

## Denise Coleman

Denise Coleman is the equipment specialist for Balanced Body, Inc.

## Nickel Plated Springs: Safe and Durable

by Denise Coleman

In just about all Pilates equipment, it is the springs that are responsible for the “resist” in resistance-based training. All of Balanced Body equipment comes standard with nickel-plated springs are thoroughly tested to ensure consistent resistance and, with a little proper maintenance, should give you years of use without any breakage or loss of performance.

### Why nickel-plated springs?

Nickel is a silvery white metal that provides a decorative appearance because of its ability to cover imperfections in the base metal. It is also excellent for corrosion protection. During the plating process (plating is the general name of surface-covering techniques in which a metal is deposited onto a conductive surface) our springs are stretched to ensure that nickel is applied to both the inside and outside of each spring. Unlike chrome-plated springs, this process strengthens the springs and makes them more resistant to corrosion and a lot less likely to suffer discoloration caused by an environment with a lot of moisture and salt in the air.

Each Balanced Body spring undergoes what is called a life test. This test must indicate how a spring would perform during a six hour, six day a week routine for two years. This thorough testing results in springs with zero breakage and a minimum loss of resiliency.

All our springs have baked-on enamel color-coded hooks at both ends. The colors indicate the amount of resistance you will get from each spring. On Balanced Body springs, yellow equals a light resistance, blue a medium resistance, red a heavy resistance, and so on. The hooks swivel freely to allow fluid rotation, and each has a cone inside the tapered end to allow cleaner movement with less wear.

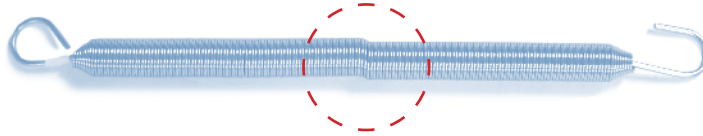
### Spring Maintenance

Our springs are built to last a long time with the highest standards of performance available in the industry. However, like everything in life, they do require some maintenance in order to keep performing at a peak level.

Here are some easy maintenance tips:

- All springs should be replaced after every 2 years or 3000 hours of use (as an example: 30 hours a week for 2 years).
- If you have a very busy studio that uses the springs more than what is listed above you may need to replace them a little sooner.
- Check all springs monthly for weaknesses.
- For very busy studios with a high volume of clients you may want to examine the springs for weaknesses on a weekly basis.

- Check for kinks in the body of the spring.
- Look for gaps in coils in the body of the spring. Note: small gaps may occur in the cones (ends) of the spring when the swivels are installed. These are OK. Large gaps, however, are not acceptable.

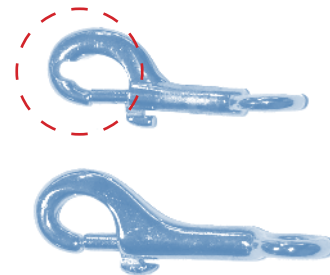


### Springs with snaps

Our Cadillac springs have malleable steel snaps, and not die cast steel snaps. Malleable means that the metal is shaped or formed onto the snaps. This makes them much stronger than die cast steel snaps.

### Snap maintenance

- Check for wear on the snaps on a monthly basis, weekly in very busy studios.
- Make sure the snap retracts properly. Discontinue use if it does not.
- Check spring hooks for obvious signs of wear. If the snap shows more than 10 % wear (if the hook on the snap starts to look like it has been gouged), discontinue use immediately.



If you have any questions on how to maintain your Balanced Body springs, please call our technical support at 1-800-PILATES ext. 219.