and move footbar so pins line up with the highest (first) position on the footbar plate. Release levers making sure the pins fully engage both holes. This position makes the space between the shoulder rests and the foot bar shorter. This increases knee flexion in foot and legwork, increases flexion of the torso and hips in elephant and can be useful for shorter users in kneeling work. This position is used for foot and legwork with shorter users and with users who have a hard time keeping their back placement due to increased lumbar lordosis or a tight back.

Middle Bar – Squeeze levers until pins are free of the holes and move footbar so pins line up with the second hole from the top position on the footbar plate. Release levers making sure pins fully engage both holes. This position makes the space between the shoulder rests and the foot bar longer than the high bar position. This decreases knee flexion in foot and legwork, decreases flexion of the torso and hips in elephant and can be useful for taller users. This position is considered the standard for foot and leg work in most schools.

Low Bar – Squeeze levers until pins are free of the holes and move footbar so pins line up with the third hole from the top position on the footbar plate. Release levers making sure pins fully engage both holes. The low bar position puts the space between the shoulder rests and the foot bar at maximum length. This decreases knee flexion in foot and legwork, decreases flexion of the torso and hips in elephant and can be useful for taller users.

No Bar – Squeeze levers until pins are free of the holes and move footbar so pins line up with the bottom hole position on the footbar adjustment. Release levers making sure pins fully engage both holes. This position is used to move the bar out of the way for standing exercises and for exercises where the user is lying on a box.

Spring Adjustments

Springs are used to adjust the resistance for the different exercises. There are over 30 different resistance settings that can be used on the Reformer. Suggested weight ranges for specific exercises are noted under the individual exercises.

Adjusting the Springbar

The springbar on the Clinical Reformer can be placed in two different positions. Stand facing the bar with both hands on the springbar. Move one end of the springbar into the groove and then move the other end. Do not attempt to move the springbar with more than one spring attached.

A position (first gear, preloaded) – Place the springbar in the groove closest to the frame of the Reformer. This position will give the springs a small amount of tension and increase resistance.

B position (second gear, neutral) – Place the springbar in the groove farthest from the frame of the Reformer. In this position the springs are under no tension and the resistance is decreased.

Spring Weight

Spring resistance is indicated by the approximate number of springs suggested for a specific exercise. The spring weight indicated is a recommended starting position. Individual adjustments can be made depending on the needs of the user and the individual exercise.

1 spring (light): Used for arm work or where the carriage is providing light support.

2 springs (light to moderate): Used for arm work, legwork and exercises where the carriage is providing support to the user.

2 – 4 springs (moderate to heavy): Primarily used for legwork and to increase resistance for stronger users.

All springs: Used to maximize resistance or to stabilize the carriage for the short box abdominal series.

No springs: Used for added difficulty in exercises where the user needs to control the carriage (kneeling abdominals, elephant, long stretch series).

Spring Progressions for the Clinical Reformer

Please note that these spring combinations represent the usual progression for a standard new machine and may vary slightly depending on the age and specific strength of your springs.

Spring color-coding

The following spring color-coding is standard for all Balanced Body Reformers. Reformers can be configured with different combinations of springs. The standard or heavy Reformer spring configuration comes with 3 red, 1 yellow, 1 blue and 1 green spring.

Yellow – Very light

Blue – Light

Red – Medium

Green – Heavy

Spring attachment points

A – Heavier (spring is attached to the button)

B – Lighter (spring is attached to the hook)

A standard Reformer comes with 3 red, 1 blue and 1 yellow spring

Light Weight	Medium Weight	Heavy Weight
B – Blue	B – Blue, Red	B – 3 Red
A – Blue	A – Blue, Red	A – 3 Red
B – Red	B – Blue, Green	B – 2 Red, Green
A – Red	A – Blue, Green	A – 2 Red, Green
B – Green	B – 2 Red	B – 3 Red, Blue
A – Green	A – 2 Red	A – 3 Red, Blue
	B – Red, Green	B – 3 Red, Green
	B – 2 Red, Blue	A – 3 Red, Green
	– 2 Red, Blue	B – 3 Red, Green, Blue

Ropes and Loops

Ropes are adjusted according to specific exercise demands and user size. Many studios use a double loop strap that allows the user to have the ropes at two different lengths without adjusting them. The rope adjustments used in the manual are:

Regular loops: Resistance of loop or handle is somewhat taut on the shoulder rests. With the double loop straps, the user will hold the longer loop. Standard for most exercises.

Short loops: Resistance of loop or handle is somewhat taut on the silver pegs. With double loop straps the user holds smaller loop. Used for rowing and some arm work exercises.

Very short loops: Loop or handle is approximately 5 inches shorter than the headrest. Used for kneeling arm work facing the straps such as chest expansion or thigh stretch.

Long loops: Loop or handle is longer than shoulder rest by a length of one cotton loop. Used for long spine stretch or for feet in the straps for users with tighter hamstrings.

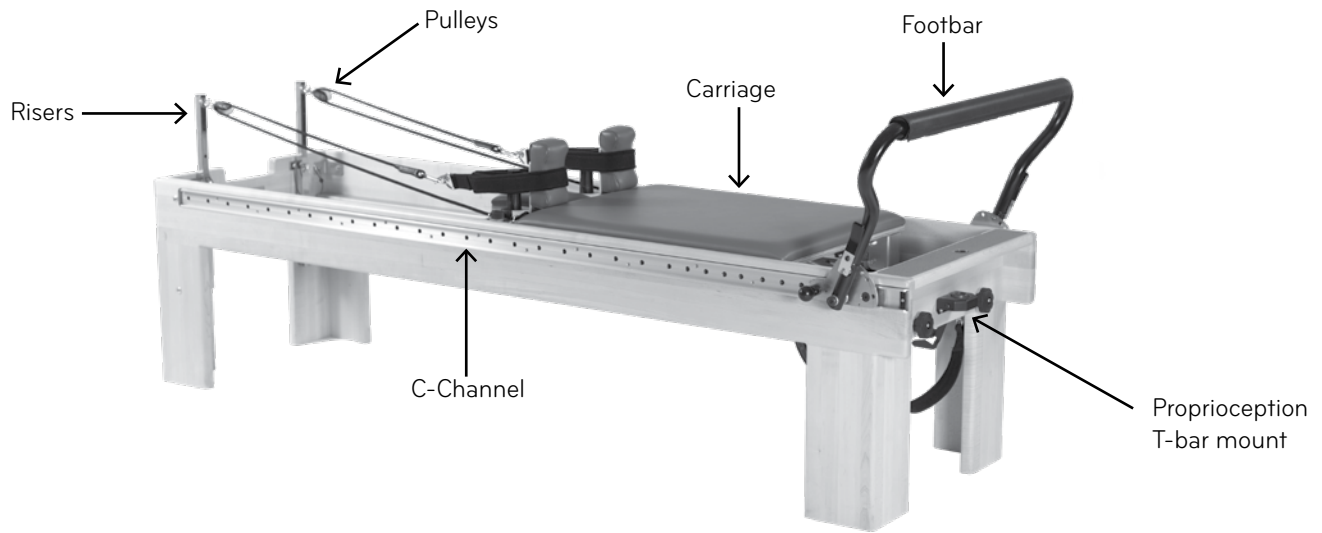
Risers

Risers can be adjusted by pulling pin out of the riser, sliding it up or down until desired holes line up, and replacing the pin. Moving a riser will change the angle of pull for an exercise. Different studios and teachers have different riser height preferences. For exercises like leg circles with feet in the straps, the user will have a bigger range of motion available if the risers are in a higher position.

Upholstery Cleaning and Disinfecting.

You can extend the life of your Reformer upholstery by keeping it clean and free of dirt, oil and perspiration. After each use, wipe down the upholstery with a solution of mild soap and water. Then wipe it down with clean water and dry with a rag.

How to Assemble your Clinical Reformer



PARTS LIST (INCLUDED):

DESCRIPTION	PART NUMBER	QTY.
Ankle Velcro (pair)	101-001	1
Padded Double Loops (pair)	101-009	1
Neoprene Handles (pair)	101-016	1
Thigh Velcro (pair)	101-020	1
Carriage Extension Stopper	200-211	1
Adjustable Ropes w/snaps (pair)	210-026	1
Padded Footstrap	210-031	1
Risers w/pulley	950-184	2
Infinity Foot Plate	707-187	1
Sitting Box	721-002	1
Shoulder Rest Kit, TwistLock	950-251	1
TwistLock Post	616-400	2

DESCRIPTION	PART NUMBER	QTY.
Oversized Standing Platform	721-006	1
Spring, Reformer, Red	SPR9070	3
Spring, Reformer, Blue	SPR9071	1
Spring, Reformer, Yellow	SPR9241	1
Spring, Reformer, Green	SPR9293	1
Infinity Footbar	950-189	1
Infinity Trunion, Right (installed)	950-112	1
Infinity Trunion, Left (installed)	950-113	1
Plunger lock out knob (installed)	GEN8000	2
Wood Screw	GEN9073	2
Footbar Stopper	REF0702	2

TOOLS NEEDED (NOT INCLUDED):

Phillips Screwdriver

IN CASE OF FREIGHT DAMAGE If there is freight damage, make certain you keep all packaging material. You must call Balanced Body within 3 business days.

ATTACH THE FOOTBAR

This can be done by one person, but it is easier and safer to have a person hold each side.

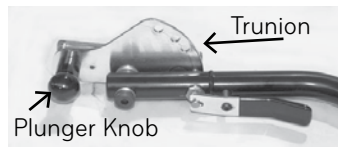


Figure A



Figure B

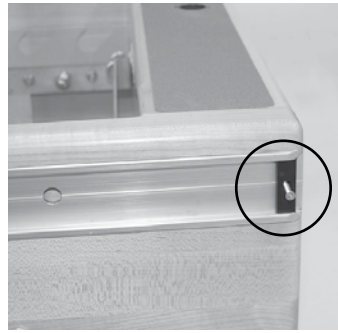


Figure C

1. Pull the plunger knob straight out so that the recessed cross-pin comes out of the slots. Then turn the knobs so that they are locked with the retracted pin.

Slide the trunion into the aluminum C-channels that run down both sides of the Reformer frame. (Figure A and B)

2. Twist the plunger knob until it locks into the desired position.
3. Attach the black stops to the end of the channels with the provided wood screws. (Figure C)

INSTALL THE CARRIAGE

Turn the carriage over and clean all the wheels of shipping dust, etc. Clean the full length of the rail surfaces inside the frame. Carefully place the carriage into the frame with the headrest facing away from the footbar.

INSTALL THE SHOULDER RESTS

Note the two protruding studs on the bottom of the shoulder rests. Lower the shoulder rest studs into the key holes and slide shoulder rests away from the carriage pad. See Figure D. Note: The shoulder rests can be installed in two positions. One position is wider and more comfortable for broad shoulders. Swap the left and right shoulder rests to change between standard and wide configurations.

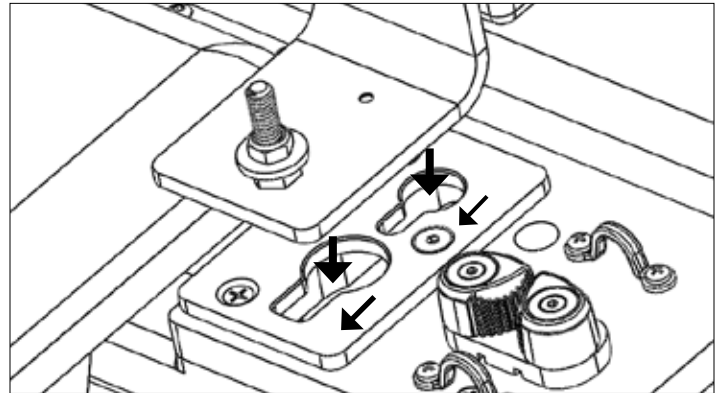


Figure D

INSTALL THE LOCKING SHOULDER POSTS

Screw the locking shoulder posts onto the exposed bolt on each shoulder rest. Turn the posts clockwise to tighten them and lock the shoulder rests into position. See Figure E. Over tightening the posts will make them difficult to remove. They should be snug but not too tight. To remove the shoulder rests, turn the post counter-clockwise 1-2 turns and gently slide the shoulder rests towards the carriage, then lift them up and out.

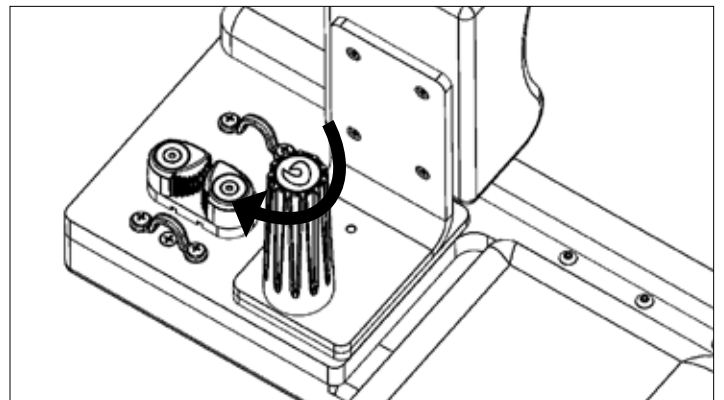


Figure E

ATTACH THE SPRINGS TO THE UNDERSIDE OF THE CARRIAGE

1. Locate the bracket with five eyebolts attached beneath the carriage. Hook the springs onto the eyebolts. The hook should be facing down.
2. The bodies of the springs should rest on the flat, padded brace under the carriage (Figure F).



Figure F

INSTALL THE SPRINGBAR

3. If your Reformer is configured with a no-roll springbar, install it into the "gears" under the footbar with its hooks facing up.

INSTALL THE RISERS

4. Remove the detent pin from the metal riser receiver and insert the riser with the pulley facing the carriage. Re-insert the detent pin to set the desired riser height.

ATTACH THE ROPES

5. To attach the ropes, first engage at least one spring from the carriage to the springbar to stabilize the carriage. Unroll the ropes and separate them.
6. Clip a cotton loop onto the end of each rope and hang the loops on the shoulder rests. (Figure G.) Thread the other end of each rope through a pulley and back into the cam cleats on the carriage to adjust the length. Be sure to go through the chrome eyestraps on both sides of the cam cleats. Always push the rope firmly down into the cleats to ensure a good grip.



Figure G

USING THE EXTENSION STOPPER

To limit the carriage travel, insert the extension stopper into the desired hole in the top of the frame rail.

If you have any questions, please call Balanced Body at 1-800-PILATES (1-800-745-2837) or +1-916-388-2838.

EASY TO USE PLUNGER LOCKOUT KNOBS

Balanced Body's Allegro® Reformer, and Clinical Reformer® and Studio Reformer® with Infinity footbars come with plunger lockout knobs that make adjusting and moving the Reformer footbar along the frame much easier.

To use, pull the plunger knob straight out so that the recessed cross-pin comes out of the slots as shown in Figure H. Then turn the knob so that the cross-pin rests on the bolt head as shown in Figure I. Repeat on other side.

With the knobs in the "locked out" position, reposition the footbar along the frame of your Reformer as desired. Then turn the knobs so that the cross-pin is once again recessed, firmly locking the footbar into its new position.

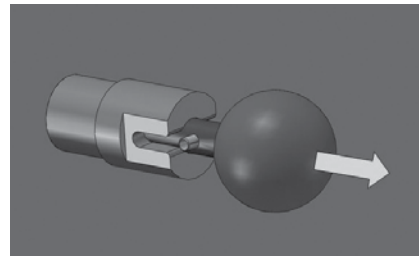


Figure H

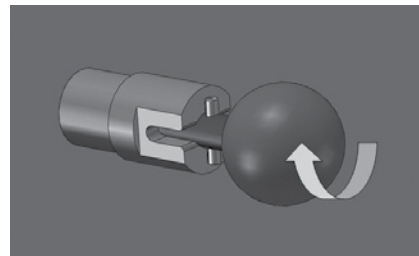


Figure I

INSTALLING THE JUMPBOARD ON A CLINICAL REFORMER WITH AN INFINITY FOOTBAR®

To install the jumpboard (regular or Jumpus Maximus) on a Reformer with an Infinity Footbar, first loosen the two black plastic knobs beneath the standing platform at the foot end of the frame.



Figure J

Adjust the footbar to the 4th position from the end of the Reformer. Then adjust the footbar to the second highest vertical position (Figure J). Next, place the tongue of the jumpboard into the silver bracket on the inside of the frame. Finally, re-tighten the black knobs on the outside of the frame.

Safety First: A guide to proper maintenance and safe use of your Pilates equipment.

For over 35 years, Balanced Body has been introducing safety-related innovations to Pilates equipment. Many of our improvements are now industry standards, resulting in Pilates equipment that's safer today than ever before.

Safety depends on proper maintenance and safe use, in addition to the quality of the equipment. This guide was created to help you use and maintain your equipment for optimum safety. Please read it through carefully and keep for future reference. If you have any questions, give us a call. **Failure to follow these instructions may result in serious injury.**

ALL EQUIPMENT

Springs

Spring inspections are critical to maintain your equipment in safe operating condition. All Balanced Body springs should be replaced at least every two years. Certain environments and usages can shorten the expected life of the springs and you may need to replace the springs more frequently. Therefore, it is very important to inspect springs on a regular basis since worn or old springs lose resilience and may break during use. Injury may result if a spring breaks during use.

During use, do not allow springs to recoil in an uncontrolled manner. This will damage the spring and shorten its expected life.

Inspect springs for gaps and kinks (weekly or monthly, depending on frequency of use). Look for gaps and kinks between the coils when the spring is at rest. It is not unusual for the spring to have a very small gap on the tapered end (a gap is sometimes created during the manufacturing process). However, there should be no gaps in the body of the spring. If you see any gaps or kinks in the body of the spring, discontinue use and replace the springs immediately. See **Figure 1**. Additionally, corrosion anywhere on the coils will shorten the life of the spring. Discontinue using the spring immediately if you see any rust or oxidation during inspection.

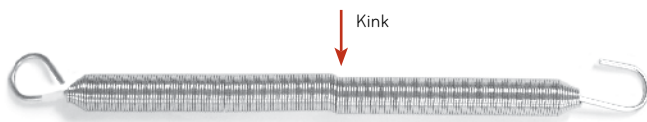


Figure 1

Quick Link Clips

Inspect clips for wear (monthly). Check the Quick Link clips on a monthly basis to ensure they are properly secure. Do this by turning the hex coupler nut on the clip to the right to tighten. If you are finding the hex coupler nut continues to need tightening after multiple inspections, use a 7/16" wrench to tighten the hex nut, or increase the inspection frequency to every other week. See **Figure 2a**.

NOTE: DO NOT USE YOUR STRAP IF THE HEX COUPLER NUT IS NOT THREADED ONTO THE HEX END.

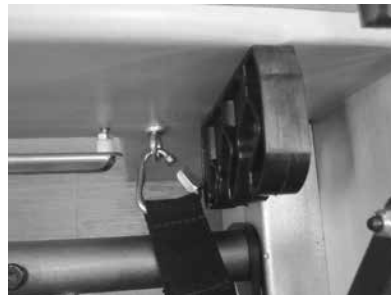


Figure 2a

Snaps

Inspect snaps for wear (monthly). First, verify that the snap hook is working properly. If the snap hook does not retract and return properly, discontinue using the spring immediately and replace the snap. Eyebolts can cause excessive wear on snap hooks. If the hook shows a lot of wear, discontinue using the spring immediately and call Balanced Body to replace spring or snap. See **Figure 2b**.



Figure 2b : Good snap: no wear on hook.

Bad snap: excessive wear on hook.

EYEBOLTS, NUTS AND BOLTS

Tighten all equipment bolts and screws (monthly). Verify that all eyebolts, nuts and bolts are tight. See the section titled "How to inspect and tighten nuts and bolts."

ROPES AND STRAPS

Rope and strap wear (quarterly). Ropes should be replaced if you can see the core of the rope through the outer lining, or if the ropes are flattened. Straps should be replaced as soon as any fraying is noticed. Be sure to check the sections of rope or straps that attach to the clips and run through the pulleys.

REFORMERS

Check springbar hooks or eyebolts (quarterly). Balanced Body makes two different springbar systems:

» Revo Springbar. Make sure springbar hooks and handle are tight.

Standard Springbar. Verify that the nuts securing the springbar hooks are tight. See section titled "How to inspect and tighten nuts and bolts."

Spring rotation (quarterly). You can prolong Reformer spring life by rotating springs of the same weight each quarter. Unhook and move to another position on the springbar. Rotating springs helps them wear more evenly.

Risers on the outside. Wood risers must be installed on the outside of the frame. Risers can loosen over time, so always make sure they are tight.

Springs hooked downward under carriage. Make sure springs are hooked in a downward position. See **Figure 3**.



Figure 3: Springs hooked downward

Secure the carriage. When your Reformer is not in use, be sure that at least two springs secure the carriage to the springbar.

Default settings. Many users have a "default setting" for Reformers. At the end of a session, the user connects a prescribed number of springs in neutral tension, sets the footbar at a pre-determined height, and sets the ropes at a specified length. This ensures that the equipment is ready for the next use, and that the carriage is secured by the springs.

Footstrap under tension in box work. When using the box and footstrap, be sure the footstrap is under tension (with clips pulling from the top of the eyebolt) before beginning the exercise. See **Figure 4**.



Figure 4: Foot strap under tension

REFORMER WHEEL AND TRACK MAINTENANCE

Clean the tracks and wheels (weekly). For smooth carriage travel and to maintain the longevity of the wheels, we recommend that you wipe down the tracks once a week.

Disconnect the springs and clean the entire length of the tracks with a soft cloth and Balanced Body Cleaner, mild soap with water or a mild commercial cleaner such as, Fantastik® or 409®. Do not use abrasive cleansers or pads, as they can damage the anodizing on the rails. To clean the wheels, hold the cloth against the wheels while you move the carriage. If you feel a bump in the ride, dirt has adhered to the surface of the rails or wheels. Clean hair and debris out of the rails. Hair can wrap around the wheel axles and eventually build up and cause wheel failure. Use tweezers to remove hair from the wheels.

Lubrication. Never spray silicone near or inside the wheels – this can wash the lubricant out of the bearings and ruin the bearings. You can purchase dry silicone at most hardware and auto parts stores. Pulleys sometimes require lubrication to stop a squeak. Direct a very quick spray of dry silicone or Teflon spray into the pulley. "Dry" silicone does not have an oil base. Oil-based ("wet") silicone and WD40 should not be used as they attract dirt. Be careful not to over spray. You may want to remove ropes to avoid getting silicone on them.

Do not lubricate the Allegro 2 rails.

Footbar supports (quarterly). For all Balanced Body footbars with footbar support brackets, verify that the pivot screw attaching the footbar support bracket to footbar is tight, but not so tight that it prevents the support from rotating freely. For Legacy Reformers, tighten the pivot bolt to secure footbar support.

Headrest (monthly). Make sure the hinge screws and bolts on your headrest are tight.

Under the Reformer (monthly). Move Reformers and make sure you clean the floor space underneath.

Standing Platform Footbar Bumpers (wood Reformers only). If your standing platform footbar bumpers (the small plastic pieces that protect the standing platform from the footbar) are broken or damaged, please call Balanced Body to replace.

TRAPEZE TABLE (CADILLAC) & TOWERS

Cotter pins removed. These pins are located in the vertical tubes that align the canopy to the frame and should be removed as soon as installation is complete. Unremoved cotter pins can tear clothing and lacerate the skin. Use pliers to remove the pins.

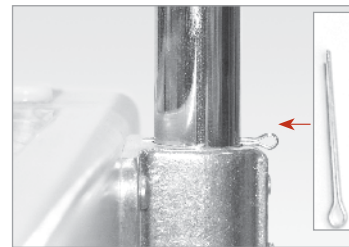


Figure 5: Cotter pin before and after removal from Trap Table.

Save the pins in case you need to disassemble and reassemble the table for transportation purposes. See **Figure 5**.

Push-Through Bar (PTB) with Sliders.

The PTB moves vertically to accommodate different users and exercises. The sliders on the tubes allow for this vertical movement. Make sure these sliders are clean and easy to move. Before beginning any exercise, ensure that the sliders are properly aligned with the PTB holes and locked into position. Apply a downward force to ensure. If you notice wear on the slider knob pins, please call Balanced Body to replace. Using the PTB in this condition could cause injury.



Figure 6: Safety strap holding the push-through bar at 4 o'clock. The strap is secured to the PTB and canopy frame, not the eyebolts.

Weekly maintenance for Push-Through Bars with Sliders. Check to ensure the pins in the plunger knobs protrude and lock into the vertical tubes. Pull both knobs out and move the sliders to a different position. Release the knobs before the next hole and continue to slide the system into position. Once over a hole the pin of the knob will automatically drop into the opening. Once each slider is in a new position apply a downward force on the PTB. The pins of the sliders should not come out of the holes. If the pins do not stay in the tube holes, the pull knobs need to be replaced. Call Balanced Body for replacement parts.

Push-Through Bar (PTB) with T-pin setting

For bottom sprung exercises, if your client's head is below the PTB, use the T-pin setting in addition to the safety strap or chain. Spotting your client is highly recommended. This is important for safety.



Figure 7: Safety strap holding the push-through bar at 4 o'clock. The strap is secured to the PTB and canopy frame, not the eyebolts.

Push-Through Bar (PTB) control.

Make sure you have enough room around the trap table to safely use the PTB without fear of hitting other people. The PTB can be dangerous if not properly used. Only trained, experienced users should use the PTB. A spotter should always maintain control of the bar with one hand. If the user should lose control of the bar, the spotter can maintain control of it.

Correct safety strap attachment. For bottom-sprung exercises, the safety strap or chain should always secure the bar.

The safety strap or chain should wrap around the PTB and the canopy frame, not the eyebolts. The strap or chain is only as strong as the weakest link, and the frame and bar are a great deal stronger than eyebolts. **Figure 6**.

Spotting your client is highly recommended. This is important for safety.

Setting the PTB for bottom-sprung exercises. For bottom-sprung exercises, the safety strap should be attached so that the angle of the push-through bar is no lower than the 4 o'clock position. This limits the range of the bar and prevents it from potentially coming into contact with the user.

Using the 4th side on the PTB along with the safety strap is highly recommended to prevent injury.

CHAIRS

Dismount with control. When dismounting the chair, release the pedals slowly, with control. Don't let the pedal snap back.

Spot users. When a user is standing, sitting or lying on top of the chair, there is increased risk of falling. Standing exercises, in particular, can be unstable. Spotting users will make these exercises safer.

Hourglass spring mounts. If your chair has hourglass spring mounts and the mounts do not successfully retain the springs, replace the fiber washers (they are reddish-brown in color).

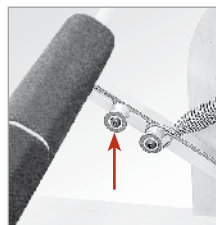


Figure 8: Fiber washer

Figure 8. If your chair is a Balanced Body Split-step Pedal Chair (Combo Chair), please consider upgrading to the Cactus Springtree).

UPHOLSTERY CLEANING & MAINTENANCE

Cleaning. You can extend the life of upholstery by keeping it clean and free of dirt, oil and perspiration. After each use, wipe down the upholstery with a solution of mild soap and water. Then wipe it down with clean water and dry with a soft towel.

Disinfecting. Equipment upholstery is coated with BeautyGard®, which offers antibacterial protection. If you want additional disinfection, Balanced Body offers Balanced Body Clean™ disinfecting solution. Use of any other solution (especially those containing essential oils) will shorten the life of some equipment and is not recommended.

HOW TO INSPECT AND TIGHTEN NUTS AND BOLTS.

Use your fingers to check nuts and bolts for tightness. If you can turn the nut or bolt with your fingers, it's too loose and should be tightened. To tighten, first tighten using your fingers. Rotate nuts and bolts clockwise to tighten. Insert a screwdriver through eyebolts to hold them steady while you tighten the nuts. Then use a small wrench to tighten the nuts further. **Figure 9.**



Figure 9: Use two fingers to tighten bolts

It is recommended to check the pins on the PTB protrude and lock into the vertical tubes appropriately. To verify their function, first pull both knobs out and start moving the sliders to a different position. Release the knobs before the next hole and continue to slide the system. Once over a hole the pin of the knob will drop into the opening. Once each slider is in a new position apply a down force on the PTB directly downwards. The pins of the sliders should not come out of the holes. If the pins do not stay in the tube holes, the pull knobs need to be replaced; call Balanced Body for replacement parts.

EQUIPMENT INSPECTION AND MAINTENANCE LOG

We suggest that you keep a maintenance log for each piece of equipment. The log should include:

1. A description of the machine including the serial number, the date and place of purchase, and the manufacturer. All of this information should appear on the invoice.
2. Date and description of all required maintenance and inspections performed.
3. Date and description of each repair, including name and contact information for person or company performing the repair.

MAINTENANCE SCHEDULE

All Equipment	Day	Wk.	Mo.	Qtr.
Inspect springs for gaps & kinks		✓	✓	
Inspect clips for wear			✓	
Inspect nuts & bolts for tightness			✓	
Reformers				
Clean wheels and tracks		✓		
Inspect springbar hooks/eyebolts				✓
Rotate springs				✓
Inspect ropes/straps				✓
Inspect footbar supports				✓
Inspect One-Step springbars				✓

REPLACEMENT PARTS

To order replacement parts, or if you have any questions, please call:

U.S. and Canada: 1-800-PILATES (1-800-745-2837)
 United Kingdom: 0800 014 8207
 Other locations: +1 916-388-2838

Fax: 916-379-9277

Email: info@pilates.com
www.pilates.com

5909 88th Street, Sacramento, CA 95828 USA

ASSEMBLY AND MAINTENANCE PODCASTS

View our library of assembly and maintenance videos at www.pilates.com/podcasts.

Clinical Reformer® Exercises

DEFINITION OF EXERCISE SET-UP TERMS

Level: The level of expertise needed to undertake exercise.

Reps: How many times the exercise is performed.

Springs: How many springs should be attached during exercise.

Bar: Proper position of the footbar during exercise.*

Head rest: Proper position of the head rest during exercise.*

Loops: Which loops should be used during exercise.*

FOOTWORK, ALL LEVELS

10 reps Springs: 2 – 4 springs

Bar: Middle or High

Head rest: Up

Focus

- » Breathing – exhale out/inhale in, or inhale out/exhale in
- » Neutral spine
- » Pelvic stability
- » Hip, leg and ankle alignment
- » Hip, leg and ankle strengthening
- » Circulation
- » Isolation – release unnecessary tension in the upper body and hips

Precautions

Sensitive to ankle, knee, hip flexion, spinal compression

Starting position

Supine on carriage, feet on foot bar, legs hip width apart

Heels

Heels on foot bar, push back and return

Toes

Ball of foot on bar, heels slightly raised, push back and return

Prehensile

Ball of foot wrapped around the bar, push back and return

Pilates V

Ball of foot on bar, turned out, low releve, heels together, push back and return

Flex/Releve

Ball of foot on bar, parallel, legs straight, plantar flex ankle, dorsiflex ankle, plantar flex ankle, bend knees, push back to starting position

2nd position

» Heels at ends of bar, slight turn out, push back and return

Running in place

» Ball of foot on bar, dorsiflex one heel, bend the other knee, alternate legs 20-50 times

Focus: What should be emphasized during exercise.

Precautions: Physical conditions that may limit or exclude a participant. Exercises may need to be modified for people with these conditions.

Prerequisites: Specific exercises that must be mastered before undertaking a new exercise.

Starting Position: Where to begin the exercise on the Reformer.

*If applicable



Heels



Toes



Prehensile



Pilates V



CHARIOT, LEVEL 1

10 reps

None

Focus

- » Breath - exhale roll down/inhale roll up or inhale down/exhale up
- » Spinal flexibility
- » Abdominal strength
- » Shoulders down
- » Neck long
- » Soft hip flexors

Precautions

Back injuries, neck injuries, hip flexor injuries. Be cautious with osteoporosis

Prerequisites

Comfort in spinal flexion

Starting position

Seated facing ropes, knees bent, loops in hands with arms straight and elbows soft

Standard Exercise

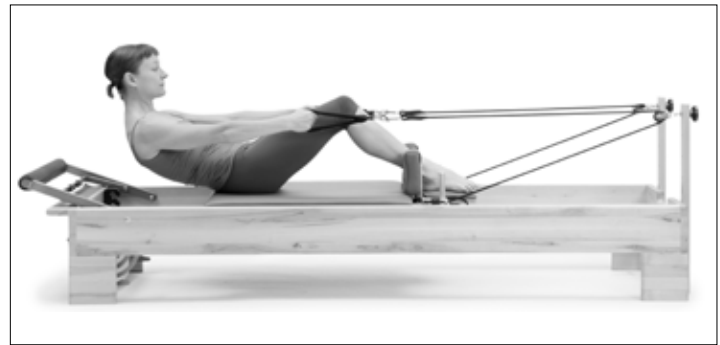
Hold loops with arms straight, roll down, curving back and staying lifted, roll back up maintaining slight flexion in spine

Oblique Variation

Rotate knees to one side and torso to the other, roll down, switch rotation and roll up

Arm work Variations

Roll back and with low back on carriage add bicep curls or deltoid lifts for 3 reps, roll up



HUNDRED, ALL LEVELS

10 sets

Bar: None

Headrest: Up

Focus

- » Percussive breathing - in for 5, out for 5
- » Stable pelvis - imprinted or neutral
- » Hollow abdominals
- » Abdominal strength
- » Shoulders down
- » Neck long

Precautions

Back injuries, neck injuries, hip flexor injuries, osteoporosis

Prerequisites

Hundred on the mat

Starting Position

Lying supine on carriage, knees at 90 degrees, hands in loops, arms to ceiling

Level 1

Knees bent at 90 degrees, reach arms to sides as the head and upper body lift off the carriage, pulse arms with breath, 5 pulses on the inhale, 5 pulses on the exhale

Level 2

Springs: 1 – 3

Loops: Regular



Legs straight up to ceiling, reach arms to sides as the head and upper body lift off the carriage, pulse arms with breath

Level 3

Reach arms to sides as the head and upper body lift off the carriage, straighten legs to ceiling then lower legs keeping low back on mat, pulse arms with breath

COORDINATION, LEVEL 2

6 reps

None

Headrest: Up

Focus

- » Breath – inhale start, exhale reach, inhale open/close, exhale return
- » Stable pelvis – imprinted or neutral
- » Hollow abdominals
- » Abdominal strength
- » Adductor strengthening
- » Shoulders down
- » Neck long

Precautions

Back injuries, neck injuries, hip flexor injuries, be cautious with osteoporosis.

Prerequisites

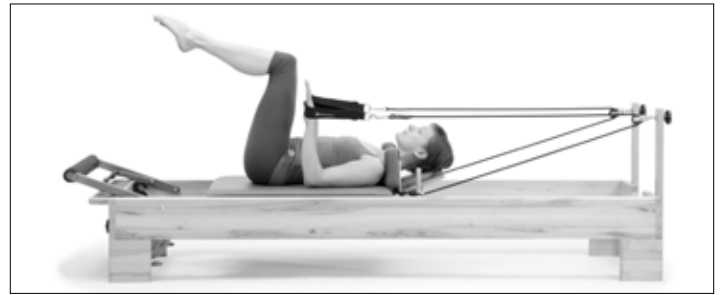
Mat or Reformer Hundred

Starting Position

Lie supine on carriage, knees at 90 degrees, hands in loops with elbows bent at 90 degrees and upper arms on carriage

Standard exercise

Reach arms to sides as the head and upper body lift off the carriage to Hundred position, open and close legs, bend knees first, then lower head and return arms to starting position



REVERSE ABDOMINALS, LEVEL 4

10 reps

None

Focus

- » Breath - exhale to pull the knees in, inhale to release
- » Abdominal strength
- » Iliopsoas strength
- » Iliopsoas and abdominal coordination
- » Imprinted spine
- » Shoulders down
- » Neck long

Precautions

Back injuries, neck injuries, hip flexor injuries, osteoporosis

Prerequisites

Mat Roll-up, strong abdominals, ability to maintain imprinted spine

Starting position

Supine facing ropes with an imprinted spine, knees bent at 90 degrees, loops around the knees, head supported with the hands, elbows wide

Standard Exercise

Maintaining imprinted spine, hollow out abdominals and pull knees above 90 degrees while flexing the torso and lifting the head off the headrest, return legs to starting position maintaining an imprinted spine

Springs: 1 – 2 Bar:

Loops: Regular



Oblique Variation

Rotate torso to the right, reach left hand across toward right knee, pull knees in toward the chest as arm reaches across (Repeat 4 – 8 times on one side and switch)

KNEELING ABDOMINALS, LEVELS 1-2

10 reps

None

Focus

- » Breath – Exhale as knees pull in/ inhale to return to starting position
- » Pelvic stability
- » Abdominal strength
- » Pelvic stability
- » Scapular stability

Precaution

Shoulder, elbow and wrist problems, inability to kneel

Prerequisites

Mat all fours hollowing (pregnant cat abdominals)

Starting position

Kneel on all fours facing straps with hands on the edges of the frame

Standard Exercise (flat back)

Face straps with knees against shoulder rests, keeping spine neutral and parallel to the ground, pull carriage toward the head by flexing at the hips

Variation – Oblique 1

Place both hands on one frame allowing torso to side bend and rotate while keeping hips as square as possible, pull both legs in increasing the movement of the torso

Springs: 0 – 2 Bar:

Loops: None



Starting position, facing straps



Flat Back



Oblique 1

FEET IN STRAPS, LEVEL 1

6 reps

Any

Focus

- » Breath - exhale out/inhale in or inhale out/exhale in
- » Spine to mat or neutral spine
- » Hollow abdominals
- » Abdominal strength
- » Pelvic Stability
- » Hamstring, adductor and gluteal strength
- » Hamstring and adductor flexibility
- » Leg and hip alignment
- » Hip range of motion

Precautions

Hip flexor injury, limited hamstring flexibility, back injuries, weak abdominals

Prerequisites

Adequate hamstring flexibility, ability to stabilize the back, Hundred

Starting Position

Supine on carriage, loops around arches



Leg lowers

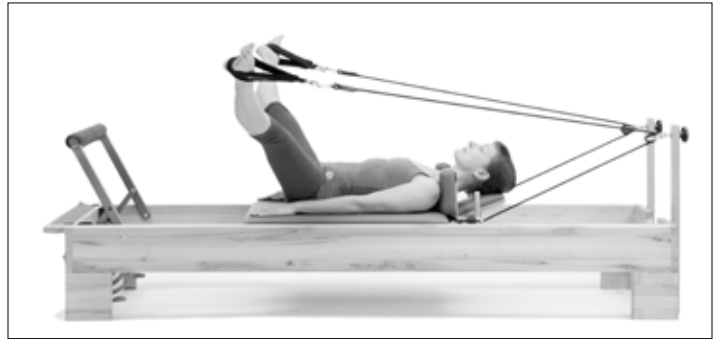
Hips stable, begin with inner thighs together, lower and raise legs



Variations: Legs parallel, turned out or turned in Magic circle or ball between the legs

Scissors

Hips stable, begin with inner thighs together, open legs to sides and return



Variations: Legs stay over hips, legs move down toward the bar while carriage moves (V's)

Circles

Hips stable, begin with inner thighs together, moving legs down and around in circles or D's, reverse directions Variations: Legs parallel, turned out or turned in, or knees in straps



LONG BOX - ARM WORK, LEVEL 1

4 – 8 reps

Box: Long

Low or none

Focus

- » Breath – inhale pull, exhale release
- » Hip bones to mat
- » Hollow abdominals
- » Triceps, latissimus, lower trap and upper back strength
- » Head in line
- » Scapula placement
- » Leg and torso alignment

Precautions

Shoulder, elbow and wrist injuries, some back problems

Prerequisites

- » Ability to lie prone
- » Pulling Straps (Level 1 and 2))

Starting Position

Lie prone on long box with chest off front edge of box, foot bar down, facing ropes, grasp ropes.

Arms down

Pull ropes to hips along edge of carriage

Arms out to sides

Pull ropes to hips with arms extended out to the side

Upper back lift

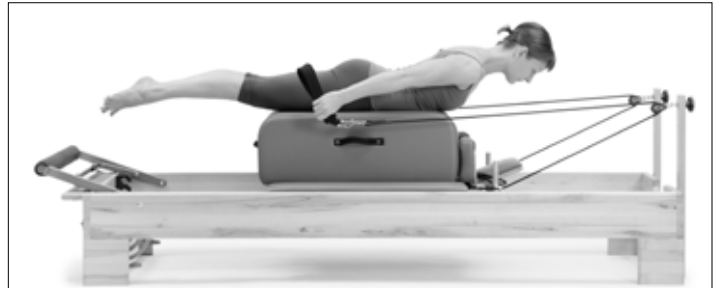
Pull ropes along edge of carriage and lift upper back

Triceps press

Pull ropes to hips along edge of carriage, keeping elbows in place, flex and extend the elbow

Springs: 1 - 2 springs

Loops: Regular Bar:



Pulling Straps



Pulling Straps with Upper Back Lift

COBRA (LEVEL 2)

Starting Position:

Prone on long box, hands on low or middle footbar

Exercise:

Straighten the arms and press the carriage out. Press down on the bar to lift into back extension as the carriage moves in, press the carriage back as the torso lowers onto the box, bend elbows to return to starting position.



Cobra

LONG BOX - SWAN, LEVEL 4

4 reps

Long

Bar: None

Focus

- » Breath – variable
- » Abdominal lift
- » Back extension strength
- » Gluteal and hamstring strength
- » Shoulders down
- » Neck long

Precautions

- » Some back problems, knee problems, men may need padding

Prerequisites

- » Mat Swan, Swan Dive, Ladder Barrel Back Extension

Starting Position

- » Prone on long box with hips at footbar end of long box, balls of feet on frame, legs straight with feet slightly turned out, arms in 2nd position

Version 1

- » Lift torso into back extension as knees bend.
- » Straighten legs and return to starting position

Version 2

- » Start with knees bent, straighten legs and lift torso off the box into a long line, bend knees and reach into back extension, straighten legs and hover, return to starting position

Springs: 2 **Box:**
Foot strap



SHORT BOX - ABDOMINALS, ALL LEVELS

6 reps
Short
in hands
Focus

Springs: 4 - 5 **Box:**
Strap: Foot strap Pole

- » Breath – inhale down/exhale back or exhale down/inhale back
- » Abdominal strengthening
- » Abdominal hollowing
- » Back strengthening
- » Back flexibility

Precautions

Back, neck and shoulder injuries, osteoporosis

Prerequisites

Reformer Chariot, Cadillac Roll-backs

Starting Position

Sitting on short box, facing footbar, feet under foot strap, knees slightly bent

Standard Exercise

Roll down with a long curve and roll back up

Oblique variation

Roll down with a long curve, rotate the torso to each side, roll back up



PELVIC PRESS, LEVEL 2

6 reps

Springs: 2 - 3

Headrest: Down

Focus

- » Breath – exhale up, inhale back, exhale in, inhale roll down
- » Hamstring and gluteal strengthening
- » Abdominal hollowing
- » Pelvic stability
- » Spinal mobility

Precautions

- » Back problems, limited knee flexion, limit roll up with cervical problems

Prerequisites

- » Mat Pelvic Press

Starting position

Lying supine, ball of feet or heels on bar, legs parallel or V-feet and hips externally rotated

Standard Exercise

Roll pelvis up off the carriage, push back, keeping hips at one level, bring carriage in, roll down

Leg positions

- » Legs parallel, heels under sit bones
- » Legs parallel and inner thighs together
- » Legs in Pilates V with heels together
- » Heel frame width apart with the hips turned out.

ARM WORK, LEVEL 1 - 2

4 - 10 reps Springs: 1-2 Box: long, short or none

Loops: very short, short or regular

Focus

- » Breath – inhale pull/exhale release
- » Biceps, triceps, pectoralis and deltoid strengthening
- » Scapular stabilization
- » Torso stabilization
- » Sitting posture

Precautions

- » Wrist, arm or shoulder problems, back problems with limited sitting ability

Prerequisites

- » None
- » Sitting variations for all exercises
- » Sitting on carriage, cross-legged, legs straight or kneeling

Exercises Facing the Straps

Biceps

Holding very short loops in hands, bend elbows to pull straps to shoulders.

Triceps/Posterior Deltoid

Loops in hands, arms straight, pull straps back level with hips and pulse arms back



ARM WORK - CONTINUED

Serve a tray

Sitting facing foot bar, regular loops in hands, elbows bent, reach forward, straighten arms, open arms to the side palm up and return



Hug a tree

Sitting facing foot bar, regular loops in hands, arms out to sides, soft elbows, bring fingertips toward each other



Focus

- » Breath – exhale out, inhale in
- » Adductor and abductor strengthening
- » Abdominal hollowing
- » Standing alignment
- » Balance
- » Precautions
- » Balance problems

Prerequisites

- » None

Starting position

- » Standing with one foot on frame or standing platform, and one on the carriage. Face side of the room parallel to the side of the reformer. Put the first foot on the frame and the second foot on the carriage. Use frame when working parallel, use the standing platform to work in external rotation.

Standard Exercise

- » Stretch legs open, close legs
- » Facing sideways to Reformer
- » Legs straight, parallel, turned out
- » Legs bent, parallel, turned out

