

## Equipment Profile: Reformer Half Trapeze Combination

*By Denise Coleman, Balanced Body Equipment Specialist*

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.

The Reformer/Half Trapeze Combination provides all the benefits of the Reformer and the Tower in one space-saving piece of equipment. It combines our Revo Studio Reformer<sup>®</sup> with the essential elements of the Trapeze Table, to create the most versatile Pilates system available. You can work in multiple planes of resistance and enjoy of deep breadth of various exercises – standing, sitting, kneeling, and even floor exercises using mats.

Here are some of the innovative benefits that make the Balanced Body Reformer/Half Trap Combo a truly unique piece of Pilates equipment:

### 1. 18" Solid Reformer Frame

Our Reformer frame is constructed of rock maple boards laminated together to form planks considerably stronger than single piece lumber. They are built to withstand years of daily use without warping or twisting due to weather changes or wear. This means your Reformer will continue to provide a smooth ride for years to come.

Our highly skilled woodworking staff personally selects the wood for each Reformer and constructs each frame with a furniture maker's attention to detail. Every Reformer is sanded and finished by hand to provide long lasting beauty in your studio.

#### Lifetime warranty

Our wooden Reformers are under warranty for life under regular use.

#### Wood options available

In addition to Strata maple (butcher block), Balanced Body also offers Prima maple (strata with a solid maple veneer), solid mahogany, solid cherry, and solid walnut.

### 2. Revo Footbar<sup>®</sup>/Springbar System

The Reformer/Half Trapeze Combination comes standard with the Revo Footbar/Springbar System. The Revo combines two completely redesigned components: the locking Footbar and the 5-position Springbar.

This revolutionary adjustment system gives you incredible flexibility by letting you create the perfect Reformer fit for each of your clients. The system easily adapts your Reformer to better fit the needs of the user's size, range and ability.

### **The Revo Springbar**

The Revo Springbar system features 5 positions with a 12" range. This allows our Reformer to accommodate very short and very tall clients. The Revo Springbar is easily adjusted and fully integrated with the Reformer carriage. Full integration means that once you have adjusted the Springbar for the client's height, you don't need to adjust the spring weights from what you are used to using. Since it attaches directly to the Reformer's carriage rails, the Revo Springbar can't slip out like a regular Springbar can. The Reformer rail includes 4 carriage stop positions at the head end of the Reformer, with a removable bumper to control carriage travel.

### **The Revo Footbar®**

The Revo Footbar has four positions (including down) to give you more exercise possibilities, as well as a better fit on the Reformer. It locks safely into position by sliding two tabs mounted on the Footbar support into the support blocks, once the Footbar support is in position.

### **Footbar options**

You can also select alternative Footbars: Infinity Footbar® and Standard Footbar systems are available.

## **3. Carriage**

The carriage uses an innovative 8-wheel tracking system, giving users the smoothest carriage glide in the Pilates industry. The carriage headrest can adjust to three positions, while the shoulders on the Reformer carriage are tailored for maximum comfort and durability, and are removable for easy mat conversion for Tower use. Shoulder positions are also adjustable to accommodate users with wider shoulders.

### **Upholstery and Foam Options**

The carriage has Boltaflex® hypoallergenic upholstery and is available in 88 different colors. The carriage foam is medium density. However, memory foam (which is favored by the rehabilitation industry) is available upon request.

## **4. Half Trapeze Tower**

Balanced Body's vertical Half Trapeze Tower is the most stable Tower frame available today, providing you and your clients the ultimate in safety and stability. A stainless steel bracket holds the Tower to the head-end of the Reformer frame, while four L-shaped corner brackets are used to brace the corners inside the Reformer frame.

The Tower is made of the same sturdy tubing as our Trapeze Table frame and contains 33 spring attachment points with 4 more on the Reformer.

### **3- or 4-sided Push-Through Bar**

The aluminum Push-Through Bar (PTB) can be used as a 3-sided bar for more contemporary use, or as a 4-sided bar for more traditional use (depending on your training or instructional preferences). To convert it into a 4-sided bar, just install the included connector. We have also included a PTB safety strap which has multiple attachment positions for maximum flexibility. A 4-sided maple version is available at an additional charge.

## 5. Easy Mat Conversion System

Our twin mat system allows one person to easily change the Reformer into a Trapeze Table. The mats fit right over the carriage and on top of the frame, so there's no need to lift and turn the carriage over. The mats can be used for floor exercises as well.

### Reformer / Half Trap Combo Summary

Features unique to Balanced Body equipment:

- Durable and beautiful maple frame
- Choice of frame height and length
- Proprioceptive T-Bar Option
- Face rest option
- Locking footbar
- Revo Springbar with 5 fully indexed positions for a custom fit
- Removable and adjustable shoulder rests
- Carriage foam density options
- Retractable and adjustable risers
- 4 stops at the head-end of the Reformer to control carriage travel
- Through bolted half Trapeze Tower that is also braced on Reformer sides
- 33 Spring connection points on the Tower; 4 more on Reformer frame
- 3 Push-Through Bar height positions
- Wooden Push-Through Bar option
- Easy to use twin mat conversion system mats can also be used on the floor
- Safety strap with multiple attachment positions
- Safety Chain Option
- Belly strap, and ankle and thigh cuffs included in price
- Sitting Box included in price of equipment
- 10 Trapeze springs – more than any other Half Trap Combo on the market
- Adjustable ropes, footstrap, 1 pair cotton loops, and 1 pair neoprene handles included