





Welcome!

“The biggest communication problem is we do not listen to understand. We listen to reply.” -Steven R. Covey

Do you know it was only 13 years ago that Mark Zuckerberg introduced Facebook? And only 10 years ago that Apple unveiled its first iPhone? Our methods of communication have changed exponentially in just a short bit of time and show no signs of slowing down. But, as Mr. Covey states, if you are not listening with understanding then you aren't really communicating.

At Balanced Body we do listen to understand—to what you say, and to what your bodies are saying. It is maybe the most important aspect of our jobs and how we can best help you affect positive change in your life.

This catalog is living proof of that. So many of the products, programs and stories you see here came about because of conversations with you: our customers and inspiration. We hope you enjoy it.

We print just one catalog each year. Please keep it for future reference, pass it on to a friend, or recycle it when no longer needed.

What's new at Balanced Body®?

New products and programs for you. We've been busy this year!

Precision Rotator Discs | page 23

Our new, space-saving, durable Precision Rotator Discs are great for improving balance, alignment, core strength, joint stability and more. Now you have the choice of adding spring resistance! We also have discs to use on Reformer jumpboards, and discs built specifically for CoreAlign®.

Sitting Box Lite | page 10

Similar to the very popular Pilates Arc™, Arc Lite™ and Moon Box Lite, the Sitting Box Lite is a cost-effective way to add the functional versatility of a Sitting Box to your Reformer. And it weighs just 4.5 lbs. (2kg) so it is easier than ever to stack and store.



Streaming Videos and DVDs | page 31

For great home workouts we have new titles for you in both streaming video and DVD format. Look for the symbols that identify the format available: DVD (●) or streaming (▶). Check online for updates all year long



Balanced Body® Education

Interested in becoming a Pilates instructor? Our 2018 schedule includes Pilates, Anatomy in Three Dimensions™, Balanced Body Barre®, Bodhi Suspension System® CoreAlign® and MOTR®. See the full schedule online at pilates.com/education.

Apparel | page 51

New shirts, socks, soles and shades (colors, not sunglasses)! If you're going to work out, why not look great doing it?!



Why Balanced Body®?

The human touch in a digital world

Sometimes in the tidal wave of technology, the human touch gets lost. Don't get us wrong. We love technology. In fact we are currently in the midst of bringing lots of new systems online at Balanced Body this year!

But we are doing it all for the right reason: to make sure we communicate with you the way you want us to, and when you want us to. Some prefer social media, some prefer emails, and others want a good old-fashioned talk with someone. We're happy to do all of this, because different humans need different things, and above all else we are in the human being business.

So while embracing technology, we constantly strive for the human touch.

IN YOUR MOVEMENT EXPERIENCE

Pilates for the people, right? That means EVERYONE. It doesn't matter who you are or what your fitness background is. We truly believe all that matters is that Pilates and mindful movement have given you a better way to move through everyday life. It's that simple.

IN OUR EQUIPMENT

We put a lot of thought and hard work into making Balanced Body equipment the safest, most beautiful and most inclusive you can own. And almost all our products are crafted by our production team in our Sacramento, California, headquarters.

IN OUR RESOURCES

Need help deciding what product is best for you? Not sure where to start? We can help with:

- » A warm, friendly and knowledgeable sales and customer support team
- » Expert technical assistance
- » Streaming videos with new and innovative home workouts
- » Free podcasts to help with workouts and equipment installation and maintenance

FOR A BETTER FUTURE?

Ever think about being an agent of positive change, by becoming a Pilates and mindful movement instructor? It is a personally rewarding and inspirational vocation. And many have made it a very profitable one.

Our flexible training modules are all taught hands-on by the world's top educators and let you progress at your own speed—from a weekend MOTR® training to a full comprehensive Pilates curriculum. Plus, all our programs are designed to meet your specific goals and budget.

FOR A BETTER CALIFORNIA

Solar power? Check. Recycled shipping containers? Check. Self-appointed internal recycling team? Check. Our headquarters are in a state we truly love—California—and that inspires us to strive to do everything we can to leave this planet in better shape than we found it.





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Are you a movement professional?

If you are a Pilates, fitness or rehab professional and would like to receive our more comprehensive Professional Catalog, please contact us. We'd love to hear from you!

Mon-Fri, 6am to 5pm Pacific Time

From US and Canada....1-800-745-2837

From the UK.....0800 014 8207

From all locations.....+1 916 388 2838

Emailinfo@pilates.com





Keeping it Green at Balanced Body®

At Balanced Body we want to leave this planet in better shape than we found it.

All Balanced Body woods come from FSC (Forest Stewardship Council) suppliers who purchase wood from well-managed North American forests. In these forests, tree growth exceeds removals by a nearly 2-to-1 margin.

From choosing only sustainably harvested lumber for our wood products to using recyclable shipping containers and packing materials, we are constantly improving our efforts to conduct business in environmentally-friendly ways.

Our new "green" headquarters in Sacramento includes 100,000 square feet of office and manufacturing space. It features 1,000 solar panels (35,000 sq. feet!), CNC machines that maximize product usage and minimize waste, as well as skylights, climate-controlled fans, dust collection systems and a foam roof.



Visit pilates.com and see how much energy we save on a daily and monthly basis!





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“We have an infinite amount to learn both from nature and from each other.”

—John Glenn



What is a Reformer?

And what makes Balanced Body® Reformers different?

The most popular and versatile piece of Pilates equipment, the Reformer opens the door to hundreds of strengthening and stretching exercises. Add in variations on Joseph Pilates' original exercises, and the Reformer is limitless in its possibilities.

Mat vs. Reformer work

In mat work, your body provides both resistance and assistance for Pilates exercises, affected only by gravity and your body weight. Reformers extend the exercise options much further, offering both extra challenge and support along with resistance, to improve overall strength.

How does a Reformer work?

Springs attached to the Reformer carriage provide resistance or assistance as you push on the footbar or pull on the ropes.

How do Reformers differ?

All Reformers share a same basic functionality. Balanced Body makes several styles of Reformers to meet differing needs.

Balanced Body's classic wood Reformers are the recognized world standard for function, adjustability and beauty. While some prefer the easy storage capability of our portable Reformers, others need Reformers that adjust to a wide variety of body sizes, or can accommodate add-on towers for additional versatility.

➡ See our Reformer Comparison Chart at pilates.com.

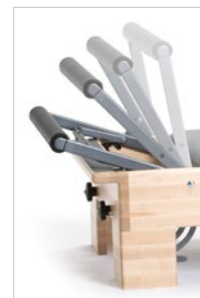
*“The details are not the details.
They make the design.”*

—Charles Eames

Footbar

Pushing off the footbar initiates spring resistance at the start of an exercise.

Buying Tip: The more vertical or horizontal adjustability your footbar has, the more accurately the Reformer adjusts to different body sizes and range of motion needs. Footbars that lock provide added safety and security, and offer additional exercise options.



Ropes and Risers (or Leather Straps and Casters)

Ropes connect the carriage to your hands or feet via pulleys at the head-end of the Reformer. Loops or handles attach the ropes to your hands or feet. Risers at the head-end of the Reformer change the angle of resistance and allow ropes to pass smoothly above the shoulder rests. Alternatively, more traditional Reformers use leather straps and casters.

Buying Tip: Look for a rope system that allows quick, secure and easy adjustments between exercises.

Springbar

The springbar is built into the footbar end of the Reformer. Attaching or detaching springs to the bar changes the amount of resistance created when you move the carriage.

Buying Tip: An adjustable springbar allows greater accommodation of a user's size, range of motion and ability.





Springs

Springs provide resistance for each exercise, and are color-coded to indicate resistance level. Safety is critical; always use high quality springs, and follow care and replacement guidelines.



Buying Tip: Choose springs that have been thoroughly tested for precision, consistency and durability. Nickel-plating prevents corrosion and extends spring durability.

Head and Shoulder Rests

The headrest provides head and cervical support. Shoulder rests offer stability and comfort.



Buying Tip: For effective positioning and maximum comfort, head and shoulder rests should be adjustable and padded. It is also convenient if shoulder rests can be removed for some exercises.

Carriage

Lie, sit, kneel or stand on the carriage, and move it by pushing against the footbar or pulling the ropes.



Buying Tip: Your carriage should be covered with commercial-grade padding and durable upholstery, and the ride should be quiet, smooth and comfortable.

Standing Platform

The standing platform is aptly named; you stand with one foot on the platform while the other moves the carriage back and forth.



Buying Tip: Bigger is better for standing platforms, and a large non-skid surface is an important safety feature.

Frame

The key to your Reformer's lifespan will be the strength and durability of the frame. The frame houses the other Reformer components; some frames are wood, others are metal.



Buying Tip: Wood or metal, choose frames of the highest quality and construction methods, the most durable materials, and with an appropriate height for your needs. Wood frames should be smooth and finished.

Sitting Box

Placed on the carriage, a Sitting Box increases the exercise options, including seated and prone positions, side stretching and more.



Buying Tip: Boxes should be extremely sturdy with durable upholstery and handles for easy lifting. Or consider the lightweight Sitting Box Lite. Rounded edges make sitting boxes more comfortable.

Foot Plate

Also called a jumpboard, the foot plate is a padded, upright platform that attaches to the foot-end of a Reformer. You can do cardio exercises like running and jumping while lying on the carriage and pushing off the foot plate with your feet.



Buying Tip: Bigger is better. Foot plates should be padded and must install securely.

Allegro® 2 Reformer



The Allegro® 2 Reformer is all about creating the best Pilates experience. Smooth transitions and flow. Easy adjustments and maximized comfort. The result is an enhanced, effective session.

How does the Allegro 2 do it? First, the EasySet Footbar and SoftTouch® rope system will change the way you do Pilates. The new universe of exercise possibilities will inspire you, along with smooth-as-silk transitions.

The Allegro 2 also grows with your Pilates practice. Start beautifully basic. When you're ready, add legs, tower and accessories for new challenges – no additional space needed!

Quite simply, the Allegro 2 is the most intuitive, adjustable, easy-to-use Reformer on the market. Engineered for commercial fitness, perfect for home use.

And did we mention it is a gorgeous addition to your workout space, with dozens of upholstery colors to choose from?

EasySet™ Footbar

Fluid transitions, innovative exercise options.

- » Adjust it vertically (3 positions plus down) simply by lifting the footbar and moving it to the next position.
- » Slide it horizontally and lock it in 9 positions along the frame. You'll discover a new world of effective, innovative exercises! It also accommodates different body sizes, including children.
- » Streamlined and fully-padded, this new footbar is a wonderful surface for both hands and feet.

SoftTouch® Rope System

Instant, accurate, no clips or cleats.

- » Make instant rope adjustments even while lying on the carriage, with an easy-to-reach lever tucked under the headrest. One pull releases ropes for adjustment, then locks them into place again when you release it. Revolutionary!
- » Switch between loops and handles using our unique soft attachment loops. No noisy metal components.
- » With no cleats or extra rope to manage, rope adjustments do not interrupt the flow of your workout.

More to Love

- » Strikingly beautiful design, with the durability you expect from Balanced Body. Frame is powder-coated aluminum, with warm maple accents.
- » Choose standard/low height of 9"/23cm, or add legs for easy on and off, bringing the height to 15"/38cm.
- » Integrated, seamless carriage and 3-position headrest – no seams or crevices where hair can catch. Maximum comfort with custom stability padding.
- » Smooth, quiet ride provided by precision carriage system.
- » Shoulder rests: adjust to narrow or wide positions, or remove quickly for a larger flat carriage – helpful for many exercises.
- » Ergonomic risers feel great for pull-ups.

Shown in Storm, and on top of next page with optional legs. **Specifications:** Height, 9" (23cm) or 15" (38cm) with legs; Length, 94" (238cm); width, 25.5" (65cm). Footbar width, 31" (79cm); Weight, 140 lbs (64kg) or 146 lbs (66kg) with legs.

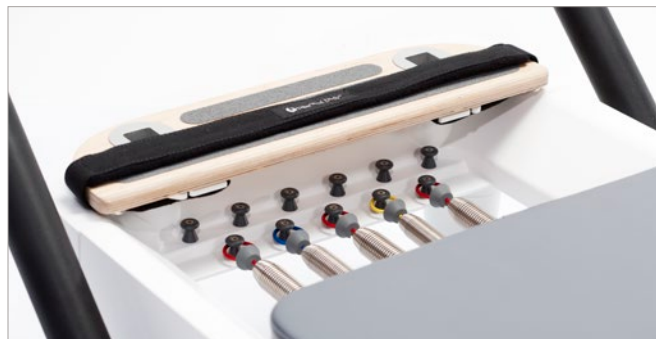


Easy to use. Easier to learn. Easiest to love.

- » Built-in, stratified maple standing platform, pre-configured to accept optional padded foot plate.
- » Five Balanced Body Signature Springs™ with Spring Collars™ for easy, comfortable spring changes: 3 red (medium resistance), 1 blue (light), 1 yellow (very light).
- » Free DVD workout and introduction to the Allegro 2.
- » Stock upholstery color: Storm. Or customize with 50 other choices. See all at pilates.com.
- » CE approved medical device (Class 1).

Pricing

Allegro 2	12505	\$2995 US
Allegro 2 with Legs	12499	\$3290 US
Complete Allegro 2 System (Allegro 2 Reformer, Tower, Legs and Mat: see details p. 10) – save \$200	12501	\$4660 US
10 Year Limited Warranty / 30-day money-back guarantee		



Take a video tour!

See the Allegro 2 in action at pilates.com/allegro2.

➔ Allegro 2 accessories options and upgrades, next page.
Reformer videos, pp. 38-39.

Allegro® 2 Reformer Accessories and Options

Ready to expand your Allegro® 2 system? No additional space needed!



Add a Tower to Your Allegro® 2 Reformer

- » Gain 95% of the full Trapeze Table exercise repertoire. No additional floor space required.
- » Do mat workouts on either side of the Tower.
- » Add exercises that use the Tower with the moving Reformer carriage.
- » Remove Tower easily for storage if needed.
- » Add Tower to any Allegro 2 Reformer.

Your Tower includes

- » Complete stability and security.
- » Three-sided push-through bar is extra wide – nice for larger or less flexible users. Safety strap included.
- » Maple roll-down bar.
- » Easy mat conversion – just move carriage to the head-end and drop in the one-piece mat.
- » Eight Balanced Body Signature Springs™: regular length (2 blue, 2 yellow) and long (2 purple, 2 yellow).
- » Simple, ingenious storage area for springs not in use. Keeps them quickly at hand yet out of the way.
- » Free DVD workout and introduction to the Tower.

Pricing

Complete Allegro 2 System with Tower includes: Allegro 2 Reformer with legs, plus Tower and Mat Conversion. Purchase together and save \$200, or buy components separately.

Complete Allegro 2 System	12501	\$4710 US
Tower and Mat Conversion	12495	\$1620 US
Tower only	11927	\$1395 US
Mat Conversion only	12313	\$225 US

Upholstery

Nine colors (Stock: Storm).

Custom upholstery in 42 colors (see pilates.com).

➡ For Tower videos, see p. 39.

Included

Add \$85

Accessories

Sitting Box

Extend your Reformer's versatility with ab exercises, stretches and more, plus gain a comfortable option for seated work. Padded foot strap is free when sitting box is purchased with Reformer. Try our lightweight, economical Sitting Box Lite of durable foam, or buy an upholstered Sitting Box to match your Reformer. More details at pilates.com.



Sitting Box for Allegro 2 (Storm)	12431S	\$225 US
Sitting Box Lite (Black)	15844	\$149 US

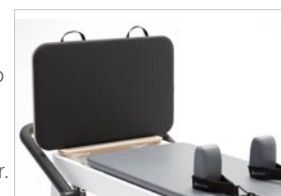
Allegro 2 Foot Strap

The padded foot strap is used for many exercises on the Sitting Box. Adjustable to 3 lengths. See page 9.

Foot Strap for Allegro 2, Padded	10519	\$39 US
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Allegro 2 Padded Foot Plate (Jumpboard)

For jumping, plyometrics and cardio exercises, as well as re-creating a biomechanically correct standing position while lying on the Reformer. Built-in handles for ease of use.



Padded Foot Plate for Allegro 2	12415	\$250 US
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Leg and Post Kit

Increase the height of your Allegro 2 by 6", to a personal training height of 15"/38cm. (Legs shown lower left.) Includes legs plus storage posts that provide convenient loop storage for a higher Reformer.

Allegro 2 Leg and Post Kit	10072	\$295 US
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Wheel Kit

Allegro 2 wheels are optional, since many people don't move the Reformer often. If you do, wheel kits add convenient portability.

You also need wheels to store your Allegro 2 Reformer vertically. Undercarriage cover is included to attractively conceal mechanisms on the underside.



Wheel Kit for Allegro 2 with no legs	12834	\$45 US
Wheel Kit for Allegro 2 with legs	12835	\$45 US

Specifications: Tower height, 61" (155cm) from top of Reformer frame. Weight of tower with springs, 38.5 lbs (17.5kg). Weight of complete Allegro 2 system (Reformer and Tower), 184.5 lbs (84kg). Allegro 2 Sitting Box, 6"w x 29"l x 11.5"h (41cm x 74cm x 29cm). Allegro 2 Padded Foot Plate, 31.5" x 20" (79cm x 50cm).

Pilates IQ® Reformer



The Pilates IQ® is a professional-quality Reformer for home that is easy to store and affordable. Sets up in seconds, then stores away when not in use. No other Reformer shortens for storage and still provides a smooth, seamless carriage ride.

Easiest to store

- » Stores flat or upright, with wheels for easy moving. Choose from two wheel configurations, depending on your storage needs.
- » Telescoping frame lengthens for use, shortens for storage.

Your Reformer includes

- » Professional-quality carriage and rails provide comfort and a smooth, seamless ride.
- » Five Balanced Body Signature Springs™: 3 red (medium), 1 blue (light), 1 yellow (very light).
- » Padded, 4-position footbar adjusts to fit different body sizes.
- » Three-position headrest for comfort and cervical support.
- » Built-in, non-skid standing platform. 5.5" (14cm) wide, a full inch wider than other Reformers.
- » Carriage features custom stability padding for maximum comfort. Heavy-duty upholstery. Stock: Storm gray.
- » Free DVD workout and introduction to the Pilates IQ®.

Optional accessories

Sitting Box

Expand your Reformer's versatility with prone exercises, abdominal exercises, side stretches and more, plus gain a more comfortable option for seated exercises. Try our lightweight, economical Sitting Box Lite of durable foam (Black), or buy an upholstered Sitting Box (shown below) to match your Reformer.

15"w x 27"l x 10"h (38cm x 69cm x 25cm)

Sitting Box	124345	\$225 US
Sitting Box Lite	15844	\$149 US



Padded Foot Plate (Jumpboard)

A jumpboard adds versatility, allowing jumping, plyometrics and cardio exercises. It also re-creates a biomechanically accurate standing position while lying on the Reformer.

Jumpboard	11986	\$150 US
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Foot Strap

Used with the sitting box. Get a free cotton foot strap when you purchase a Sitting Box along with your IQ Reformer.

Foot Strap	10506	\$16 US
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Pricing

Choose Wheelbarrow wheels to move the IQ like a wheelbarrow and then slide it under your bed, or Library wheels to stand the IQ on end and store in a closet.

with Library wheels	11991	\$1995 US
with Wheelbarrow wheels	11981	\$1995 US

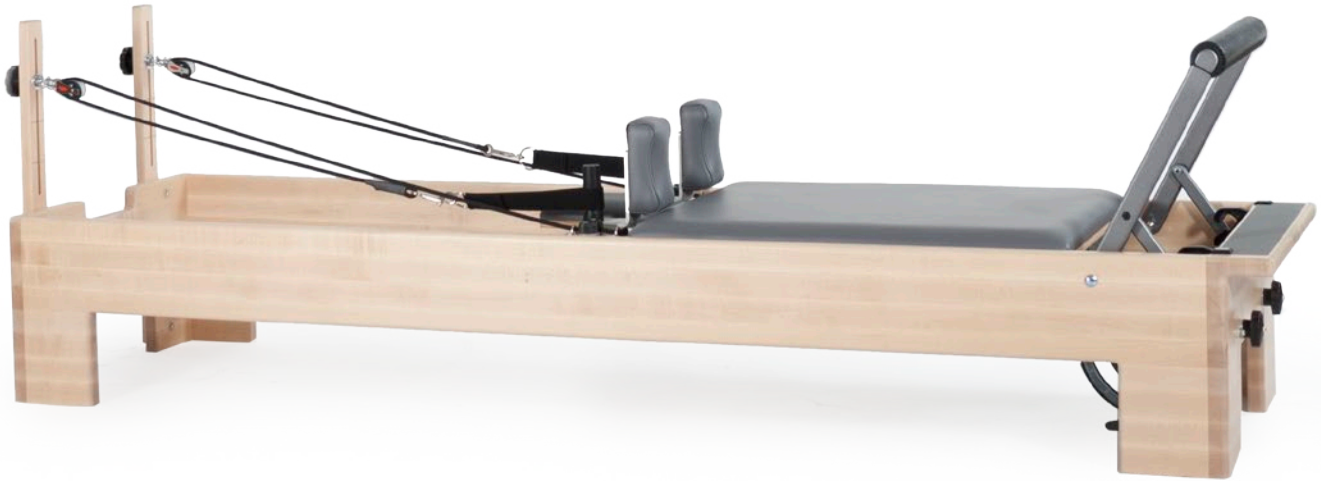
Two year limited warranty for non-commercial use. 30 day money-back guarantee.

➡ For Reformer videos, see pp. 38-39.



Shown with Library wheels. **Specifications:** Length: Extended, 98" (249cm); Closed, 62" (158cm). Width, 24". (61cm) Footbar height, 18"(46cm). Weight, 70 lbs (31.8kg).

Studio Reformer®



Discover the ultimate Pilates experience—fluid, functional and so natural it feels like an extension of your body. Handcrafted from Rock Maple, the Studio Reformer® from Balanced Body® is an elegant, high-performing addition to your home studio. No other Reformer performs better or lasts longer.

See how a Balanced Body Reformer is made, at pilates.com/handmade.

Create an extraordinary space with a Balanced Body Reformer built like fine furniture. Surfaces are hand-sculpted and smooth, with sleek, clean lines — appealing to the eye and inviting to the touch. Custom upholstery colors coordinate with your home furnishings for a perfect fit.

Customize Your Reformer

- » Choose a frame height to best meet your needs:
 - a. 14" (36cm)—Standard height, great for all exercises including standing work, and for rooms with low ceilings.
 - b. 18" (46cm)—Less bending for your trainer when working with you, and good access for wheelchair transfers.
 - c. 24" (61cm)—Easiest working height for trainers and for those challenged by getting on and off a lower Reformer. More challenging for standing exercises.
- » Choose from fine-furniture-quality woods: Strata® Rock Maple is standard.
- » Select a footbar/springbar system.
- » Stock upholstery color: Black. Or customize with one of 50 additional color choices. See all at pilates.com.

➔ For more information on custom components, call us or visit pilates.com/studio-reformer.



You also receive

- » Balanced Body TwistLock™ shoulder rests, for quick, quiet adjustment or removal.
- » Longest standard carriage ride available at 41" (104cm). Our precision carriage system provides a smooth and quiet ride.
- » Accurate, non-slip rope adjustments with easy-to-use ropes, cleats, and cotton loops.
- » Five Balanced Body Signature Springs™: 1 green (heavy), 3 red (medium), 1 blue (light). Customization available.
- » Built-in standing platform with non-slip surface for safety.
- » CE approved medical device (Class 1).

Shown here: Strata Rock Maple 14" with Revo Footbar® System, in Greystone upholstery. Shown next page: Strata Rock Maple 18" height. **Specifications:** Height: 14" (36cm), 18" (46cm) or 24" (61cm); Length: 93" (236cm); Width with Revo or Classic Footbar: 27" (69cm); Width with Infinity Footbar: 39.25" (100cm). Weight: 152 lbs (69kg).



Made with care. Owned with pride.

BONUS

Included at no extra charge—a \$298 value:

- » Choice of frame height.
- » Choice of sitting box: Standard, New York or Sitting Box Lite.
- » Cotton foot strap.
- » Neoprene® handles.
- » Free DVD workout.



Also available

Padded Foot Plate (Jumpboard)

Jumpboards expand the versatility of your Reformer, allowing jumping, plyometrics and cardio exercises.

Call for details

\$195 US

Stretch Studio Reformer®

Six inches longer than standard, with 47" (119cm) of carriage travel. Recommended for those over 6' 4", and often for others between 6' 1" and 6' 4" depending on flexibility and body proportions. Call for information. Additional cost \$300.

Studio Reformer® with Tower

Expand your exercise options with the addition of a Tower. Purchase a Tower with your Studio Reformer, or add a Tower in the future. Call us or visit pilates.com/studio-reformer.

➡ Reformer DVDs, pp.38-39.

Pricing

With Revo Footbar® / Revo Springbar™	\$3545 US
With Infinity Footbar® / No-Roll Springbar	\$4145 US
With Infinity Footbar® / Revo Springbar™	\$4345 US
Limited Lifetime Warranty	

Pilates Springboard™



Affordable and space-saving. Very popular for Tower workouts.

Designed by instructor Ellie Herman, the Pilates Springboard comes with:

- » Maple wood faced high-quality laminate, with easy-to-use engraved measurements and 20 spring attachment points.
- » Maple roll-down bar and one pair each of cotton loops and Neoprene® handles.
- » Maple dowel footbar provides stable foundation for hands and feet.
- » Balanced Body Signature Springs™ with snaps. Regular: 2 yellow. Long: 2 purple.
- » Hardware included for attaching Springboard to wood wall studs with standard 16" spacing.
- » Free DVD with two full-body workouts: Beginning/Intermediate and Intermediate/Advanced.

Pricing

Pilates Springboard	12405	\$445 US
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Tower on the Go®



A challenging, resistance-based Tower workout is as close as your door.

Quick and easy to set up.

- » Wrap the two adjustable straps around any standard door.
- » Adjust slider-clamps to the desired height.
- » Clip on the springs.
- » You're ready for a great workout!

Enjoy a full range of Pilates Tower exercises, and quickly adjust the angle of resistance as desired.

Tower on the Go's sturdy components will not scratch your door.

Free DVD with full-body Beginner/Intermediate workout is included.

Pricing

Tower on the Go with Springs	12614	\$145 US
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EXO® Chair



Versatile, durable, and compact, the Pilates Chair was originally designed by Joseph Pilates as space-saving equipment for New York City apartments. The Balanced Body EXO® Chair not only looks terrific—it delivers great full-body workouts that improve stability, balance and body control.

Right fit and resistance for just about anyone

- » Wide range of resistance options with 2 springs and 8 positions.
- » Heavier resistance than competitive products.
- » Deeper, wider and more comfortable sitting area.

Split pedal offers more exercise options

- » Add reciprocal and rotational movements with the split pedal, for more exercise options.
- » Split pedal easily converts to a single pedal by inserting the included dowel.

Reformer exercises on a Chair? Yes!

- » Expand your workout options further with the optional Functional Resistance Kit that allows many Reformer-based exercises—you can push *and* pull. Chair comes with pre-installed eyebolt attachment points (6) for easy upgrade.

You also receive

- » Engineered for the demands of commercial fitness facilities. DVD workout included for beginning/intermediate levels.
- » Stock upholstery color: Black. Or customize with one of our 51 color choices. See all at pilates.com.

When we say “easy,” we mean it!

- » Ready right out of the box—no assembly or hardware needed.
- » Easy spring adjustments from front or back of chair.
- » Lightweight and easily carried by one person.

Pricing

EXO Chair with split pedal	12458	\$945 US
EXO Chair with single pedal	12456	\$795 US
Five year limited warranty		

OPTIONAL ACCESSORIES

Use Functional Resistance Kits for Balanced Body's innovative arm and leg exercise program.

EXO® Functional Resistance Kit, Light

Includes one pair cotton loops, one pair Neoprene® handles, and Stastix® resistance bands: one pair 25" (64cm) yellow (light), one pair 31" (79cm) yellow (light), and one single 42" (107cm) red (heavy). Shown below.

12609	\$145 US
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EXO® Functional Resistance Kit, Heavy

Includes one pair cotton loops, one pair Neoprene® handles, and Stastix® resistance bands: one pair 25" (64cm) blue (medium), one pair 31" (79cm) blue (medium), and one single 42" (107cm) red (heavy). Not shown.

12610	\$145 US
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Shown at top in Greystone, and at lower right with optional Stastix®. **Specifications:** Weight, 36lbs (16.3kg); Height, 24.5" (62cm); Length, 29" (74cm); Width, 24.5" (62cm). Seat 23.5" x 16" (60cm x 41cm).

Pilates Arc™



Looking for a space-saving, economical yet challenging Pilates workout? You've found it! Never has anything so light packed such a punch.

Even though the Pilates Arc™ weighs less than 4 pounds (0.7kg), its versatility makes it a heavy hitter.

- » Use it for an amazing core workout, and to develop strong back, abdominals and limbs.
- » Increase flexibility and mobility in your spine, shoulders and hips.
- » Flip it over and create intense balance challenges.
- » Or put it on your Balanced Body Reformer for stability and back support. Especially useful during pregnancy.

Comfortable and ergonomic for all body types

A gentle curve on the barrel and a more rounded step add comfort. The innovative asymmetrical shape makes it extremely versatile for different uses and body types.

You also get

- » Beginning/Intermediate, full-body workout DVD.
- » Instructional booklet with convenient flip-up stand.



Pricing

Pilates Arc	10298	\$159 US
One year warranty		



Mini-Mat

For those who need a bit of extra comfort and stabilization, try our optional Mini-Mat sized for use with the Pilates Arc™, MOTR® and Sitting Box Lite.

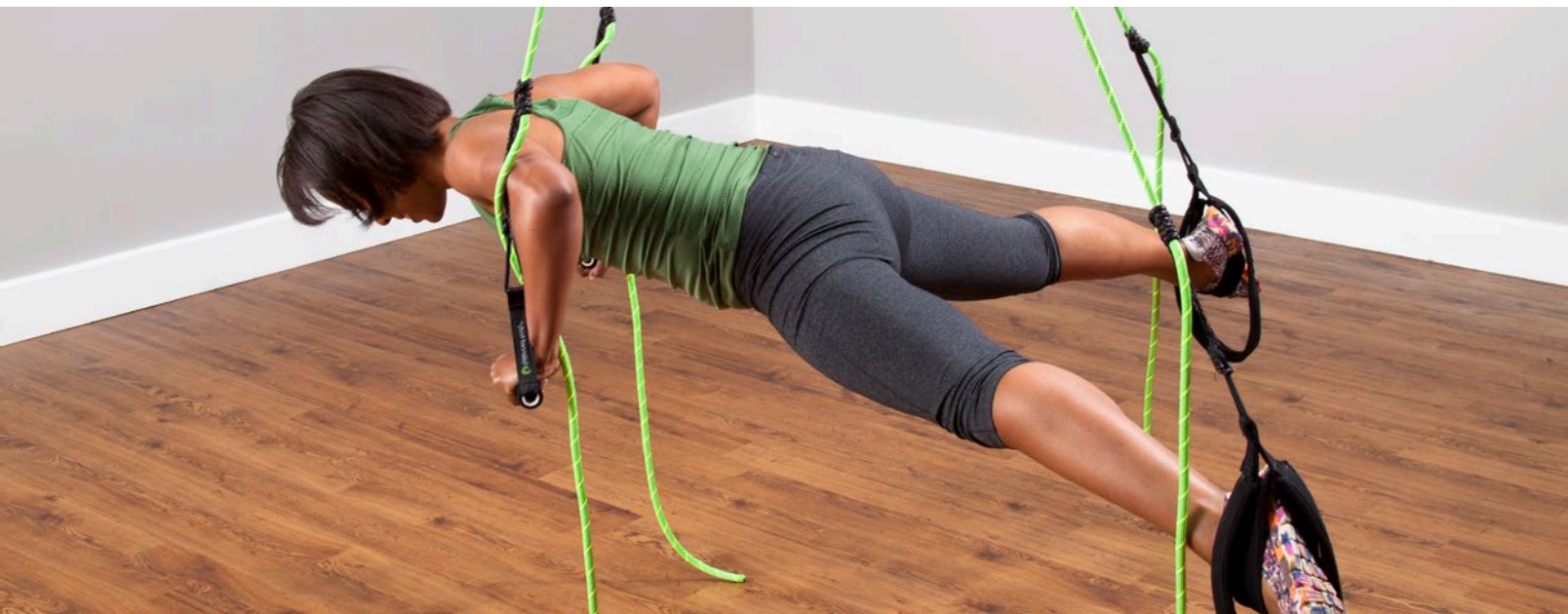
Deep Gray, 1/4" x 34.5" x 12"
(0.6cm x 88cm x 31cm).

Mini-Mat	10332	\$8.95 US
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Specifications: 15.5"w x 38"l x 10.5"h (39cm x 97cm x 27cm). Made of high-density, recyclable foam—just 3.7 lbs (1.7kg). Black.

Bodhi Suspension System®



The world's first four-point suspension system for fitness. Bodhi is Sanskrit for "awaken." The Bodhi Suspension System® helps awaken the potential in your body and your mind.

Developed by Khita Whyatt and Kirsten Sell, the Bodhi Suspension System includes two independent ropes which create four suspension points. You get endless opportunities to suspend the body from each point, and each point choice adds strength, flexibility, balance and proprioceptive challenges.

No other single suspension system can do this.

Suitable and adaptable for all populations, the Bodhi Suspension System is perfect for group exercise, semi-private and private sessions, post-rehab sessions and home use. Options include attachment anchors for a wall, ceiling or door.

See "Bodhi" in action at balancedbody.com/bodhi.

Bodhi Suspension System® includes

- » 2 ropes*
- » 4 accessory lanyards
- » Tote/storage bag
- » 2 double padded loops and 2 handles
- » Flashcards and web app with sample exercises and workouts
- » DVD with 2 full-body workouts, Beg/Int and Int/Adv.



*For ceilings higher than 8.5' (2.6m), you will need rope extenders. See at right.

Exercise options include

- » Strength
- » Balance
- » Proprioception
- » Stability
- » Flexibility

Pricing

Bodhi Suspension System, Green ropes	12424	\$275 US
Bodhi Suspension System, Grey ropes	12425	\$275 US

One year warranty / 30-day money-back guarantee.

ACCESSORIES

Anchor Systems

See our Bodhi Suspension System anchors for wall, ceiling and door, along with installation instructions, at balancedbody.com/bodhi.

Rope Extenders

Required if your anchor point for installing the ropes is more than 8.5' (2.6m) above the ground. Available in green or grey.

Rope Extenders, Green	12875	\$49.95 pair, US
Rope Extenders, Grey	12876	\$49.95 pair, US

BONUS Included at no extra charge. Use the web app and flashcards to create your own workouts!

MOTR® Online

Active Aging on the MOTR

Join Balanced Body master instructor Erika Quest as she defines and highlights the active ager and provides a multitude of ways to work out on the versatile MOTR. Discover simple, effective ways to keep moving. (Total run time: 60 min) ▶

Active Aging on the MOTR

SDVD8446

\$29.95 US



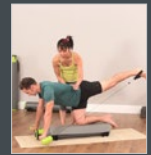
MOTR Balance, Strength, and Core

Discover clever ways to use the MOTR to challenge your agility and core. Balanced Body master instructor Valentin leads this workout, which can be done as is from start to finish or broken up into Tracks to incorporate into other workouts. (Total run time: 31 min) ▶

MOTR Balance, Strength, and Core

SDVD8439

\$29.95 US



MOTR for Dancers

Former professional dancer Viktor Uygan takes you on a dance around the MOTR for a challenging, fast paced workout. This workout uses all 8 Tracks from the Balanced Body MOTR Track System, which can be used as is or used in other workouts or with other props or equipment. (Total run time: 68 min) ▶

MOTR for Dancers

SDVD8441

\$29.95 US



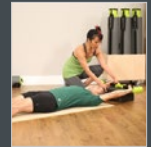
MOTR Arm Only

Join Valentin as she leads this challenging and full body workout using only the extension arm of the MOTR. Learn a variety of interesting ways to use the extension arm as a strengthening and balance tool. (Total run time: 26 min) ▶

MOTR Arm only

SDVD8438

\$29.95 US



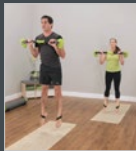
Cardio MOTR

Join Viktor Uygan, Balanced Body master instructor, as he explores new ways to get your heart rate pumping and your muscles quivering. A great cardio-packed workout on the MOTR. Are you ready for this challenge? (Total run time: 27 min) ▶

MOTR for Dancers

SDVD8440

\$29.95 US



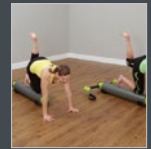
Pilates on the MOTR

Focusing on Pilates inspired moves, this workout will tone and strengthen your whole body while showing you ways to use the MOTR. Can be used as a complete workout or can be broken up into tracks to combine with other workouts. Level: Intermediate. (Total run time: 64 min) ▶

Pilates on the MOTR

SDVD8433

\$29.95 US



MOTR®

MOTR® is way MOre Than a Roller. Create full-body workouts with three resistance levels, and tons of variety to keep you motivated. Build strength, challenge balance, train on multiple planes and improve cardio conditioning!

Developed by Pilates instructor and fitness enthusiast Darya Bronston, MOTR was designed for use in commercial fitness facilities and studios. It is also perfect for home workouts.

Exercise tracks include balance, core, agility, upper body, lower body, standing, plank and more. And use the MOTR tube for release work just like any foam roller.

All MOTR components conveniently store inside the roller tube when not in use.

MOTR® comes with

- » Roller tube with locking lid
- » Arm with 2 VRMs (variable resistance modules), each with 3 resistance levels
- » 2 stability wedges
- » Pull-out and carrying straps
- » 2 universal hand straps
- » DVD with 2 workouts
- » Web app and flashcards to help you create your own workouts



Pricing

MOTR 10060 \$349 US

One year warranty / 30-day money-back guarantee.

Specifications

- » Accommodates users up to 350 lbs (158kg) and 6'4" (193cm).
- » Weight: 20 lbs (9 kg).
- » Length: 43" (109.2 cm).

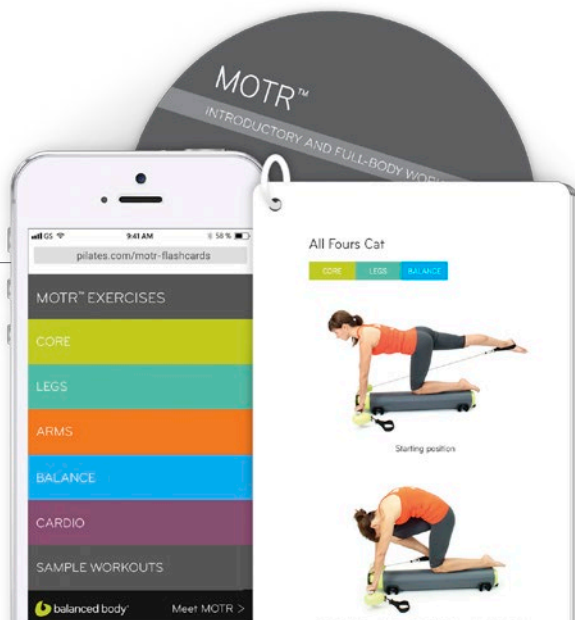
Optional accessory

Mini-Mat for MOTR

For extra comfort when lying on or next to your MOTR, or to stabilize an upright MOTR. See on p. 16.

Deep Gray, 1/4" x 34.5" x 12" (0.6cm x 88cm x 31cm).

Mini-Mat 10332 \$8.95 US



MOTR® Workout Tools

MOTR comes with great tools to get you up and running quickly. You get a DVD with two workouts, plus exercise flashcards and a web app to help you learn how to design your own workouts.

Specifications: MOTR accommodates users up to 350 lbs (158kg) and 6'4" (193cm). Total weight 20 lbs (9 kg). Length 43" (109.2cm).



Ready to roll a fun challenge into your workouts? The Orbit's full-body exercise options will improve your strength, flexibility, balance and coordination!

An amazing core workout

- » Includes both circular and linear movements, from mild to complex.
- » Your abdominal muscles are always engaged.
- » Increases upper and lower body strength, while improving flexibility and balance.
- » Sit, lie, kneel and stand for a wide variety of exercises.
- » Comes with a 34-minute, Level 1 workout DVD.

Ergonomic, durable, portable

Created by instructor Octavio Galindo in collaboration with Balanced Body, the Orbit has an ergonomic design, solid construction, and a comfortable padded surface.

- » Smooth, premium-quality casters allow easy gliding in any direction, like a Reformer carriage without the tracks!
- » Safe for carpeted or hardwood floors. Two carrying handles make the Orbit a snap to carry and store.

Pricing

Orbit	12479	\$229 US
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5 year limited warranty / 30-day money-back guarantee

For custom upholstery, see pilates.com. Stock upholstery color: Greystone.

➡ Orbit Level 2 video, p. 41.



Specifications: 23" x 15.25" x 6.5" (58cm x 39cm x 17cm). Weight: 15 lb (7kg).

Props & Equipment Accessories



- 22 Mats and Positioning Tools
- 23 Rings and Resistance Tools
- 24 Exercise Balls
- 25 Begin Chair®
- 26 SmartBell® and Hand Weights
- 27 Rollers and Releasing
- 28 More Props and Balance Tools
- 29 Anatomy and Movement Tools
- 30 Equipment Accessories

“I take a breath when I have to.”

—Ethel Merman

Mats and Positioning Tools

High quality products for all your workouts.

Airex Pilates Mat

Maximum non-slip protection, superb cushioning and a soft, warm touch to the skin. Hygienic "Sanitized" treatment. Easy to clean, long lasting, impervious to water and easy to roll. An exceptional mat. 74.8" x 23.6" x 5/16"



Charcoal	10003	\$74 US
Purple	10004	\$74 US

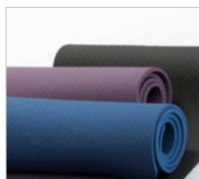
Balanced Body® Aeromat

Extra thick to cushion your spine during rolling exercises, for superior comfort and safety. It is top of the line in extra-thick exercise mats. 72" x 23" x 5/8"

Blue	10000	\$52 US
Black	10001	\$52 US
Carrying Harness	10002	\$12 US

Ecowise Pilates Mat

Our high quality, environmentally-friendly mats are beloved by our studio customers, and perfect for home workouts, too. Beautiful Amethyst color is available only from Balanced Body. No latex, PVC, phthalates or chloride. 72" x 23" x 3/8"



Amethyst	10343	\$44 US
Onyx	10344	\$44 US
Blue	10345	\$44 US

Balanced Body Clean®

100% natural, organic and biodegradable, our cleaner disinfects mats, vinyl upholstery, counters, and other household items. Spray on bedding to freshen, or into athletic shoes to remove odor. No bleach, dyes, solvents, fragrances, or other unpleasant chemicals. Kills 99.99% of bacteria. Active ingredient: Musa Paradisiaca bark (banana tree bark). Concentrate formula (125ml, 4.2 fl. oz.) equals nine bottles of diluted mixture. Mix as directed with water in your own spray bottle and save 33%, plus savings on shipping, too!



Two 650ml bottles	12945	\$14.95 US
Concentrate 125ml	15095	\$44.95 US

Yoga Block

Elevate yourself when seated to relieve short hamstrings, or use to assist with stretches. Serves as an alignment aid, too. Soft, smooth EVA foam, yet rigid enough for support. 3" x 6" x 9" (8cm x 15cm x 23cm)



Foam Block, Blue	10276	\$9 US
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NEW! Activ-Wedge®

Small foam wedges from Pilates Therapeutics address asymmetries caused by scoliosis or other imbalances. Useful when seated, standing or lying down, to even out hips, shoulders and more. Package of two. Pamphlet included. 2" x 4" x 6" (5cm x 10cm x 15cm)



Activ-Wedge	15887	\$40 US
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Inflatable Wedge

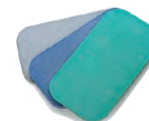
Great for balance training and rehabilitation. For variation, one side is pebbled and the other is smooth. Inflates to desired firmness. 13.5" x 13.5" x 3" (34cm x 34cm x 8cm)



Inflatable Wedge	10305	\$22 US
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Non-Skid Kneeling Pads

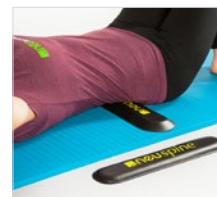
Enjoy a little extra cushioning. We especially love these for kneeling exercises. Black pad is slightly thinner than other colors. All are 7.5"l x 14"w (19cm x 36cm)



Light Gray	10098	\$10 US
Blue	10099	\$10 US
Aqua Green	10100	\$10 US
Black (not shown)	10248	\$8 US

Neu Spine

Easier (and nicer) to use than a rolled-up towel, to help find neutral spine and connect to core muscles. It's soft, comfortable, anti-bacterial and easy to wipe clean. Contains no PVC, phthalates or chloride; has non-skid bottom for traction.



Small, 15" x 3.25" x 0.5"	10056	\$39.95 US
Medium, 15" x 4" x 0.75"	10057	\$39.95 US
Large, 15" x 4.25" x 1"	10058	\$39.95 US

Foam Wedge

Ease wrist discomfort or create a balance challenge. Also great for seated work if you have tight hamstrings. Soft, smooth EVA foam, but rigid enough for support. 20" x 6.5" x 2" (51cm x 17 x 5cm)



Foam Wedge, Blue	10306	\$12 US
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Large Oval Cushion

Sit in correct alignment if you have tight hamstrings. Use lengthwise for exercises requiring a partial rolldown, or sideways for seated exercises. Also offers a balance challenge for standing work. 17" x 9.25" x 2.5" (43cm x 24cm x 6cm)



Large Oval Cushion, Swirlie Blue	10293	\$40 US
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Rings and Resistance Tools

Throw an easy-to-use tool in your suitcase!

Ultra-Fit Circle®

Lightweight with comfortable surfaces, the Ultra-Fit is sturdy, flexible plastic with a soft, rubberized shell. Handles are padded for comfort inside and out. Resistance is approximately equal to a traditional 3-band Spring Circle. Great for strengthening and toning arms, legs and core. 15-minute DVD training guide. Design by Risa Sheppard; 15" (38cm) outside diameter.



Ultra-Fit Circle 10156 \$34 US

Ultra-Fit Circle® Mini

Our very popular Ultra-Fit Circle is now available in a smaller size, too! Trimmed by 3" in diameter and with lighter resistance, the result is a ring perfect for smaller body types, beginners, and when working to achieve better leg alignment. Free online videos at pilates.com/ultra-fit-mini. 12" (30cm) outside diameter.



Ultra-Fit Circle Mini 15083 \$27 US

Flex Ring Toner®

This updated version of Joseph Pilates' Magic Circle is of tempered steel. Non-slip, rubberized coating is corrosion-proof and comfortable to handle anywhere on its surface. Slender handle design makes the overall width slightly smaller than other Circles, so it fits more body types yet maintains similar resistance. 3.2 lbs (1.5 kg), 15" (38cm) outside diameter. Optional Neoprene® handle covers (not shown) slip on for a softer surface.



Flex Ring Toner 10103 \$45 US

Flex Ring Toner Handle Pads, pair 10097 \$12 US

➔ See Circle workout videos on pp. 35-37.

Handmaster Plus

This hand exerciser strengthens both the hand and forearm muscles that close the hand for gripping, as well as those that open and spread the hand. Easy to use and comes in 3 strengths: Soft, for entry-level and rehab; Medium for sports, music and other activities that require gripping; and Firm for advanced hand strengthening and balancing. Sold individually or in an economical set of 3 (one of each). Colors vary according to resistance. Print instructions included.



Soft, each 15099 \$16.95 US

Medium, each 15100 \$16.95 US

Firm, each 15101 \$16.95 US

Set of 3 (one of each resistance) 15102 \$24.95 US

Thera-Band® Handles

Sold in pairs, for use with resistance bands.

Thera-Band Handles, pair 10080 \$10 US



NEW! Precision Rotator Discs

Now with spring resistance! Rotator discs improve balance, alignment, core strength and joint stability. Balanced Body's newest discs now let you work against spring resistance, to help strengthen end-range of motion for joint support and stability, and identify imbalances between limbs.



Consider light resistance for upper body and heavy resistance for lower limbs. All discs have built-in markers for precise measurement. ABS construction, maximum weight 500 lbs. (227kg). Optional 5/8"-thick pads (not shown) provide cushioning on top, or can be used beneath a disc to stabilize it on slippery floors. All sold individually.



Rotator Disc 9"/23cm, no resistance 15741 \$29 US

Rotator Disc 9"/23cm, light resistance 15742 \$41 US

Rotator Disc 9"/23cm heavy resistance 15743 \$41 US

Rotator Disc 12"/30cm, no resistance 15744 \$34 US

Rotator Disc 12"/30cm, light resistance 15745 \$46 US

Rotator Disc 12"/30cm, heavy resistance 15746 \$46 US

Pad for Rotator Disc, 9"/23cm 10333 \$10 US

Pad for Rotator Disc, 12"/30cm 10334 \$12 US

Resistance Cables & Handles

Super-durable Lifeline® cables maintain maximum resistance longer and don't need replacing as often. Compatible non-slip handles, sold separately, let you quickly switch cables when you are ready for more resistance - no need to buy new handles. Four levels of color-coded resistance, in 5-foot (152cm) lengths.



Teal, 10 lb (4.5 kg) 10323 \$6.95 US

Purple, 20 lb (9 kg) 10324 \$7.95 US

Pink, 30 lb (13.6 kg) 10325 \$8.95 US

Magenta, 40 lb (18 kg) 10326 \$9.95 US

Lifeline Max Flex Handles, Pair 15882 \$12.95 US

Resistance Bands

Top-quality Thera-Band® exercise bands, versatile and economical for fitness and rehabilitation. Color-coding makes it easy to track progress. Enhanced grip reduces slippage. Five levels of resistance. US sales only on this product. Band length is 8' (2.4m).



Yellow/Light 10086 \$6 US

Red/Medium 10087 \$6 US

Green/Heavy 10089 \$6 US

Blue/Extra Heavy 10088 \$8 US

Black/Special Heavy 10090 \$8.50 US

Exercise Balls

Balanced Body® has a high-quality inflatable ball for every need! See individual products for inflation instructions. Additional products available at pilates.com.

SMALL BALLS

Inflatable 8-10" Ball

For extra support or more challenge, this size is a great addition to workouts. Soft, textured surface offers easy gripping. Inflates by mouth or household straw. Sold individually.



Gray Ball, 8-10" (20-25cm) 10250 \$8.95 US

Inflatable Ball, 4"

Use for balance work, self-massage and release, or to improve alignment by holding between knees or ankles during footwork. Sold individually; inflates with needle pump.



Inflatable Ball, 4" (10cm) 10295 \$4.95 US

Playground Ball, 5"

A Pilates favorite for years, the 5" playground ball is a great massage tool, alignment tool, or pelvic floor initiator. Sold individually; inflates with needle pump.



Playground Ball, 5" (13cm) 10297 \$8.95 US

TOGU Ball, up to 12"

The TOGU ball conforms to the body and provides excellent feedback for core work. Strong enough to kneel on or use as an unstable surface under torso, foot or knee. Quickly inflates and deflates to desired level. Sold individually.



TOGU Ball, up to 12" (30cm) 10309 \$23.95 US

Ribbed Inflatable Ball, 8-10"

Get extra support or increase the challenge for mat exercises. Try behind your rib cage for abdominal curls, between the ankles for teaser, or under the ribs for a side stretch. Inflate with included pump or drinking straw. Sold individually.



Inflatable Ball, 8-10" (20-25cm) 10296 \$15.95 US
Inflatable Ball with poster 12644 \$15.95 US

Yamuna® Body Rolling, Beginner Kit

Discover what Yamuna® Body Rolling can do to relax and invigorate, build core strength and balance. Includes Yamuna ball, pump, and 57-minute workout DVD.



Yamuna Beginner Kit 10311 \$60.95 US

Two-Way Pump with Needle (not shown)

Inflates our 4" Green, 5" Red and 8-10" Balls.

Two-Way Pump 15914 \$2.50 US

FITNESS BALLS

Burst-Resistant Fitness Balls

Fitness balls are great for both conditioning and rehabilitation, adding balance challenges, support and playfulness to your workout or therapy session. All Balanced Body fitness balls are the best burst-resistant balls available. However, for safety reasons do not use in combination with other exercise equipment. Inflates with pump (included). Choose by height:

Your height	Ball size (max. height/diameter)
4'8" to 5'3" (1.4m-1.6m)	55cm (21")
5'3" to 6'0" (1.6m-1.8m)	65cm (25")
6'0" to 6'7" (1.8m-2.0m)	75cm (29")

Balanced Body offers two top choices:

Fitness Balls

With a soft, supple feel, these may appeal if you prefer subdued colors. Colors correspond to size. See sizing chart above.



Red, 55cm	10290	\$28.95 US
Gray, 55cm	10249	\$30.95 US
Purple, 65cm	10291	\$34.95 US
Blue, 75cm	10292	\$38.95 US

Ecowise Fitness Balls

Looking for a top-quality, environmentally-friendly fitness ball? No latex, PVC, phthalates or chloride in our colorful burst-resistant fitness balls. Colors correspond to size. See sizing chart above.



Spa Green, 55cm	10329	\$28.95 US
Brilliant Red, 65cm	10330	\$34.95 US
Spa Blue, 75cm	10331	\$38.95 US

Deluxe Fitness Ball Base

Give your fitness ball a place to call home with this convenient storage base. Fits all our fitness balls, durable high-impact polymer. Black, 20" (51cm).



Ball Base 10282 \$24.95 US

Fitness Ball Cover with Handle

Fabric covers to fit any 55cm fitness ball (see photo next page) for more comfortable contact. Zippered cover removes quickly to wash, then goes back on easily without having to deflate the ball—not true of other ball covers! Convenient sewn-in carrying handle. Your choice of Black or Storm gray, for the 55cm ball included with your Begin Chair™ (p. 25) or any other 55cm ball. Garment dyed and pre-shrunk. Wash cold, dry low.

55cm Ball Cover, Black	10373	\$59 US
55cm Ball Cover, Storm	10374	\$59 US

Begin Chair®



Begin your day with a healthy outlook! Transform sitting at your desk into an active experience that promotes healthy posture. Original concept by Pilates instructor Maria Mankin, developed in collaboration with Balanced Body®.

Finally, a beautiful and more functional ball chair. Exclusively from Balanced Body, the patented Begin Chair® is an attractive and intelligent addition to your home or office. A safer, more stable alternative, it is also the only ball chair with comfortable lumbar support that adjusts to your spine's natural curves.

The small ball in back adjusts up and down, or in and out, to fit every spine. It provides friendly yet firm feedback if your posture deteriorates.

The large fitness ball (55cm) is our highest quality, burst-resistant ball. It provides the right amount of instability to activate your core muscles while seated. Adjust your seated height by slightly deflating the ball if needed. Back away from your desk during the day and take an exercise break on it, too!

Balls are Storm gray and must be inflated (pump included). Wheel kit and fabric ball covers available separately.

You receive

- » Patented chair frame of premium stratified maple with hardwood core. Beautifully designed and solidly built.
- » 55cm fitness ball
- » 8-10" ball
- » Needle pump to inflate balls
- » Chart with suggested seated exercises

Pricing

Begin Chair	12485	\$499 US
Begin Chair with Wheel Kit	12941	\$598 US
5 Year Limited Warranty		

Begin Chair Accessories

Add Wheels to your Begin Chair

If you've already purchased a Begin Chair without wheels, make it more mobile with this custom-designed wheel kit. Includes heavy duty casters and all hardware needed for installation.

Wheel Kit	12877	\$99 US
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Fabric Ball Cover with Handle

Fits any 55cm fitness ball for more comfortable contact. Cotton knit cover is zippered so that you can quickly take it off, wash it, then put it back on without having to deflate the ball—not true of other ball covers. Convenient, sewn-in carrying handle.

Your choice of Black or Storm gray. Fits any 55cm fitness ball. Garment dyed and pre-shrunk. Wash cold, dry low.

55cm Ball Cover, Storm	10374	\$59 US
55cm Ball Cover, Black	10373	\$59 US



SmartBell® and Hand Weights



SmartBell®

Uniquely shaped to carve through space in flowing, rotational movements, we love the SmartBells' sculptural and ergonomic design. The option of a two-handed grip gives a high level of control and supports physical challenges in rehab settings. Enjoy extended flowing movements that stretch and tone your whole body, or targeted muscle groups. Travels well, too!



Red SmartBell weighs 4.6 lb. All other colors are 1.5 lb. Sold individually.

1.5 lb. (0.7kg), Gray	12939	\$29.95 US
1.5 lb. (0.7kg), Blue	12938	\$29.95 US
1.5 lb. (0.7kg), Purple	12937	\$29.95 US
1.5 lb. (0.7kg), Green	12936	\$29.95 US
4.6 lb. (2kg), Red	10356	\$39.95 US

Weighted Balls

Our latest weighted balls are smaller in diameter for easier grip, and come in pleasing new colors. Weighted balls increase the intensity of any mat workout, and allow adding simple arm exercises. Textured surface aids grippiness even during workouts that make you sweat. 3.5" (9cm) diameter. Sold individually.



Blue, 2 lb. (0.9kg)	10377	\$11.50 US
Green, 3 lb. (1.4kg)	10378	\$14.50 US

Hand Weights

Looking for traditional hand weights? The gently textured Neoprene coating provides a comfortable non-slip grip. No-roll hexagonal shape. Sold in pairs.



Pink, 1 lb. (0.5kg), not shown	10350	\$8.95 US
Green, 2 lb. (0.9kg)	10351	\$11.95 US
Turquoise, 3 lb. (1.4kg)	10352	\$13.95 US

➡ Get SmartBell workout ideas at pilates.com/smartbells, or see our workout videos available on p. 35.

Rollers and Releasing

Foam rollers are humble in appearance, yet so effective to activate deep core muscles, improve balance and posture, strengthen extremities and provide self-massage. More release products at pilates.com.

Magic Roller®

Our premium Magic Roller and a long-time customer favorite, this high-performance, professional roller is made of top-quality, closed-cell foam. It's long lasting and holds its round shape. Optional free poster of roller exercises. 6" x 36" (15cm x 91cm)



Rain Cloud Gray	10104	\$39 US
Swirlie Gray	10105	\$39 US
Rain Cloud & Poster	12641	\$39 US
Swirlie Gray & Poster	12642	\$39 US

Magic Roller® Softie

The newest in our premium Magic Roller line is the gentle Softie, because sometimes that's exactly what you need. Gray. 6" x 36" (15cm x 91cm)

Softie Roller	10102	\$39 US
Softie & Poster	12643	\$39 US

40" Foam Roller – a Balanced Body exclusive!

Extra length and support of our 40" (102cm) full-round roller, available in White (softer) or Black (hard).

White, 6" x 40"	10355	\$25 US
Black, 6" x 40"	10349	\$25 US

36" (91cm) Standard Foam Roller

Our most economical rollers. Available in full- or half-round, choose White for softer density, and Black for hard/intense release work. The 4"-diameter roller is our original, softest material (available in full-round only).

White, Full, 6" dia.	10354	\$23 US
Black, Full, 6" dia.	10310	\$23 US
White, Half, 6" dia.	10106	\$18 US
Black, Half, 6" dia.	10107	\$18 US
White, Full, 4" dia.	10101	\$15 US

Short Roller, 6" x 12"

Soft EVA foam, yet rigid enough for support. Blue and full-round. Its short length makes this roller a great travel buddy!



EVA Foam Roller	10302	\$20 US
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The Stick

Use before and after exercise to prevent soreness and increase flexibility. Provides myofascial release and trigger point therapy. Releases multiple points in minimal time, with very little effort.



The Stick	10051	\$30 US
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KnotOut®

The unique shape of KnotOuts helps you get to places that traditional rollers can't reach. Made of natural rubber in a polyolefin sleeve, they are durable, portable, and easy to clean. Large is perfect for glutes, hamstrings, and other large muscle groups. Medium is great for shoulders and lower legs. Small is ideal in size and density for soles of the feet and palms of the hands.



Sm 1.6"x5" (4cmx13cm)	10068	\$18.95 US
Med 2.75"x5.5" (7cmx14cm)	10067	\$29.95 US
Lrg 4"x8" (10cmx20cm)	10066	\$42.95 US

Yamuna® Foot Wakers

Inflated pods with rounded fingers gently massage, invigorate and release the entire foot. Gauge foot health, progress to seated exercises, then advanced standing work. Great to alleviate pain from plantar fasciitis, bunions, fallen arches and more. Three 10-min. DVD workouts.



Yamuna Foot Wakers	10312	\$65.95 US
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Pinky Ball, 2.5" (6cm)

For foot massage and to improve standing posture and gait. Or use as intense massage ball for stubborn spots. Sold individually.



Pinky Ball	10294	\$4.25 US
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Spiky Massage Balls

"Spikes" create a tingling sensation on the skin when used to massage tight or tender spots. Five sizes, so you can find just the right one for any area. From 2.5" (6cm) to 4" (10cm). Sold individually.



Orange, 6cm	10307	\$2.95 US
Green, 7cm	10287	\$3.95 US
Yellow, 8cm	10308	\$4.95 US
Red, 9cm	10288	\$5.95 US
Navy, 10cm	10289	\$6.95 US

Portable Hand Roller

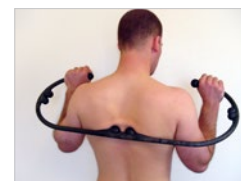
Retractable handles make this perfect for travel. It fits into your suitcase or gym bag for myofascial release on the go. Ribbed surface offers a unique release experience. Rolling surface: 8" (20cm), extended 19" (48cm).



Portable Roller	10091	\$21 US
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Myotool™

The unique and innovate shape and knobs help you find hard-to-reach spots. Use to stimulate or gently massage your entire body.



MyoTool	10052	\$49.95 US
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More Props and Balance Tools

Looking for small accessories to build strength and balance? Or to enhance flexibility? So many options! We have these and more at pilates.com.

Balance Board

This balance board from Sissel® is budget-friendly and brightly colored to bring pep to your balance and coordination training. Fixed height is 3" (7.5cm). Washable plastic with a ribbed surface.



Balance Board, 16" (41cm) Red 15103 \$34 US

Balance Boards

Great for challenging proprioception, rehabilitating the lower extremity and for advanced balance training. Balanced Body's has a half-sphere base with 3 heights to increase/decrease difficulty. Maple-faced plywood, embedded non-skid surface.



Small, 16" (41cm) 12364 \$75 US

Large, 20" (51cm) 12365 \$85 US

Moon Box Lite

Alone or with any piece of equipment, this ultra-lightweight box (0.95 lbs/0.5kg) is strong enough to hold its own! Add height to a seated position, use for balance challenges or alignment while standing, or add challenges (or assists) to floor workouts. Recyclable, high-density foam. 6"h x 9.5"w x 15.5"l (15cm 24cm x 39cm)



Moon Box Lite, single 10360 \$35 US

Moon Box Lite, pair (save 15%) 12654 \$59.50 US

Soft Spike Balance Pod

Step from one to another for balance training and motor skill development. Use flat side down for moderate balance training, or pebble side down for more challenging balance training. Purple, 6" (15cm) diameter, sold individually.



Balance Pod 10281 \$7.50 US

Balance Pad

So versatile! Adds a low-level of instability to standing, sitting, all fours and bridging positions. Or use it to improve core strength, balance and motor control. Durable foam has smooth, easy to clean finish.



Blue, 16" x 19" x 2.5" (41cm x 48cm x 6cm)

Balance Block 10280 \$38 US

"Yoga" Strap

Lightweight, 8-foot length (2.5m), with buckle for quick adjustment. Yoga straps are used to support the body while stretching. This one is lightweight, a good travel companion.



Blue 10277 \$8 US

Sissel® Step-Fit® Mat

A "pebble beach" for home or work. This durable floor mat simulates cobblestones to provide proprioceptive feedback, promote blood circulation and stimulate the metabolism.



It is ideal for balance training, sensory motor training and reflexology. Flexible and washable, made of thermoplastic elastomer with no phthalates. 20" (49cm) square.

Step-Fit Mat 15106 \$117 US

Balance Cushion

Sitting, lying, or standing on one or both feet, the Balance Cushion works core muscles more completely than a gymball because it focuses on those muscles in any position. Also perfect for seniors and chronic back sufferers to use in therapy, at home or the office. Slips into your suitcase for a core workout in the hotel room. Inflate with a traditional ball pump or household drinking straw. Blue, 14" (36cm) diameter.



Balance Cushion 10299 \$25 US

BOSU® Pro

Add fun and challenge to floor workouts with BOSU's highest grade Pro version. Suitable for all types of workouts; largest surface area available. Comes with hand pump and DVD. Diameter 26" (65cm). US sales only on this product.



BOSU Pro 10076 \$160 US

Weighted Metal Poles

A great tool for alignment, armwork and more. Chrome-plated with rubber ends. Length for all is 31" (79cm).



2 lb (0.9kg) 12400 \$52 US

3 lb (1.4kg) 12401 \$55 US

3.8 lb (1.7kg) 12147 \$58 US

Maple Dowel

Also for alignment, armwork and more. Three lengths.

27" (68cm) 11489 \$26 US

32" (81cm) 12374 \$27 US

36" (91cm) 12375 \$28 US



Anatomy and Movement Tools

Anatomy + Movement® Skeleton

Calling all students and anatomy nerds!

Born of years teaching our Anatomy in Three Dimensions™ courses, Balanced Body® has explored compelling ways to teach musculoskeletal anatomy. Building muscles in clay on a specially-designed skeleton is effective, engaging and fun.

For those who prefer personal exploration, or who teach anatomy in other professional settings, we are proud to bring you our Anatomy + Movement® products for your own use.

Accurate, Beautiful, Detailed

- » Anatomically correct and more detailed than others. Similarly detailed skeletons cost twice as much.
- » One side shows major tendons and ligaments.
- » Custom-designed with exceptional accuracy, specifically for the purpose of teaching anatomy through the use of clay. Designed in the USA from scans of actual bones.

Easy to Use, Versatile

- » Arms and legs in various positions, to aid in understanding how muscles change length and position with movement.
- » Arms detach easily via magnets at the shoulder, making it easy to build and attach.
- » Skull removes to allow for building.

Pricing

The Anatomy + Movement® Skeleton includes a Skeleton of durable polyurethane mounted on a sturdy base, introductory "Getting Started" manual, and instructions for minor assembly. Skeleton is 28.5" (69cm) high, including 1" base. Starter Kit includes Skeleton, both clay colors and tool kit - save \$30.

Anatomy + Movement Skeleton	15070	\$549 US
Anatomy + Movement Starter Kit	15284	\$565 US

30-day money back guarantee

Optional Accessories

Tool Kit

Basic kit includes tools needed to start building muscles out of clay and applying them to the skeleton: double-sided wire tool, wood carving knife, plastic putty knife, 12"/30cm wood dowel for rolling clay, carrying case for your tools, and heavy-duty non-skid mat to protect table surface.

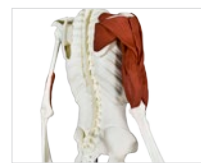
Anatomy + Movement Tool Kit	15259	\$24 US
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Modeling Clay

Our high-quality modeling clay is oil-based, reusable, and available in both terra cotta and white. Working with different colors helps clearly define individual muscles as they are added to the skeleton.

Clay, Terra Cotta, 4.5 lbs. (2 kg)	15257	\$17 US
White, 1 lb (0.5 kg)	15508	\$5 US



Anatomy Poster

The finest wall chart for teaching and learning the human superficial muscular system and its relationship to the skeleton. Over a dozen photographic/orthographic views. "Cut-away" details and cross sections depict real three-dimensional projection of forms and features. A "test your knowledge" section and primary muscle actions make this chart superior to other wall charts. Printed full-color, 2-sided, laminated with metal hanging rivets. 40"W x 26" H (102cm x 66cm).

Anatomy Poster	10135	\$39.95 US
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The Pilates Chart

Colorful chart from Pilates instructor Carol Appel presents the original mat exercise sequence in an easy-to-follow, color-coded system that differentiates beginning, intermediate, and advanced exercises. Bold and perfect for decorating the walls of a studio, or to reference at home for the experienced practitioner. 24" x 35.5" (61cm x 90.2cm).

The Pilates Chart	10341	\$32.95 US
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➔ Interested in Anatomy in Three Dimensions™ courses from Balanced Body? Our courses combine muscle function with exercises, and apply the anatomical information to movement. A great learning experience! See the current schedule at pilates.com/education-finder.

Equipment Accessories

More equipment accessories available at pilates.com.

SoftTouch® Loops

SoftTouch loops and ropes (not shown) deliver quiet, fluid movement with sturdy rope (non-metal) attachments. Standard on Allegro® 2 and Allegro® Reformers, and available for other Balanced Body Reformers.



SoftTouch Double Loops, Padded	10046	\$49 pair, US
SoftTouch Double Loops, Cotton	10530	\$38 pair, US
SoftTouch Single Loop, Padded	10045	\$38 pair, US

Tri Loops

Our Tri Loops have a hidden third strap that opens to provide additional support and security for feet or hands, and tucks out of the way invisibly if not needed. Simple, brilliant.



Tri Loops, Padded	10527	\$49 pair, US
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Double Loops

A Balanced Body innovation with two loops. Use short loop for hands and longer loop for legs or feet.

Cotton, D-Ring	10025	\$28 pair, US
Padded, D-Ring	10026	\$44 pair, US



Single D-Ring Loops

Streamlined and simple.

Cotton, D-Ring	10022	\$18 pair, US
Padded, D-Ring	10020	\$38 pair, US



Handles

An alternative to loops on your equipment, some people prefer our polypro handles with Neoprene® grips for arm work.



Polypro handles	10032	\$28 pair, US
SoftTouch handles	10047	\$28 pair, US

Cotear™ Non-Slip Tape

Great for a better grip on your equipment. Easy to remove, medical-grade adhesive tape leaves no sticky residue on hands or equipment. Each roll is 2" (5cm) wide, 5 yards (4.6m) long. We find that it often takes about 3/4 of a roll to cover one bar.



Red	10005	\$2.95 US
Black	10006	\$2.95 US
Purple	10007	\$2.95 US
Green	10015	\$2.95 US

Standing Platform Pad

Do you use a folded towel on your Reformer's standing platform to cushion your hands and forearms? This pad is a perfect, easy-to-grab replacement that offers superior comfort. You will love it! 22" (56cm) length x 14.5" (37cm) wide x 3/4" deep (2cm).



Standing Platform Pad	14695	\$10.95 US
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Gondola Pole

The perfect balance aid when performing standing work on a Reformer.

This beautiful, solid maple pole is nicely finished and matches our wood equipment. The rubber end caps improve traction against the floor. Length 60" (152cm); diameter 1.25" (3cm).



Gondola Pole	12369	\$45 US
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Balanced Body® Signature Springs™

High quality Reformer and Chair springs are important for safety and consistent resistance. Balanced Body's patented springs are custom-built, nickel-plated carbon steel, the best available for strength, resilience and durability. However, they do require inspection for wear and should be replaced every two years or 3000 hours. For use only on Balanced Body equipment. Length 18.5" (47cm).

Reformer Spring, Yellow (very light)	14295	\$25 US
Reformer Spring, Blue (light)	14286	\$25 US
Reformer Spring, Red (medium)	14285	\$25 US
Reformer Spring, Green (heavy)	14302	\$25 US
Chair Spring, White (light)	14291	\$28 US
Chair Spring, Black (heavy)	14297	\$28 US

Non-Skid Strips

Steady your equipment on hard floors and low-pile carpet. Remove backing and apply to bottom of Reformer leg (2 strips per leg). Great for infrequently-moved equipment. 5.5" x 1" (14cm x 2.5cm).



Non-Skid Strips, set of 8	12825	\$14.95 US
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Spring Collars™

A customer favorite, easy-grip Spring Collars slip onto Balanced Body® Reformer springs, to make spring changes easier for both instructor and client. No need to handle the spring. Included on the Allegro® 2 Reformer. Add to any Balanced Body Reformer spring. A patented exclusive.



Spring Collars (set of 5)	12833	\$12 US
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Videos, Books & More



- 32 Videos: General Pilates and Mat
- 35 Videos: Mat with Props
- 38 Videos: Reformer and Tower
- 40 Videos: Barre
- 41 Videos: Bodhi Suspension System® and Orbit™
- 42 Videos: Health Topics
- 46 Books: General
- 48 Books: Anatomy and Movement
- 50 Books: Health Topics
- 51 Apparel and Gift Certificates
- 52 Posters and Notes
- 52 Returns / Shipping / Warranty

“The whole purpose of education is to turn mirrors into windows.”

—Sydney J. Harris

Videos: General Pilates and Mat

We offer many of our videos in both streaming and DVD formats, to make it as convenient as possible for you to get what you need, when you need it.

Our symbols indicate format(s) currently available for each title: for DVD, ●, and for streaming, ►. We constantly add to our library, so be sure to check online regularly, at pilates.com or on our streaming site, video.pilates.com.



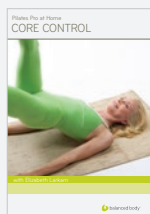
Discover why people love the Balanced Body “Pilates Pro at Home” series. Master instructor Elizabeth Larkam guides you with calm, detailed, carefully-paced instruction. These Pilates Mat exercises are intermediate to advanced, and suitable for healthy individuals. Previous Pilates experience not required. The mat workouts are effective, yet short enough to fit into a busy day. Mix and match to create your customized program.

Pilates Pro at Home: Core Control

Build core control with stronger abs, protect against back pain, improve posture, and help prevent injuries and falls. Includes an 18-minute introduction to Pilates principles, an 11-minute tutorial with tips and modifications, plus a challenging 26-minute workout and 14-minute bonus workout. Int/Adv. Safe for osteoporosis/osteopenia. (Total run time: 69 min) ●►

Pilates Pro at Home: Core Control

13422



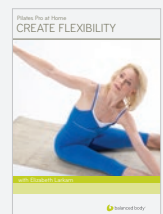
\$19.95 US

Pilates Pro at Home: Create Flexibility

Enjoy the benefits of improved flexibility, relief from stiffness, increased joint mobility, and counter the effects of long periods of sitting. Includes an 18-minute introduction to Pilates principles, a 17-minute tutorial with tips and modifications, plus a challenging 32-minute workout and 17-minute bonus workout. Int/Adv. (Total run time: 84 min) ●►

Pilates Pro at Home: Create Flexibility

13423



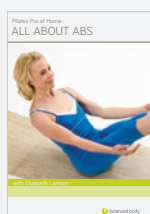
\$19.95 US

Pilates Pro at Home: All About Abs

Sculpt your waistline, decrease risk of low back pain, improve posture and balance, and boost your performance in sports and daily activities. Includes an 18-minute introduction to Pilates principles, a 19-minute tutorial with tips and modifications, plus a challenging 19-minute workout and 18-minute bonus workout. Int/Adv. (Total run time: 74 min) ●►

Pilates Pro at Home: All About Abs

13421



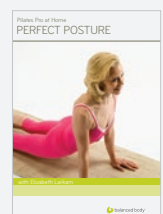
\$19.95 US

Pilates Pro at Home: Perfect Posture

Sit, stand, and walk tall, with improved comfort and ease. Learn how to strengthen back muscles and counter rounded shoulders and “forward head” caused by computer work. Includes an 18-minute introduction to Pilates principles, a 13-minute tutorial with tips and modifications, plus a challenging 14-minute workout and 8-minute bonus workout. Int/Adv. Safe for osteoporosis/osteopenia. (Total run time: 53 min) ●►

Pilates Pro at Home: Perfect Posture

13424



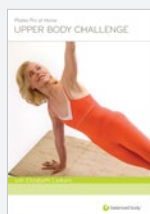
\$19.95 US

Pilates Pro at Home: Upper Body Challenge

Gain comfort and ease in your daily life. Protect against back pain, improve sports performance, and prevent injury. Includes an 18-minute introduction to Pilates principles, a 22-minute tutorial with tips and modifications, plus a challenging 30-minute workout and 9-minute bonus workout. Int/Adv. (Total run time: 79 min) ●►

Pilates Pro at Home: Upper Body

13425



\$19.95 US

Pilates Pro at Home: The Complete Series

Can't decide which one you want?

Buy the complete series of five titles, so you can mix and match each week to create your own customized program! Purchase all five titles and save 10%. ●

Pilates Pro at Home: The Complete Series

12640

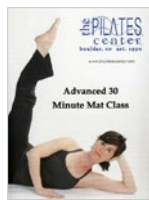


\$89.75 US

Videos: General Pilates and Mat

30-Minute Mat Class

A fast-paced advanced mat class brought to you by The Pilates Center of Boulder is designed by Rachel Taylor Segel. Great for a workout or to give you ideas for quick transitions for your classes. Recommended for experienced Pilates practitioners or professionals. Props used: Mat. (Total run time: 24 min) ●



30-Minute Mat Class 13472 \$14.95 US

Pilates on the Go® for Mat

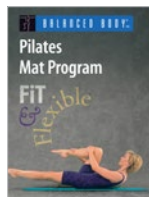
Enjoy Balanced Body's re-release of this excellent Pilates mat workout, filmed in an inspiring outdoor setting. Celebrity trainer Maria Leone is certified by PhysicalMind Institute and is an IDEA master trainer. Beginning with a warm-up and review of Pilates principles, this workout is a full body challenge. Some exercises use resistance bands and tubing. Improve posture and core strength! (Total run time: 54 min) ●▶



Pilates on the Go 13398 \$17.95 US

Balanced Body® Pilates Mat Program

Increase the strength of your abdominal and back muscles, gain greater strength and control to enhance your daily activities, sports and recreation. Elizabeth Larkam teaches variations of 20 fundamental mat exercises and instructs on correct breathing, alignment and form. Props used: dowel. (Total run time: 90 min) ●▶



Balanced Body Mat Program 13284 \$19.95 US

A Movement of Movement

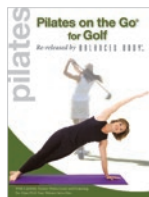
Mark Pedri captures the philosophy and lifestyle of Pilates through the eyes of world-renowned instructors and participants in the industry, including everyday people and athletes who have been transformed by the method. Traveling around the world to meet with instructors from all backgrounds, Pedri gives an all-access look into the method, from the beginnings of Pilates through the evolution of Pilates as it is today. A must-have for your documentary or Pilates library. (Total run time: 72 min) ●



A Movement of Movement 13468 \$29 US

Pilates on the Go® for Golf

Strengthen the back, increase range of motion and play better. Maria Leone and PGA golfer Steve Pate demonstrate exercises to increase core strength, flexibility, balance, and range of motion. Take strokes off your score and hit the ball longer and more consistently. Props used: mat and golf club. (Total run time: 54 min) ●▶



Pilates on the Go for Golf 13400 \$17.95 US

Flying Eagle Pilates: Golf

For the golfer who has taken mat classes, now take that routine home! Get the most out of your golf swing with this 16-minute mat workout that uses a club. Bonus 8-minute stretch and warmup you can do right on the course before teeing off. (Total run time: 27 min) ●



Flying Eagle Pilates: Golf 13435 \$19.95 US

Lolita's Pilates Body Walk DVD with CD

Gain a total body aerobic workout. Lolita San Miguel leads you through Pilates exercises for the upper body. Add to your walks, bicycling, or even sitting. Comes with DVD (47 min) to learn the exercises at home, plus an Audio CD (30 min) for outdoors. ●



Lolita's Pilates Body Walk 13341 \$19.95 US

PSC Pilates High Intensity Interval Training

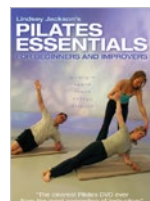
This innovative, cutting edge workout uses just eight Pilates exercises, PSC has created a challenging, fun, high intensity workout! Exercises in each interval are demonstrated before the interval starts, so there's no stopping in between. Side by side variations are demonstrated. Previous Pilates experience is recommended. Props used: mat. (Total run time: 55 min) ●▶



PSC PHIIT 13450 \$19.95 US

Pilates Essentials

Perfect for those who want to try Pilates, who need a refresher, or who want to improve. Accessible for beginners, but challenging enough for an intermediate practitioner. Lindsey Jackson leads a mat workout including warm-up, 45-minute workout and guided relaxation, plus intro and technical review. Features an audio-only option: play your own music or download. Props used: mat, towel. (Total run time: 75 min) ●



Pilates Essentials 13407 \$24.95 US



found on INSTAGRAM

@balanced_body

It doesn't matter what's a "trend." I love that you can use this creatively with your own ideas. It's a tool for people who understand the body.

image via @hisaya_hirashima Tokyo, Japan

Videos: General Pilates and Mat

Jennifer Kries Master Trainer Series—Mat

See Joseph Pilates' entire mat syllabus demonstrated at all levels. Includes sculpting section on the Magic Circle. Instructors, get tips for unique cueing and stretching. Advanced Pilates enthusiasts can deepen their understanding of the practice. (Total run time: 3 hr, 5 min) ●▶

Master Trainer Series—Mat 13373



\$39.95 US

New Body! Pilates I

Start down the road to your new Pilates body with Jennifer Kries. Learn the fundamentals of Pilates. This beginner mat workout is easy to follow, with variations for different levels. Challenge your entire body! Bonus workout with the magic circle. Props used: mat, magic circle for bonus section. (Total run time: 48 min) ●▶

New Body! Pilates 13369



\$12.95 US

New Body! Pilates II

Challenge your core with this intermediate mat workout. Jennifer Kries moves quickly through the routine, burning calories and helping you tone abs, arms, and legs. Includes bonus workout with hand weights. Props used: mat, handweights for bonus section. (Total run time: 45 min) ●▶

New Body! Pilates II 13370



\$12.95 US

New Body! Pilates III

A challenging at-home mat workout for advanced practitioners, or get sequencing tips for your class. This 35-minute routine by Jennifer Kries builds on previous New Body! Pilates videos, but advanced students, take advantage of this amazing workout. Quick, smooth transitions give you a cardio workout. Bonus 10-minute exercise ball workout. Props used: mat, exercise ball for bonus section. (Total run time: 55 min) ●▶

New Body! Pilates III 13415



\$12.95 US

Heal Your Posture

This 7-week "workshop" will help you gain better posture and correct unhealthy imbalances in the way you sit and move in the world. Using simple tools such as a mat, chair, and yoga block, learn diagnostic tools to feel the differences in various body positions. Gain body awareness as you learn how to change movement in every day life, deal with stress and tension, and make changes to your brain patterns. Presented in a series of individual lessons for a seminar style mode. (Total run time: 1 hr, 29 min) ●

Heal Your Posture 13456



\$49.95 US

Corpus Pilates

Videos for the beginning to intermediate student, or as a refresher for the professional. Each video begins with a review of modifications and a 27-minute tutorial on Pilates principles, modifications and contraindications. Exercises are clearly labeled with level, reps, and modifications. Level 1 (85 min) includes sections for leg weights, seated and wall exercises, and a magic circle workout. Level 2 (69 min) includes a routine with handweights and a magic circle workout. Level 3 (58 min) features more advanced matwork. Props used: (Levels 1 and 2) Mat, cushion, ankle weights, chair, magic circle. ●▶

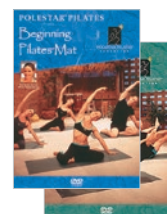
Level 1	13401	\$19.95 US
Level 2	13402	\$19.95 US
Level 3	13403	\$19.95 US



Polestar Pilates Beginning & Intermediate Workouts

Polestar's 60-minute beginning mat class lengthens, strengthens and tones, while introducing Pilates principles of concentration, breathing, alignment, coordination, centering and balance. Includes variations. The 54-minute Intermediate video guides you through a focused mind-body workout to strengthen, tone, align and stretch. Props used: chair and tennis ball. ●

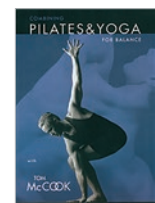
Beginning DVD	13288	\$19.95 US
Intermediate DVD	13289	\$19.95 US



Combining Pilates & Yoga for Balance

Tom McCook begins with Pilates to develop core strength and spinal flexibility, then moves into yoga to link the power of the breath to the body. Explains essential principles of breathing and neutral spine, then teaches a flowing, 45-minute workout with more than 40 Pilates and yoga exercises. Easier variations shown. Intermediate to advanced. (Total run time: 56 min) ●

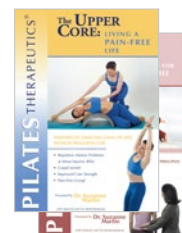
Combining Pilates & Yoga 13305 \$19.95 US



Living a Pain-Free Life, Volumes 1 and 2

Improve core strength, and start living pain-free with easy-to-follow exercises. Volume 1 (75 min) helps you avoid overuse injuries in upper body and arms. Designed for computer users and anyone concerned about arm and hand overuse. Volume 2 (90 min) maximizes lower body health and strength, with step-by-step guidance. ●▶

Volume 1 (The Upper Core)	13335	\$19.95 US
Volume 2 (The Pelvic Core)	13336	\$19.95 US



Videos: Mat with Props

SmartBell® Workout for Travel or Home

Pack a great workout for travel. At just 1.5 lbs. each, SmartBells fit into your suitcase. This 23-minute full-body workout will challenge you, yet it's short enough to fit into a busy travel schedule. Includes exercise variations for both beginning and intermediate/advanced levels.

Props used: mat and SmartBell. (Total run time: 25 min) ▶

SmartBell: Workout for Travel or Home SDVD8449 \$29.95 US



Workout for Golf: SmartBell® and Pilates Mat

From Vicki Sullivan at the PGA Tour Gary Player Employee Fitness Center. Designed to improve your golf game or as an effective, full-body workout for anyone, this workout addresses many challenges found in golf, including complex movements with coordination, precision of movement, flow, rotation and flexibility. Props used: two SmartBells (1.5 lb or 4.6 lb) and a mat. (Total run time: 40 min) ▶

Workout for Golf: SmartBell and Mat SDVD8448 \$29.95 US



PSC Stretch and Stamina

Bring stretching to your workout routine and increase stamina and strength. This flowing workout integrates a variety of Pilates elements for a challenging, fun, and unique workout.

Props used: mat, Theraband. (Total run time: 60 min) ●▶

PSC Stretch & Stamina 13451 \$19.95 US



Jillian Hessel Magic Circle Routines

In this remastered DVD, Jillian Hessel demonstrates challenging standing and seated moves using this prop for your entire body. A great tool for instructors who want to integrate a circle into their class, or as a complete workout for any level. Props used: mat, circle. (Total run time: 55 min) ●

Magic Circle Routines 13355 \$19.95 US



Pilates Small Ball Workout

This safe, fun and effective workout will help build core strength, improve balance and flexibility, and increase your range of motion. The small ball helps engage the deep core and pelvic floor muscles. The workout gently warms you up, and then slowly builds to incorporate the entire body. Includes modifications for different levels. Some previous Pilates experience recommended. Props used: mat, 8-10" ball. (Total run time: 60 min) ●▶

Pilates Small Ball Workout 13477 \$19.95 US



Flex Ring Toner® Workout

Easy-to-follow workout with more than 50 resistance exercises for the Flex Ring Toner®, Spring Circle, or Ultra-Fit Circle®. Improve muscle tone, endurance, coordination and balance. Great for hard to firm up problem areas. Beg/Int/Adv variations. Demonstrated by Elizabeth Larkam. (Total run time: 60 min) ●▶

Flex Ring Toner 13285 \$24.95 US



PSC Pilates for Men: 10-20-30 Challenge

This 3-disc set will increase strength, control, endurance and flexibility. Great for any level, each exercise is demonstrated at both beginning and advanced levels. Bonuses: music only, and safety tips. Props used: 8-10" ball and resistance band. (Total run time: 120 min) ▶

Pilates for Men: 10-20-30 Challenge 13453 \$29.95 US



New Body! Pilates Toys

Jennifer Kries includes three props to take your mat workouts to challenging levels! Use a fitness ball to achieve core stabilization, enhanced posture, and refined coordination (11 min). The "Sculpting Series" with hand weights will strengthen and tone your entire body (10 min).

The Magic Circle gives you a full body workout to target every inch (14 min). Props used: mat, exercise ball, hand weights (2), magic circle. (Total run time: 37 min) ●▶

New Body! Pilates Toys 13427 \$14.95 US



Pilates for Men

Lindsey Jackson leads a workout for men beginning Pilates or for more seasoned practitioners. Includes an intro and technique overview, plus a 15-minute bonus section with more challenging exercises and stretching. Features guided relaxation and an audio only option: play your own music or download. Props used: mat, 8-10" ball, towel. (Total run time: 85 min) ●

Lindsey Jackson's Pilates for Men 13406 \$19.95 US



Circle Workout

This circle workout by Kathy Corey features more than 60 exercises, including variations, performed standing, seated, kneeling, supine and prone. Excellent for home exercisers or instructors looking for new material. (Total run time: 90 min) ●

Circle Workout 13312 \$24.95 US



Videos: Mat with Props

A Body Empowered

Quick-paced choreography will tone your entire body from head to toe. Amy McCauley creatively includes barre-inspired moves, Pilates mat exercises, and yoga stretches for a kick butt workout! Int/Adv. Props used: 8-10" ball, resistance band, mat and a chair for balance. (Total runtime: 60 mins.) ●

A Body Empowered 15196 \$24.95 US



Yur Back Extension

This unique Pilates-based post-rehabilitation program by physical therapist Dr. Christine Romani-Ruby is perfect for those who suffer from back pain. Use alone or as a companion to the Yur Back: Flexion video. With modifications to prevent pain, it's great for anyone who has lumbar disc herniation, ankylosing spondylitis, or osteoporosis. Props used: Mat, foam roller, resistance band. (Total run time: 30 min) ●▶

Yur Back Extension 13461 \$25.95 US

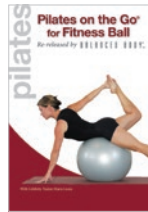


Pilates on the Go® for Fitness Ball

Re-released by Balanced Body, this inspiring Pilates workout on the fitness ball with celebrity trainer Maria Leone will enhance your core conditioning and balance. Good for all fitness levels! (Total run time: 54 min) ●▶

Save 15% if you purchase DVD and fitness ball together. See p. 24 for fitness ball sizing.

Pilates on the Go for Fitness Ball 13399 \$17.95 US
 DVD with 55cm Fitness Ball (Red) 12600 \$38 US
 DVD with 65cm Fitness Ball (Deep Purple) 12601 \$42 US
 DVD with 75cm Fitness Ball (Blue) 12602 \$45 US



Yur Back Flexion

Physical therapist Dr. Christine Romani-Ruby has created a unique, safe, Pilates-based post-rehab program. Get a complete workout while learning how to protect your back. Recommended for those who have osteoarthritis, spinal stenosis, degenerative disc disease, chronic spondylolysis or spondylolisthesis. Props used: 8-10" ball, mat, exercise band. (Total run time: 30 min) ●▶

Yur Back Flexion 13466 \$25.95 US



Jennifer Gianni's Fusion Pilates™ Birth Ball: Exercising with Baby

This easy-to-follow routine helps you bond with baby and get back into pre-pregnancy shape! Each exercise is clearly labeled with level and includes modifications, depending on where you are in your post-partum recovery. Includes a 15-minute intro with tips on alignment, breathing, and safety. Props used: mat, exercise ball, pillows or cushions as desired. (Total run time: 45 min) ●

Fusion Pilates Birth Ball Exercising with Baby 13443 \$14.95 US



Yur Back Stability Level I

The ideal start to a fitness program for those who have suffered from back pain. Physical therapist Dr. Christine Romani-Ruby teaches you how to hold the spine in a neutral position, making it a safe, but challenging workout. Exercises include standing footwork and pre-planking. Appropriate for a diagnosis of sacro-iliac dysfunction. Props used: Mat, resistance band. (Total run time: 30 min) ●▶

Yur Stability Level 1 13462 \$25.95 US



Pilates Circle Challenge

Look no further for a challenging circle routine! Bernadette Giorgi leads this full-body sculpting workout. Includes four pre-mixed routines for lower body. Props used: circle, mat. (Total run time: 50 min) ●

Pilates Circle Challenge 13362 19.95 US



Yur Back Stability Level II

Incorporate more challenging work, including planking, advanced standing footwork, and holds for strengthening. This routine works best as a progression from Yur Back Flexion or Extension, or Stability 1. Props used: Mat, resistance band. (Total run time: 32 min) ●▶

Yur Back Stability Level 2 13463 \$25.95 US



Power Ball Sculpt

Improve posture, burn calories, and shape your muscles with Bernadette Giorgi's challenging Int/Adv weighted ball workout. Includes three pre-mixed workouts that target specific muscle groups. Props used: mat, one weighted ball. (Total run time: 53 min) ●

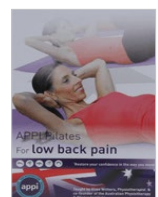
Pilates Power Ball Sculpt 13382 \$19.95 US



Pilates for Low Back Pain

From the Australian Physiotherapy and Pilates Institute, this safe routine was designed for beginners and those experiencing low back pain. Begin with key Pilates elements, a warm-up, 55-minute class, and cool down. Modifications also included. In four sections, so you can choose your focus. Props used: mat, cushions (if desired), chair or exercise ball. (Total run time: 1 hr, 30 min) ●

Pilates for Low Back Pain 13419 \$24.95 US



Videos: Mat with Props

PSC Foam Roller Workout

The foam roller: it looks simple, but it is mighty! Pilates Sports Center presents this 52-minute foam roller workout to challenge your entire body. Demonstrates two levels of difficulty. Includes release work and stretching for a full workout. Bonus feature with safety tips and advanced options. Props used: roller, handweights. Wall space needed for roller. (Total run time: 52 min) ▶▶



PSC Foam Roller Workout 13432 \$19.95 US

Pilates Workout with Mini-Ball

Get the benefits of Pilates with this low-impact workout by Michael Fritzke and Ton Voogt. Improve muscle tone, build core strength and increase flexibility. Level 1 (57 min), focuses on controlled movements, correct breathing, body alignment and posture. Level 2 (55 min) picks up the pace with 10 new exercises and 15 variations of Level 1. ●



Level 1	13331	\$24.95 US
Level 2	13347	\$24.95 US
Level 1 DVD and 8-10" ball, save 10%	10077	\$36.95 US

PHI® Pilates Foam Roller Workout

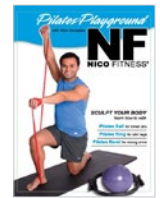
Use the mat and roller to simulate exercises on Pilates equipment in this 40-minute workout. Unique and innovative exercises help challenge balance and core stability. Deepen the stretch or help you focus on your core. Props used: mat and roller. (Total run time: 40 min) ▶▶



PHI Pilates Foam Roller Workout 13346 \$29.95 US

Pilates Playground

Tone and sculpt with this challenging Pilates props routine. Nico Gonzalez leads this "playground" of a workout with ball, ring, and resistance band. Play all three or mix and match. Props used: mat, 8-10" ball, circle, resistance band. (Total run time: 50 min) ●



Pilates Playground 13385 \$24.95 US

Yamuna® Beginner Kit

Discover Yamuna® Body Rolling! This method of exercise will relax and invigorate you, while building core strength and balance. Introductory kit includes Yamuna's specially-designed ball, pump, and 57-minute workout DVD. ●



Yamuna Beginner Kit 10311 \$60.95 US



Videos: Reformer and Tower

Reformer Workout on the Studio Reformer®

Join Nora St. John for this energizing 67-minute workout. Includes a tour of Studio Reformer features, adjustability, maintenance and safety. Enjoy the workout on other Reformers, too. Beg/Int. (Total runtime: 77 min) ●▶

Reformer Workout on the Studio Reformer 14919

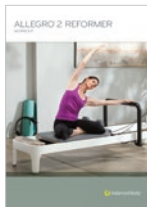


\$29.95 US

Reformer Workout on the Allegro® 2

This 54-min. workout incorporates innovative features of the Allegro 2 Reformer into a full-body session with exercises for any level. EasySet™ Footbar travels the frame for new exercises. Includes exercises with an optional sitting box and foot plate, plus an overview of the Allegro 2. (Total run time: 66 min) ●▶

Allegro 2 Workout 13437



\$29.95 US

Allegro® Introductory and Level 1

The Introductory Reformer workout (30 min) demonstrates basic movements and principles. In Level 1 (50 min), integrate core control, correct breathing, and proper alignment with continuous movements for all the muscle groups. Learn to use your Allegro safely. Tutorial provides detailed instruction and cueing. ●▶

Allegro Introductory and Level 1 13299



\$29.95 US

Reformer Level 2

Builds on Level 1 for Reformer, adding more complex variations and longer sets. New exercises for the entire body are introduced, including standing work, which help you continue to refine your form. Includes 30-min. tutorial for instructors with cues and variations. (Total run time: 90 min) ●▶

Allegro Level 2 13286



\$29.95 US

Reformer Workout on the Pilates IQ®

A workout that integrates core control, breathing and proper alignment with smooth, continuous movements for all the major muscle groups. Also included: correct setup and use the Pilates IQ Reformer. (Total run time: 40 min) ●▶

Pilates IQ Reformer Workout 13310



\$29.95 US

Reformer Reformation

Experience a fun and flowing Reformer workout set to music. Learn exciting new Reformer choreography, increase strength and flexibility. A "redesign" of traditional Reformer work to motivate you and your clients in a new way! Brought to you by PHI Pilates. (Total run time: 47 min) ●▶

Reformer Reformation 13393 \$29.95 US



Reformer Workouts on the Allegro®

Enjoy two great entry-level yet challenging Reformer workouts from Viktor Uygan of Konnect Pilates, plus setup tips for your Allegro and a review of movement principles. Introductory workout (30 min) introduces basic exercises and Level 1 workout (54 min) builds on that foundation. (Total run time: 99 min) ●▶

Reformer Workouts on the Allegro 13469



\$29.95 US

Polestar Intermediate Allegro®

Dr. Brent Anderson of Polestar Pilates leads this innovative Reformer class. Polestar's Pilates-evolved method brings a creative, holistic approach to fitness. You'll learn a wide variety of challenging exercises in a flowing, rhythmic workout. (Total run time: 54 min) ●

Intermediate Reformer 13290 \$24.95 US



Yur Back Reformer Stability Level I

Dr. Christine Romani-Ruby teaches a 43-min. Reformer post-rehab workout that reduces the risk of increased back pain by challenging the spine in a neutral position. An excellent progression from Yur Back Stability Levels 1 and 2. Props used: 8-10" ball, non-skid pads, sitting box and jump board for some exercises. (Total run time: 50 min) ●▶

Yur Back Reformer Stability Level 1 13464 \$31.95 US



Yur Back Reformer Stability Level II

Reformer Stability 2 builds on exercises in Reformer Stability Level 1, challenging and strengthening the core while keeping your spine stable to avoid the risk of back pain. Includes more advanced work; 45-min. workout. Uses sitting box for some exercises, plus 8-10" ball, magic circle, non-skid pads, and Gondola Pole, if desired. (Total run time: 50 min) ●▶

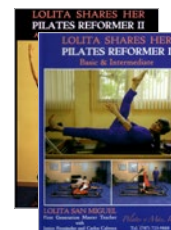
Yur Back Reformer Stability Level 2 13465 \$31.95 US



Lolita Shares Her Pilates – Reformer I and II

Pilates Elder Lolita San Miguel, shares basic/intermediate instruction for Reformer exercises, warming up, breathing, sequencing, transitions and more. Reformer I (80 min) covers basic/intermediate instruction for 100 Reformer exercises. Reformer II (118 min) shares advanced moves, variations and props for 100 Reformer exercises ●

Reformer I 13337 \$19.95 US
Reformer II 13338 \$19.95 US



Videos: Reformer and Tower

Jennifer Kries Master Trainer Series

Learn how to create workouts to get the most from your Reformer sessions. Includes 3 hours of material and 100+ exercises, including all variations properly executed. Great for the Pilates instructor or the advanced Pilates enthusiast. (Total run time: 3 hr, 5 min) ●▶

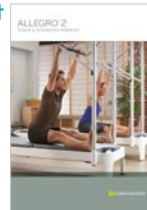


Master Trainer Series—Reformer 13374

\$39.95 US

Allegro® 2 Tower and Integrated Workout

A challenging 45-min. workout on the Allegro 2 System with Tower, including traditional Tower work plus exercises that integrate the Tower with the moving Reformer carriage. Exercises include beginning to advanced levels. (Total run time: 58 min) ●▶

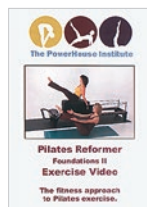


Allegro 2 Tower: Integrated Workout 13438

\$29.95 US

Pilates Reformer Foundations I and II

Chrissy Ruby and Marci Clark present two Reformer workouts. Foundations I teaches classic beginning Reformer exercises, and keeps you focused on breathing, elongation and alignment (57 min). Foundations II introduces intermediate work and challenging variations on the Foundations I exercises (57 min). ●▶



Foundations I 13291

\$24.95 US

Foundations II 13292

\$24.95 US

Allegro® Tower: Intro Workout

Start with 10 exercises from the Integrated program, a workout combining the tower bars and springs with the moving carriage. Then learn 10 more exercises for the Trapeze Table. Can be done on any Reformer with Tower. (Total run time: 57 min) ●▶



Tower: Intro Workout 13307

\$29.95 US

PSC: The Jumpboard Workouts – I, II and III

Learn fun and challenging workouts that teach you new ways to use the jumpboard! Level I (50 min) is an introduction to the jumpboard. Level II (72 min) integrates props. Level III (60 min) has challenging, advanced moves and choreography. Props used: Level II, small ball and band. Level III, hand weights. ●▶



The Jumpboard Workout 13352

\$29.95 US

Level II: With Props 13396

\$29.95 US

Level III: Advanced Cardio Jump 13397

\$29.95 US

Allegro® Tower: Integrated Workout

Use the Tower bars and springs to work major muscle groups, while controlling the moving carriage. Learn 22 exercises, plus variations. Use with any Reformer Tower Combination. (Total run time: 51 min) ●▶



Tower: Integrated Workout 13308

\$29.95 US

Allegro® Tower: Tower Workout

Includes 17 exercises from the Trapeze Table repertoire including modifications. This is a challenging, full-body workout you can perform on any Reformer Tower Combination or Trapeze Table (Cadillac). (Total run time: 46 min) ●▶

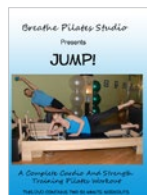


Tower: Tower Workout 13309

\$29.95 US

Breathe Pilates Jump!

Take the jumpboard workout from the studio to your home! Jump your way to an awesome Int/Adv cardio workout with Breathe Pilates Studio's jumpboard DVD. Includes two levels of difficulty, plus the optional challenge of a magic circle. It alternates upright upper body work with jumping exercises for a seamless, flowing workout. Props used: Ultra-Fit Circle (optional). (Total run time: 100 min) ●



Jump! 13420

\$24.95 US

Pilates Springboard™ Workout

Two Springboard or Tower workouts designed by Margot McKinnon: Beg/Int (45 min) and Int/Adv (45 min). Excellent cues accompany integrated, full-body sessions. Bonus exercises for the optional Push-Through Bar (37 min) included. Included with Springboard purchase or available separately. (Total run time: 2 hours, 9 min) ●▶



Pilates Springboard Workout 15262

\$29.95 US

Tower Workouts on the Allegro®: Integrated and Tower Workouts

Disc 1 includes a 69-min. workout using the Tower with the Reformer's moving carriage. Disc 2 is a more traditional 58-min. Tower workout, including exercises off the back of the Tower. (Total run time: 2 hr, 41 min) ●▶



Allegro Tower: Integrated Workout, 2-disc set 13470

\$29.95 US

Pilates Springboard™ Workout

Enjoy a full-body Tower workout from Ellie Herman, including a warm-up, core strengthening, upper body and lower body program. Features classic Pilates exercises plus exercises created for the Pilates Springboard (see p. 14). Hit the entire body with this fabulous workout! (Total run time: 40 min) ●▶



Springboard/Tower Workout 13306

\$24.95 US

Videos: Barre

Barre for Dancers

Join Kelly Uygan, Balanced Body master instructor, for a Balanced Body Barre® class designed to keep you in shape for dancing or any other activities. Level: Beg/Int. (Total run time: 44 min.) ▶

Barre for Dancers

SDVD8443

\$29.95 US



PSC Pilates Burn at the Barre for Beginners

This great workout is perfect for those just starting a barre routine. Tone and sculpt the entire body into one a dancer would be proud of! No barre? No problem! Improvise with a chair for this beginner workout. Two levels are demonstrated so you can progress at a comfortable pace. Props used: hand weights, barre (or chair). (Total run time: 35 min) ●▶

PSC Beginner Burn at the Barre

13448



\$19.95 US

Barre for Seniors

Former professional ballerina Kelly Uygan delivers a Balanced Body Barre® program designed for active seniors. Many of the exercises can be done seated or on a mat. Additional props include a chair, ball, mat and stretch band. Level: Beginner Level 1. (Total run time: 43 min) ▶

Barre for Seniors

SDVD8442

\$29.95 US



PSC Pilates Burn at the Barre

The barre isn't just for ballerinas anymore! This awesome barre-based workout is great for any level. Includes variations for beginner, intermediate, and advanced. Work the lower and upper body in this fabulous full-body barre workout. Props used: 8-10" ball, barre or chair. (Total run time: 60 min) ●▶

PSC Burn at the Barre

13447



\$19.95 US

Ballet Barre Mix

Great for ballet dancers who can use their style and skill within the workout, and for first-timers who'd like to add a challenging classical ballet element to their Barre workout. Led by Joy Karley and Lizbeth Garcia. Beg/Int. (Total run time: 50 min) ▶

Ballet Barre Mix

SDVD8435

\$29.95 US



PSC Pilates Advanced Burn at the Barre

Burn, baby! Burn! This 33-minute advanced barre workout will kick your metabolism into high gear and make your abs and glutes scream for more. Burn calories and sculpt a long, lean figure. Props used: 8-10" ball, optional resistance band, mat and barre. (Total run time: 35 min) ●▶

PSC Advanced Burn at the Barre

13449



\$19.95 US

Barre Sculpt

This fast moving Balanced Body Barre® workout designed to sculpt, tone and tighten your trouble spots using hand weights (1 to 3 lbs) and a moderate-tension stretch band. Intermediate Level 2. (Total run time: 53 min) ▶

Barre Sculpt

SDVD8434

\$29.95 US



 found on
INSTAGRAM

[@balanced_body](#)

Taking my #bbmotr into the countryside for some #pilatesforequestrians. Love how portable the #motr is!

image via @juliedriver_pilates
Pilates Anytime

Videos: Bodhi Suspension System® and Orbit™

Athletic Bodhi Suspension System®

This stimulating, athletic-inspired workout from Nico Gonzalez, Balanced Body master instructor, pushes you to find your own inner athlete on the Bodhi Suspension System. Work the entire body with this workout, or break out Tracks for shorter segments of strength training and power. Level: L3. (Total run time: 54 min) ▶



Athletic Bodhi SDVD8445 \$29.95 US

Mat on the Ropes

Combine the stability and strength of Bodhi Suspension training with the refinement and precision of Pilates. Joy Karley will help you tone and strengthen from tip to toe, while experiencing the body's dynamic relationship to gravity by using the Bodhi ropes. Level: L1-2. (Total run time: 26 min) ▶



Mat on the Ropes SDVD8436 \$29.95 US

Bodhi Suspension System® for Men

Viktor Uygan leads this full-body, challenging strength training workout on the Bodhi Suspension System. It is a fast-paced workout for those with previous suspension training experience. Use from start to finish or break out into Tracks for a quick jump start to intense upper-body strength and balance. Level: L3. (Total run time: 40 min) ▶



Bodhi for Men SDVD8444 \$29.95 US

Orbit™ Workouts, Levels 1 and 2

Roll your way through a fun, full-body workout with intermediate, and advanced levels - perfect for any level of fitness or Pilates experience. Level 1 (34 min) incorporates foundation exercises, while Level 2 (60 min) introduces more advanced work. Props used: mat. ▶▶



Orbit Workout, Level 1	13409	\$29.95 US
Orbit Workout, Level 2	13436	\$29.95 US

Dancing on the Ropes

This challenging and functional dance on the Bodhi Ropes works the entire body. While the moves from Balanced Body master instructor Joy Karley are dance-inspired, the workout is functional and will increase your flexibility and agility while building upper and lower body strength. Level: L2. (Total run time: 34 min) ▶



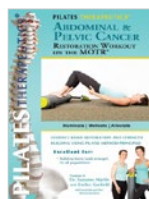
Dancing on the Ropes SDVD8437 \$29.95 US



Videos: Health Topics

NEW! Abdominal and Pelvic Cancer Restoration on the MOTR®

This unique MOTR workout from Dr. Suzanne Martin of Pilates Therapeutics helps aid in recovery from cancers of the abdomen or pelvis. Includes difficulty level with each exercise so you can work at an appropriate level or modify the exercises. Sections include seated arm and trunk rotations, pelvic bridging, supine overhead arm reaches for more core stability and torso opening. Exercises use the entire MOTR, the arm alone, or as a roller. Includes a tutorial on set up and use of your MOTR. Props used: Mat and Arch Tubbie (SmartSpine™). (Total runtime: 75 min) ●▶



Abdominal and Pelvic Cancer Restoration 15815 \$21.95 US

NEW! Breast Cancer Restoration on the MOTR®

Dr. Suzanne Martin of Pilates Therapeutics designed this special workout with the MOTR. Start with a warm-up and progress to more challenging work. Dr. Martin calls out levels of difficulty throughout the exercises so you can quickly identify how to start at a low level or modify the exercises, depending on where you are in your recovery. Features over 30 exercises using the entire MOTR, the arm alone, or as a roller. Includes a tutorial on set up and use of your MOTR. Props used: shelf liner or other grippy material. (Total runtime: 90 min) ●▶



Breast Cancer Restoration on the MOTR 15816 \$21.95 US

Fusion Pilates™ Pregnancy Set

Brought to you by Fusion Pilates' Jennifer Gianni, this boxed set includes Pilates for Pregnancy, see description above; Post-Pregnancy and C-Section Recovery, designed for immediately after giving birth and the weeks following; Exercise with Baby, a safe routine you can do with your baby; and Triple Threat, a great workout with an 8-10" ball to help regain your pre-pregnancy body. ●



Fusion Pilates Boxed Set—save \$20 13368 \$59.95 US

Breast Cancer Survivor's Guide to Physical Restoration

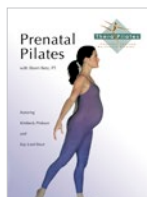
Designed for the breast cancer survivor, Pilates Therapeutics® presents suggestions for a complete physical program, including nutritional guidelines, a 30-minute daily Pilates workout, a self-test to measure arm range of motion, and a demonstration of chest wall lymphatic massage. Props: Thera-Bands, towels or cushions. (Total run time: 108 min) ●▶



Breast Cancer Survivor's Guide 13343 \$19.95 US

Prenatal Pilates Mat

Sherri Betz, PT, of TheraPilates® shows you how to stay in shape during pregnancy using Pilates. Learn modifications for all trimesters as well as post-pregnancy, precautions, alignment, anatomical changes, correct sitting/standing posture, and spinal stabilization principles. Props used: wood dowel or yoga strap. (Total run time: 90 min) ●▶



Prenatal Pilates Mat 13297 \$29.95 US

Exercise for Pregnancy and Beyond

From Elizabeth Boswell-Jones, M.Ed., this DVD includes three workouts with meditation, explanations of each exercise and modifications, plus a section on breath to aid in the birthing process. Props used: pillows, Thera-Band®, mat, circle or small ball. 60 min tutorial; 50 min workout. ●



Exercise for Pregnancy & Beyond 13363 \$29.95 US

Leah Stewart's Live Life Pilates for New Mothers

Set of four DVDs to help you move through the process of healing from pregnancy. The first routine you can do within days of giving birth (15 min). Following is a workout designed for 4-6 weeks post birth (45 min), then one for 2-4 months post natal (23 min). Bonus with this workout? You can do it with your baby! The final workout will help you regain strength and stability for your non-pregnant body (45 min). Props used: mat, small towel. ●



Live Life Pilates for New Mothers 13441 \$24.95 US

PSC Pilates PMS Relief Workout

Find your body's harmony and relieve symptoms of PMS with this unique workout from Pilates Sports Center. A gentle workout to help reduce pain, bloating, and stress during PMS. Props used: Mat, small pillow (if desired), resistance band/yoga strap/towel. (Total run time: 35 min) ●▶



PSC Pilates PMS Relief Workout 13433 \$19.95 US

Videos: Health Topics

Hardcore Scolio

An accessible, easy to follow workout for anyone with scoliosis. Pilates instructor Erin Myers, who has scoliosis herself, designed this 40-minute workout to help you increase awareness of your body alignment. Improve core strength, and strengthen your spiral spine! Props used: Mat, chair, large mirror, towel. (Total run time: 43 min) ●▶



Hardcore Scolio 13471 \$24.95 US

The Cerny System for Scoliosis

Pilates pro Jana Cerny's unique approach teaches you how to stabilize your spine and change unhealthy movements patterns into healthy ones using Pilates-based stretching and breathing. Includes three routines. Props used: mat, small towel, cushion. (Total run time: 66 min.) ●▶



The Cerny System for Scoliosis 13467 \$34.95 US

The Scoliosis Series, Parts 1 and 2

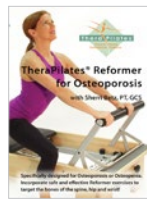
Manage scoliosis with proper body mechanics and postural strengthening from Dr. Suzanne Martin. Part 1 (60 min) includes a self-test, tips to conduct a Scoliometer screen and judge joint flexibility, plus a 20-min. workout with door resistance kits. Part 2 (57 min) includes breathing exercises, self-test, and 20-min. workout. Props used: mat and resistance band. ●▶



Scoliosis Series, Part 1 13334 \$19.95 US
Scoliosis Series, Part 2 13345 \$19.95 US

TheraPilates® Reformer for Osteoporosis

Designed specifically for those diagnosed with osteoporosis or osteopenia. Learn safe and effective Reformer exercises for your workouts, which will strengthen the hips, wrists, and spine. Brought to you by Sherri Betz, PT. (Total run time: 65 min) ●▶



TheraPilates Reformer for Osteoporosis 13446 \$29.95 US

Pilates for Buff Bones

Rebekah Rotstein helps you strengthen bones and improve alignment and balance. The full-body workout is adaptable for a wide range of levels and safe for anyone. Best for those who can get up and down from the floor unassisted, and be in all-fours position. Props used: mat, handweights and wall space to lean against. (Total run time: 72 min) ●



Pilates for Buff Bones 13440 \$19.95 US

Pilates for Seniors

From Sherri Betz, physical therapist and Pilates teacher, a video with seated and standing exercises for seniors. Includes instructions for safely getting down and up from the floor and exercises to do in bed. Anatomy, breathing, and spine positioning precede the workout. Props used: dowel or yellow/light Thera-Band®. (Total run time: 63 min) ●▶



Pilates for Seniors DVD 13350 \$29.95 US

TheraPilates® Mat for Bone Building & Injuries

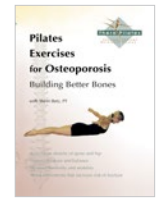
Mat-based program from physical therapist and Pilates teacher Sherri Betz, designed for those with osteoporosis and osteopenia. Strengthen legs, improve posture, and gain core strength. Includes cautions so is safe for everyone. Recommended: a basic knowledge of Pilates. Props used: Mat, dowel or broom handle, foam roller, 8" massage ball, light elastic tubing, Fletcher Towel, and light handweights. (Total run time: 74 min) ●



TheraPilates for Bone Building & Injuries 13478 \$29.95 US

The Osteoporosis Program: Building Better Bones

Safely incorporate Pilates mat exercises into your bone-building program. From Sherri Betz, PT, these exercises help build bone density, improve posture and balance, and increase flexibility and mobility. Also learn to avoid movements that increase fracture risk. Companion manual on page 49. (Total run time: 60 min) ●▶



Osteoporosis Program 13287 \$29.95 US

Pre-Pilates for Rehabilitation

Review proper breathing, spinal alignment, core control and body awareness with Sherri Betz, PT. Great for an advanced Pilates student who is post-injury/surgery, or if you want to supplement your therapy at home. Props used: mat, hard ball/tennis ball, pole/broomstick handle, 8-10" ball, yoga strap, small towel. (Total run time: 41 min) ●▶



Pre-Pilates for Rehabilitation 13383 \$29.95 US

Pilates and Placekickers



Kickers Club (L-R): Josh Lambo, Brandon McManus, Cairo Santos, instructor Robin Zukowski, Will Lutz, Caleb Sturgis.

The kickers work out at the Gainesville Health and Fitness Club.

Kicking in the NFL is a stressful job and takes a tough mentality. While the action rages on the field during a normal football game you can usually find the kicker standing on the sideline or simulating field goals by kicking into a net at the end of the bench.

When a kicker finally sees action, many times it's with the game on the line. Often it's a single kick that wins or loses the game. You are either the hero or the goat—there is seldom an in-between.

That's a lot of mental pressure. And although they don't get tackled as often as positional players, the complex act of kicking requires the perfect combination of strength, power, and flexibility. Overuse injuries are common amongst kickers and without proper training an injury can shorten the career of a professional athlete.

A balanced musculature is key

Caleb Sturgis is heading into his fifth season as an NFL kicker, his third for the Philadelphia Eagles. "Kicking a football for me is a total body exercise. For the most part, my right quad, groin, and hip flexor are the sorest after kicking," says Caleb.

For Caleb, kicking for all these years has led to a lot of imbalances in his body. These imbalances can cause nagging injuries during the season that can negatively affect his performance. Caleb points out that these imbalances can come from a lack of strength in his upper body. "My left glute needs to be stable throughout the kick so all the pressure is not transferred to the right leg. The majority of the power comes from the left hamstring pulling me through the ball. The upper

body and core are critical since they serve as stabilization so that I can attack the ball with my lower body," he says.

Fortunately for him, during the off season he trains at his alma mater, the University of Florida in Gainesville, Florida. Down the road from the university is the Gainesville Health and Fitness Club and Robin Zukowski's Pilates program. Two years ago Caleb started working with Robin and made an important discovery:

"Pilates allowed me to correct imbalances without taking a toll on my body like certain strength training can. And it is a great tool for the core, which just may be the most important body component of kicking. I really noticed how good and aligned my body felt whenever I left after training. I felt a lot looser and felt that my range of motion was better when kicking."

The mind-body element

In addition, the mind-body benefit from Pilates assuages the mental burden kickers face during the season. This was especially true last season. The NFL lengthened extra point attempts from 2 yards to 15 yards, essentially changing what was a chip shot into a much more daunting 32-yard try (adding in seven yards where the kicker stands behind the line of scrimmage and the ten yards to the goal post at the back of the end zone).

"Because of the change in the extra points, there is now very little room for error, so my mental workload has more than doubled," Caleb says. "Instead of having 2 to 6 kicks in a game that matter I can have 5 to 10. I think the breathing I have



Caleb and Cairo on the Combo Chair.

learned in Pilates can help me focus when there are sudden changes in the game."

The group grows to 7

Caleb was so impressed with this training that he told his good friend, fellow kicker Cairo Santos of the Kansas City Chiefs. Cairo began training with Caleb and Robin, and he, too, experienced first-hand how Pilates could help him increase performance while reducing the chance of injury.

And it grew from there as they told more of their kicker compatriots. This last off-season Caleb, Cairo and 5 other NFL kickers all met in Gainesville for a week of kicking practice, Pilates sessions, and bonding. Josh Lambo from the Los Angeles Chargers, Wil Lutz from the New Orleans Saints, Brandon McManus from the Denver Broncos, Chandler Catanzaro from the New York Jets, and Jason Myers from the Jacksonville Jaguars all visited GHF Pilates and joined Caleb during his Pilates sessions.

"Each NFL Placekicker I have worked with has a different body type as well as a difference in his training regimen," Robin says. "My goal with each athlete is to teach them the importance of developing muscular balance during their off-season training, as well as maintaining flexibility and core strength to help prevent injuries both on and off of the playing field."

Now that Robin has worked with the entire crew for the past off-season she has been able to build a solid foundation of Pilates principles and can expand on that knowledge next year. She spends a lot of time working with their feet and ankles. And she includes various movements on different apparatus

(primarily the Reformer, Chair and Cadillac) that closely mimic the way their bodies move during a kick as well as exercises that specifically target the muscles that are often neglected.

"I love teaching clients how to take control of their own bodies. It is no different with a professional athlete. I want them to be able to carry what they learn with them, when they leave our session in the Pilates studio," she says.

As the new NFL season gets underway Caleb feels confident that Pilates will make a powerful impact on his game this year:

"Health has always been the biggest factor in how I perform. The biggest thing I take away from Pilates is having a good understanding of how I need to move. Generating power through the core helps me create an efficient, repeatable kicking motion without the imbalances."



Caleb training at the University of Florida.

Learn more about the Pilates program at Gainesville Health and Fitness Club at www.ghfc.com/pilates.

Photos courtesy of Jessica Garrett

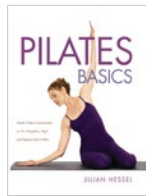
Books: General

NEW! Pilates Basics

by Jillian Hessel

Developed by Jillian Hessel, this book includes all you need to know to build a solid Pilates foundation in preparation for matwork. Includes Jillian's B.E.A.M. fundamentals which focus on breath, energy, alignment, and movement. Clear cueing and full color photography make following along easy for safe execution, along with photos of what not to do during each movement. Excellent for the novice Pilates practitioner, or to continue to build on previous Pilates experience. Paperback, color photos, 158 pages.

15903



\$16.95 US

Pilates for Children and Adolescents

by Celeste Corey-Zopich, Brett Howard, and Dawn-Marie Ickes

Comprehensive guidelines and formal curriculum for teaching Pilates to young people, ages 5 to 18, with a special chapter devoted to kids 9-13, when they are in a "magic window" of cognitive and neurological development and will respond well to structured activity like Pilates. Manual includes information on how to structure a class for kids, the anatomical differences between teaching an adolescent versus adult body, and cueing suggestions. Exercise chapters are separated by age group, so you can quickly see appropriate exercises. Lesson plans included. Published by the Pilates Method Alliance, of which Balanced Body is a proud supporter. Paperback, color illustrations, 214 pages.

13105



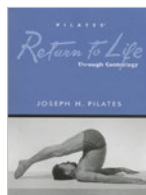
\$49.95 US

Return to Life Through Contrology

by Joseph Pilates

Published in 1945, this original work by Joseph Pilates includes advice regarding posture, body mechanics, breathing, spinal flexibility, and physical education. Includes his original 34 mat exercises, with cues and illustrations. Published by the Pilates Method Alliance, of which Balanced Body is a proud supporter. Paperback, black and white, 105 pages.

13093



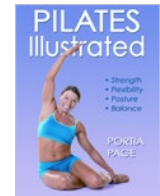
\$16.95 US

Pilates Illustrated

by Portia Page

Integrate Pilates into your life. Includes goal-specific programs, such as posture or total body. Exercises are shown in start, middle, and end positions, with clear cues and variations. Props used: ring, resistance band, exercise ball. Paperback, color photos, 300 pages.

13080



\$14.95 US

Pilates Classic Mat Exercises Cards

by Alycea Ungaro

An ideal reference for traveling, the gym, or home. Each color-coded card by level contains easy to follow cues, full color illustrations, and transition cues at the bottom of each card, to flow to the next move, plus Pilates principles. 52 exercises.

10372



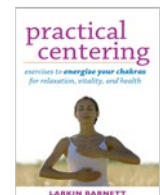
\$12.95 US

Practical Centering

by Larkin Barnett, BA, MA

Energize, heal, and relieve stress. Perfect for anyone who wants techniques for how to breathe better and gain an increased understanding of how breath affects movement. Paperback, black and white, 155 pages.

13028



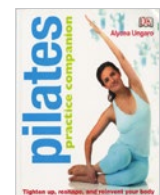
\$15.95 US

Pilates Practice Companion

by Alycea Ungaro

Pilates pro Alycea Ungaro presents this comprehensive book filled with color photographs demonstrating proper execution of each exercise, reps, and a history of Pilates. Includes workouts of varying length, plus nutrition advice, and resources to help you achieve or maintain a healthy lifestyle. Paperback, Color photographs and illustrations, 256 pages.

13101



\$19.95 US

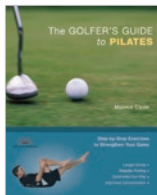
Books: General

The Golfer's Guide to Pilates: Step-by-Step Exercises to Strengthen Your Game

by Monica Clyde

Increase swing strength and efficiency. Includes workouts for all levels. Gain greater flexibility, core strength and a better golf swing! Includes Pilates exercises with step-by-step photos. Paperback, black and white photos, 144 pages.

13062



\$14.95 US

Pelvic Power

by Eric Franklin

For men and women: mind/body exercises for strength, flexibility, posture, and balance. Combines scientific principles with movement and imagery exercises. Create a stronger body by training the muscles and joints of the pelvic floor! Paperback, black and white, 114 pages.

13055



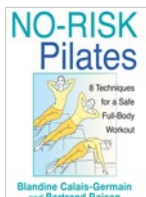
\$19.95 US

No-Risk Pilates

by Blandine Calais-Germain and Bertrand Raison

Make Pilates exercises mistake free and enjoy all the benefits it has to offer. Great for the student to become more aware of proper alignment and where/how problems might arise. Covers 8 fundamental Pilates exercises on the Reformer. Paperback, color, 118 pages.

13091



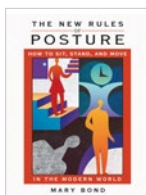
\$19.95 US

The New Rules of Posture: How to Sit, Stand and Move in the Modern World

by Mary Bond

A resource for Pilates instructors and health care professionals to educate people on relieving chronic pain via postural changes. Learn key anatomical features that affect posture, and exercises to change it. Paperback, black and white illustrations, 240 pages.

13058



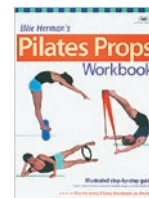
\$18.95 US

Pilates Props Workbook

by Ellie Herman

Includes Pilates principles, movement vocabulary, plus programs for beginners through advanced, and designed to strengthen the low back, shoulder, foot and ankle, and neck and upper back. Props used: roller, ring, "pinky" ball and resistance band. Paperback, black and white, 144 pages.

13040



\$14.95 US

Get on it! BOSU® Balance Trainer

by Jane Aronovitch, Miriane Taylor, Colleen Craig

Strengthen your core and stabilizing muscles, and reshape your body with the power of the BOSU! Learn how to adapt familiar exercises into challenging and highly effective work on BOSU. Paperback, black and white, 144 pages.

13069



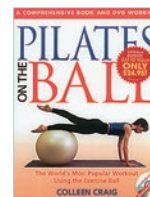
\$14.95 US

Pilates on the Ball

by Colleen Craig

A comprehensive guide to Pilates exercise on the ball, with workout DVD (44 min). Includes are abdominal exercises, stretching, cardiovascular exercise, and more! Over 50 exercises. Props used: hand weights (optional). Paperback, black and white, 179 pages.

Book with DVD: 13033



\$24.95 US

Pilates Evolution: The 21st Century

by Joseph Pilates, Judd Robbins, and Lin Van Heuit-Robbins

Includes Joseph Pilates' classic works *Your Health* (1934) and *Return to Life* (1945), plus an additional chapter on how Pilates of recent years has built on the foundation established, and the challenge props can add to Pilates. Paperback, black and white, 256 pages.

13090



\$15.95 US



found on
INSTAGRAM

@balanced_body

Life is a balance of holding on and letting go.

image via @lisamid17
Lisa Midollo Pilates

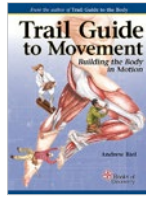
Books: Anatomy and Movement

Trail Guide to Movement

by Andrew Biel, LMP

A detailed, comprehensive visual guide that clearly shows the various anatomical structures. Written with subtle humor, chapters include muscles, joints, and connective tissue, plus movement principles, gait, biomechanics and more. A must have resource for any movement professional or body worker. Spiral bound paperback, color illustrations, 265 pages.

13106



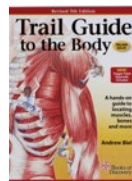
\$42.95 US

Trail Guide to the Body, 5th Ed.

by Andrew Biel, LMP

A detailed and comprehensive visual tour teaches you to palpate the body's structures, identify muscles, bones, ligaments and bony landmarks. Covers each section of the body as to purpose and function. Also includes identification of other body systems, such as lymph nodes and nerves. Spiral bound paperback, color illustrations, 496 pages.

13102



\$62.95 US

Trail Guide to the Body Flashcards

by Andrew Biel, LMP

These flashcards complement *Trail Guide to the Body* to assist in memorization of muscle and bone name, origin, insertion, action, and nerve innervation.

Volume 1—Skeletal System 13074
Volume 2—Muscular System 13075



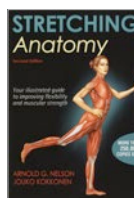
\$18.95 US
\$21.95 US

Stretching Anatomy, 2nd Ed.

by Arnold G. Nelson & Jouko Kokkonen

Color illustrations show the muscles in action. Each exercise includes variations, instructions for the stretch, the primary/secondary muscles affected, and those activated for support. Paperback, color illustrations, 140 pages.

13286



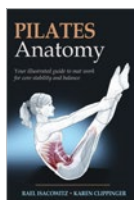
\$15.95 US

Pilates Anatomy

by Rael Isacowitz and Karen Clippinger

Over 45 exercises illustrated with color drawings. Includes exercise execution, muscles used, cueing, variations and modifications. Also covers Pilates principles and history, overall anatomy, alignment, and breathing Paperback, color illustrations, 204 pages.

13084



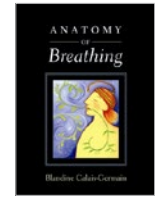
\$14.95 US

Anatomy of Breathing

by Blandine Calais-Germain

A clear and helpful guide to learning the mechanics of breath and the benefits of different types of breathing. Filled with helpful illustrations, exercises and explanations to gain better control of the breath. Paperback, black and white illustrations, 232 pages.

13067



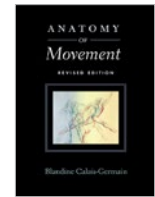
\$21.95 US

Anatomy of Movement (Revised Ed.)

by Blandine Calais-Germain

Learn anatomy and how structures are related to movements like dance and exercise. Clear language and illustrations give a visual tour through muscles, bones, ligaments, and joints and their motions. Paperback, black and white illustrations, 316 pages.

13064



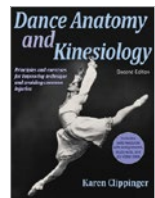
\$25.95 US

Dance Anatomy & Kinesiology, 2nd Ed.

by Karen Clippinger

A must have for dancers and their teachers, with a new suite of online resources to support what you learn in the book. Highly organized, this edition focuses on the musculo-skeletal anatomy and kinesiology dancers should know for the optimal movement that will both enhance longevity and performance, while reducing the risk of injury. Includes graphics, photos, and illustrations of muscle movement and how to relate everything back to dance technique. Hardcover, black and white illustrations, 532 pages. All sales final on the second edition. First edition also available online.

15893



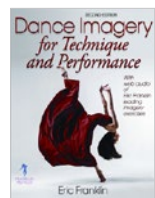
\$59.95 US

Dance Imagery for Technique & Performance, 2nd Ed.

by Eric Franklin

This second edition includes new exercises and illustrations. Learn to use Eric Franklin's unique imagery techniques to improve dance performance, improvisational skills, and overall expression. Includes 294 exercises to explore a great addition to any dancer or dance teacher's library. Paperback, black and white, 376 pages.

13094



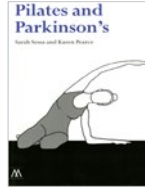
\$32.95 US

Books: Health Topics

NEW! Pilates and Parkinson's

by Sarah Sessa, BSc, MCSP and Karen Pearce

Physical therapist and Pilates instructor Sarah Sessa, and Pilates instructor Karen Pearce, combine their unique knowledge and expertise to provide this invaluable tool for those with Parkinson's. Each exercise has step by step instructions, clear photos, and tips to safely perform each exercise. Recommended for those with previous Pilates experience, or for use with your Pilates instructor. Props used: Thera-Band®, small inflatable ball, roller, small cushion, chair and fitness ball. Equipment used: mat, Reformer, Trapeze Table, and CoreAlign®. Paperback, black and white, 142 pages.



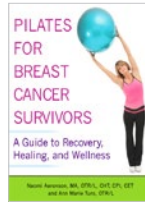
15739

\$34.95 US

Pilates for Breast Cancer Survivors

by Naomi Aaronson, MA, OTR/L, CHT, CPI, CET & Ann Marie Turo, OTL/R

A wonderful resource to help breast cancer survivors safely use Pilates to regain flexibility and endurance, and to relieve the side effects of treatment such as fatigue, lymphedema, and upper body impairment. Written with expertise and compassion, OTs and Pilates instructors Naomi Aaronson and Ann Marie Turo created this program for any stage of breast cancer treatment and recovery. Props used: chair, mat, TheraBand, dowel, 8-10" ball, small weighted ball or handweights, folded towel, magic circle. Paperback, black and white photo illustrations, 229 pages.



13107

\$21.95 US

Pilates for Menopause Manuals

by Carolyne Anthony

These manuals brought to you by Carolyne Anthony of the Center for Women's Fitness discusses the changes that occur in the body during perimenopause and menopause, as well as ways to use Pilates to counteract the effects, such as loss of flexibility, and potential for decreased bone density. Mat manual includes work with a resistance band, ball, hand weights and the Pilates Arc™.



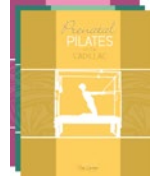
Mat, 56 exercises (92 pp)	13096	\$25.95 US
Reformer, 51 exercises (72 pp)	13097	\$21.95 US
Chair, 27 exercises (58 pp)	13099	\$22.95 US

Prenatal Pilates Manuals

by Carolyne Anthony

From Carolyne Anthony and The Center for Women's Fitness, each manual covers exercises that are safe and beneficial for any stage of pregnancy. Illustrated with full color photographs, each movement is clearly shown and explained. Mat manual includes work with a resistance band, ball, hand weights and the Pilates Arc™.

Mat, 59 exercises (108 pp)	13026	\$29.95 US
Reformer, 53 exercises (72 pp)	13027	\$26.95 US

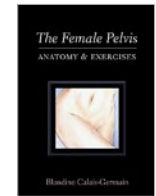


The Female Pelvis

by Blandine Calais-Germain

With an emphasis on the impact of pregnancy and childbirth. Includes exercises to increase flexibility, strength and coordination. Also features exercises to decrease complications from maladies related to the pelvis. Paperback, black and white illustrations, 108 pages.

13066



\$19.95 US

The Osteoporosis Exercise Book: Building Better Bones

by Sherri Betz, PT

The companion manual to the DVD on page 43. Physical therapist Sherri Betz created this guide to help incorporate safe Pilates mat exercises into a bone-building program. The exercises will help build bone density of the spine and hip, improve posture and balance, and increase flexibility and mobility. You will also learn how to avoid movements that increase the risk of fracture. Spiral bound, black and white, 96 pages.

13031

\$19.95 US



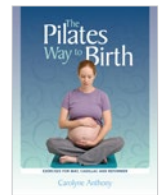
The Pilates Way to Birth

by Carolyne Anthony

Safely move through pregnancy with the help of this manual. First, learn about the changes in the body during pregnancy, then exercises on the mat, Reformer, and Trapeze Table. Full-color photographs demonstrate each motion with detailed accompanying explanations and benefits. Safe for any trimester. Props used: mat, exercise ball, hand weights, resistance tubing, small ball, foam roller. Sitting box necessary for Reformer exercises. Spiral bound, color, 174 pages.

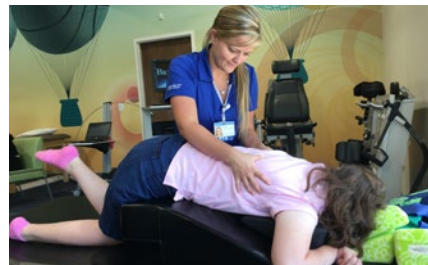
13068

\$34.95 US



Fighting Scoliosis with Pilates

Dayton Children's Hospital, Dayton Ohio



"Swinging Monkey Tail," "Starfish" and "Scolio-Puppy" help connect patients to the exercises in a fun way. "While the names are fun and light-hearted, their intention is serious and highly effective," says Ann.

Karena is also training the 14 physical therapists at Dayton Children's so that they can continue the program. Last year, Dayton Children's

Therapists and instructors at Dayton Children's Hospital work with their young scoliosis patients.

If you look at someone's back, you'll see that the spine runs straight down the middle. Scoliosis is an abnormal curvature in the spine, often in the shape of a "C" or "S." Signs of scoliosis usually appear between the ages of 10 and 14, just before the onset of puberty, but can also occur later in life. Someone with too much spinal curvature will usually have uneven hips or shoulders (one side is higher than the other) or one shoulder blade that sticks out farther than the other. And that is where Pilates comes in.

Typically pediatric scoliosis is managed through observation, bracing and surgery, but Dayton Children's Hospital in Dayton, Ohio, is changing that. This fall they launched their inaugural Scolio-Pilates® Center, becoming the first pediatric hospital to expand and integrate a pro-active three-dimensional exercise program for their young scoliosis patients.

Scolio-Pilates

The founder of Scolio-Pilates® is Karena Thek, owner of Pilates Teck, Inc., and a Pilates instructor, author and international teacher. "Scolio-Pilates came out of a desire to help specific clients with scoliosis as well as trying to heal the pain from my own scoliosis," says Karena. "I initially created it as an

accessible exercise program for managing the condition at home or with an instructor."

Karena was approached by Dayton Children's to help with their pediatric scoliosis patients. She teamed up with Ann Smith DPT, MS, PCS, OSC manager of the orthopaedics physical therapy department who thought Karena's progressive approach meshed well with the hospital's philosophy.

"Traditionally in the United States, young patients diagnosed with idiopathic scoliosis are treated with a "wait and see" approach," says Ann. "Our goal is to provide our patients with a dynamic approach to include education, postural and strengthening exercises targeted specifically to their skeletal curve and close monitoring by our orthopedic surgeons to ensure they receive the very best in care."

Making it kid friendly

Karena worked hard to make the modifications to Pilates exercises both scoliosis user-friendly and kid-friendly, which fit with Dayton Children's integrated team model of making patients comfortable and excited to be in the clinic. For instance, naming the exercises with child friendly names such as "Pirate Pilates," "Curious Turtle,"

had more than 1,200 encounters with scoliosis listed as the primary diagnosis. Not all patients are candidates for the program, but many will be referred by the orthopedic surgeons on staff. The ideal candidates are:

- » Children with curves less than 50-degrees
- » Children who are ineligible for surgery
- » Children who are preparing for surgery
- » Children who are post-op and cleared for exercise.

Based on Dayton Children's current patient load, the team anticipates that they will have 200-300 patients referred the first year for this new program. This will include not only local patients, but patients traveling from outside the area to receive the well-rounded, integrated team approach to scoliosis care that currently they can only find at Dayton Children's.

"We are looking forward to continuing to build this program to accommodate the growing demand from our patients and their parents," says Ann.

Learn more about Dayton Children's Hospital at www.childrensdayton.org.

Learn more Karena's programs for Scolio-Pilates, Osteo-Pilates and Neuro-Pilates at osteopilates.com.

Apparel & More

For more details and additional apparel choices, visit us online at pilates.com.

Custom made by Balanced Body®

NEW! "Ring of Fire" Muscle Tee

A more feminine version of the traditional muscle tee. Super soft, ideal over a tank or sports bra. Relaxed, drapery fit. Poly/cotton blend. Machine washable.

Small	15873	\$35 US
Medium	15874	\$35 US
Large	15875	\$35 US
Extra Large	15876	\$35 US



NEW! "Just One More" Tee

Has your Pilates instructor tried to fool you with this this Pilates fib? This super soft and flattering tee layers perfectly over workout tanks and pairs with Pilates pants or jeans. Poly/cotton/rayon blend. Machine washable.

Small	15869	\$40 US
Medium	15870	\$40 US
Large	15871	\$40 US
Extra Large	15872	\$40 US



NEW! "Arabesque" Sweatshirt

Lightweight and perfect to throw over your tank top in a chilly studio or at night. Features a kangaroo pocket and ribbed detailing. Poly/cotton/rayon blend. Machine washable. Unisex.

Small	15894	\$45 US
Medium	15895	\$45 US
Large	15896	\$45 US
Extra Large	15897	\$45 US



NEW! "Breathing" High Neck Tank

Show off your lungs in this flowy, loose-fitting tank for a comfortable, relaxed fit. Hits mid-hip to work great with jeans or leggings. Cotton/poly blend. Machine washable.

Small	15898	\$35 US
Medium	15899	\$35 US
Large	15910	\$35 US



"Pi-lä-tēz" Long Sleeve Tee

You know how to say it. Now help out those who don't! Relaxed, drapery fit is comfy and flattering. Wear on or off the shoulder. Ribbed cuffs and waistband. Dolman sleeves. Poly/viscose. Machine washable.

Marbled White

Small	15087	\$35 US
Medium	15088	\$35 US
Large	15089	\$35 US
Extra Large	15090	\$35 US



NEW! "Short Spine is Divine" Sweatshirt from the Pilates Nerd®

Upside down or rightside up, this lightweight sweatshirt will keep you cozy. Wide neck and fitted profile give it a flattering silhouette. If you prefer a looser fit, order one size up. Cotton/poly blend. Machine washable.

Small	15918	\$58 US
Medium	15919	\$58 US
Large	15920	\$58 US
Extra Large	15921	\$58 US



NEW style! ToeSox®

ToeSox fit like a second skin, with a non-slip sole providing superior grip plus the hygienic benefits of a sock. Five-toe construction allows for proper toe alignment, increasing flexibility, balance and control. Cotton. Order by shoe size. See our full selection of styles and colors, please visit pilates.com.

Small (men 4-7 or women 5-8). **Medium** (men 7.5-9.5 or women 8.5-10). **Large** (men 10-12 or women 10.5+).

Carbon batik, half-toe, "Bellarina"

Small	15909	\$18 US
Medium	15910	\$18 US



Onyx, full-toe, low-rise

Small	15911	\$17 US
Medium	15912	\$17 US



NEW! Tavi Noir "Savvy" Sock

If toe separation isn't your thing but you still want a grippy sock, these low-rise socks just might be perfect for you! Includes an arch band for arch support and heel tabs to protect your achilles tendon. Patterned starburst ebony rhinestone. Made of organic cotton. Available in **Small** (women's 5.5 to 7.5 shoe size) and **Medium** (women's 8-10 shoe size).

Starburst Ebony Rhinestone

Small	15907	\$14 US
Medium	15908	\$14 US



NEW color! Shashi Socks

Now in Sugar Plum! Slip-resistant grips on the soles add traction, while the mesh panel on top delivers breathability to keep your feet cool. Available in **Small** (women's 5.5 to 7.5 shoe size) and **Medium** (women's 8-10 shoe size).

"Star", Sugar Plum, regular toe

Small	15889	\$18 US
Medium	15890	\$18 US



Black, split toe

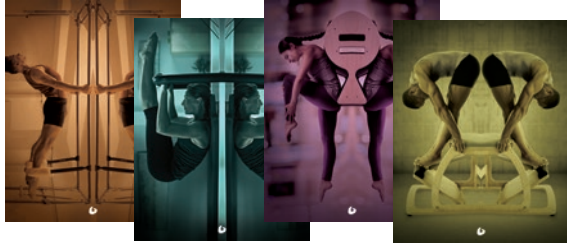
Small	10053	\$16 US
Medium	10054	\$16 US



Notecards and More

Pilates Reflection Wall Art

Decorate with this series of four beautiful art posters in jewel tones. Do you see your favorite Pilates exercise in one of them? Or a new one you want to try? 11" x 14" (28cm x 35.5cm).



Wall Art: Trapeze Table	10154	\$12.95 US
Wall Art: Reformer	10155	\$12.95 US
Wall Art: Step Barrel	10152	\$12.95 US
Wall Art: Pilates Chair	10153	\$12.95 US

Pilates Nerd™ Notebook

Keep your notes safe with embossed faux leather cover book. With acid free, lined paper and with a stitched-in satin bookmark, it is perfect for all your Pilates notes or other journaling. 5.5" x 8" (14cm x 20cm)



Gold	13100	\$35 US
Turquoise	13104	\$35 US

Balanced Body Gift Certificate

Easy to redeem by mail, and available in any denomination. We mail it to you so that you can customize it for the lucky recipient. Free mail delivery within the United States.



Joe Cards

Traditional repertoire by the master. Check out Joe's form and position in these sequential photographs from circa 1940s and '60s. Folding notecards (4-1/2" x 6-1/4") are blank on the inside. Set of 12 cards with envelopes.

Joe Cards 10093 \$17.95 US



Words from Joe Note Cards

Share four of Joe's memorable quotes on these colorful folding notecards. Give a box to your students or teachers, or treat yourself. 12 notecards with white envelopes. Blank inside. 4.1" x 5.5" (10.4cm x 14cm).

Words from Joe Note Cards 10151 \$17.95 US



BowWow! Note Cards

Our "Awesome Aussies" posed on miniature Pilates equipment to demonstrate perfect Pilates form on these note cards. Set of 15 cards with envelopes. Blank inside. (5-3/8" x 7-7/8")



BowWow! Note Cards 10092 \$17.95 US

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