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› Balanced Body Reformer Guide User Manual

Balanced Body 13013

Balanced Body Reformer Guide User Manual

Brand: Balanced Body | Model: 13013

1. INTRODUCTION TO YOUR REFORMER GUIDE

The Balanced Body Reformer Guide is a comprehensive resource designed to help users maximize their Pilates Reformer workouts. This spiral-bound book provides detailed instructions and visual aids for a wide range of exercises, suitable for both beginners and experienced practitioners. It aims to deepen your understanding of Pilates movement principles as applied to your specific equipment.

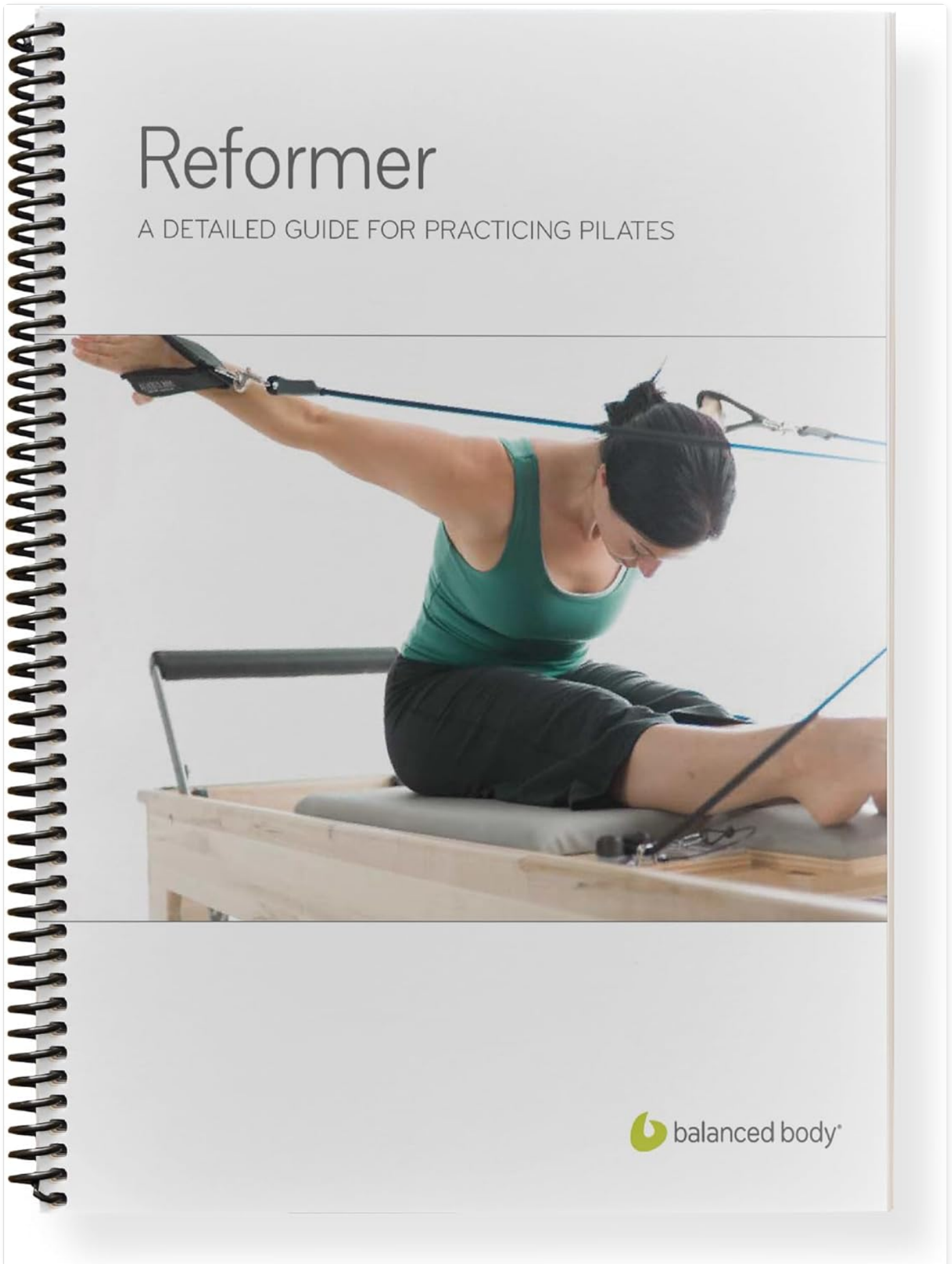
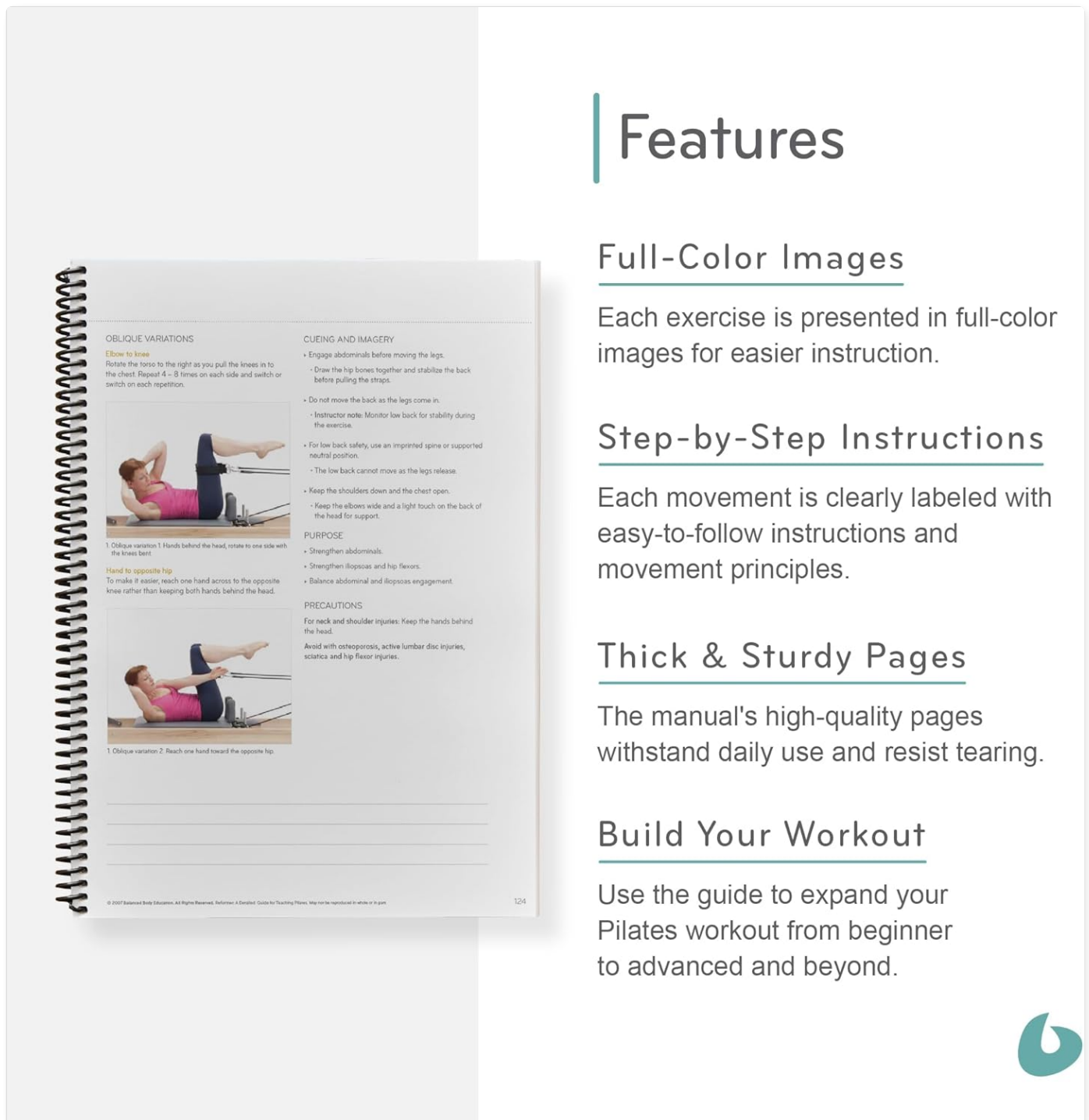


Figure 1.1: Front cover of the Balanced Body Reformer Guide, showcasing its spiral-bound design and clear title.

2. KEY FEATURES OF THE GUIDE

This guide is engineered for clarity and ease of use, incorporating several features to enhance your learning and practice:

- **Full-Color Images:** Each exercise is accompanied by vibrant, full-color photographs to illustrate proper form and movement.
- **Step-by-Step Instructions:** Clear and concise instructions guide you through each movement, ensuring correct execution and understanding of Pilates principles.
- **Thick & Sturdy Pages:** The manual is printed on high-quality, durable pages designed to withstand frequent use and resist tearing.
- **Comprehensive Exercise Library:** Features 103 distinct Reformer exercises across 165 pages, offering a wide range of workouts.
- **Spiral-Bound Design:** Allows the guide to lay flat for convenient hands-free reference during your workout sessions.



Features

Full-Color Images

Each exercise is presented in full-color images for easier instruction.

Step-by-Step Instructions

Each movement is clearly labeled with easy-to-follow instructions and movement principles.

Thick & Sturdy Pages

The manual's high-quality pages withstand daily use and resist tearing.

Build Your Workout

Use the guide to expand your Pilates workout from beginner to advanced and beyond.



Figure 2.1: An illustration highlighting the key features of the Reformer Guide, including full-color images and step-by-step instructions.

3. USING THE GUIDE FOR YOUR WORKOUTS

The guide is structured to facilitate easy navigation and application of exercises. Each exercise entry includes detailed descriptions of starting positions, movement sequences, cues, and precautions.

3.1. Exercise Structure

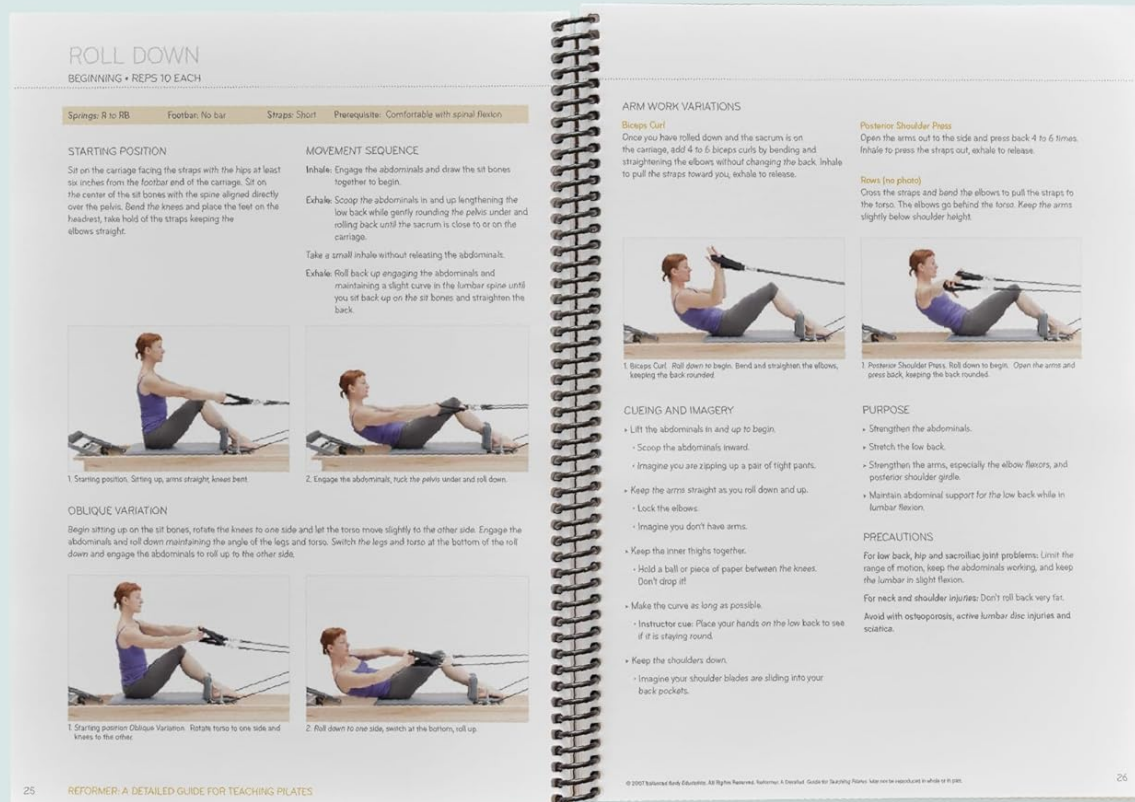
Every exercise is presented with a consistent format to ensure clarity:

- **Starting Position:** Describes how to set up your body and the Reformer.
- **Movement Sequence:** Step-by-step breakdown of the exercise motion.
- **Cues and Imagery:** Tips for engaging the correct muscles and maintaining proper form.
- **Purpose:** Explains the benefits and target areas of the exercise.
- **Precautions:** Important safety notes and modifications for specific conditions.



Figure 3.1: A sample page from the guide demonstrating the 'Arm Work Facing Footbar' exercise with detailed instructions and visual steps.

Reformer Guide



Easy-to-follow exercises

High-quality images

Figure 3.2: Another example page illustrating the 'Roll Down' exercise, providing clear guidance for execution.

4. PILATES MOVEMENT PRINCIPLES AND EQUIPMENT INTEGRATION

The Reformer Guide emphasizes the application of core Pilates principles to your specific equipment, ensuring effective and safe workouts. It helps you understand how to engage your core, control movements, and maintain proper alignment across various exercises.



Figure 4.1: A practitioner demonstrating a Pilates exercise on a Balanced Body Reformer, highlighting the equipment's design for controlled movements.

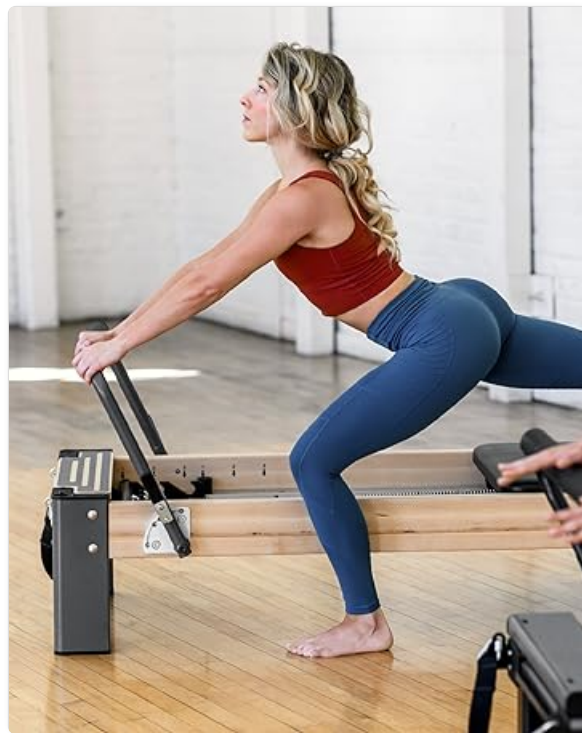


Figure 4.2: A detailed view of a woman executing a precise movement on the Reformer, showcasing the interaction between user and machine.



Figure 4.3: A practitioner utilizing a Pilates Trapeze Table, demonstrating the versatility of Balanced Body equipment for various exercises.



Figure 4.4: A woman performing an exercise with a Pilates Ring, illustrating how the guide can complement workouts with various accessories.

5. PRODUCT SPECIFICATIONS

The Balanced Body Reformer Guide is designed with specific physical attributes for optimal usability:

| Specification | Detail |
|---------------|---------------|
| Manufacturer | Balanced Body |

| Specification | Detail |
|--------------------|-----------------------------|
| Model Number | 13013 |
| Item Weight | 1.32 pounds (0.6 Kilograms) |
| Package Dimensions | 11.06 x 9.02 x 0.67 inches |
| Color | Royal Blue (cover accents) |
| Cover Material | Polypropylene |
| Sheet Size | A5 |
| Number of Pages | 165 Pages |
| UPC | 810052141794 |

6. EXPANDING YOUR PILATES PRACTICE

Balanced Body offers a wide range of guides for various Pilates equipment and accessories. This Reformer Guide is part of a larger collection designed to support your Pilates journey, regardless of your skill level or the specific equipment you use.



Additional Guides Sold Separately

Balanced Body® Pilates Guides

Arm Chair - Orbit - Mat & Bands - Mat & Ball - Mat & Ring - Mat & Roller - Mat Reformer - Chair - Trapeze Table - Barrels - EXO® Chair - Pilates Arc

Figure 6.1: A visual representation of the various Balanced Body Pilates Guides available, including those for Mat, Chair, Trapeze Table, and more.

For more information on other Balanced Body products and educational resources, please visit the official Balanced Body store:

[Visit the Balanced Body Store](#)

7. SUPPORT AND WARRANTY INFORMATION

For any questions regarding the content of this guide, specific exercises, or Balanced Body products, please refer to the official Balanced Body website or contact their customer support. While this guide is a comprehensive instructional manual, it does not come with a separate product warranty as it is a printed publication. For information on warranties for Balanced Body equipment, please consult the documentation provided with your specific Pilates apparatus or visit the Balanced Body official website.



Figure 7.1: Balanced Body's commitment to quality and customer satisfaction.