

Getting Acquainted with Your Footbar System

By Denise Coleman

Editor's Note: Each issue of the BBI Newsletter will contain a feature that focuses on the functionality and upkeep of our various pieces of Pilates equipment and accessories.

Balanced Body has the widest assortment of Reformer footbar systems available in the Pilates industry. Learn more about your choices and ensure you're using yours to its fullest potential. Also, familiarity with your system will help if should you ever need footbar-specific customer service or technical support.

Balanced Body Footbars include:

The ALLEGRO footbar

The Allegro Reformer is the best selling Reformer in the commercial fitness industry. It's easily recognized by its sleek brushed aluminum and its very distinctive footbar. The Allegro footbar is powder coated black and has a more "organic" shape than our other footbar designs.

The Allegro footbar is raised and lowered using a set of pin levers mounted on either side of the footbar. When these levers are depressed, the lever pins retract - releasing them from a trunnion and allowing the footbar to move freely in an arc. When the levers are released, the pins fit into one of the holes in the trunnion, locking the footbar into the desired position.

The Allegro footbar has the capability to move closer to the reformer carriage, giving people of all sizes optimal positioning on the Reformer. To move the footbar closer or farther from the carriage, release the spring-loaded black plunger knobs from the position hole in the grooved sides of the Allegro frame. Slide the footbar toward or away from the carriage and allow the plunger knob to fall into the desired position hole.



The INFINITY footbar

The Infinity footbar looks and operates like the Allegro except that it is mounted on wooden Studio Reformers AND has the added versatility of sliding the entire length of the Reformer frame. This gives the user virtually unlimited exercise variations and is perfect for Pilates rehabilitation professionals and patients. The Infinity footbar comes standard on Balanced Body's Clinical reformer.



The REVO Adjustment System

The Revo Adjustment System is our newest and most innovative footbar and springbar system. The footbar itself is anodized charcoal grey aluminum and has a thicker support than the more traditional footbars it resembles. The footbar support has three adjustable positions and fits into 2 substantial support blocks mounted on the foot end of the Studio reformer frame. As an additional safety measure, the Revo footbar locks into place by sliding 2 tabs affixed to the footbar support into the support blocks. Once the footbar is locked, it can't be pulled out of position.

The accompanying Revo springbar is integrated with the carriage allowing the same spring tension even while the springbar is moved to accommodate people's diverse heights.



The LEGACY footbar

The Legacy reformer was designed to combine a more traditional reformer with the modern innovation and versatility of the Revo footbar system. The Legacy utilizes the same Revo footbar and spring bar system described above except that the highest footbar position does not lock.



The ONESTEP footbar (discontinued)

The OneStep footbar was Balanced Body's first integrated footbar/springbar (hookbar) system. The springbar/hookbar and carriage are integrated to maintain the same spring tension regardless of the hookbar position. The footbar itself is the standard Balanced Body anodized aluminum footbar. The OneStep footbar has one support. The support's tubular bar fits into 2 support blocks. The blocks have three adjustable positions and are mounted on the foot end of the reformer frame. The hookbar is 'U' shaped and is adjusted by lifting up on the brass rail attached to the hookbar and placing the bar into one of the notches in the hookbar blocks mounted to the rails of the reformer.



The STANDARD footbar

The Standard footbar on the Studio Reformer is Balanced Body's most enduring footbar system. Although we have upgraded the Studio Reformer with extruded rails, replaced the metal hooks (gears) with black composite hooks, and added a No-Roll springbar, the Standard foot bar looks like it has for years. The standard foot bar has two single piece footbar supports, one taller than the other. One of the footbar supports is placed in a springbar hook to achieve the desired footbar height. The other rests out of the way on the standing platform.



The RON FLETCHER footbar

The Ron Fletcher Studio reformer was designed specifically for Ron Fletcher and his specifications, and is slightly smaller than our other Reformers. The Fletcher footbar is one inch narrower than our other footbars. It is also slightly smaller in diameter. The Fletcher footbar has a single, one-piece footbar support that fits into the black support blocks that have a straight notch at the end closest to the springbar and an angled slot at the end that fits up against the reformer's frame.

If you've read through all these footbar description and don't see yours, don't worry. Our reformers have undergone many stages of evolution over the years and we have always been happy to build reformers to our client's custom needs. Your footbar system may fall into this group.

Have questions on your footbar system? Feel free to call us at 1-800-PILATES. Ask for Dan Richards, Technical Representative (ext.219), or Denise Coleman, Equipment Specialist (ext. 218).

Denise Coleman is the Trade Show Manager and Equipment Specialist for Balanced Body Inc.