

INTRODUCTION TO THE CHAIR

ADJUSTING THE SPRINGS

All of the Chairs have a series of spring attachment points to adjust the resistance on the pedal for different exercises. The Wunda, CenterLine™ and EXO Chair have 2 heavy black springs. The Combo Chair has 4 springs, 2 heavy black springs and 2 light white springs. All of the springs are adjusted by moving them higher or lower on the cactus shaped spring attachments located at the back of the Chair. The lowest rung of the cactus is the number 1 or lightest position and the highest rung is the number 4 or heaviest position. The higher up the spring is attached, the stronger the resistance. Remember: higher=heavier, lower=lighter.

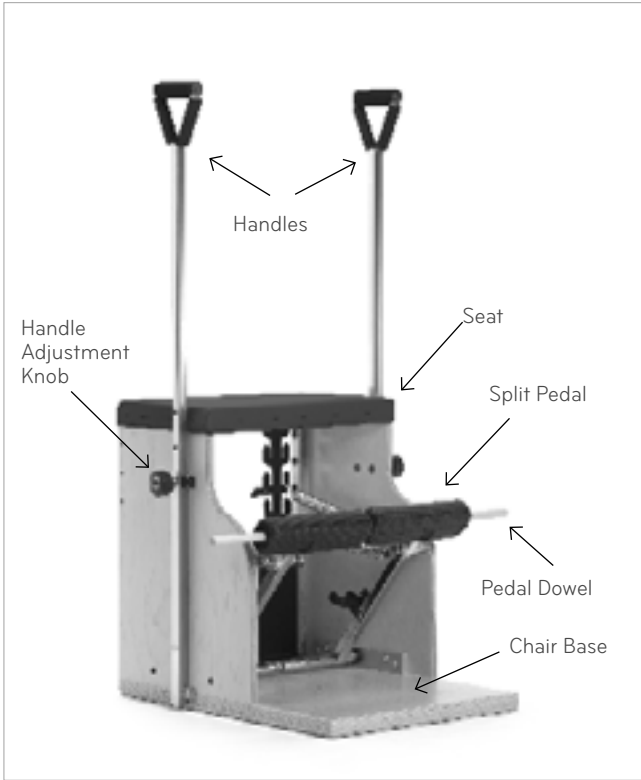
RAISING THE COMBO CHAIR PEDAL HEIGHT

For certain exercises on the Combo Chair, it is useful to raise the height of the pedal. To raise it, cross one black spring across to the opposite cactus. This should only be used with exercises where one black spring is an appropriate weight.

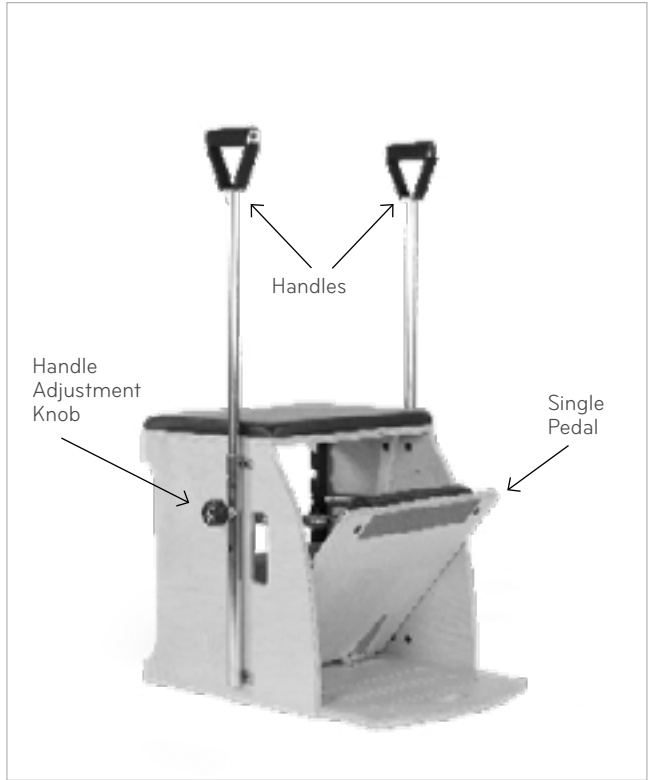
SAFETY AND THE CHAIR

- ▶ **Pedal Safety:** Keep both the client's and the instructor's feet out from under the pedal during standing exercises. Press the pedal down slowly to start each exercise.
- ▶ Don't release the pedal with the springs stretched. Slowly release the pedal from the stretched position until the springs are no longer under tension. The instructor can assist the client by placing their foot on the pedal and controlling the return.
- ▶ Maintain contact with the pedal throughout the exercise. Do not wear socks or slippery foot wear on the Chair.
- ▶ **Chair Stability:** When performing exercises where the Chair could slide, place sticky pads under the Chair or place it against the wall for safety. This includes any exercise where you are not sitting or standing on the Chair.
- ▶ **Spring Safety:** Make sure the spring loop is fully engaged with the cactus before starting the exercise. Check the springs regularly for wear and replace as needed.





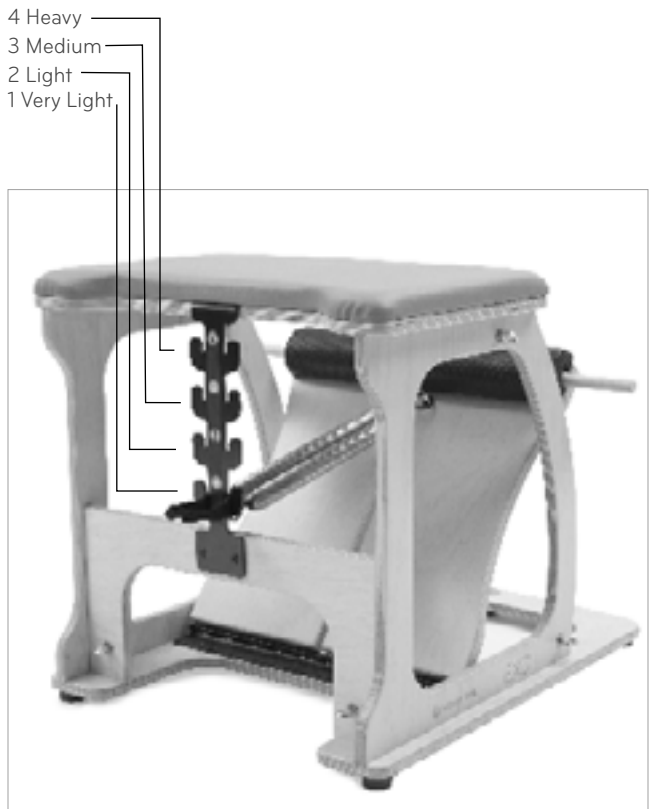
Combo Chair



Wunda Chair (shown with optional handles)



EXO/Centerline



Cactus Spring Positions 1-4

Sample Exercises

DOUBLE LEG PUMPS: BEG • 10 REPS

STANDING LEG PUMPS: INT • 4-6 REPS

Springs: Combo – 2 H2 to 2 H4

Wunda/EXO – 2 H2 to 2 H4

Pedal: Together or split **Handles:** In or out

Starting Position

Sit with the sit bones at the front edge of the Chair and the feet on the pedals.

Tall clients, clients with hip and knee problems
Sit on a small box to decrease the hip and knee flexion in the starting position.

Arm Positions

Beginner

Arms pressing into the front edge of the Chair.

Movement Sequence

Exhale: Press the pedal down maintaining pelvic stability and leg alignment. Keep the weight centered on the sit bones throughout the exercise.

Inhale: Return the legs to the starting position.

Foot Positions

Heels
Balls
Arches
V-feet
2nd position
Flex/Releve
Running in Place

Purpose

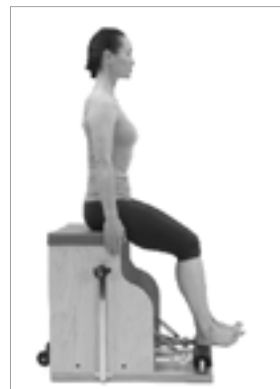
- ▶ Strengthen the legs especially the quadriceps.
- ▶ Strengthen the abdominals.
- ▶ Teach pelvic stability

Precautions

Knee problems: Limit resistance and number of reps. Use small box to limit knee flexion. Avoid if pain increases.



1. Starting position. Heels on the pedal, arms at sides.



2. Press the pedal down.

Springs: Combo – 1 H3 to 2 H2

Wunda/EXO – 1 H3 to 2 H2

Pedal: Together **Handles:** In

Facing the Chair

Starting Position

Facing the Chair, stand with one foot on the floor and the ball of the other foot on the pedal with the legs in parallel. Keep the hips level. The hands can be on the handles (easier), at the sides or in genie position.

Movement Sequence

Exhale: Press the pedal down maintaining the alignment of the hip and leg.

Inhale: Return the pedal to the starting position.



1. Starting position – Front, arms in genie position. Place one foot on the pedal.



2. Press the pedal down.

QUESTIONS?

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Sample Exercises

CHEST PRESS: INTERMEDIATE • 6-8 REPS

Springs: Combo – 2 L1 to 2 L3

Wunda/EXO – 1 H3 to 1 H4 or 2 H1

Pedal: Together or split

Starting Position

Lie prone on the seat with the ASIS (hip bones) level with the front edge of the Chair. Place hands on pedals with shoulders directly over wrists. Float the pedals off the platform keeping the torso straight and the ribs in. Keep the legs as close together as is comfortable.

Movement Sequence

Inhale: Bend the elbows without changing the line of the torso. Keep the scapulae still as the elbows bend.

Challenge

One Arm Chest Press

Using the split pedals, place one hand on one pedal and reach the other arm out to the side. Press down on the pedal using either hand position. Don't shift the torso toward the working arm. Place a ring, ball or foam roller between the ankles to assist with the stability of the torso.



1. Alternating Arms. Bend one elbow, hold the other steady.

Purpose

- ▶ Strengthen the shoulder and the triceps.
- ▶ Strengthen the back extensors.
- ▶ Strengthen hamstrings and gluteals.
- ▶ Teach scapular stabilization.

Precautions

Elbow and wrist problems: Decrease the resistance and limit the number of reps. Avoid if pain increases.

Avoid with carpal tunnel and elbow tendonitis.

Exhale: Straighten the elbows and press the pedal down but not all the way to the platform.



1. Starting position. Lie prone on the Chair with both hands on the pedal.



2. Bend the elbows along the ribs.



3. Chest Press. Bend the elbows to the side.