The Balanced Body®
Rialto Reformer™ with Tower

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balanced body®

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RIALTO REFORMER™/TOWER CE MANUAL

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

INTRODUCTION

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

Various spring strengths provide resistance and support while the user pushes on the footbar, pulls on ropes or 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.

FEATURES OF THE BALANCED BODY RIALTO REFORMER™

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 Rialto Reformer has three headrest positions that are adjusted by a 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.

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 support block 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.

SHOULDER REST ADJUSTMENTS

The shoulder rests on the Rialto Reformer can be adjusted laterally to accommodate wide or narrow shoulders. To remove the shoulder rests, turn the black knob counter-clockwise and remove it. You may then lift the shoulder rests out.

Narrow Shoulders – In this position, the shoulder pads are shifted towards the head rest.

Wide Shoulders – In this position, the shoulder pads are shifted away from the head rest.

Swap the shoulder rests to switch between these two positions.

HORIZONTAL CARRIAGE AND SPRINGBAR ADJUSTMENTS

The Rialto Reformer allows the starting position of the carriage to be adjusted for users of different heights. To move the springbar, unhook the springs and lift the springbar to position into the desired gear on the springbar supports.

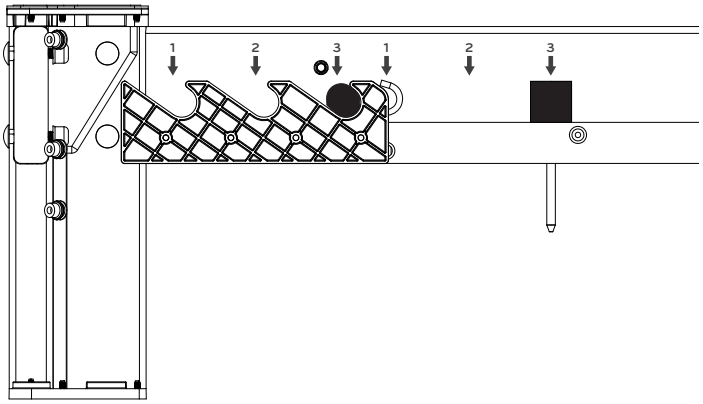
1st Gear: In this position, the springbar is closest to the footbar end of the reformer. The carriage stopper is at the position closest to the footbar end as well. This creates the shortest distance b/w the shoulder rests and the footbar. It is used for shorter users or where increased knee and hip flexion is desired.

2nd Gear: In this position, the springbar is in the middle gear and the carriage stopper is in the middle hole in the rail. The distance b/w the shoulder rests and the footbar is higher than the first gear.

3rd Gear: In this position, the springbar is farthest from the footbar of the Reformer and the carriage stopper is in the hole farthest away from the footbar. It is used for taller users or users with limited knee and hip flexion.

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.

The Rialto has a visual guide to indicate which position the spring bar and stopper reside. The stopper and spring bar position indicators should match. Please refer to the illustration below.



FOOTBAR ADJUSTMENTS

To adjust the footbar vertically squeeze both levers on the sides of the footbar uprights until pins come out of both holes. Move footbar to the desired height and release the levers so both pins fully engage the new holes. Please note that the footbar is moved by squeezing both of the levers at the same time.

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

High Bar – Squeeze levers until pins are free of the holes and move footbar so pins line up with the second position from the top on the footbar plate. Release levers making sure the pins fully engage both holes. This position makes the space between the shoulder rests and the foot bar longer than the vertical bar position. This position also is used for foot and legwork with shorter users and with users who have a hard time keeping their back placement due to increased lumbar lordosis or a tight back.

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

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

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

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

SPRING WEIGHT

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.

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

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

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

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

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

SPRING PROGRESSIONS FOR THE RIALTO REFORMER

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

SPRING COLOR-CODING

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

Yellow – Very light
Blue – Light
Red – Medium
Green – Heavy

SPRING ATTACHMENT POINTS

A – Heavier (springbar is close to the frame or spring is attached to the button)

B – Lighter (springbar is close to the carriage or spring is attached to the hook)

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. Many studios use a double loop strap that allows the user to have the handles at two different lengths without adjusting the ropes. The rope adjustments used in the manual are:

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

Short loops: Resistance of loop or handle is somewhat taut on the knobs that secure the shoulder rests to the head rest board. With double loop straps the user holds smaller loop. Used for rowing and some arm work exercises.

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

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

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.

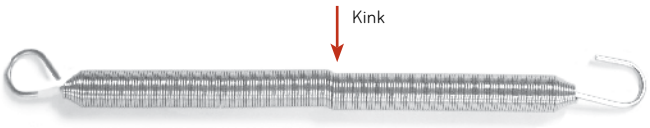


Figure 1

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.

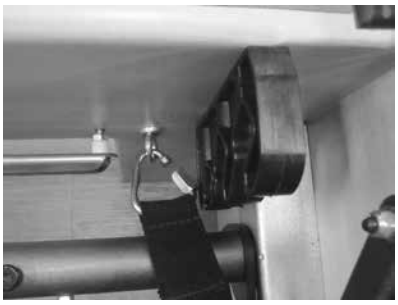


Figure 2a

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.

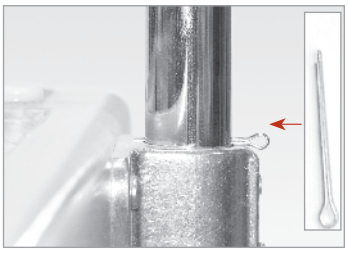


Figure 5: Cotter pin before and after removal from Trap Table.

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 maintentance 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).

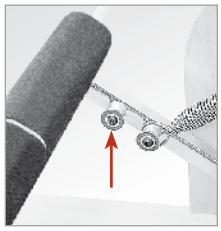


Figure 8: Fiber washer

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**.

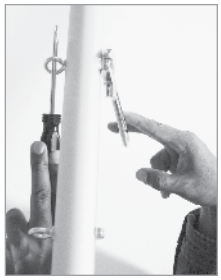


Figure 9: Use two fingers to tighten bolts

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 Balanced Body® Rialto Reformer™

balanced body®

Contact Us
1-800-PILATES | +1-916-388-2838
pilates.com | info@pilates.com
400-417 | 05.14.19

PARTS LIST

DESCRIPTION	PART NO	QTY
Red Springs	SPR9070	3
Blue Spring	SPR7071	1
Green Spring	SPR9293	1
Soft Touch Loops (pair)	101-036	1
Ropes (pair)	210-070	1
Carr Extension Stopper	200-211	1
Sitting Box Lite	108-350	1
Riser Tower	620-060	1
Shoulder Rests Knobs	620-059	2
Shoulder Rest Bracket	16021	2
Shoulder Rest Pad	15904	2
Foot Strap	101-011	1
Pulley Assembly	620-083	2
Footbar assembly	620-081	1
Black Spacer	620-073	2
Silver Washer	GEN9203	2
Shoulder Bolt	GEN7541	2
5/16" Allen Wrench	GEN9050	1
5/32" Allen Wrench	GEN9282	1

INSTALL THE CARRIAGE

1. Turn the carriage over and clean both the wheels and the full length of the rail surfaces inside the frame. Carefully place the carriage into the frame with the headrest facing away from the standing platform end.

ATTACH THE SPRINGS TO THE UNDERSIDE OF THE CARRIAGE

2. Locate the bracket with five slotted holes beneath the carriage. Hook the springs onto the slots. The hook should be facing down. The springs should pass through the loops in the nylon strap. See Figure A.

Fig A

INSTALL THE RISER TOWER

3. The riser tower comes with the pulleys preinstalled. Guide each end of the riser tower through the hole in the legs in the head end of the reformer. The riser tower should go through the legs and stop at the predetermined height. Lock the riser tower by tightening the top set screw in each leg using the provided 5/32" allen wrench. See Figure B.

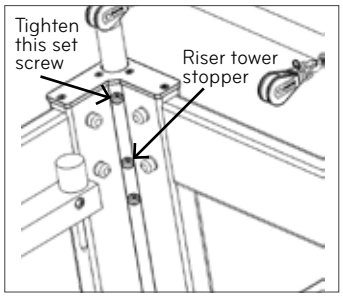


Fig B

INSTALL THE SHOULDER RESTS

4. Shoulder rests get installed with a threaded black knob. Place the shoulder rests into the notch in the carriage head end and thread the black knob. See Figure C.

   Note: In order for the shoulder rests to be completely secure, the knob has to be tightly threaded.

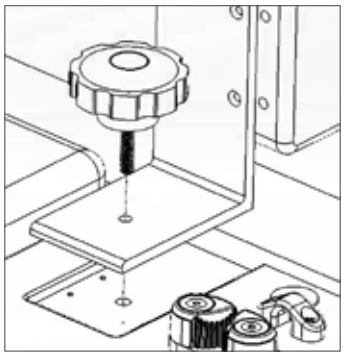


Fig C

Note: The shoulder rests can be installed in two positions. One position is wider and more comfortable for broad shoulders. Swap the left and right shoulder rests to change between standard and wide configurations.

ATTACH THE ROPES

5. To attach the ropes, first engage at least one carriage spring to the springbar to hold the carriage in place. Unroll and separate the ropes. Install the loops onto the ropes as shown in Figure D. Hang the loops on the shoulder rests and 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 black eyestraps on both sides of the cam cleats, as shown in Figure E. Always push the rope firmly down into the cleats to ensure a good grip.

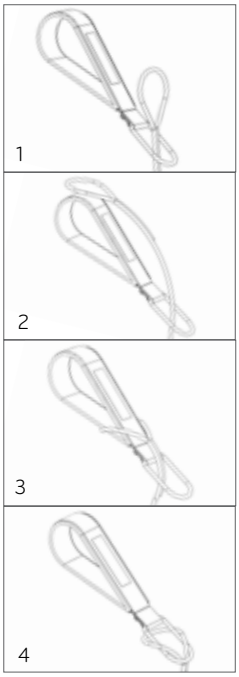


Fig D

Fig E

INSTALL THE FOOTBAR

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

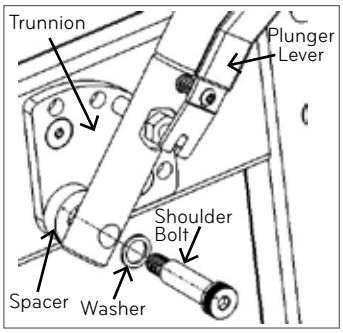


Fig F

6. Pick up the footbar with the seam of the footbar cover away from the carriage pad. While squeezing the footbar plungers levers, guide the footbar over the outside of the trunnion plates.
7. Align each footbar pin with the same hole in each trunnion plate. While still supporting the footbar, release the plunger levers to engage the trunnion plate. Be sure the pins on both sides are engaged. See Figure F for reference.
8. Pivot the footbar slightly until the large hole at the bottom of the footbar aligns with the remaining hole in the trunnion plate. Slide the shoulder bolt with one washer through the large footbar hole. The black spacer goes through the bolt and in between the footbar and the trunnion plate. The plastic side of the spacer should face the footbar. Then screw the shoulder bolt into the trunnion plate as tightly as possible with the large Allen wrench (5/16"). Repeat on the other side. See Figure E for reference.

INSTALL THE SPRINGBAR

9. The springbar comes with the appropriate hardware already installed. Install it into the gears under the footbar with its hooks facing up. See Figure G.

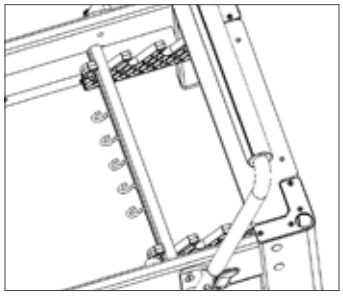


Fig G

CLEANING AND MAINTENANCE

Cleaning

Clean all skin-contact parts after each use, including carriage, shoulder rests, head rest, and footbar. Use a solution of mild soap and water. Dry thoroughly.

BB upholstery has built-in antimicrobial/antibacterial protection. For light soiling, use a solution of 10% household liquid dish soap with warm water applied with a soft damp cloth. If necessary, a solution of liquid cleanser and water applied with a soft bristle will also work. For heavier soiling, please call Balanced Body Technical Support. Wheel tracks and wheels should be cleaned regularly with a cloth to ensure that the carriage rides smoothly and quietly.

Wash hand and foot straps regularly. Place in pillowcase, wash on gentle cycle, air dry.

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

Lubrication and Adjustment

Periodically lubricate pulleys with silicone spray. Be careful of overspray. Never use "wet" lubricants like WD40 or oil.

IN CASE OF FREIGHT DAMAGE

If there is freight damage, make certain you keep all packaging material. Please call Balanced Body within 3 days.

QUESTIONS?

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

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.*

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

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


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

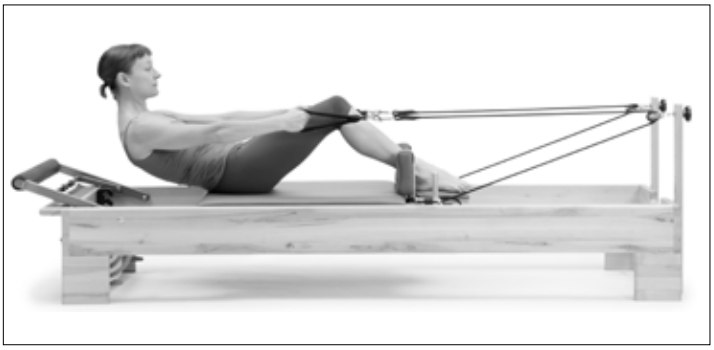
Hold loops with arms straight, roll down, curving back and staying lifted, roll back up maintaining slight flexion in spine

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

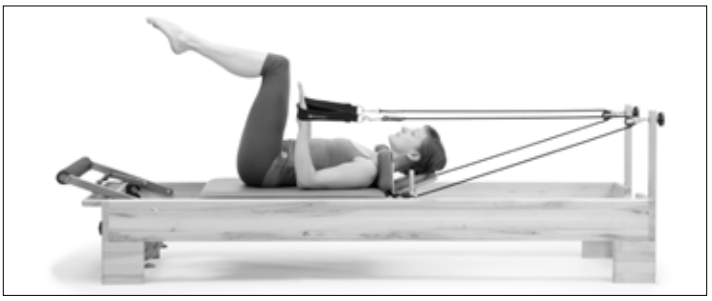
Mat or Reformer Hundred

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

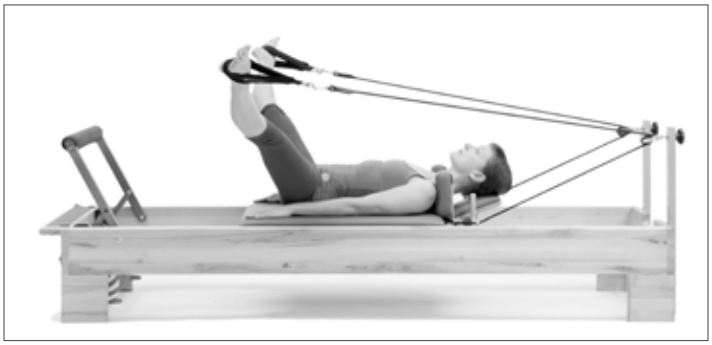
Leg lowers

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

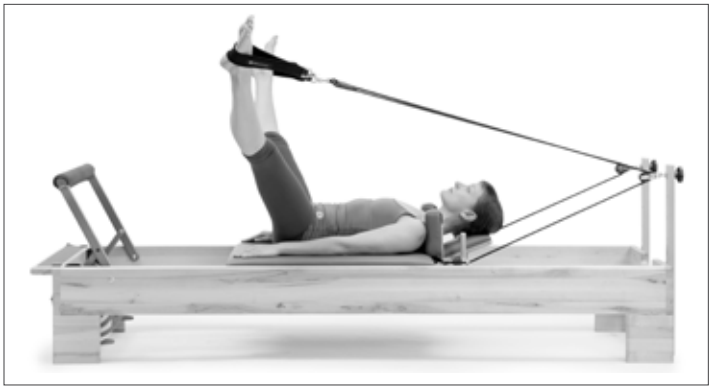
Hips stable, begin with inner thighs together, open legs to sides and return



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))

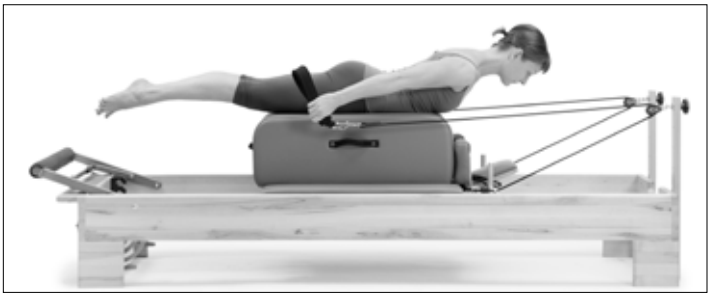
Starting Position
Lie prone on long box with chest off front edge of box, foot bar down, facing ropes, grasp ropes.

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

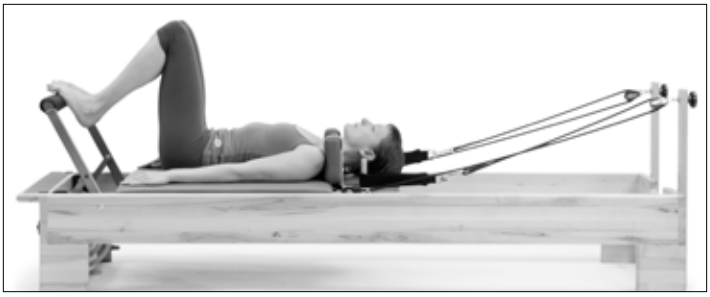
Precautions
Back, neck and shoulder injuries, osteoporosis

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

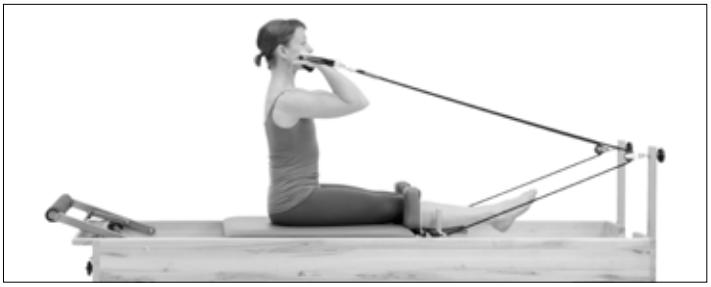
Exercises Facing the Straps

Biceps

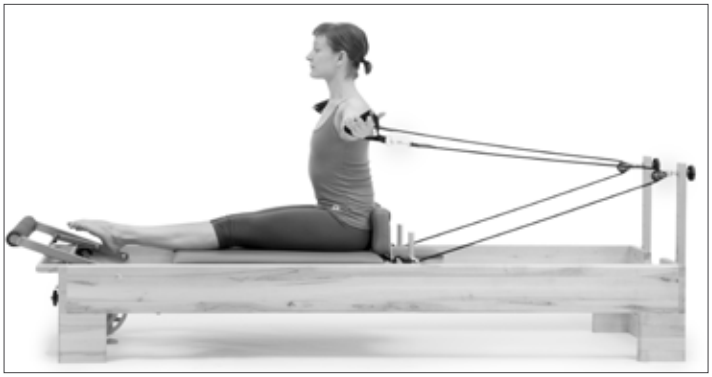
Holding very short loops in hands, bend elbows to pull straps to shoulders.

Triceps/Posterior Deltoid

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

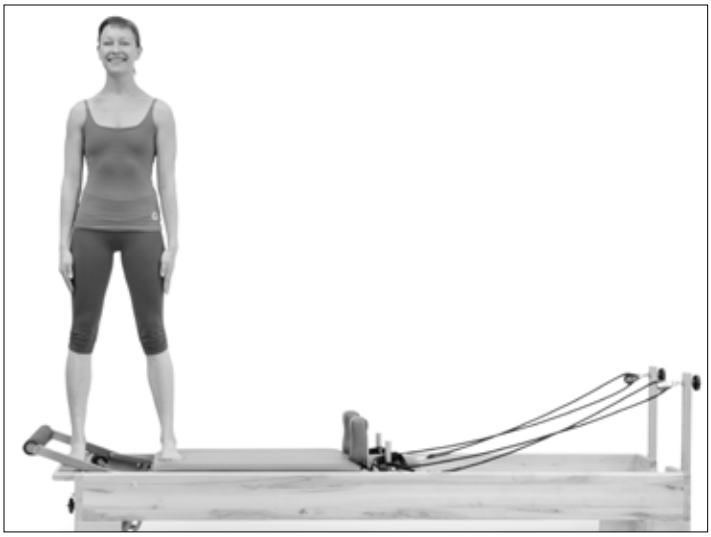


Serve a tray
Sitting facing foot bar, regular loops in hands, elbows bent, reach forward, straighten arms, open arms to the side palm up and return



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



Reformer with Tower

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.

INTRODUCTION

The Tower is designed to include most of the functionality of a Trapeze Table in a smaller format and at a lower cost. It can be ordered as an option with new equipment or it is possible to order it afterward. The Tower is an ideal addition to a Reformer for small studios and clinics where the benefits of both a Reformer and a Tower are required. **The following manual outlines the features and exercises for both the Rialto Reformer and the Tower.**

FEATURES OF THE BALANCED BODY TOWER

The Tower attaches to the legs of the reformer. Eyebolts in the tower provide attachment points for springs. Loops, handles or a wooden Roll-down Bar can be attached to the springs creating a wide variety of exercises. The Tower also has an attached Push-through Bar as on the Trapeze Table.

Spring Attachment Points
The Tower has 29 spring attachment points ceating a variety of possible exercises and a limitles amount of adjustability. Each upright has 6 eyebolts on the front and 6 on the back allowing users to perform exercises from either side of the Tower.

In addition, two eyebolts are attached to the tower below the pulleys to create a low position. Two eyebolts are attached at the sides of the cross piece of the Tower and one is attached in the middle of the cross piece. Common spring attachment points are listed below and in each exercise description.

In order to adjust the tension of the springs for a particular client, move the attachment point further away from the client to make the spring heavier, move it closer to the client to make it lighter.

» **Low:** Springs are attached from eyebolts at the bottom of the tower.

» **Middle:** Springs are attached to the 4th eyebolt from the bottom.

» **High:** Springs are attached to the high points on either side of the cross bar at the top of the Tower.

Tower Springs
The Tower comes with 4 sets of springs as follows:

2 SETS - SHORT SPRINGS
» Yellow – Light
» Blue - Medium

2 SETS - 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 when the Push-through Bar is sprung from below. The safety strap must be adjusted so that the angle of the Push-through Bar, when viewed from the side, is no lower than the four or eight o'clock position and will not hit the client should their feet slip off the bar.

How to install your Reformer with Tower

BEFORE BEGINNING ASSEMBLY

These instructions include a parts list. Please use this list to make sure you have all the parts necessary for installation. If you are missing a part, please contact our customer service department at 1-800-PILATES (1-800-745-2837).

REQUIRED TOOLS (INCLUDED)

» 3/16" Allen Wrench (GEN 8320)
» 5/32" Allen Wrench (GEN 9280)

PARTS FOR TOWER

DESCRIPTION	PART NO.	QTY
Tower	620-093	1
Single cotton loops (pair)	101-005	1
Roll down bar	607-126	1
UV Safety Strap	210-058	1
Yellow trap short springs	SPR9002	2
Blue trap light springs	SPR9004	2
Yellow trap long springs	SPR9006	2
Purple trap medium springs	SPR9461	2

1. On the head end of the Reformer, loosen the top set screws in each leg 3-4 turns using a 5/32" Allen wrench. Now, take off the riser tower assembly from the Reformer and set it aside.
2. Remove the set screw from the bottom hole in each leg on the head end of the Reformer using a 5/32" Allen wrench provided. Set these two set screws aside. They will be used to tighten the tower once it is installed. Remove the stopper screw from the middle position in each leg on the head end of the Reformer by using the provided 3/16" Allen wrench. Thread the stopper screw in to the bottom hole in each leg and tighten. See Figure A.

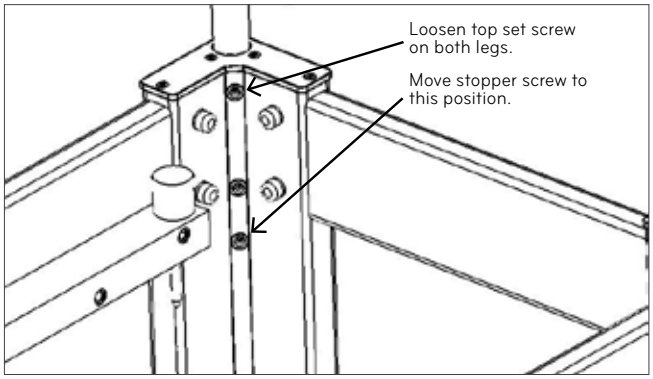


Fig A

3. The Rialto tower comes with the pulleys and the Push Thru Bar preinstalled. Remove the tower from the box and place it carefully into holes in the legs in the head end of the Reformer. Make sure that the loop on the tower is facing forward, towards the carriage. See Figure B. The tower sets on the stopper screw installed in Step 2.

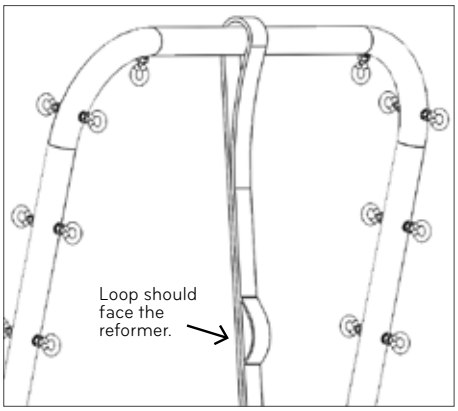


Fig B

4. Now, install the set screws from Step 2 into the middle hole in each leg using the 5/32" Allen wrench. Tighten the two set screws in each leg. See Figure C.

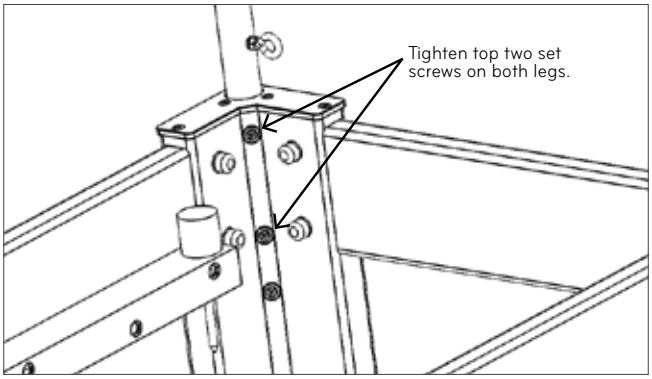


Fig C

5. Your tower is now ready to use. Please make sure to read and follow all the safety procedures.

OPTION: INSTALLING THE TWIN MATS

1. Move the spring bar to the last gear. This is the position closest to the foot end of the reformer.
2. Attach at least one spring from the carriage to the spring bar.
3. Move the footbar to the flat or zero degree position in the trunnions.
4. Remove the shoulder rests from the carriage.
5. Place the contoured mat conversion on the head end of the reformer. Place the rectangular mat over the carriage on the foot end of the reformer.

Tower 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 Tower.

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 Tower.

*If applicable

ROLLBACKS, LEVEL 1

6-10 Reps

Springs: 2 long yellow or 2 short yellow springs from high position

Rollback 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 Tower, 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.

Roll Backs

Water skiing

6-10 reps

Springs: Long springs from middle or high position

Loops around 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 with head toward Tower loops around arches

Leg Lowers

» Both legs 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 loops circle the legs in both directions, maintaining pelvic stability.
» Variations: parallel, turned-out, turned-in

Scissors

» With both legs in loops, lower legs toward table then open and close legs and maintain pelvic stability.
» Variations: parallel, turned-out, turned-in

Walking

» With both legs 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)

6-10 reps

Springs: Long springs from middle position

Loops around arches

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

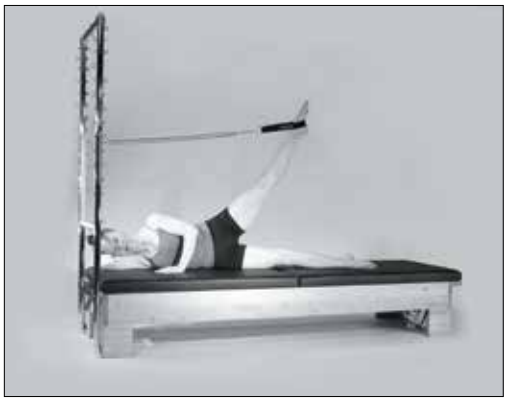
» Lie on your side on Tower with back of body in line with back edge of mat and legs slightly forward.
» Support body by bracing the bottom arm against upright pole or resting head on arm.
» Place loop around arch

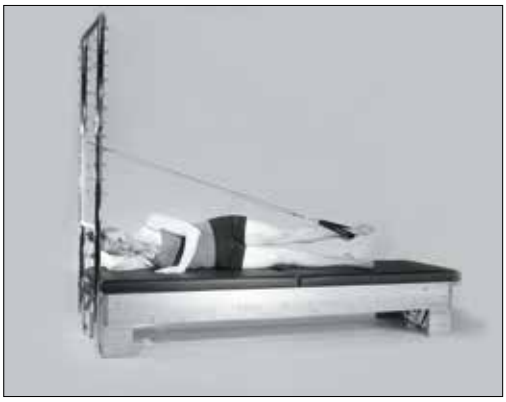
Standard Exercise

» Pull top leg down toward bottom leg.
» Maintain correct side-lying position.
» Variations: parallel, turned-out (larger range of motion), turned-in.

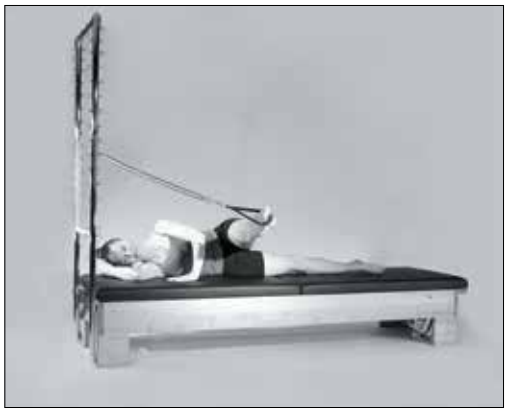
Ovals

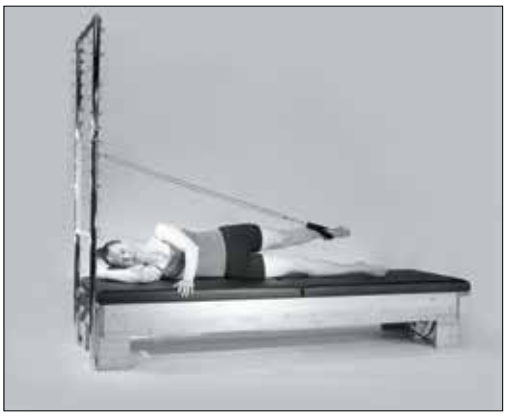
» Maintaining correct alignment, move top leg in a small circle in both directions.
» Variations: parallel, turned-out, turned-in





Adductor Pull





Front-Back Kick

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

10 reps

Springs: 2 long purple springs from the bottom on Push-through Bar

Safety strap on

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

Starting Position

Supine on Tower with 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

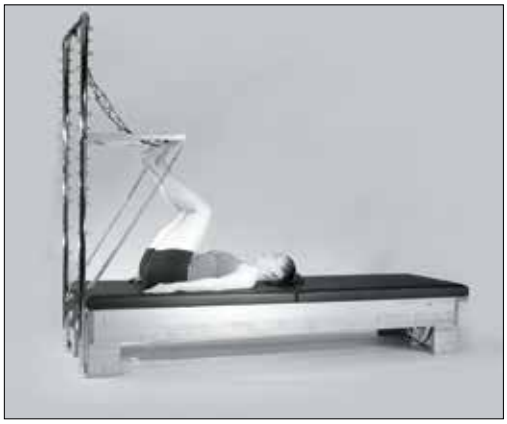
Plie/Releve

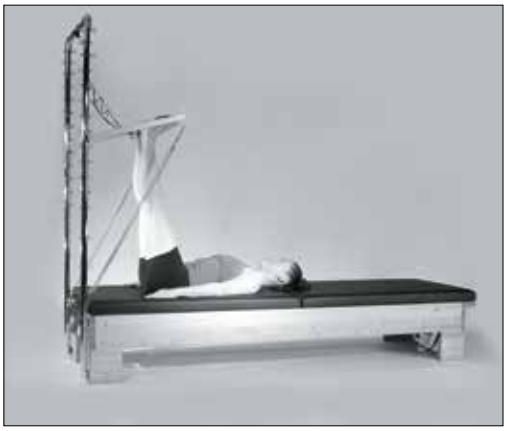
» Lie supine with the Push-through Bar in line with anterior hip crease, hips flexed, knees bent, metatarsals or toes on the bar.
» Push the bar up toward the ceiling straightening the knee, plantarflex the ankle, dorsiflex the ankle and return.
» Variations: parallel, turned out, single leg

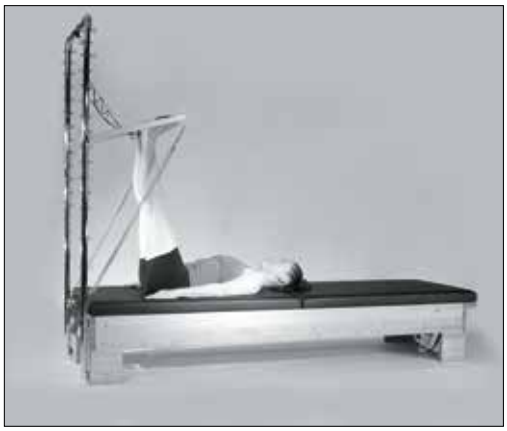
Plantarflexion

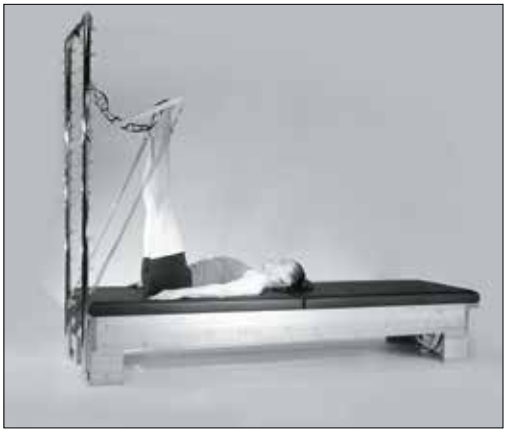
» Lie supine with Push-through Bar in line with anterior hip crease, legs straight, metatarsals or toes are on bar, plantarflex and dorsiflex the ankles.
» Variations: parallel, turned out, single leg, running in place

Plies









Plantarflexion

SEATED PUSH THROUGH, LEVEL 1

6 reps
Springs: 1 short red 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

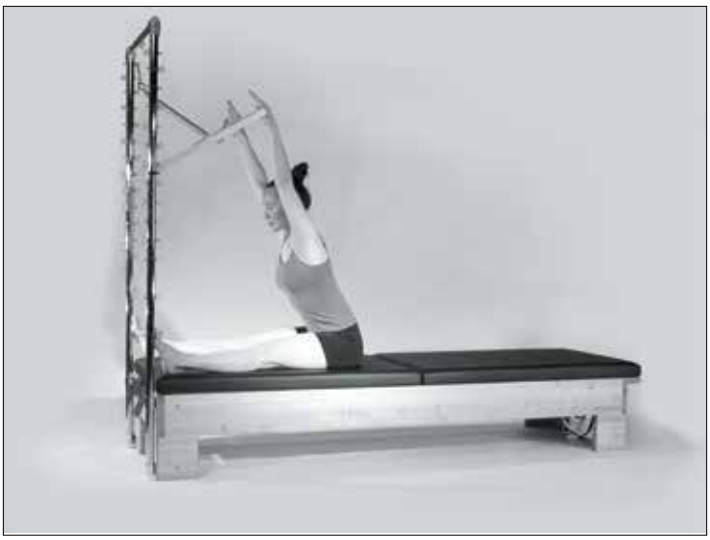
Precautions
Some back injuries, shoulder injuries

Prerequisites
Mat – Spine Stretch

Starting Position
Sit on table facing Tower, 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



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 yellow 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

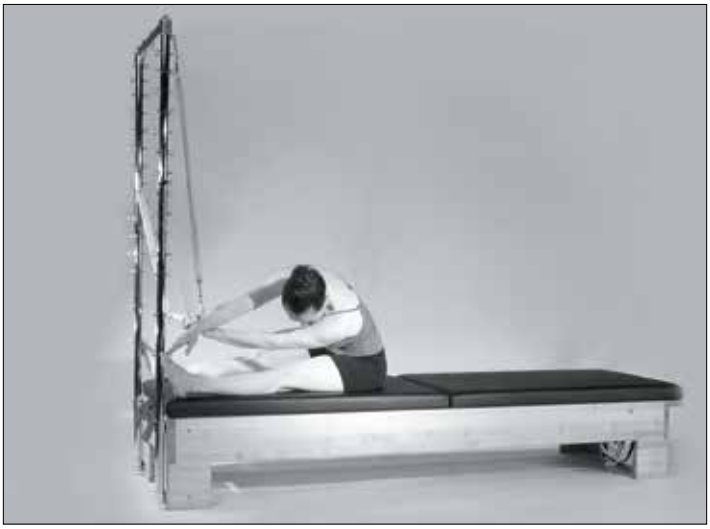
Sit on table facing Tower with feet against upright bars, right hand pushing up on the Push-through Bar, left hand reaching toward right foot.

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).



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