

The Balanced Body® Reformer Trapeze Combination™



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Features of the Balanced Body Reformer Trapeze Combination (RTC)

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 RTC contains flammable materials, please keep away from direct heat.

INTRODUCTION

The Reformer Trapeze Combination or RTC is the most versatile piece of Pilates equipment available today. Consisting of a fully functional Reformer and a full Trapeze frame, Balanced Body combined two of the most important pieces of Pilates equipment into one compact unit. The following manual outlines the Reformer and Trapeze features of the RTC, as well as suggested exercises.

Balanced Body is the world's largest manufacturer of Pilates equipment. The Balanced Body Studio Reformer is the biggest selling Reformer on the planet, and its Allegro Reformer now sets the Pilates standard for health and fitness clubs around the globe.

THE REFORMER

The RTC is set up as a Reformer by removing the 2 mats from the frame, inserting the shoulder rests into their slots and placing the risers in the metal sleeves. The following adjustments are used on the RTC.

HEADREST

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 RTC has three headrest positions that are adjusted by a wooden support block underneath the headrest:

- » **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. It is also used for any exercise where the client rolls up onto their upper back (see safety note below).
- » **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.**
- » **Medium** – The support block rests on the notch in the middle of the support block.

- » **High (up)** – The bottom of the bar rests on the carriage. Used for clients with a forward head or a deep rib cage to facilitate correct alignment.

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 RTC is equipped with the new Revo footbar/springbar allowing the starting position of the carriage to be adjusted for users of different heights. To move the carriage, rotate both carriage brackets up until the carriage moves freely. Slide carriage forward or backward until it is lined up with the correct hole on the track. Release carriage brackets and make sure the hole is fully engaged.

- » **Hole 1** is closest to the footbar end of the Reformer and creates the shortest distance between the shoulder rests and the footbar. It is used for shorter users (under 5') or where increased knee and hip flexion is desired.
- » **Hole 2** is for users between 5' and 5'5"
- » **Hole 3** is for users between 5'5" and 5'9"
- » **Hole 4** is for users between 5'9" and 6'
- » **Hole 5** is the point farthest from the footbar of the Reformer. It is used for taller users or users with limited knee and hip flexion.

The heights given here are recommended suggestions. The footbar/springbar 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, place the support bar in one of the 3 grooves in the block at the footbar end of the Reformer, or take the support bar out of the grooves and lay it on the frame of the carriage for the no bar position.

- » **High Bar** – Place the support bar into the highest groove of the springbar block. The high bar position shortens the space between the shoulder rests and the footbar. This position is used for foot and legwork with shorter users, and with users who have difficulty keeping their back placement due to increased lumbar lordosis or a tight back.
- » **Middle Bar** – Place the support bar in the middle groove of the springbar block. The middle bar position lengthens the space between the shoulder rests and the footbar. This decreases the flexion of the knees in foot and legwork and places the torso in a neutral standing position.
- » **Low Bar** – Place the support bar in the lowest groove of the springbar block. The low bar position increases the space between the shoulder rests and the footbar to its maximum length. This decreases the flexion of the knees in foot and

legwork, decreases the flexion of the torso and hips in elephant and can be useful for taller or more flexible users.

- » **No Bar** – Take the support bar out of the grooves and place the footbar and the support bar down on the 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.

SPRING ADJUSTMENTS

Springs are used to adjust the resistance for different exercises. There are at least 30 different resistance settings that can be used on the Reformer. Suggested weight ranges are noted under each exercise.

CHANGING THE SPRING ATTACHMENT POINTS

On the RTC, spring tension is adjusted by attaching different combinations of springs to the hooks or buttons on the springbar. To safely adjust the springs it is best to have your hips squarely facing the footbar end of the RTC by squatting in front of it or by straddling the carriage.

- » **Hook position** – Place the spring on the hook directly in front of it. In this position the springs are under no tension to start with. This is designated as “B” position. There are five B positions.
- » **Pre-loaded position** – Place the spring on the nearest button on the springbar. This position will put the springs under a small amount of tension and will increase the resistance of the springs. This is designated as “A” position. There are four A positions.

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 user needs and the exercise.

- » **1 spring** (light): Primarily 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 REFORMER TRAPEZE COMBINATION

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. The

best way to find the optimal progressions for your machine is to test it yourself.

SPRING COLOR-CODING

These color codes are standard for Balanced Body Machines

Yellow – Very light
Red – Medium

Blue – Light
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 green 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
	A – 2 Red, Blue	B – 3 Red, Green, Blue

ROPES AND LOOPS

Ropes are adjusted according to specific exercise demands and user size. To minimize rope adjustments, double loop straps are used to allow the user to have the ropes at two different lengths without having to adjust them. The rope adjustments used in the manual are:

- » **Regular loops:** Resistance of loop or handle is somewhat taut on 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 silver pegs. With double loop handles 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. For reformers with wooden risers, loosen the knob behind the pulley, slide the pulley to the appropriate position, and then gently retighten the knob. 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.

THE TRAPEZE TABLE (CADILLAC)

The Trapeze Table consists of a padded table surrounded by a frame made of metal poles. Eyebolts in the frame provide attachment points for the springs. Loops, handles or a wooden Roll-down Bar can be attached to the springs creating a wide variety of exercises. The Trapeze Table has two moving cross bars or sliders: one between the uprights on one end of the table (vertical slider), and the other between the overhead bars (horizontal slider). The end of the Trapeze Table without the vertical slider ("Tower End") holds a hinged wooden or aluminum frame called the push through or Push-through Bar.

CONVERTING THE REFORMER INTO A TRAPEZE TABLE

Remove shoulder rests by taking pins out from behind the rests and placing them on the floor

Take pins out of risers and lower them as far as they will go

Detach all springs from carriage and slide it to the riser end of the frame

Lower the footbar toward the Reformer carriage and place the two Trapeze mats into the frame with the flap at the Tower end of table

Please see the attached diagram for a listing of the various parts of the Trapeze Table.

SPRING ATTACHMENT POINTS

- » **Low:** Springs are attached from eyebolts in frame at Tower end of the RTC. These springs are used to hold the Tower bar in position.
- » **Middle:** Springs are attached to vertical slider at closed end of RTC.
- » **High:** Springs are attached to stationary crossbars at either corner of the RTC.
- » **Overhead:** Springs are attached to horizontal slider between overhead bars.

TRAPEZE TABLE SPRINGS

The Trapeze Table has the widest variety of springs and the greatest number of possible attachment points of any Pilates equipment. Suggested spring weights and attachment points are included for each exercise.

SPRING CODING

The Trapeze Table has two different lengths of springs – long or leg springs, and short or arm springs. Each length of spring comes in different resistances. The standard Balanced Body spring coding is as follows:

Short springs

Yellow – Light

Blue – Medium

Red – Heavy

Black – Very heavy, usually used on the Trapeze

Long springs

Yellow – Light

Purple – Medium

SAFETY

It is very important that the instructor be present and spotting the client whenever the Push-through Bar is in use. The Push-through Bar should never be adjusted low enough to hit a client who is lying under it. The safety strap must always be used. The safety strap must be adjusted so that the angle of the Push-through Bar, when viewed from the side, is no lower than either the four or eight o'clock position. There are three height positions for the Push-through Bar pivot point. If a client is positioned below the bar, raise the pivot point to avoid the client.

UPHOLSTERY CLEANING AND DISINFECTING

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.

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 Assemble The Balanced Body[®] Reformer Trapeze Combination[™]

REFORMER PARTS LIST

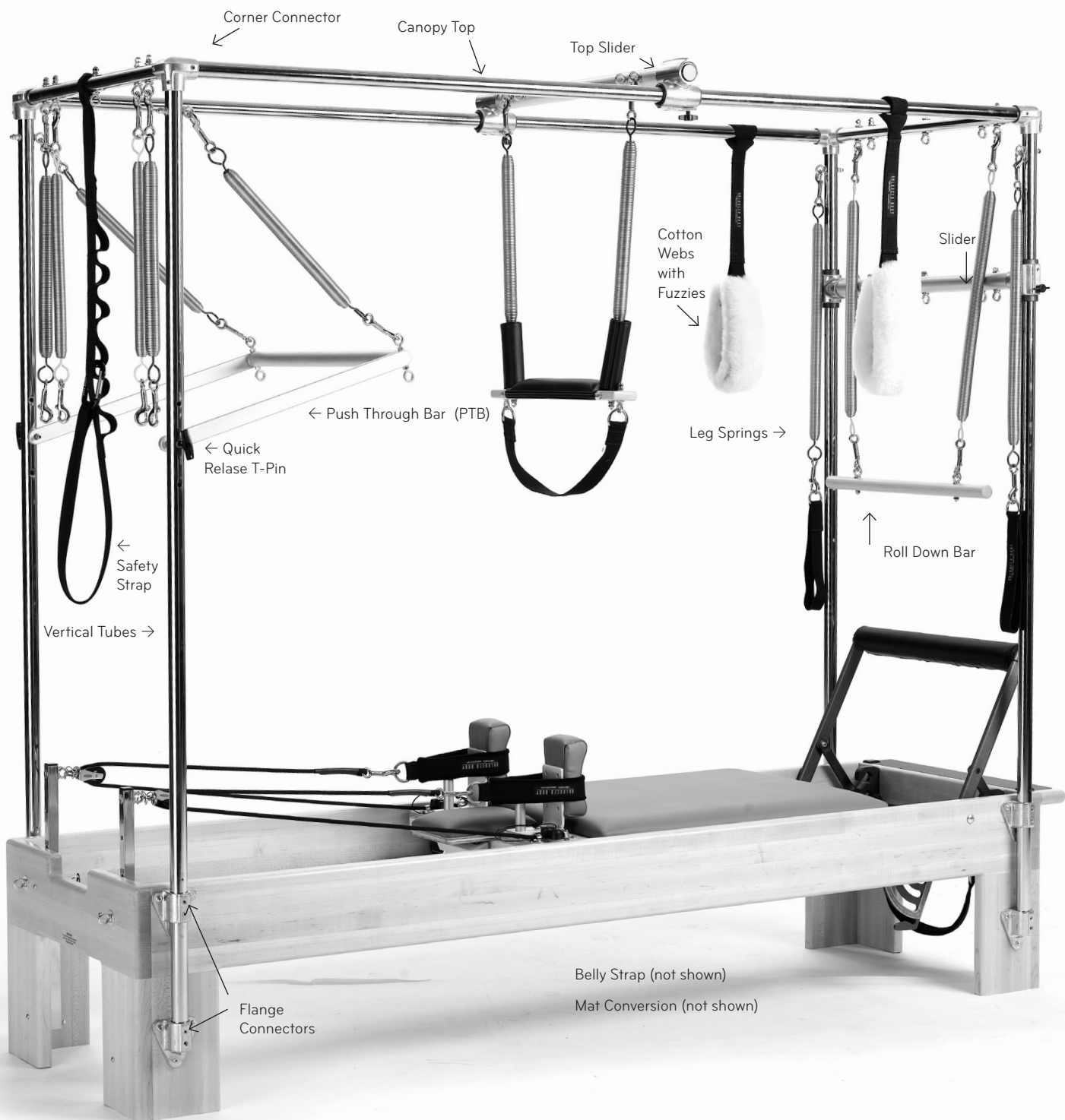
Description	Part Number	Qty.
Cotton Footstrap	210-030	1
Red Reformer Spring	SPR9070	3
Blue Reformer Spring	SPR9071	1
Green Reformer Spring	SPR9293	1
Ropes w/Snaps (pair)	210-026	1
Single Loop, Cotton (pair)	101-005	1
Neoprene Handles (pair)	101-016	1
Standard Sitting Box	721-002	1
Mat Conversion	707-068	1
Extension Stopper	200-211	1
Retractable Risers (pair)	950-184	1
Shoulder Rest (pair)	950-042	1

CANOPY/TRAPEZE PARTS LIST

Description	Part Number	Qty.
Ankle Velcro (pair)	101-001	1
Long Cotton Web, Black (pair)	101-026	1
Thigh Velcro (pair)	101-020	1
Wool Fuzzy (pair)	101-022	1
Belly Strap - Black	210-034	1
T-Pin	GEN9892	2
Push Thru Bar (PTB)	707-098	1
Red Trapeze Spring	SPR9001	2
Yellow Trapeze Spring	SPR9002	2
Blue Trapeze Spring	SPR9004	2
Long Yellow Spring	SPR9006	2
Long Purple Spring	SPR9461	2
Safety Strap	210-021	1
Push Thru Connector Bar	TRP0020	1
Trapeze Bar Assembly	950-059	1
Vertical Tubes with PTB installed	N/A	1
Vertical Tubes with Slider Bar installed	N/A	1
Canopy Top Assembly with Slider Bar	N/A	1
Cotter Pin	216-000	4

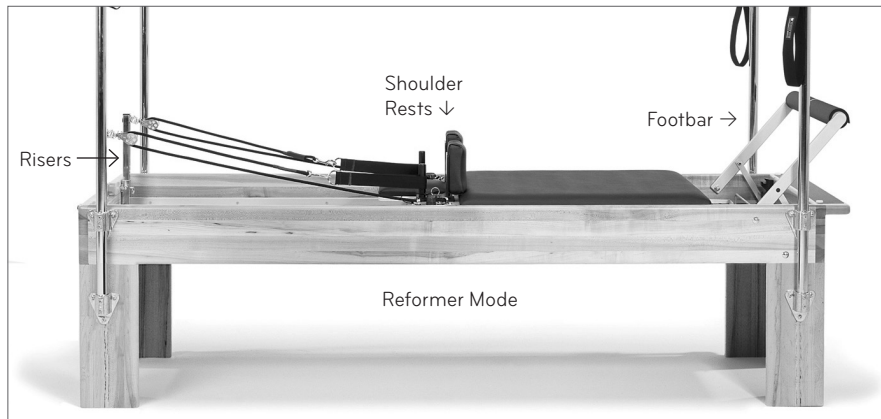
TOOLS

3/16" Allen Wrench	GEN9280	1
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Belly Strap (not shown)

Mat Conversion (not shown)



ASSEMBLE THE TRAPEZE CANOPY

1. Using the provided 3/16" allen wrench, loosen the set screws in each of the eight flanges mounted to the outside of the Reformer frame. Insert the provided cotter pins into the 1/8" holes near the bottom ends of each vertical tube. Pick up the vertical tube assemblies and place the tube ends into the flanges. The cotter pins will automatically set the tubing height. Be careful that the cotter pin doesn't scratch the wooden frame. The tubes with the push-through bar go at the head end of the machine (opposite the standing platform). The eyebolts on the tubes should face the other end.
2. Now set the canopy top onto the four vertical tubes. You will need help with this. The end of the canopy frame with the black safety strap goes over the push-through bar. Be certain all four corner fittings fit securely over the tubes.
3. Using the allen wrench, tighten the set screws in the corner fittings and in the flanges around the Reformer frame.
4. Supporting the Push-Through Bar (PTB), remove the T-pins one at a time and re-insert them so that they enter from the outside of the tubes. If either pin binds, some adjustment of the vertical tubes is needed. Simply loosen the set screws and rotate the tubes until both pins slide in and out freely. Be sure to re-tighten all set screws. Remove the cotter pins from the tubes and save for future use.

ASSEMBLE THE REFORMER

5. Swing the footbar up and place the support into position.
6. Place the carriage into the frame and attach the springs to the spring bracket on the underside of the carriage. The springs should have the open, hooked end pointing down through each eye bolt on the bracket and should lay across the padded bar at the foot end of the carriage. Attach one or more of the springs to the spring bar to secure the carriage in position.
7. Install the shoulder rests onto the carriage by locking them into the keyholes on either side of the headrest. They can be set wider or narrower by reversing their placement. Always lock them in place with the pin.
8. Install the adjustable risers with the pulleys facing the carriage. Again, always lock them in the desired position with their pins. Unroll the ropes and separate them. Clip a cotton loop onto the end of each rope and hang the loops on the shoulder rests. 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 insure a good grip.

OPTION: INSTALLING THE TWIN MATS

1. Pull pins and completely lower risers.
2. Remove shoulder rests from the carriage.
3. Detach all springs from springbar and move the carriage toward the head end of the frame.
4. Rotate the footbar support up to the padded section of the footbar and then lay the footbar down onto the frame rails. It should now be inside the frame and lower than the top of the frame.
5. Vinyl flaps are installed inside one mat for shipping purposes. Detach, rotate, and reinstall flaps so they hang down from the edge of the mat aligned with eye bolts.
6. Place the mat with vinyl flaps at the head-end of the Reformer with flaps facing the PTB. The Vinyl flaps should hang over the head-end of frame. They are designed to protect the mat conversion when using the PTB with a bottom spring.
7. Place the remaining mat on the foot-end of the Reformer. Make sure the end of the mat with the feet further from the edge is installed over the standing platform.

WEEKLY MAINTENANCE

8. Inspect springs for separations, and replace if needed. Inspect snaps on springs and make sure the retractors operate smoothly. Replace them if worn or do not operate freely. Make sure that there are no indentations on the inside of the hooks.
9. Inspect all nuts, eyebolts and set screws for tightness. Tighten or replace if necessary.
10. Check to see if quick release pins on the PTB operate correctly. Does the ball at the end of the pin protrude? Does the ball retract when the button is pressed? If not, replace the pin.

WARNING: This machine is potentially dangerous, and Balanced Body Inc. assumes no liability towards use or misuse. If you are not fully aware of the safety issues and use of this machine, do not use it.

QUESTIONS?

Call Balanced Body Technical Support at 1-800-PILATES or +1-916-388-2838.

How to use the Revo Adjustment System

The Revo is an efficient and versatile adjustment system for Balanced Body Studio Reformers and Combination equipment. With the Revo, you can quickly and easily change the distance between the shoulder rests and the footbar, creating the ergonomically correct position for each client.

Moving the Revo springbar and carriage

The Revo springbar moves to one of five indexed stop positions. The springbar is integrated with the carriage – when you move the springbar, the carriage automatically moves with it.

To move the springbar and carriage:

- » Attach one spring to the springbar. You can attach more than one spring, but additional springs increase the tension and make the springbar more difficult to move.
- » Position yourself at the side of the Reformer. (If you are using the Reformer yourself, you can make the adjustment from a seated or straddle position.) Pull one of the cam handles upward. The cam hook must fully engage the metal plate on the bottom of the carriage.
- » Keeping the cam hook engaged, use your other hand to move the carriage into the desired position. The springbar will move with the carriage. When you reach a carriage stop position, you'll hear a "click." There are index markers along the rail that you can use as a visual reference.
- » Release the cam handle so that it drops completely into an indexed position.



Fig. 1
To move the carriage, grasp the cam handle and pull up, then move the carriage backward or forward. You'll hear a solid "click" when you have reached the next position.

Fig 2

Locking the Revo Footbar®

The Revo footbar features a sliding lock that keeps the footbar securely in place.

To lock the Revo footbar:

- » Slide the locks away from the footbar bracket.
- » Pull the footbar slightly upward and move the footbar support into the desired position.
- » Slide the locks into the support brackets as far as they will go to secure the footbar. Fig 1.



Fig 3 Sliding the lock into the footbar support bracket to lock the footbar.

Pre-loading springs

You can pre-load springs by attaching them on the posts on top of the springbar.

Adjusting Carriage Position

The Revo allows you to adjust the distance between the shoulder rests and the footbar, creating the ergonomically correct position for clients of all heights.

For short to average height clients, use positions #1 or #2.

For taller clients, or those with a limited range of motion, use positions #3 - #5.

You can also raise the footbar to create an even shorter distance between the shoulder rests and footbar.

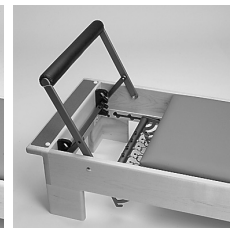
Conversely, you can lower the footbar to further lengthen the distance between the shoulder rests and footbar.



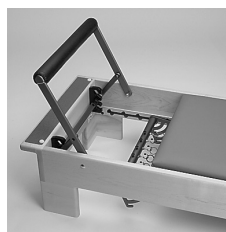
#1 Carriage Position



#2 Carriage Position



#3 Carriage Position



#4 Carriage Position



#5 Carriage Position

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.

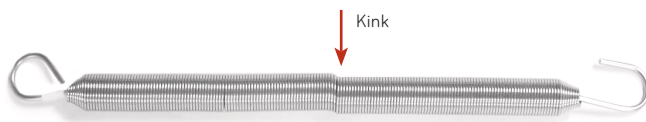


Figure 1

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 2**.



Figure 2: 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 snaps 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.

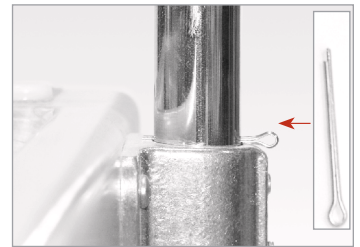


Figure 5: Cotter pin before and after removal from Trap Table.

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.

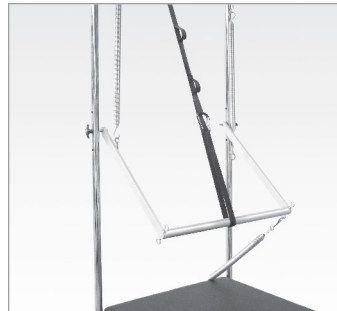


Figure 7: Safety strap holding the push-through bar at 4 o'clock. The strap is secured to the PTB and canopy frame, not the eyebolts.

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 dismantling 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).

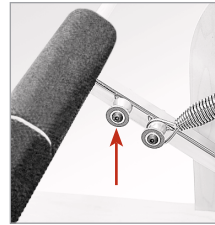


Figure 8: Fiber washer

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 snaps 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.

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 Springs: 1 – 2 Bar: None Loops: Short 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

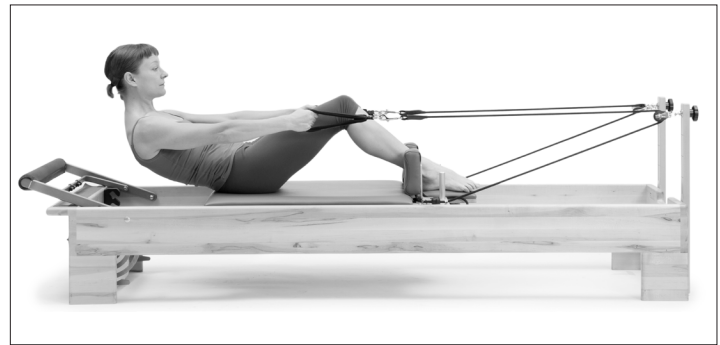
Hold loops with arms straight, roll down, curving back and staying lifted, roll back up maintaining slight flexion in spine

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 Springs: 1 – 3 Bar: None Loops: Regular 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

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 Springs: 1 – 2 Bar: None Loops: Regular
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

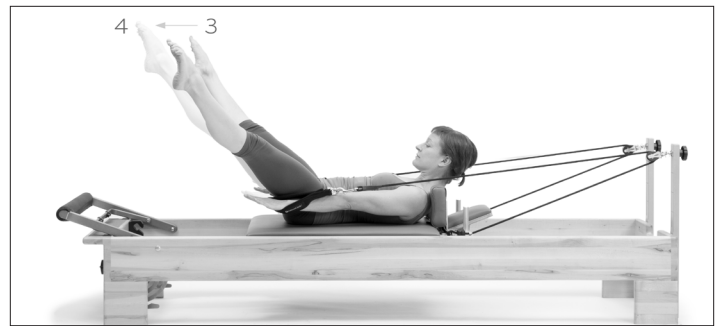
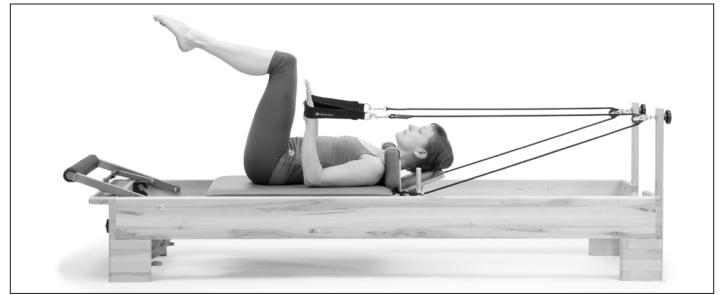
Mat or Reformer Hundred

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 Springs: 1 – 2 Bar: None Loops: Regular
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

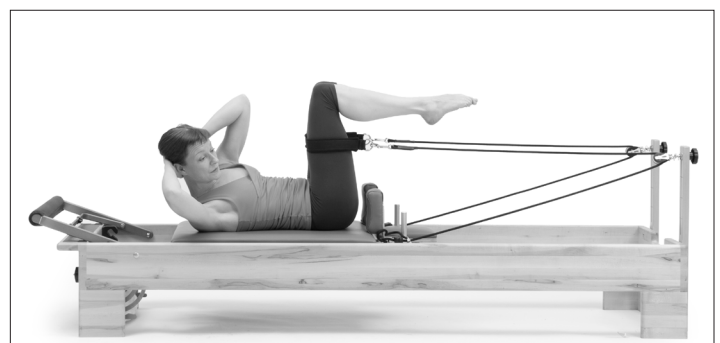
Mat Roll-up, strong abdominals, ability to maintain imprinted spine

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



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 Springs: 0 – 2 Bar: None Loops: 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



Starting position, facing straps



Flat Back



Oblique 1

FEET IN STRAPS, LEVEL 1

6 reps Set up: 2 springs Bar: Any Loops: Regular 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

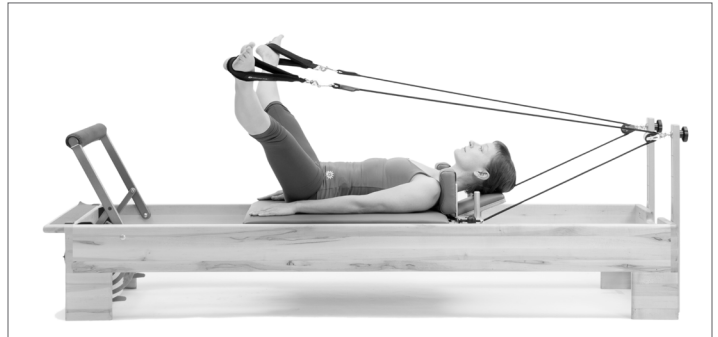
Hips stable, begin with inner thighs together, lower and raise legs



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 Springs: 1 - 2 springs
Box: Long Loops: Regular Bar: 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

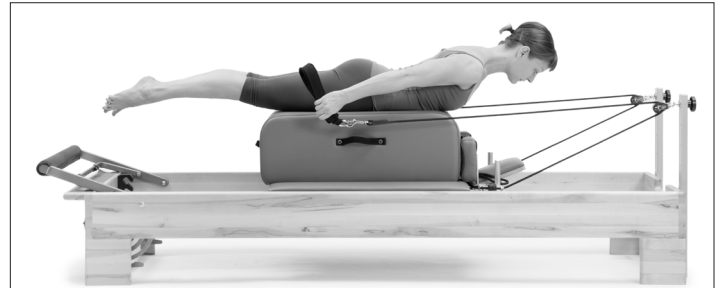
Pull ropes to hips with arms extended out to the side

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



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 Springs: 2 Box: Long Foot strap
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



SHORT BOX - ABDOMINALS, ALL LEVELS

6 reps Springs: 4 - 5 Box: Short Strap: Foot strap
Pole in hands

Focus

- » 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

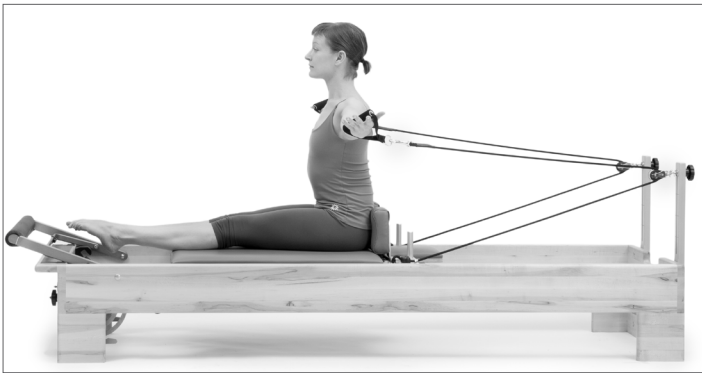
Loops in hands, arms straight, pull straps back level with hips and pulse arms back



ARM WORK - CONTINUED

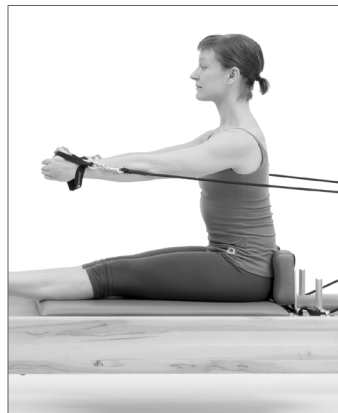
Serve a tray

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



8 reps Springs: 0 - 1 spring Standing platform

Focus

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

Prerequisites

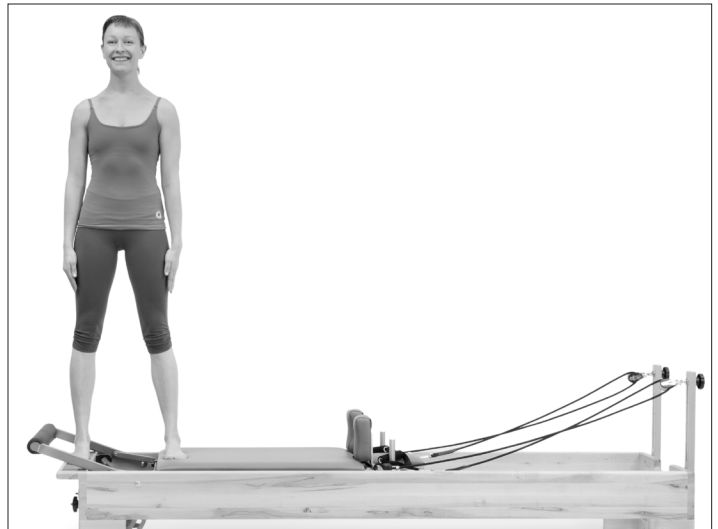
- » None

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



Trapeze Table 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: Number and location of springs on the trapeze table.

Loops: Which loops should be used during exercise.*

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

ROLL BACKS, LEVEL 1

6-10 Reps

Springs: 2 long or 2 short springs from high position

Roll-down Bar or handles

Focus

Breathing – exhale roll down, inhale at the bottom, exhale to roll up

Balance between abdominals and lumbar extensors

Soft neck and shoulders

Maintain C-curve

Soft hip flexors

Precautions

Shoulder and neck problems, some low back problems, osteoporosis

Starting position

Sit facing open end of Cadillac, holding on to bar or handles, knees soft, feet on metal bars.

Standard Exercise

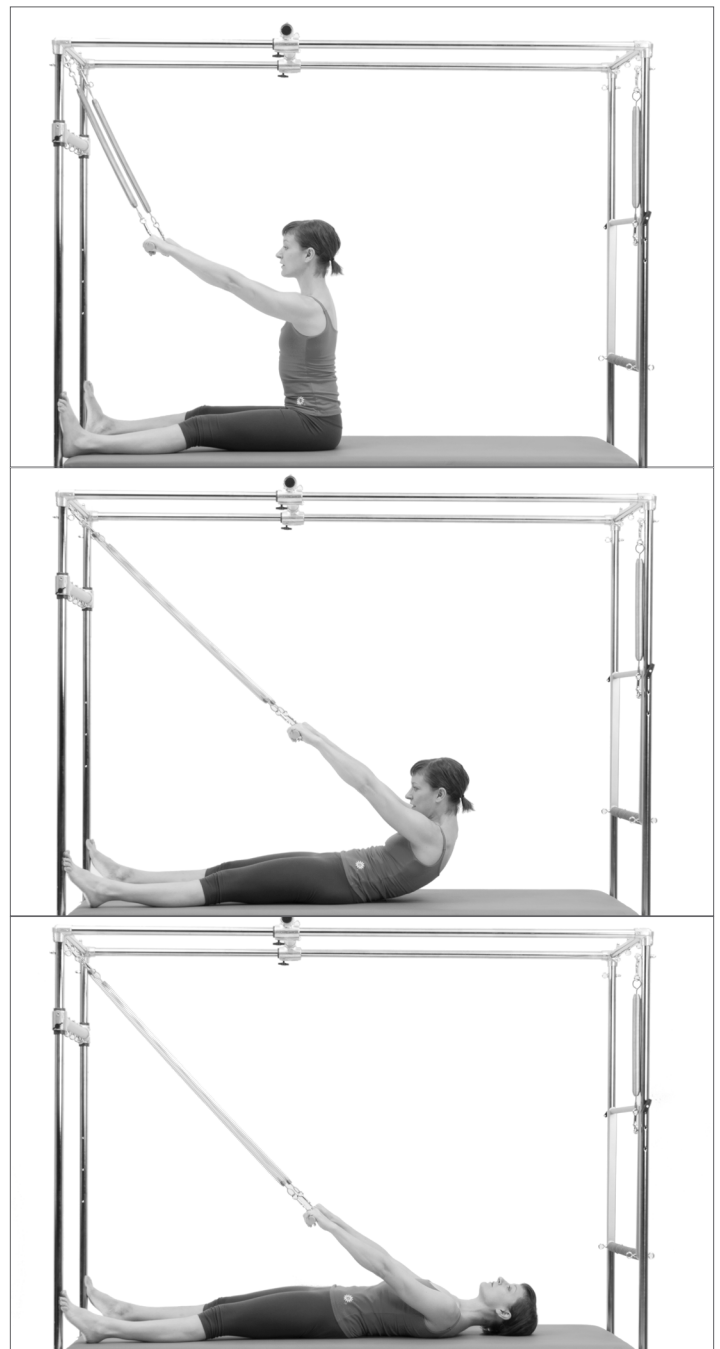
Hold bar with arms straight, roll down, curving back and staying lifted, roll back up maintaining slight flexion in spine

Oblique Variations

Wooden bar (Water skiing)

Sit diagonally on table, place left foot against pole, cross right foot over ankle, place left hand on bar and reach right arm open while rotating torso to the right.

Roll down and up maintaining rotation, then switch sides.



BREATHING, LEVEL 2

6 reps

Springs: 2 long, light springs from high position on wooden bar for Joe's Breathing, 1 – 2 short springs from high position on aluminum bar for Carola's Breathing.

Feet in Trapeze

Focus

Breathing – Inhale push bar, exhale return, inhale press legs down, exhale return, inhale roll-up, exhale return

Abdominal strength, balance between abdominals and back extensors

Shoulders down

Pelvic stability

Back, Gluteal and Hamstring strength

Coordination

Precautions

Shoulder and neck problems, some low back injuries

Starting position

Lie supine with head at tower end of Trapeze Table, hands holding Push-through Bar or Roll-down Bar, palms facing down, feet in trapeze, legs slightly turned out. Adjust Trapeze with the horizontal slider to be directly over the knees when lying supine.

Joe's Breathing

Holding on to Roll-down Bar, press bar down to hips as legs press down into the trapeze and torso and hips rise off the table, return to the starting position.

Carola's Breathing

Hold on to Push-through Bar, inhale and pull bar down to chest by bending elbows wide

Press bar overhead and bring arms down and back to starting position on the exhale

Inhale and press the Trapeze down lifting the hips off table with a flat back

Roll the back down and return to starting position on exhale.

Press bar up and roll torso off table into Teaser position

Exhale and return to starting position.



Joe's Breathing



Carola's Breathing

FEET IN STRAPS, LEVEL 1

6-10 reps

Springs: Long springs from middle, high or overhead position

Loops or Velcro around ankle or arches

Focus

Breath - exhale out/inhale in or inhale out/exhale in

Neutral spine

Hollow abdominals

Pelvic stability

Hamstring, adductor and gluteal strength

Hamstring and adductor flexibility

Leg alignment

Precautions

Back injuries, some knee injuries and hamstring strains

Starting Position

Lie supine on Trapeze Table with head at open end, Velcro straps on ankles (with springs at overhead bar) or loops around arches (with springs in middle or high position).

Leg Lowers

Both legs in Velcro straps or loops and inner thighs together, lower legs toward the table and maintain pelvic stability.

Variations: Parallel, turned-out, turned-in, holding a ball or magic circle between the legs

Circles

With both legs in the Velcro straps or loops circle the legs in both directions, maintaining pelvic stability.

Variations: parallel, turned-out, turned-in

Scissors

With both legs in Velcro straps or loops, lower legs toward table then open and close legs and maintain pelvic stability.

Variations: parallel, turned-out, turned-in

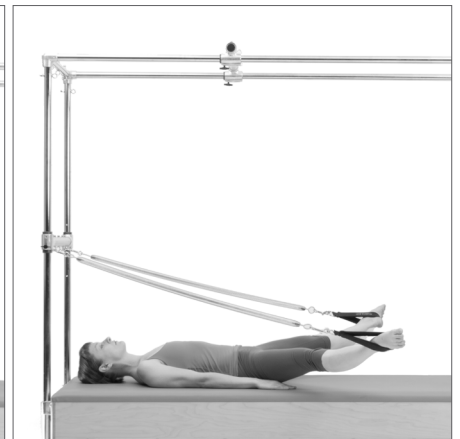
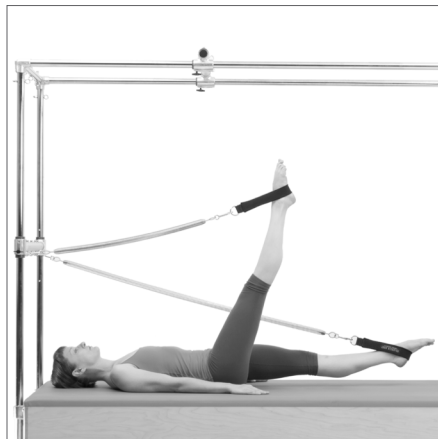
Walking

With both legs in Velcro straps or loops alternately bring one leg down toward the table and then the other, while maintaining pelvic stability.

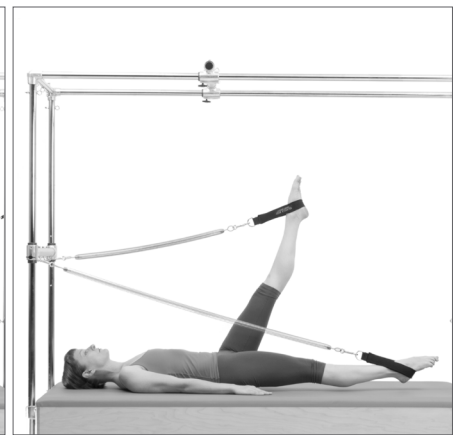
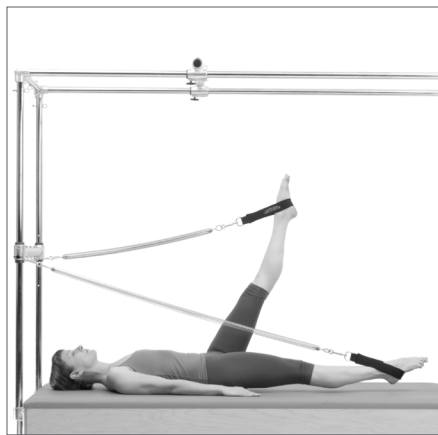
Variations: parallel, turned-out, turned-in



Leg Lowers



Circles



Walking
(springs middle position)

SIDELYING – ADDUCTOR PULL, LEVEL 1-3

6-10 reps

Springs: Long springs from middle or overhead position

Loops around ankle or arches

Bottom leg under Trapeze Table strap

Focus

Breath - exhale down/inhale up

Correct side-lying position (waist up, hips and shoulders in line)

Hollow abdominals

Pelvic stability and isolation of the leg from the pelvis

Adductor, medial hamstring and external rotation strengthening

Precautions

Some back injuries, knee injuries, and unstable sacroiliac joints

Starting Position

Lie on your side on the Trapeze Table with back of the body in line with back edge of the table and legs slightly forward, with bottom leg under the Trapeze Table strap.

Support body by bracing the bottom arm against upright pole or resting head on arm.

Place loop around ankle (or arch if the spring is overhead or coming from the middle bar).

Standard Exercise

Pull top leg down toward bottom leg while bottom leg lifts up against strap.

Maintain correct side-lying position.

Variations: parallel, turned-out (larger range of motion), turned-in.

Ovals

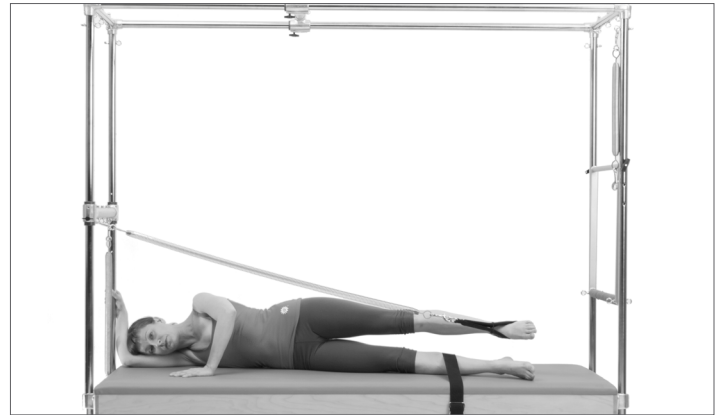
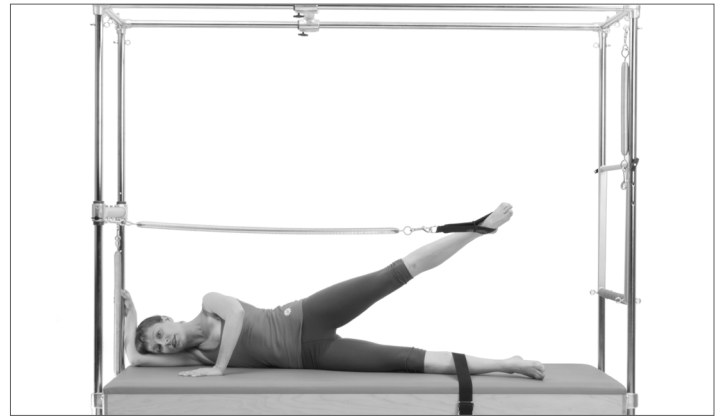
Maintaining correct alignment, move top leg in a small circle in both directions.

Variations: parallel, turned-out, turned-in

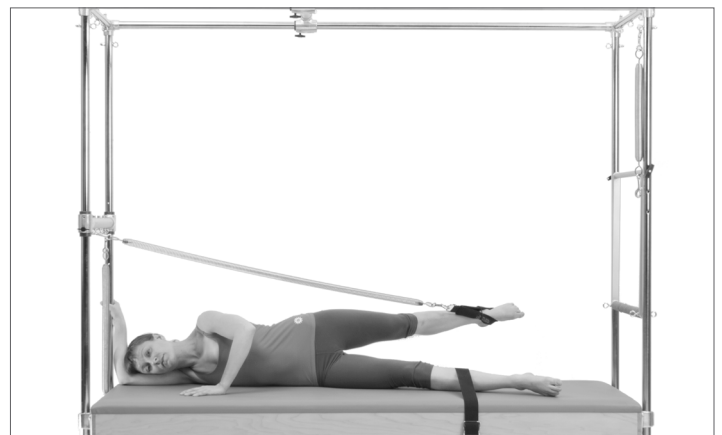
Front-Back Kick

Maintaining correct alignment, swing top leg forward and back (as in the Side Kick on the mat).

Variations: parallel, turned-out, turned-in



Adductor Pull



Front-Back Kick

FOOT AND LEGWORK, LEVEL 1

10 reps

Springs: 2 long or short springs from the bottom on aluminum bar,

Safety strap on

1 or 2 short springs from the top for Dorsiflexion

Focus

Breath – inhale push, exhale return

Spine to mat or neutral spine

Leg, ankle and foot alignment

Calf and hamstring flexibility

Foot, ankle and lower leg strength

Precautions

Back injuries, knee injuries

Plies and Plantarflexion

Starting Position

Supine on Trapeze Table with head toward open end, feet on Push-through Bar, and springs attached from low position onto the Push-through Bar

Plies

Lie supine with the Push-through Bar in line with anterior hip crease, flex knees, flex hips, with metatarsals or heels on the bar, and straighten legs and return.

Foot position variations: Heels, Toes

Leg variations: Parallel, Turned out, v-feet, Wide 2nd position, Single leg

Plie/Releve

Lie supine with the Push-through Bar in line with anterior hip crease, hips flexed, knees bent, metatarsals or toes on the bar.

Push the bar up toward the ceiling straightening the knee, plantarflex the ankle, dorsiflex the ankle and return.

Variations: Parallel, Turned out, Single leg

Plantarflexion

Lie supine with Push-through Bar in line with anterior hip crease, legs straight, metatarsals or toes are on bar, plantarflex and dorsiflex the ankles.

Variations: Parallel, Turned out, Single leg, Running in place



Plies



Plantarflexion

SEATED PUSH THROUGH, LEVEL 1

6 reps

Springs: 1 short spring from above on Push-through Bar

Focus

Breath – exhale stretch forward, inhale stretch up or reverse

Spinal flexion and extension

Hamstring flexibility

Scapula stability/mobility

Abdominal hollowing and lift

Coordination of breath with spinal mobility

Precautions

Some back injuries, shoulder injuries

Prerequisites

Mat – Spine Stretch

Starting Position

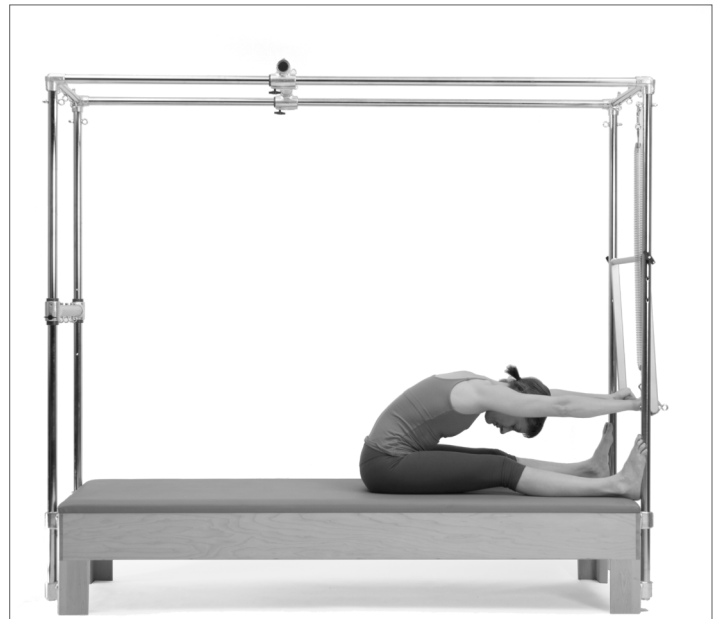
Sit on table facing tower end, with feet against upright bars, and both hands on the Push-through Bar (knees can be bent or straight depending on flexibility).

Standard Exercise

Push bar down, curve spine forward beginning with top of head, reach the bar forward and stretch.

Return by hollowing out abdominals and stacking one vertebra on top of another until sitting up on the sit bones.

Press bar up and lean forward from hips with a flat back before beginning again



CAT, LEVEL 3

4 reps

Springs: 2 short springs from above on Push-through Bar

Focus

Breath – exhale roll down, inhale to extend out, exhale pull back, inhale uncurl.

Spinal flexibility

Scapula stability/mobility

Abdominal hollowing and lift

Coordination of breath with full spinal mobility

Precautions

Back injuries, shoulder injuries, knee injuries, and osteoporosis

Prerequisites

Mat – Cat/camel stretch

Starting Position

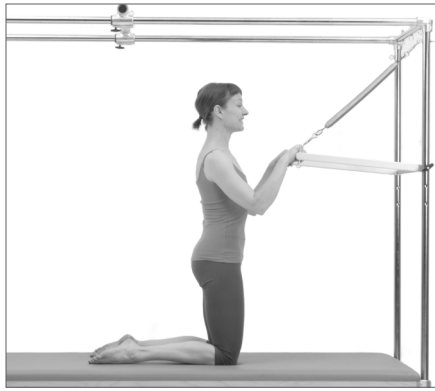
Kneeling on table, hands on Push-through Bar with the bar close to the body.

Standard Exercise

Press bar down and roll the spine down beginning with top of head.

Reach bar away as spine elongates into extension.

Return by pulling abdominals in and curling spine back into flexion before stacking vertebra one on top of the other to return to the starting position. (Keep the hips pressed forward over the knees as much as possible.)



CIRCLE SAW, LEVEL 2

4 reps

Springs: 2 short springs from above on Push-through Bar

Focus

Breath – exhale stretch, inhale to circle out, exhale reach, inhale circle back

Spinal flexibility in rotation

Scapula stability/mobility

Abdominal hollowing and lift

Coordination of breath with full spinal mobility

Precautions

Some back injuries, shoulder injuries

Prerequisites

Mat - Saw

Starting Position

Sit on table facing Tower end, with feet against upright bars, right hand pushing up on the Push-through Bar, left hand reaching toward right foot.

Standard Exercise

Sweep left hand toward left foot and continue to circle arm out and around, allowing torso to lean back while maintaining abdominal lift and torso integrity until the left hand reaches over the right arm toward the right foot.

Reverse the circle

Do four repetitions using each arm, keep both sit bones anchored for pelvic stability (or release one slightly to increase stretch).



PARAKEET, LEVEL 4

4-6 reps

Springs: 2 short springs from high outside eyes on to the Push-through Bar

Focus

Breath – varies

Pelvic stability

Hamstring and gluteal strengthening

Abdominal hollowing

Spinal articulation in flexion

Leg and torso alignment

Precautions

Some back problems, neck injuries, and weak torsos

Starting Position

Lie supine with head toward open end of table and toes gripping aluminum bar. When bar is pulled down, tailbone should not come off table.

Standard Exercise

Bend knees and press the bar out until legs are straight, keeping a firm grip on the bar with toes or arch of foot.

Pull bar back by bending knees and press bar up toward ceiling rolling the spine off the table into a shoulder stand.

Lift one foot off bar and return it maintaining pelvic placement.

Lift other foot off and return it.

Bend and straighten knees, maintaining torso height, roll down and repeat.

Variation: When legs have pressed bar out and back is on the mat, roll up into a sitting position, reach forward toward the bar and stretch, then roll back down to begin again.

