

The Balanced Body® Contrology™ Classical Reformer



Instructions in document subject to change. Please consult separate instructions for most current version. Visit pilates.com/patent for complete and current information on Balanced Body product patents.

Table of Contents

- » Contrology Classical Reformer Introduction and Features
- » Assembling the Contrology Classical Reformer
- » Contrology Classical Reformer Exercises

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 Contrology Classical Reformer contains flammable materials, please keep out of direct heat.

The Contrology Classical Reformer was designed to be the best version of the original Pilates Reformer as developed and used by Joseph Pilates. Consisting of a metal frame, a movable carriage, a footbar, springs and leather straps, 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 straps, 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.

This vintage style machine will give the user the original feel and a full experience of what it was like to train with Joe Pilates himself.

FEATURES

The headrest is used to optimally support the user's head, neck and shoulder placement while lying in a supine position. To determine the client's position, the ear should be over the center of the shoulder and the line of the jaw should be close to perpendicular to the carriage. The Contrology Classical Reformer has three headrest positions that are adjusted by a wooden support block underneath the headrest:

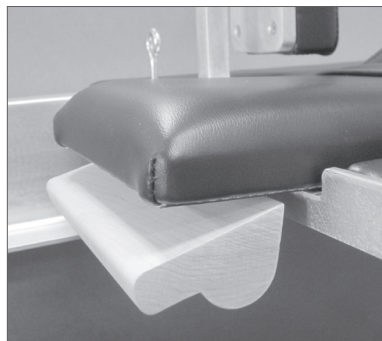


Figure A

Low (flat) – The support block is folded toward the top of the headrest. Used for clients with relatively flat thoracic spines and shallow ribcages for leg and footwork, and for any supine exercise. See Figure A.

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



Figure B

Medium – The support block rests on the notch in the middle of the support block. See Figure B.

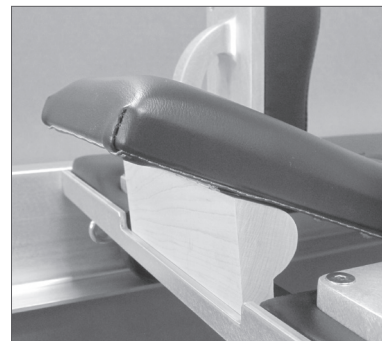


Figure C

High (up) – The bottom of the support block rests in the carriage frame. Used for clients with a forward head or a deep rib cage to facilitate correct alignment. See Figure C.

Instructor Note: A towel can also be used in addition to or instead of the headrest to adjust the height of the head.

HORIZONTAL CARRIAGE ADJUSTMENTS

The Contrology Classical Reformer comes with a wood "drop-in" Gear Block. This Gear Block will be placed over the springbar gears as shown in Figure D. When installed, this component limits the return travel of the carriage. The Gear Block must be used when moving the spring bar from any position other than "A" or the carriage will cause the springs to crash into the springbar when returning home.

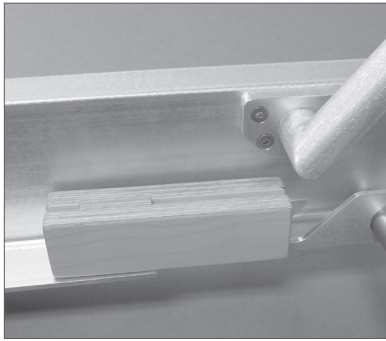


Figure D

The purpose of the Gear Block is to change the "Home Position" to match the springbar when it is moved from gear to gear. The Gear Block also has two settings, short and long. Figure D shows the short position (long grooves in the gears). Flip the Gear Block over to get the long position, for use when the springbar is in the last or "C" position. Setting the carriage further from the footbar is best for tall clients and users with knee issues.

Using the gear stopper is a recommended suggestion. It 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.

SIDE TO SIDE CARRIAGE ADJUSTMENTS

The Contrology Classical Reformer comes preset to be centered to ride smooth in the frame. The carriage does have the capability to have this "side to side" play be adjusted. To adjust, remove any springs that are attached the springbar.

Lift the carriage out of the frame and set it on the ground. Place a rag or towels on the carriage rolling rails surface. Place the reformer back into the frame but vinyl side down (wheels facing up) on the towels.

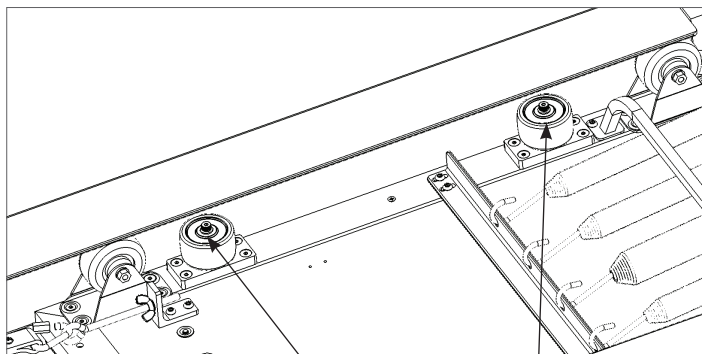


Figure E

Bolts on side wheels. Repeat on other side.

Center the carriage in the rails, then loosen the bolt that holds the side wheel, adjust the wheel as necessary and retighten the bolt. See Figure E. Typical gap is the thickness of a business card between the wheel and side wall. Repeat for other side wheels. Remove the carriage and any material on the rails, place the carriage wheels side down into the rails, reattaching at least (1) spring to the springbar.

FOOTBAR ADJUSTMENTS

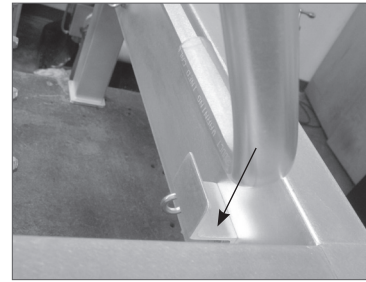


Figure F

The footbar has (2) positions, vertical and flat. To use the footbar, place the support bar in the angle clips at the footbar end of the Reformer. See Figure F.

To adjust to flat position, lift the support bar out of the angle clips and place the footbar and the support bar

down on the outer frame of the Reformer. This position is used to move the bar out of the way for standing exercises and for exercises where the user is lying on the box.

ADJUSTING THE SPRINGBAR

The Contrology Classical Reformer can be placed in three different positions for taller or users with knee issues. Do not attempt to move the springbar with springs attached. To adjust, face the footbar and with both hands on the springbar, slide the springbar up at an angle, following the notched cut-outs, until it clears the gear holder. Place the springbar in the desired slot opening and slide it back down into the bottom of the notch. Ensure that the ends of the springbar are in the same gear position. Using positions "B" or "C" must use the wood gear stopper, see the section about Horizontal Carriage Adjustments.

- » **A position** (first gear) Place the springbar in the notch closest to the frame foot end of the Reformer.
- » **B position** (second gear) Place the springbar in the middle notch in the gear holders.
- » **C position** (third gear) Place the springbar in the notch closest to the carriage of the Reformer. See Figure G.

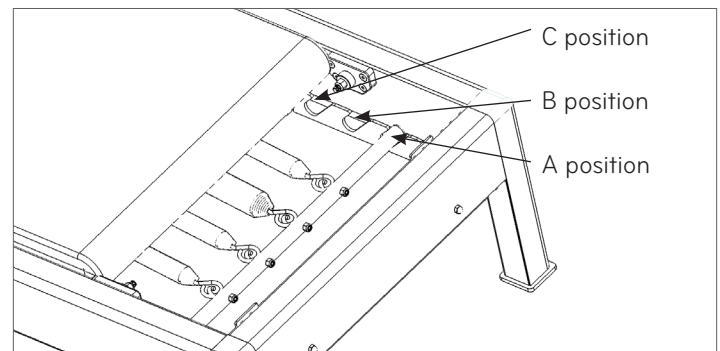


Figure G

NOTE: If using the 89" Contrology Reformer and the springbar is in the first gear, traveling the entire rail length without the Carriage Block can over stretch the springs.

SPRING LENGTH SET UP

The Contrology Classical Reformer arrives already setup with proper carriage springbar spacing and spring tension. The mounting angle can be adjusted under the carriage. If you desire to change the spring tension, loosen the (2) screws on each end of the bracket shown in Figure H.

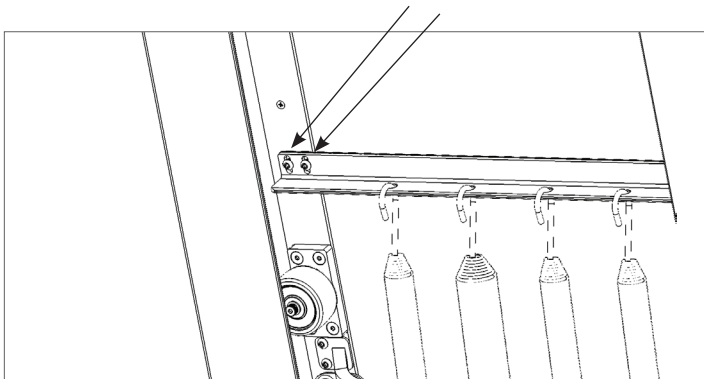


Figure H

Slide the carriage mounting angle towards the springbar, to make the springs fit looser, or towards head end to make them tighter. Tighten ALL (4) screws once the desired position is achieved.

SPRING WEIGHT

Springs are used to adjust the resistance for different exercises on the Reformer. Resistance on the Reformer is indicated by the number of springs used 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. Suggested spring settings are noted under the individual exercises.

- » **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).

ADJUSTING THE STRAPS

Under the carriage where the leather strap connects, the eye bolt has the option to adjust in/out. As the straps are used they will stretch and become longer. If maintaining the same strap length is desired, adjusting this eye bolt is necessary. Remove the Quick Link from the eyebolt then loosen the "Wing nut" attached to the eyebolt, then thread the eyebolt in towards the footbar. Reattach the Quick Link to the eyebolt and check the strap handle end compared to the shoulder rests. Adjust eyebolt in/out as necessary, remove the Quick link from the eye bolt when adjusting. Once in proper position, tighten the "Wing nut" against the mounting angle to secure the eyebolt into position. Reconnect the Quick Link to the eyebolt and repeat on the other side. See Figure I.



Figure I

Wingnut

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.

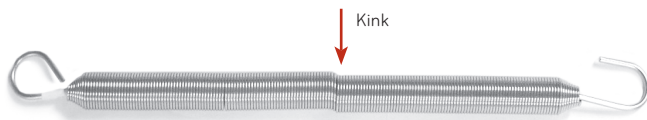


Figure 1

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.

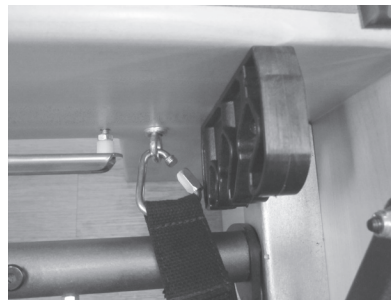


Figure 2a

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**.

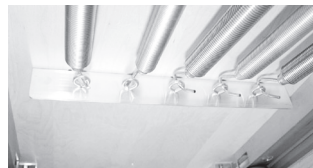


Figure 3: Springs hooked downward

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.

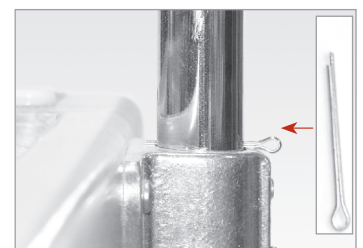


Figure 5: Cotter pin before and after removal from Trap Table.

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).

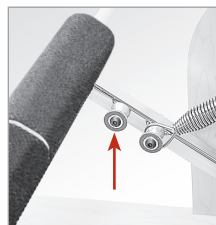


Figure 8: Fiber washer

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.

Assembling the Contrology™ Classical Reformer



PARTS LIST

| DESCRIPTION | PART NO. | QTY |
|-----------------------------|----------|--------|
| 36" Wooden Pole | 720-088 | 1 |
| 1/4" Black Kneeling Pad | 108-018 | 2 |
| Sitting Box | 721-011 | 1 |
| Footstrap | 210-072 | 2 |
| Extension Straps | 607-509 | 2 |
| Leather Straps | 707-306 | 2 |
| Leather Handles | 707-305 | 1 pair |
| Contrology Reformer Springs | SPR9600 | 4 |
| Contrology Springbar | 623-518 | 1 |
| Wooden Gear Block Stopper | 950-294 | 1 |

* 86" Reformer: (Leather Straps P/N: 707-307, Carriage Block P/N: 607-555). 89" Reformer: (Leather Straps P/N: 707-308, Carriage Block P/N: 607-556),

INSTALL THE CARRIAGE

Clean all the carriage wheels and the metal rail surfaces of the frame. Carefully place the carriage into the frame with the headrest facing away from the footbar.

INSTALL THE STRAPS

Install the handles clips onto the O-rings that are on the straps. Place handles over the eye bolts behind the shoulder rests. Insert the end of the leather strap with the Quick Link clip through the caster (rough leather side is against the caster) as shown in Figure A.

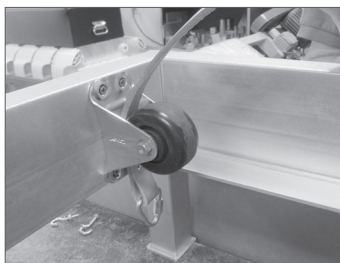


Figure A



Figure B

Guide the strap to the eye bolt on the underside of the carriage. Connect the Quick Link clip to the eye bolt on the same side of the carriage as shown in Figure B. Repeat on other side.

ATTACH THE SPRINGS TO THE UNDERSIDE OF THE CARRIAGE

Attach one spring to one slot in the bracket on the underside of the carriage as shown in Figure C. The open end of the spring hook should be facing down. Repeat for other springs.



Figure C

INSTALL THE SPRINGBAR

Place the springbar with hook ends facing up into the gear angle as shown in Figure D. Connect at least (1) spring to an eye bolt on the springbar.

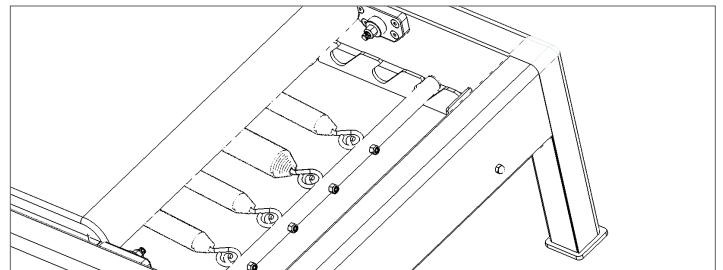


Figure D

CARRIAGE BLOCKS

The Carriage Block at the head end of the Reformer is installed on the frame to limit the distance the carriage can travel, see Figure E. There are two lengths: the Medium Carriage Block comes with the 86" and Long Carriage Block comes with the 89" Reformer. Not intended, but can be used on 80" Reformers, must purchase separately.

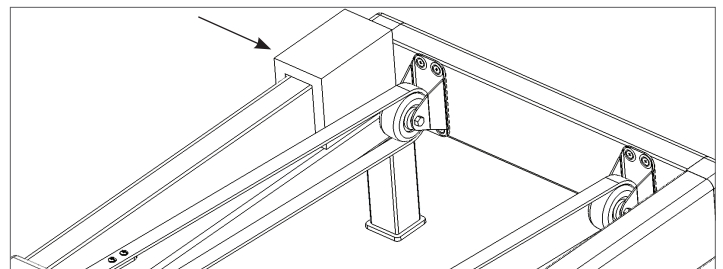


Figure E

The Gear Block, used by all Reformer lengths, at the foot end is installed on the left side rail of the gear positions as shown in Figure F. The Gear Block has two settings, short and long. Figure F shows the short position, when spring bar is in the middle or "B" position. Flip the Gear Block over to get the long position, for use when the springbar is in the last or "C" position

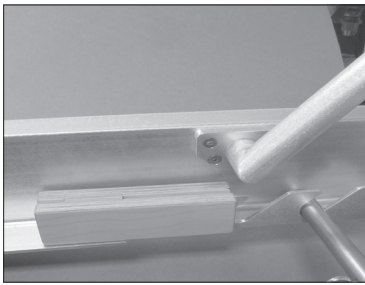


Figure F

The Carriage Blocks are most commonly used for clients who have a limited range of motion, or to stop the carriage from traveling too far. The Gear Block is used to change the carriage starting position.

INSTALL FOOTSTRAPS

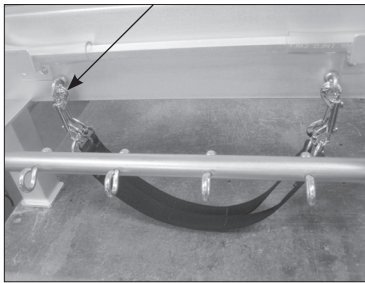


Figure G

Two footstraps are included with the Reformer. Clip one end of the strap to one eye bolt on the inside foot end of the frame, the other clip to the other eye bolt on the opposite side of frame end. Repeat for second footstrap, see Figure G.

HOW TO INSTALL EXTENSION STRAP

Remove the handles from both straps. Fold the extension strap in half and insert the clip into and through the D-ring, see Figure H. Attach the clip to the O-ring on the end of the strap. See Figure I. Repeat this process for other strap.



Figure H

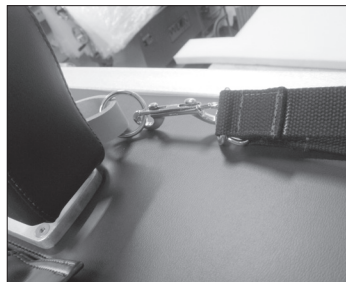


Figure I

INSTALL THE OPTIONAL JUMPBOARD (86"/218cm and 89"/226cm models only)

Correct installation of the jumpboard is very important. Lay the footbar flat down on the Reformer. Install the jumpboard down into the installed bracket on the inside of the foot end of the Reformer. The padded side should face the carriage. Properly installed the jumpboard will rest on the foot plate bracket, see Figure J.

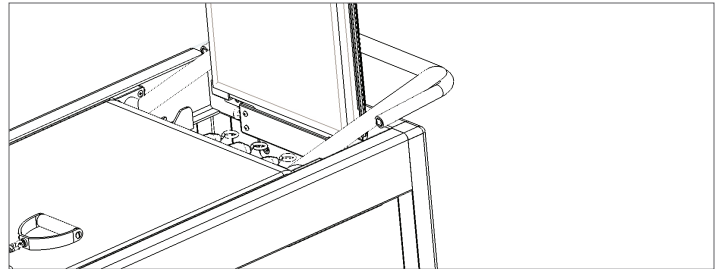


Figure J

FIXED STRAP HOOK (OPTIONAL)

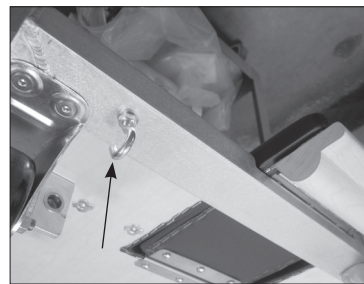


Figure K

This Reformer comes with an option to install a Fixed Hook for the straps. This can be installed as shown in Figure K. Non-Adjustable Strap Kit (210-146). If your machine came with a Fixed Strap Hook pre-installed, it may be removed and a Kit for Adjustable Straps (210-145) may be purchased separately.

Cleaning and 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 all skin contact parts after each use, including carriage, shoulder and head rests.

Equipment upholstery is coated with BeautyGard®, which offers antibacterial protection. If you want additional disinfection, Balanced Body offers Balanced Body Clean™ solution (especially those containing essential oils) will shorten the life of some equipment and is not recommended. A mild soap and water solution may also be used.

- » Be sure to dry thoroughly.
- » For heavier soiling please call Balanced Body Technical Support.
- » Wheel tracks and wheels should be cleaned regularly with a cloth to ensure that tracks smoothly and quietly.
- » Wash footstrap regularly. Place in pillowcase, wash on gentle cycle, air dry.
- » Be sure to inspect springs regularly.

If you have any questions on cleaning or maintenance, please call Balanced Body Technical Support.

LUBRICATION AND ADJUSTMENT

As needed, lubricate side wheels with 3-in-1 oil.

It is not recommended to lubricate the carriage rolling wheels, do so at your own risk.

IN CASE OF FREIGHT DAMAGE

If there is freight damage, make certain you keep all packaging material. Please call Balanced Body immediately.

QUESTIONS?

Please call Balanced Body Technical Support at 1-800-PILATES (U.S.) or +1-916-388-2838 (International).

Contrology Reformer Exercises

BREASTSTROKE, SKILL LEVEL—ADVANCED ORDER

Reps: 3

Apparatus Set Up: Headpiece: Up;
Footbar: Down Long Box, Wooden Handles

Focus

- » Strengthens spine extensors and entire back of body
- » Stretches front of body
- » Connection of back to apparatus through handles

Precautions:

Back, shoulder, and hip issues; may use a spotter to press down on legs.

Skills needed to perform exercise:

Swimming—Mat; Swan—Mat; Swan—Ladder Barrel;
Flying Eagle—Cadillac

Starting Position

- » Prone on Long Box with chest over box
- » Head facing footbar end, neck is long
- » Legs are straight and together
- » Hands holding wooden handles
- » Arms long at sides with palms up
- » Movement Sequence
- » Kick heels to seat 3 times
- » Simultaneously straighten legs and
- » Bend elbows, reaching arms forward and up
- » Continue reaching arms up wall towards ceiling while coming into arch shape (spotter may assist)
- » Reach arms out to sides, returning to start

Variation:

Reverse the direction; combo



TREE, SKILL LEVEL—BEGINNING
ORDER-ADVANCED ORDER

Reps: 3 on each side

Apparatus Set-Up: Springs: 2 Headpiece: Down
Footbar: Down Short Box
May adjust gear bar back for taller individual

Precautions:

Back, neck, hip issues

Skills needed to perform basic exercise:

Part of Beginning Order

Starting Position

- » Seated tall on box, hand's width distance from back edge of box
- » One foot flexed under double foot straps
- » Knee of opposite leg to chest, holding back of leg, elbows out to sides

Focus

- » Tall back on box
- » Strength and flexibility of spine
- » Multi-directional stretch away from a strong center
- » Relaxed breathing

Movement Sequence

- » Sitting tall, straighten and bend knee 3 times
- » Walk hands up ankle, bring forehead to knee
- » Rock back, catching strap with ankle
- » Walk hands down leg, rolling low back onto box
- » Continue rolling into well
- » Extend spine and open chest
- » Placing hands on floor, pressing into high bridge

Variation:

May do 3 leg circles in each direction. Beginners may simply bend and straighten knee while finding tall back on box, omitting rocking/roll back.



SHORT SPINE MASSAGE,
SKILL LEVEL—INTERMEDIATE ORDER

Reps: 5

Apparatus Set-Up: Springs: 2
Headpiece: Down Footbar: Down

Straps:
Shorten straps by threading leather straps through handles

Precautions:
Neck and back issues

Skills needed to perform exercise:
Must be able to lift hips to put feet into the straps.
Frogs & Circles; Rolling in a Ball—Mat

Starting Position

- » Supine
- » Feet in leather straps in Frog position
- » Tailbone down
- » Arms long at sides

Focus

- » Massages and stretches the back
- » Strengthens the center
- » Use of straps and low body reach to lift seat

Movement Sequence

- » Hold Frog position briefly
- » Press into straps and reach legs to the high diagonal and
- » Roll up, onto widest part of shoulders
- » Keep torso lifted and bend knees to frog position/width of shoulder blocks
- » Leave feet still and above face, rolling down, lengthening legs and stretching back
- » Once legs and back are stretched,
- » Continue rolling through spine by bending knees to Frog position



SEMI CIRCLE, SKILL LEVEL—INTERMEDIATE ORDER

Reps: 3 in each direction

Apparatus Set-Up: Springs: 2 on outside

Headpiece: Up Footbar: Up or Down

Precautions:

Some back and shoulder issues

Skills needed to perform exercise:

Up Stretch, Short Spine Massage, Pull-Straps & T, Thigh Stretch—Mat

Starting Position

- » Palms and heels of hands against shoulder blocks, thumbs with fingers toward outside of Reformer
- » Balls of feet, heels together/toes apart on footbar
- » Heels lifted as high as possible
- » Hips are lifted and carriage is closed as much as possible

Focus

- » Strong connection of seat into bar and hands into shoulder rests to get the spine to move as completely as possible without locking joints
- » Length in back
- » Thigh Stretch

Movement Sequence

- » With carriage still, start to lower spine: upper back, ribs, low back, moving hips into the well
- » Find the springs with seat
- » Move the carriage out only half way
- » Roll back up, maintaining carriage still
- » Close carriage, lengthening back and thighs

Reverse:

- » Keep hips lifted and press out
- » Maintain carriage still and roll down



SNAKE, SKILL LEVEL—ADVANCED ORDER

3 Reps on each side

Apparatus Set-Up: Spring: 1 Headpiece: Up

Footbar:

down (may wish to place a pad for foot diagonally on each corner of footbar)

Precautions:

Back, shoulder, wrist, knee, and ankle issues

Skills needed to perform exercise:

Up Stretch Combo, Elephant with One Leg, Swan—Mat, Pull-Up—Wunda Chair, holding starting position on 1 spring.

Mount & Starting Position

- » Facing one side of Reformer, place foot at a diagonal on footbar corner
- » Grasp footbar end of carriage with closest hand and front shoulder block with opposite hand, insuring hands are in line
- » Simultaneously come up into Elephant shape, pressing opposite ankle on standing leg shin, allowing knee to flex out to side
- » Square your body to face the carriage as much as possible

Focus

- » Breathing
- » Strengthens and stretches body
- » Moving spine from round shape to arch shape

Movement Sequence

- » Lift your center to move carriage out
- » Keep carriage underneath shoulders and reach into arch shape
- » Open up chest
- » Begin to return carriage by lifting your center
- » Curl chin to chest
- » Lift hips and return home



LONG SPINE MASSAGE,
SKILL LEVEL—ADVANCED ORDER

3 Reps each direction

Apparatus Set-Up: Springs: 2-3 springs
Headpiece: down Footbar: down

Straps:

Lengthen straps by threading extension straps through the handle and the loop of each strap.

Precautions:

Back and neck issues

Skills needed to perform exercise:

Ability to lift feet into straps without moving the carriage;
Airplane—Cadillac; Jackknife—Mat

Starting Position

- » Supine with feet in extension straps
- » Legs are long, heels together, toes apart
- » Arms at sides

Focus

- » Using in and up to lift hips by opposing the reach of the lower body
- » Use of straps and 2-way stretch to find length in spine
- » This exercise is not an articulation of spine, rather a soft landing in one piece

Movement Sequence

- » Push into extension straps and use center and seat to come up onto shoulders
- » Separate legs shoulder distance apart and reach into straps to return
- » Try not to roll down through spine
- » Reverse by separating feet and reaching into straps to roll up
- » Squeeze legs together at top to return home



**BACKBEND, SKILL LEVEL: ADVANCED
ORDER (SUPER ADVANCED)**

Reps: 1

**Apparatus Set-Up: Springs: 2
Headpiece: Up Footbar: Up**

Precautions:

Back problems, neck, hip, knee and shoulder issues. The use of a spotter is strongly recommended.

Skills needed to perform exercise:

Backbend with Straps; High Bridge—Spine Corrector

Starting Position

- » Knees against shoulder blocks
- » Arms at sides

Focus

- » Strengthens back of body
- » Stretches front of body
- » Using connection to apparatus to find the 2-way stretch

Movement Sequence

- » Reach arms up the wall, across the ceiling while lifting up and over, arching back and finding footbar with hands, maintain a long, lifted arch shape
- » Wrap fingers and thumbs around bar
- » Bend and straighten elbows 3 times; then
- » Press in and out 3 times with legs
- » Come back up
- » Round forward to stretch back



KNEES OFF, SKILL LEVEL: BEGINNING ORDER

10 Repetitions

Apparatus Set-Up: Springs: 2

Headpiece: Up Footbar: Up

Precautions:

Knee problems may need to limit knee flexion

Skills needed to perform exercise:

Knee stretches round; Knee stretches arched; Pull-up on Wunda Chair

Starting Position

- » Hands and fingers on footbar with thumbs on outside of footbar
- » Toes are bent and on carriage with entire bottom of feet against shoulder blocks
- » Knees hovering off carriage
- » Shoulders over gear bar
- » Spine is an even, lengthened round shape
- » Elbows are straight but not locked
- » Knees are bent

Focus

- » Lower body exercise
- » Strengthens seat and center
- » Endurance towards the end of the Reformer workout
- » Connection of lower body reaching out heels into shoulder blocks

Movement Sequence

- » Press feet into shoulder blocks to move carriage out, straightening legs
- » Return carriage, pressing heels into shoulder blocks
- » Maintain upper body still
- » Keep shoulders over gear bar

