Installing the Allegro® 2 F.I.T. Kit from Balanced Body®

The F.I.T (Functional Integrated Training) Kit provides a second set of pulleys (220-011) and two rope extenders that allow you to do additional exercises on both sides of your Allegro 2 Tower.

TO INSTALL:

1. Install a pulley by hooking the spring-end of the pulley onto the desired eyebolt on the Tower frame as shown in Figure A. The existing riser pulleys should remain in the lowest position as shown in Fig C.

2. Remove the loops from the Reformer ropes as shown in Figure B.

3. Feed ropes through pulleys as shown in Figure C.

4. Reconnect the loops to the ropes as shown (reference Figure B in reverse).

Note on rope extenders: Depending on pulley position and the exercise, the included rope extenders may be installed to increase the rope length. The extenders go between the rope and loop, and are installed the same way as the loops.

QUESTIONS?

Call Balanced Body Technical Support at 1-800-PILATES or +1-916-388-2838, or info@pilates.com.
Supine Arm Work

Springs: R to RB

Headrest: as needed

Straps: Adjust the ropes so the loops are under a slight amount of tension with the arms flexed to 90 degrees.

Pulleys: High position to increase challenge on posterior shoulder. Middle or low position to target scapular depression.

STARTING POSITION

Lie supine on the Reformer with the head on the head rest and the knees at 90 degrees. Hold the straps in the hands with the elbows bent and the palms facing toward the legs.

MOVEMENT SEQUENCE

Exhale – Engage the abdominals as the arms move down towards the hips.

Inhale – Return the arms to the starting position.

ARM POSITIONS

Triceps Pull: With the elbows bent at 90 degrees and the upper arm resting on or just off the carriage, pull the straps down toward the carriage and return.

Posterior Shoulder Pull (Supine Chest Expansion): With the elbows straight and the arms reaching toward the ceiling directly in line with the shoulders, pull the straps down toward the carriage and return.

Latissimus Dorsi Pull: With the elbows straight and the arms abducted to slightly less than 90 degrees, pull the straps down towards the hips and return.

Arm Circles: With the elbows straight and the arms reaching toward the feet at a 45 degree angle, circle the arms several times in each direction. Keep the hands below shoulder height.

CUEING AND IMAGERY

» Engage the abdominals before the arms move.

» Keep the wrists neutral.

» Keep the chest open.

» Keep the shoulders away from the shoulder rests.

PURPOSE

» Strengthen the arms including triceps, latissimus dorsi, lower trapezius, deltoid, pectoralis major.

» Strengthen the abdominals.

» Maintain neutral spine.

» Learn to use arms and abdominals together.

PRECAUTIONS

For low back, hip and sacroiliac joint problems – Keep the knees into the chest and the low back on the carriage or in a supported neutral position. Rest between exercises.

For wrist and elbow injuries – Keep the wrists straight, be careful with triceps pulls.

For neck and shoulder injuries – Keep the arms below the shoulders, decrease the range of motion.

1. Triceps Pull - Starting position.

2. Straighten the elbows and pull the ropes down toward the carriage focusing on the back of the arms.
2. Pull the ropes down toward the carriage with the elbows straight.


2. Pull the ropes down toward the hips with the elbows straight.

1. Latissimus Dorsi Pull - Starting position.

2. Pull the ropes down to the carriage with the elbows straight.

1. Arm Circles - Starting position.

3. Circle the arms out to the sides to return to the starting position.

2. Pull the ropes down toward the hips with the elbows straight.
Feet in Straps

**Springs:** RB to 2R

**Footbar:** Low or High (to get into the straps)

**Straps:** Adjust the ropes so the loops are under a slight amount of tension with the legs straight and the hips flexed to 90 degrees.

**Pulleys:** High position to increase challenge on posterior hip. Middle or low position to target pelvic stability.

**STARTING POSITION**

Lie supine on the carriage with the head on the headrest and the straps on the arches of the feet. To place the straps on the feet, hold the straps in the hands, place one foot on the footbar and place the other foot in one footstrap. Press into the footstrap and hold the rope to stabilize the leg as you place the other foot in the second footstrap. Flex the hips and raise the legs as close to 90 degrees as possible while keeping the pelvis neutral.

**MOVEMENT SEQUENCE**

**Exhale** – Engage the abdominals to stabilize the back and start the exercise. Maintain the position of the back and pelvis throughout the movement.

**Inhale** – Return the legs to the starting position.

**POSITIONS**

**Leg lowers:** With the pelvis stable and the inner thighs together, lower and raise the legs.

**Scissors:** With the pelvis stable and the inner thighs together, open the legs out to the sides and return.

**Variations** – Keep the legs at 90 degrees and don’t move the carriage or move the legs from the split position towards the footbar allowing the carriage to move.

**Circles:** With the pelvis stable and the inner thighs together, move the legs down, open the legs out to the sides and circle them around to the starting position. Do 6 to 10 in each direction.

**Knee circles** – Place the straps around the knees to warm up the hips and decrease the challenge.

**CUEING AND IMAGERY**

» Engage abdominals before the legs lower and keep them engaged.

» Lower legs only as far as back can stay stable throughout exercise.

» Move the legs symmetrically.

» Don’t hyperextend the knees.

**PURPOSE**

» Strengthen abdominals.

» Strengthen the hamstrings, adductors, deep hip external rotators, gluteus maximus, hip abductors.

» Increase flexibility of the hamstrings, adductors and hip flexors.

» Increase pelvic stability.

» Develop balance in the hip musculature.

**PRECAUTIONS**

For low back and sacroiliac joint problems – Make sure the low back is not changing position as the legs move. Support the low back in a neutral position with a towel. Limit the range of motion as the legs lower. Avoid if symptoms increase.

For hip flexor injuries and hip arthritis – Work only in a range of motion that does not increase symptoms. Work with the knees rather than the feet in the straps to decrease the load on the hips or avoid if symptoms increase.

For limited hamstring flexibility – In order to avoid stress on the low back, hamstring flexibility needs to be great enough to allow the back to stay stable as the legs move to approximately 65 degrees of hip flexion. If the student doesn’t have this range it is preferable to do these exercises on the Cadillac or Trapeze Table.
1. Feet in the Straps - Starting position.

2. Leg Circles - Open the legs out to the side.

3. Circle the legs down toward the footbar.

4. Draw the legs together to return to the starting position.

5. Return to the starting position.

2. Leg Lowers - Pull the ropes down toward the carriage.

2. Scissors - Open the legs out to the side keeping the carriage still.
Coordination

Springs: R to RB

Head Rest: As needed

Straps: Adjust the straps so there is a slight amount of tension on them when the arms are flexed at 90 degrees to the torso with the elbows straight.

Pulleys: Place the pulleys in the high position to target the back of the arm.

STARTING POSITION

Lie supine on the carriage with the head between the shoulder rests. Place the knees at 90 degrees and the hands in the straps with the upper arms parallel to the carriage and the elbows bent. The low back should stay stable throughout the exercise.

MOVEMENT SEQUENCE

Exhale – Engage the abdominals, lift the head and lower the arms until they are just slightly above the carriage and parallel to the torso as in the Hundred. Choose your leg position based on your ability to maintain the stability of the back. For beginners, straighten the legs toward the ceiling, as you get stronger, lower the legs toward the carriage.

Inhale – Open and close the legs no wider than the hips while keeping the torso lifted and the head up.

Exhale – Bend the knees in to the chest.

Inhale – Lower the head and return the arms to the starting position.

CUEING AND IMAGERY

» Engage the abdominals before beginning the exercise.

» Breathe into the sides and back of the ribs while maintaining a scooped abdomen.

» Lower the legs only as far as the back can stay stable.

» Keep the chest open and the shoulders away from the ears.

PURPOSE

» Strengthen the abdominals, hip flexors, latissimus dorsi and adductors.

» Increase thoracic flexibility.

» Teach pelvic stability.

» Increase coordination.

» Learn to connect the arms to the core.

PRECAUTIONS

» For low back, hip and sacroiliac joint problems - Keep the knees bent at 90 degrees.

» For neck and shoulder injuries – Support the upper body.

» Avoid with osteoporosis, active lumbar disc injuries and sciatica.
1. Coordination - Starting position.

2. Press the straps out, lift the head and upper back off the carriage and straighten the legs out.

3. Open the legs out as wide as the carriage.

4. Bring the legs back together.

5. Draw the knees back into the chair position.

6. Lower the head and upper body to return to the starting position.
Spine Massage Variation - Magician

**Springs:** BR to 2R  **Head Rest:** Down

**Straps:** Adjust the length of the straps so there is a small amount of tension on the ropes when they are on the arches of the feet and the hips are flexed to 90 degrees with the knees straight.

**Pulleys:** Place the pulleys in the high position to increase the support for the torso as it rolls off the carriage into the shoulder stand position.

**STARTING POSITION**

Lie supine on the carriage with the head between the shoulder rests and the straps on the arches of the feet. Lower the legs to approximately 45 degrees of hip flexion. Turn the legs out and bend the knees in to the chest without letting the hips come off the carriage to begin.

**MOVEMENT SEQUENCE**

**Exhale** – Press the legs out away from the body to about 45 degrees of hip flexion.

**Inhale** – Flex the hips as far as the hamstring flexibility will allow without lifting the sacrum off the carriage.

**Exhale** – Press the upper arms into the carriage, engage the abdominals and roll the spine off the mat going no higher than the top of the scapulae. The body will be in one line from the shoulders to the feet.

**Inhale** – Round the spine and roll the torso down one vertebra at a time until the pelvis is back on the mat and the hips are flexed to 90 degrees.

**Exhale** – Press the legs back out to approximately 45 degrees of hip flexion.

**Inhale** – Bend the knees to return to the starting position.

**CUEING AND IMAGERY**

» Do not roll up past the top of the scapulae.

» Press the upper arms into the carriage to stabilize the torso.

» As you roll down, don’t press the legs out until the back is anchored on the carriage.

» Roll symmetrically down the back.

1. Magician - Starting position.

2. Straighten the legs out to about 45 degrees.
3. Flex the hips until they are at about 90 degrees.

4. Press the hips up toward the ceiling. Don’t roll higher than the shoulder blades.

5. Flex the spine and roll down one vertebra at a time.

6. Until the hips are back on the mat.

7. Lower the legs to 45 degrees.

8. Bend the knees to return to the starting position.
PURPOSE

» Strengthen abdominals.

» Strengthen the hamstrings and gluteus maximus.

» Increase flexibility of the spine and hamstrings.

» Improve spinal alignment.

» Develop balance in the spinal musculature.

PRECAUTIONS

» Avoid with osteoporosis, low back injuries, neck injuries, high blood pressure, eye problems and overweight clients. To modify, do the exercise without the roll up.


2. Press the straps out as you straighten the legs.
3. Extend the spine as you circle the arms up toward the ceiling.

4. Continue to circle the arms up and around to the back keeping the chest as high as possible.

5. Continue to circle the arms as you lower the torso back onto the box.

6. Reach the arms forward.

7. Return to the starting position.
Long Box Breast Stroke

Springs: R to 2R    Box: Long box

Straps: Adjust the length of the straps so they are level with the front of the shoulder rests when the carriage is at rest.

Pulleys: Place the pulleys on the #4 eyebolt in order to increase the support for the back as it goes into extension.

STARTING POSITION

To get into the position, hold one strap in each hand, place the closest hand and leg on the box, lower the torso and lift the other leg onto the box. Lie prone on the box with the chest over the front edge and the knees off the back end. Bend the knees and bend the elbows to bring the back of the hands to the forehead.

MOVEMENT SEQUENCE

**Exhale** – Press the straps out away from the forehead as the legs straighten.

**Inhale** – Circle the arms forward and up while lifting the torso off the box into back extension.

**Exhale** – Continue to circle the straps around until they are back in front of the head as the torso lowers onto the box.

**Inhale** – Bend the elbows and the knees to return to the starting position.

CUEING AND IMAGERY

» Engage the abdominals to begin.

» Slide the shoulder blades down to extend the back.

» Keep the shoulder blades down as the arms reach overhead.

» Engage the gluteals and hamstrings to decompress the lower back.

» Keep the legs together.

PURPOSE

» Strengthen spinal extension.

» Strengthen gluteus maximus and hamstrings.

» Strengthen deltoid, rotator cuff and shoulder girdle.
1. Pull Across - Starting position.

2. Pull the strap across the midline keeping the elbow slightly bent.

1. Draw a Sword - Starting position.

2. Pull the strap across the body leading with the elbow.

1. Pull Across with Rotation - Starting position.

3. Straighten the elbow.

2. Rotate the torso as you pull the arm across the body.
PRECAUTIONS

For clients with limited range of motion in back extension – Instructor holds clients feet as client lifts up.

For men – If this is uncomfortable, try a pad under the pelvis or under each of the hip bones.

Avoid with active shoulder injuries and back problems that do not tolerate flexion.
1. Rowing Front - Starting position.

2. Roll the torso forward over the legs and reach the hands to the carriage.

3. Press the arms forward as you continue to flex the spine.

4. Reach the arms forward and straighten the torso into one long line from hips to hands.

5. Circle the arms out to the sides.

6. Return to the starting position.
Kneeling Side Arms

Springs: Y to RB

Straps: Adjust the straps so there is a slight amount of tension with the arm in the starting position. The longer the strap, the lighter the exercise will feel.

Pulleys: Place the pulleys in the #2 eyebolt to direct the line of pull into the shoulder.

PULL ACROSS

STARTING POSITION

Kneel on the Reformer facing sideways with the knees slightly away from the shoulder rests. Hold the front strap with the arm closest to it.

For an easier version, place the knee against the shoulder rest with the legs hip width apart. For more challenge, bring the knees away from the shoulder rest with the legs together.

MOVEMENT SEQUENCE

Exhale – Pull the strap across the body keeping the arm rounded and the hand level with the bottom of the sternum.

Inhale – Return the arm to the starting position. Do not rotate the torso or twist the shoulders.

CHALLENGE

Rotations: Rotate the torso from the waist or from the knees as you pull the strap across.

DRAW A SWORD

STARTING POSITION

Take hold of the strap with the hand that is farthest from it. Begin the exercise with the hand holding the strap in front of the opposite hip bone. Place the other hand on the hip with the elbow out to the side.

MOVEMENT SEQUENCE

Inhale – Pull the strap across the body and extend the arm out to the side. Imagine you are drawing a sword out of a scabbard.

Exhale – Return to the starting position by bending the elbow and reaching the hand holding the strap back to the opposite hip.

CUEING AND IMAGERY

» Stabilize the position of the torso before moving the arms.

» Keep the chest open, the shoulders away from the ears and the eyes looking straight ahead.

» Keep the wrists straight.

PURPOSE

» Strengthen the arm and shoulder muscles including the brachialis, biceps, triceps, pectoralis major, latissimus dorsi, rotator cuff and deltoid.

» Strengthen the scapular stabilizers including the serratus anterior, trapezius and rhomboids.

» Increase torso stabilization.

» Improve standing posture.
1. Rowing Back - Starting position.

2. Pull the straps into the chest with the elbows wide and the knuckles together.

3. Round the back and roll back keeping the arms in the same position as you roll.

4. Turn to palms back as you open the arms out to the side.

5. Press the straps back as you round the torso forward over the legs.

6. Circle the arms up and around to the front as if doing the butterfly stroke in swimming.

7. Bring the arms all the way in front of the body.

8. Return to the starting position.
PRECAUTIONS

For shoulder, arm and wrist injuries – Keep the weight light, keep the wrists straight and avoid if symptoms increase.

For knee injuries – Pad the knees, sit on the carriage or avoid.

1. Biceps - Starting position.

2. Pull the handles toward the shoulders keeping the elbows parallel to the floor.

2. Pull the straps back toward the hips without rolling the shoulders forward.

3. Rows - Starting position.

4. Pull the handles toward the chest keeping the elbows out to the side.

1. Alternating Double Arm Twist - Starting position.

2. Rotate the torso to the right as you pull the right handle back.

3. Rotate the torso to the left as you pull the left handle back.
Rowing Front

**Springs:** B to RB

**Straps:** Adjust the straps so there is a slight amount of tension with the arm in the starting position.

**Pulleys:** Place the pulleys in the #2 or 3 eyebolt to direct the line of pull into the shoulder.

**STARTING POSITION**

Sit on the carriage facing the footbar with the back of the hips against the shoulder rests and the legs extended. Sit up on the sit bones without rounding the back. Bend the elbows and abduct the arm so it is slightly lower than the shoulder.

**MOVEMENT SEQUENCE**

**Inhale** – Engage the abdominals, reach the arms forward along the carriage and curve over the legs as if leaning over a ball.

**Exhale** – Scoop the abdominals in and stack one vertebra on top of the next to return to sitting tall with the arms reaching forward.

**Inhale** – Circle the arms around and out to the sides as the torso returns to the upright position.

**Exhale** – Bend the elbows to return to the starting position.

**MODIFICATION**

Tight Hamstrings: Sit cross legged on the carriage or sit on a pad or towel.

**PURPOSE**

» Strengthen the shoulder muscles including the pectoralis major, latissimus dorsi, rotator cuff and deltoid.

» Strengthen the scapular stabilizers including the serratus anterior, trapezius and rhomboids.

» Strengthen abdominals and hip flexors.

» Stretch hamstrings, back and latissimus dorsi.

» Increase torso stabilization.

» Improve coordination.

**PRECAUTIONS**

For shoulder, arm and wrist injuries – Keep the weight light. Keep the arms below shoulder height. Avoid if symptoms increase.

For low back injuries – Be cautious with the lumbar flexion and adjust the sitting position to minimize pull on the lumbar spine.

For tight hamstrings – Sit on a pad, bend the knees or sit cross legged to keep the pelvis over the ischial tuberosities rather than behind them.

**CUEING AND IMAGERY**

» Engage the abdominals before moving the arms.

» Stay upright on your sit bones.

» Keep the abdominals in as you bend forward as if leaning over a ball.

» Keep the chest open, the shoulders away from the ears and the eyes looking straight ahead.

» Keep the ribs in place as the arms circle.

» Keep the wrists straight.
1. Hug a Tree - Starting position.

2. Draw the hands together keeping the arms rounded.

1. Salutes - Starting position.

2. Press the palms out away from the forehead.
Supine Arm Work

**Springs:** R to RB

**Headrest:** as needed

**Straps:** Adjust the ropes so the loops are under a slight amount of tension with the arms flexed to 90 degrees.

**Pulleys:** High position to increase challenge on posterior shoulder. Middle or low position to target scapular depression.

**STARTING POSITION**

Lie supine on the Reformer with the head on the head rest and the knees at 90 degrees. Hold the straps in the hands with the elbows bent and the palms facing toward the legs.

**MOVEMENT SEQUENCE**

*Exhale* – Engage the abdominals as the arms move down towards the hips.

*Inhale* – Return the arms to the starting position.

**ARM POSITIONS**

**Triceps Pull:** With the elbows bent at 90 degrees and the upper arm resting on or just off the carriage, pull the straps down toward the carriage and return.

**Posterior Shoulder Pull (Supine Chest Expansion):** With the elbows straight and the arms reaching toward the ceiling directly in line with the shoulders, pull the straps down toward the carriage and return.

**Latissimus Dorsi Pull:** With the elbows straight and the arms abducted to slightly less than 90 degrees, pull the straps down towards the hips and return.

**Arm Circles:** With the elbows straight and the arms reaching toward the feet at a 45 degree angle, circle the arms several times in each direction. Keep the hands below shoulder height.

**CUEING AND IMAGERY**

» Engage the abdominals before the arms move.

» Keep the low back neutral throughout the exercise.

» Keep the wrists neutral.

**PURPOSE**

» Strengthen the arms including triceps, latissimus dorsi, lower trapezius, deltoid, pectoralis major.

» Strengthen the abdominals.

» Maintain neutral spine.

» Learn to use arms and abdominals together.

**PRECAUTIONS**

For low back, hip and sacroiliac joint problems – Keep the knees into the chest and the low back on the carriage or in a supported neutral position. Rest between exercises.

For wrist and elbow injuries – Keep the wrists straight, be careful with triceps pulls.

For neck and shoulder injuries – Keep the arms below the shoulders, decrease the range of motion.
1. Biceps - Starting position.

2. Pull the straps toward the front of the shoulders keeping the elbows parallel to the floor.


2. Pull the straps back toward the hips with the elbows straight.
Standing Arm Work Facing Away from the Tower

**Springs:** Y to B

**Straps:** Adjust the straps so there is a slight amount of tension with the arm in the starting position.

**Pulleys:** Place the pulleys in the #6 eyebolt to direct the line of pull into the arms.

Standing approximately 3 feet from the tower with the loops in your hands and the back of your hands level with your forehead. You can stand in a lunge for more stability or with both legs together in parallel to increase the challenge to the torso.

**MOVEMENT SEQUENCE**

**Exhale** – Engage the abdominals and press the straps forward.

**Inhale** – Return the arms to the starting position with control.

**CUEING AND IMAGERY**

》 Engage the abdominals before moving the arms.

》 Stand up straight throughout the exercise.

》 Keep the chest open, the shoulders away from the ears and the eyes looking straight ahead.

》 Keep the wrists straight.

**PURPOSE**

》 Strengthen arm and shoulder muscles including brachialis, biceps, triceps, pectoralis major, latissimus dorsi, rotator cuff and deltoid.

》 Strengthen scapular stabilizers including the serratus anterior, trapezius and rhomboids.

》 Increase torso stabilization.

》 Improve standing posture.

**PRECAUTIONS**

**For shoulder, arm and wrist injuries** – Check to see whether handles or straps are more comfortable to hold. Keep wrists straight. Keep arms below 90 degrees of flexion or abduction.

1. Standing Salutes - Starting position.

2. Press the straps away.

**QUESTIONS?**

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