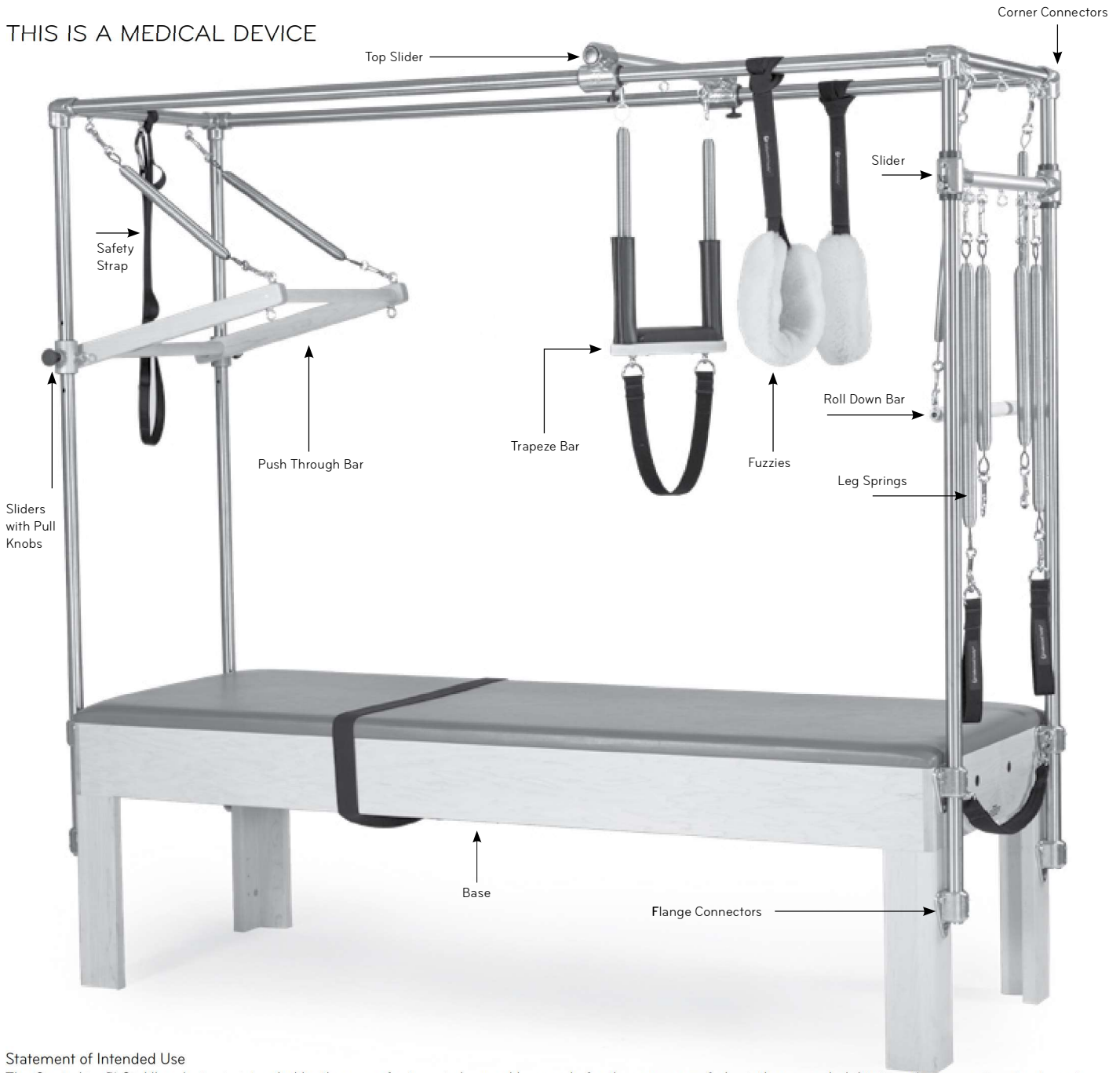


Assembling the Balanced Body® CenterLine™ Cadillac

THIS IS A MEDICAL DEVICE



Statement of Intended Use

The CenterLine™ Cadillac device is intended by the manufacturer to be used by people for the purposes of physiotherapy, rehabilitation, the prevention, treatment and relief of injuries, supportive, functional therapy for a disability or for general strengthening and improving the mobility of the human body. Should injury occur during usage please report to the manufacturer and competent authority of the Member State in which the user and/or patient is established.

For printed instructions contact Balanced Body.



EMERGO EUROPE
Westervoortsedijk 60,
6827 AT Arnhem
The Netherlands



Balanced Body, Inc.
5909 88th St,
Sacramento, CA 95828 USA

Contact Us
1-800-PILATES | +1-916-388-2838
pilates.com | info@pilates.com

17443B | 2024-02

Description	Part #	Qty
Fuzzies, (pair)	101-022	1
Foot Strap, Cotton, 24" quick link	607-548	1
Foot Strap, Cotton, 27" quick link	210-130	1
Belly Strap	210-034	1
Wood, Roll Down Bar, 23" Outside Hooks	607-127	1
Cotton Web, CL	607-330	2
Trapeze Sling, CL	607-331	1
Loops, Single Dring, CL (pair)	607-346	1
safety Strap, CL	607-355	1
Wing Knob	GEN9371	4
Sliding PTB, Wood, CL	607-461	1
Shoulder Bolt, Sliders	619-203	2
Spring, Trap, Green	SPR9000	1
Spring, Trap, Red	SPR9001	1
Spring, Trap, Blue	SPR9004	2
Spring, White	SPR9238	2
Spring, Trap, Grey, CL	SPR9245	2
Spring Trap, Long Red	SPR9246	2
Bottom Frame w/Mat Assembly	N/A	1
Trapeze CL Canopy Top Assembly	N/A	1
Vertical Slider Assembly, CL	N/A	1
Trapeze Bar Assembly	17803	1
PTB Slider Assembly	N/A	2
Head End SS Tubes	TRP0110	2
Foot End SS Tubes	TRP0111	2
Wrench, 21mm x 1/2"	ALL0060	1
1/8" Cotter Pin	216-000	4
3/16" Allen Wrench	GEN9280	1

ASSEMBLY

- » Using the provided 3/16" allen wrench, loosen the set screws in each of the eight flange connectors mounted to the outside of the frame. Remove the two vertical tubes from the box and the sliding push thru bar system. Lay the tubes down so the holes on the sides of the tubes face away from each other. Take the sliders of the push thru bar (PTB) and slide them over the tubes opposite the end with the eye bolts, you will need to pull the knobs of the sliders out to move the sliders up the tubes. Continue to move the sliders up the tubes until the pins lock into the bottom set of the three holes in the tube. Make sure both sliders are locked into the same bottom holes. Insert the provided cotter pins into each of the 1/8" holes near the bottom ends of the tube. Pick up this assembled tube set, be careful of the PTB, it may swing; place the assembly in the flanges on the head end of the machine (the end with the vinyl flaps). Be carefully of the cotter pins so they do not scratch the vinyl or wooden frame. The cotter pins will automatically set the tubing height.

Insert the provided cotter pins into each of the 1/8" holes near the bottom ends of the other two vertical tubes. Pick up the tube assembly with the vertical slider and place the tube ends into the flanges on the foot end of the frame.

- » With help, place the rectangular section on top of the vertical tubes. Make sure all 4 corner fittings fit securely onto the tubes.
Note: Set the rectangle on the vertical tubes so that the safety strap and the push-thru bar are on the same end.
- » Using the 3/16" allen wrench, tighten the set screws in the corner fittings and in the flanges around the frame. After tightening all set screws in all the corner angles, test the movement of the sliding push thru bar. To do this pull the knobs of the sliders out and start sliding the PTB up or down. This system should move easily and not stick when uniform pressure is applied on each side. If the sliders stick when moving the position, simply loosen the set screws that are holding the vertical poles, rotate the tubes as necessary until the sliders move freely. Be sure to re-tighten all set screws. Remove the cotter pins from the tubes and save for future use.

HOW TO ADJUST YOUR SLIDING PUSH THROUGH BAR

Position your hands on the outside of each slider. Place your middle and/or ring fingers under the silver base of the knob; right where the black body of the knob threads into. Place your index finger and thumb around the knob itself. Pull each of the knobs outwards, away from the vertical tubes, until they stop. Using the same force on each arm, move the slider upwards or downwards to each new location. Once you near a new location slightly release the outward pull of the knobs. The pins will automatically fall into the next position when aligned.

WEEKLY MAINTENANCE

Inspect springs for separations, and replace if needed. Inspect snaps on springs and make sure the retractors operate smoothly. Replace them if worn or they do not operate freely. Make sure that there are no indentations on the inside of the hooks. Inspect all nuts, eyebolts and setscrews for tightness. Tighten or replace if necessary.

It is recommended to check to ensure the pins in the plunger knobs protrude and lock into the vertical tubes. First pull both knobs out and start moving the sliders to a different position. Release the knobs before the next hole and continue to slide the system. Once over a hole the pin of the knob will drop into the opening. Once each slider is in a new position apply a down force on the PTB directly downwards. The pins of the sliders should not come out of the holes. If the pins do not stay in the tube holes, the pull knobs need to be replaced; call Balanced Body for replacement parts.

QUESTIONS?

Call Balanced Body at 1-800-PILATES (1-800-745-2837) or 916-388-2828.

Safety First: A guide to proper maintenance and safe use of your Pilates equipment.

For over 45 years, Balanced Body has been introducing safety-related innovations to Pilates equipment. Many of our improvements are now industry standards, resulting in Pilates equipment that's safer today than ever before.

Safety depends on proper maintenance and safe use, in addition to the quality of the equipment. This guide was created to help you use and maintain your equipment for optimum safety. Please read it through carefully and keep for future reference. If you have any questions, give us a call. **Failure to follow these instructions may result in serious injury.**

ALL EQUIPMENT

Springs

Spring inspections are critical to maintain your equipment in safe operating condition. All Balanced Body springs should be replaced at least every two years. Certain environments and usages can shorten the expected life of the springs and you may need to replace the springs more frequently. Therefore, it is very important to inspect springs on a regular basis since worn or old springs lose resilience and may break during use. Injury may result if a spring breaks during use.

During use, do not allow springs to recoil in an uncontrolled manner. This will damage the spring and shorten its expected life.

Inspect springs for gaps and kinks (weekly or monthly, depending on frequency of use). Look for gaps and kinks between the coils when the spring is at rest. It is not unusual for the spring to have a very small gap on the tapered end (a gap is sometimes created during the manufacturing process). However, there should be no gaps in the body of the spring. If you see any gaps or kinks in the body of the spring, discontinue use and replace the springs immediately. See **Figure 1**. Additionally, corrosion anywhere on the coils will shorten the life of the spring. Discontinue using the spring immediately if you see any rust or oxidation during inspection.

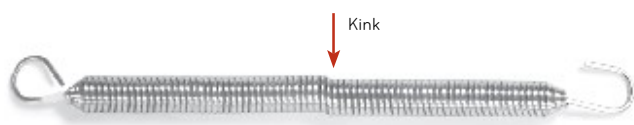


Figure 1

Snaps

Inspect snaps for wear (monthly). First, verify that the snap hook is working properly. If the snap hook does not retract and return properly, discontinue using the spring immediately and replace the snap. Eyebolts can cause excessive wear on snap hooks. If the hook shows a lot of wear, discontinue using the spring immediately and call Balanced Body to replace spring or snap. See **Figure 2**.

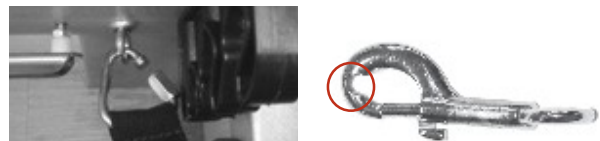


Figure 2: Good snap: no wear on hook.

Bad snap: excessive wear on hook.

EYEBOLTS, NUTS AND BOLTS

Tighten all equipment bolts and screws (monthly). Verify that all eyebolts, nuts and bolts are tight. See the section titled "How to inspect and tighten nuts and bolts."

ROPES AND STRAPS

Rope and strap wear (quarterly). Ropes should be replaced if you can see the core of the rope through the outer lining, or if the ropes are flattened. Straps should be replaced as soon as any fraying is noticed. Be sure to check the sections of rope or straps that attach to the clips and run through the pulleys.

REFORMERS

Check springbar hooks or eyebolts (quarterly). Balanced Body makes two different springbar systems:

- » Revo Springbar. Make sure springbar hooks and handle are tight.

Standard Springbar. Verify that the nuts securing the springbar hooks are tight. See section titled "How to inspect and tighten nuts and bolts."

Spring rotation (quarterly). You can prolong Reformer spring life by rotating springs of the same weight each quarter. Unhook and move to another position on the springbar. Rotating springs helps them wear more evenly.

Risers on the outside. Wood risers must be installed on the outside of the frame. Risers can loosen over time, so always make sure they are tight.

Springs hooked downward under carriage. Make sure springs are hooked in a downward position. See **Figure 3**.

Secure the carriage. When your Reformer is not in use, be sure that at least two springs secure the carriage to the springbar.



Figure 3: Springs hooked downward

Default settings. Many users have a "default setting" for Reformers. At the end of a session, the user connects a prescribed number of springs in neutral tension, sets the footbar at a pre-determined height, and sets the ropes at a specified length. This ensures that the equipment is ready for the next use, and that the carriage is secured by the springs.

Footstrap under tension in box work. When using the box and footstrap, be sure the footstrap is under tension (with snaps pulling from the top of the eyebolt) before beginning the exercise. See **Figure 4**.



Figure 4: Foot strap under tension

REFORMER WHEEL AND TRACK MAINTENANCE

Clean the tracks and wheels (weekly). For smooth carriage travel and to maintain the longevity of the wheels, we recommend that you wipe down the tracks once a week.

Disconnect the springs and clean the entire length of the tracks with a soft cloth and Balanced Body Cleaner, mild soap with water or a mild commercial cleaner such as, Fantastik® or 409®. Do not use abrasive cleansers or pads, as they can damage the anodizing on the rails. To clean the wheels, hold the cloth against the wheels while you move the carriage. If you feel a bump in the ride, dirt has adhered to the surface of the rails or wheels. Clean hair and debris out of the rails. Hair can wrap around the wheel axles and eventually build up and cause wheel failure. Use tweezers to remove hair from the wheels.

Lubrication. Never spray silicone near or inside the wheels – this can wash the lubricant out of the bearings and ruin the bearings. You can purchase dry silicone at most hardware and auto parts stores. Pulleys sometimes require lubrication to stop a squeak. Direct a very quick spray of dry silicone or Teflon spray into the pulley axle. "Dry" silicone does not have an oil base. Oil-based ("wet") silicone and WD40 should not be used as they attract dirt. Be careful not to over spray. You may want to remove ropes to avoid getting silicone on them.

Do not lubricate the Allegro 2 rails.

Footbar supports (quarterly). For all Balanced Body footbars with footbar support brackets, verify that the pivot screw attaching the footbar support bracket to footbar is tight, but not so tight that it prevents the support from rotating freely. For Legacy Reformers, tighten the pivot bolt to secure footbar support.

Headrest (monthly). Make sure the hinge screws and bolts on your headrest are tight.

Under the Reformer (monthly). Move Reformers and make sure you clean the floor space underneath.

Standing Platform Footbar Bumpers (wood Reformers only). If your standing platform footbar bumpers (the small plastic pieces that protect the standing platform from the footbar) are broken or damaged, please call Balanced Body to replace.

TRAPEZE TABLE (CADILLAC) & TOWERS

Cotter pins removed. These pins are located in the vertical tubes that align the canopy to the frame and should be removed as soon as installation is complete. Unremoved cotter pins can tear clothing and lacerate the skin. Use pliers to remove the pins.



Figure 5: Cotter pin before and after removal from Trap Table.

Save the pins in case you need to disassemble and reassemble the table for transportation purposes. See **Figure 5**.

Push-Through Bar (PTB) with Sliders.

The PTB moves vertically to accommodate different users and exercises. The sliders on the tubes allow for this vertical movement. Make sure these sliders are clean and easy to move. Before beginning any exercise, ensure that the sliders are properly aligned with the PTB holes and locked into position. Apply a downward force to ensure. If you notice wear on the slider knob pins, please call Balanced Body to replace. Using the PTB in this condition could cause injury.

Weekly maintenance for Push-Through Bars with Sliders. Check to ensure the pins in the plunger knobs protrude and lock into the vertical tubes. Pull both knobs out and move the sliders to a different position. Release the knobs before the next hole and continue to slide the system into position. Once over a hole the pin of the knob will automatically drop into the opening. Once each slider is in a new position apply a downward force on the PTB. The pins of the sliders should not come out of the holes. If the pins do not stay in the tube holes, the pull knobs need to be replaced. Call Balanced Body for replacement parts.

Push-Through Bar (PTB) with T-pin setting. For bottom sprung exercises, if your client's head is below the PTB, use the T-pin setting in addition to the safety strap or chain. Spotting your client is highly recommended. This is important for safety.

Push-Through Bar (PTB) control. Make sure you have enough room around the trap table to safely use the PTB without fear of hitting other people. The PTB can be dangerous if not properly

used. Only trained, experienced users should use the PTB. A spotter should always maintain control of the bar with one hand. If the user should lose control of the bar, the spotter can maintain control of it.

Correct safety strap attachment. For bottom-sprung exercises, the safety strap or chain should always secure the bar.

The safety strap or chain should wrap around the PTB and the canopy frame, not the eyebolts. The strap or chain is only as strong as the weakest link, and the frame and bar are a great deal stronger than eyebolts. **Figure 6.**



Figure 6: Safety strap holding the push-through bar at 4 o'clock. The strap is secured to the PTB and canopy frame, not the eyebolts.

Spotting your client is highly recommended. This is important for safety.

Setting the PTB for bottom-sprung exercises. For bottom-sprung exercises, the safety strap should be attached so that the angle of the push-through bar is no lower than the 4 o'clock position. This limits the range of the bar and prevents it from potentially coming into contact with the user.

Using the 4th side on the PTB along with the safety strap is highly recommended to prevent injury.



Figure 7: Safety strap holding the push-through bar at 4 o'clock. The strap is secured to the PTB and canopy frame, not the eyebolts.

CHAIRS

Dismount with control. When dismounting the chair, release the pedals slowly, with control. Don't let the pedal snap back.

Spot users. When a user is standing, sitting or lying on top of the chair, there is increased risk of falling. Standing exercises, in particular, can be unstable. Spotting users will make these exercises safer.

Hourglass spring mounts. If your chair has hourglass spring mounts and the mounts do not successfully retain the springs, replace the fiber washers (they are reddish-brown in color).



Figure 8: Fiber washer

Figure 8. If your chair is a Balanced Body Split-step Pedal Chair (Combo Chair), please consider upgrading to the Cactus Springtree).

UPHOLSTERY CLEANING & MAINTENANCE

Cleaning. You can extend the life of upholstery by keeping it clean and free of dirt, oil and perspiration. After each use, wipe down the upholstery with a solution of mild soap and water. Then wipe it down with clean water and dry with a soft towel.

Disinfecting. Equipment upholstery is coated with BeautyGard®, which offers antibacterial protection. If you want additional disinfection, Balanced Body offers Balanced Body CleanTM disinfecting solution. Use of any other solution (especially those containing essential oils) will shorten the life of some equipment and is not recommended.

For over molded foam padding it is recommended to clean with mild soap or BB Clean and wipe clean with a water dampened cloth to remove any leftover cleaner.

Cleaning Loops. Loops should be washed using mild soap such as Woolite. Hang to dry.

HOW TO INSPECT AND TIGHTEN NUTS AND BOLTS.

Use your fingers to check nuts and bolts for tightness. If you can turn the nut or bolt with your fingers, it's too loose and should be tightened. To tighten, first tighten using your fingers.

Rotate nuts and bolts clockwise to tighten. Insert a screwdriver through eyebolts to hold them steady while you tighten the nuts. Then use a small wrench to tighten the nuts further. **Figure 9.**



Figure 9: Use two fingers to tighten bolts

It is recommended to check the pins on the PTB protrude and lock into the vertical tubes appropriately. To verify their function, first pull both knobs out and start moving the sliders to a different position. Release the knobs before the next hole and continue to slide the system. Once over a hole the pin of the knob will drop into the opening. Once each slider is in a new position apply a down force on the PTB directly downwards. The pins of the sliders should not come out of the holes. If the pins do not stay in the tube holes, the pull knobs need to be replaced; call Balanced Body for replacement parts.

EQUIPMENT INSPECTION AND MAINTENANCE LOG

We suggest that you keep a maintenance log for each piece of equipment. The log should include:

1. A description of the machine including the serial number, the date and place of purchase, and the manufacturer. All of this information should appear on the invoice.
2. Date and description of all required maintenance and inspections performed.
Date and description of each repair, including name and contact information for person or company performing the repair.

EQUIPMENT ATTACHMENT POINTS

Before using equipment, ensure that the springs are securely attached. See photos below for examples of securely attached springs to various attachment points that you may encounter on Balanced Body equipment. Note that adding spring resistance makes some exercises easier and others more difficult. Performing exercises with improper spring resistance increases the risk of falling. If unsure of proper spring resistance, please consult a certified Pilates instructor.



"Hour Glass" spring attachment point found on the Allegro 2 and some versions of the Allegro Reformer, as well as the upper (pre-load) attachment points on a Revo springbar.



"Hook" attachment point found on Revo Springbars, Standard Springbars and some versions of the Allegro Reformer. Note the Hour Glass posts in the upper section of this springbar as a pre-load position, shown here without the springs attached.



"Chair Cactus" attachment point found on various Chairs. It may also be flatter and made of sheet metal.



[Click here for Balanced Body Patent Data.](#)



Eyebolt and loop attachment point found on Cadillacs, Wall Units and Towers.



"Reformer Cactus" spring attachment point found on the IQ, Metro IQ, and one version of the Allegro Reformer. It may or may not have notches and bends at the bottoms of the cactuses.

MAINTENANCE SCHEDULE

All Equipment	Day	Wk.	Mo.	Qtr.
Inspect springs for gaps & kinks		✓	✓	
Inspect snaps for wear			✓	
Inspect nuts & bolts for tightness			✓	
Reformers				
Clean wheels and tracks		✓		
Inspect springbar hooks/eyebolts				✓
Rotate springs				✓
Inspect ropes/straps				✓
Inspect footbar supports				✓
Inspect springbars				✓

REPLACEMENT PARTS

To order replacement parts, or if you have any questions, please call:

U.S. and Canada: 1-800-PILATES (1-800-745-2837)
 United Kingdom: 0800 014 8207
 Other locations: +1 916-388-2838

Fax: 916-379-9277
 Email: info@pilates.com
www.pilates.com
 5909 88th Street, Sacramento, CA 95828 USA

ASSEMBLY AND MAINTENANCE PODCASTS

View our library of assembly and maintenance videos at <https://video.pilates.com/categories/bb-garage>.

Or scan this QR code with your mobile device:



REFORMER SAFETY USAGE

Safety and the Universal Reformer



The Pilates Universal Reformer, is designed to teach the exercise repertoire of Joseph H. Pilates. All utilization must take the unique functionality and design of the Reformer into account as well as the skill, expertise and education of the instructor. **Exercises outside of the intended use may cause damage to the equipment and may be dangerous to the client.** Furthermore, exercises improperly taught may result in loss of balance, coordination and control of the client on the moving carriage and may lead to injury. The Pilates Universal Reformer is only to be used under the supervision of a Pilates instructor specifically trained in the safe use of the Reformer.

Balance. Coordination. Control.

One of the unique features of the Reformer is the utilization of springs as resistance against the travel and movement of the Reformer carriage. In order for exercises to be performed safely, three important conditions must always be met.

- User must always maintain and be aware of balance when on the Reformer.
- User movements must coordinate with the speed, timing and variability of the spring resistance.
- ⚠ User movements must be controlled and organized. There should NEVER be slack in the ropes or bouncing of the springs.
- User should move within their ability, strength, and flexibility.



Control Front Advanced Exercise. Reformer movements are complex and client must always move with Balance, Control and Coordination.

Finding an Instructor

Working with a qualified Pilates instructor who is certified to train on the Pilates Reformer is an important component to learn how to use the Reformer safely and effectively. There are many Pilates education programs and it is important for users to be discerning. Look for instructors who have taken a certification with no less than 200 hours on the Reformer.

Spring Resistance

For many new to Pilates anticipation of the spring resistance needs to be trained and understood for safe utilization of the Reformer. In addition, understanding relative spring weights, how to change springs safely, how to check the springs for wear and how to move the spring bar are an integral part of spring safety specific to exercise transitions and set up. Ensuring that the springs are set up appropriately for the specific client, are set on the hooks to prevent detachment of the spring, and are understood in relationship to the movement of the carriage will decrease potential incidents and increase success for both client and instructor.

Check the springs regularly for wear and replace as needed. We recommend replacing springs every 2 years - 1 year for group fitness classes.



Check springs regularly for wear and replace as needed. We recommend replacing springs every 2 years - 1 year for group fitness classes.

Inexperienced Clients

Pilates exercises are integrated, complex motor learning exercises. Practice and experience are necessary to progress. Instructors, please be cautious with how quickly you progress your clients, if they can maintain balance, coordination and control then adding additional complexity is possible. Clients, please be patient with the learning process and understand the value of balance, coordination and control.

Exercise Set Up. Reformer Mounting and Dismounting

Potential injuries may occur during the transitions between exercises as clients mount and dismount the Reformer. Proper instruction for exercise set up, mounting and dismounting as per the balance, control and coordination needed for a particular exercise, and for transitions between exercises, is primary to ensuring user success and to mitigate accidents or incidents of concern. For instructors, it is important, when in doubt, to refer to instructional manual and for clients to understand the importance of seeking out highly qualified instruction.

The Sitting Box and Foot Strap

Mounting of the box for exercises seated, (Short Box Series), exercises supine, (Backstroke and Teaser), exercises prone, (Overhead Press and Swan), all require specific mounting and dismounting instructions. When the footstrap is required, please make sure it is properly secured to your Reformer (see individual Reformer setup instructions). The strap must maintain contact with the clients foot at all times. Please review instructional manual for more specifics regarding the sitting box and footstrap. Some general suggestions are included here.*



Short Box correct sitting position. When the box is placed horizontally on the carriage for Short Box exercises, the ends extend beyond the carriage platform. For safe mounting clients must always sit toward the center of the box.




Short Box incorrect sitting position. When the box is placed horizontally do not sit on the edges of the box, the box will tip.



Short Box correct strap position. Make Sure the footstrap is securely attached to the Reformer and the foot is in contact with the strap at all times.

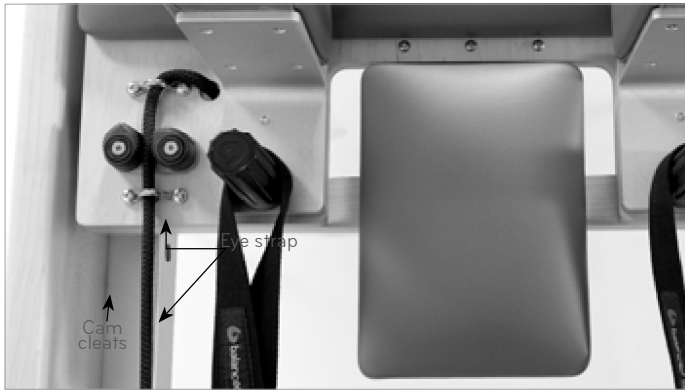


Long box correct box and body placement. For advanced exercises, such as Long Box Teaser, it is important that the box is correctly placed on the Reformer and the body position is optimal to maintain balance, control and coordination throughout the movement.

*  Sitting Boxes are designed for sitting, lying and standing. It is not designed for jumping, stomping or step aerobic type activity.

The Ropes

The Rope adjustments and locking mechanisms differ from Reformer to Reformer. Safe utilization of the ropes require they are installed correctly. For all Reformers except the A2, ensure rope is threaded through eye straps and cam cleats as pictured. As for the A2, the locking mechanism is underneath the carriage. Make sure the ropes are secure prior to movement.



Picture of rope cleats

Standing Exercises

Standing exercises are part of the Pilates repertoire and are functional and integral to a complete exercise experience. However, standing on a moving carriage is complex, potentially dangerous and must be handled with appropriate caution. When possible, instructors are encouraged to spot and provide assistance. All other utilization must be done with caution, after the clients abilities have been assessed, and when instructor and client have created a level of trust and communication to minimize any potential loss of balance, coordination and control. Use of stability props, such as gondola poles, ballet bars or personal assistance, are encouraged as client is learning and based on client ability.



Standing Side Splits with Gondola Pole or spotter

Working off the Back End

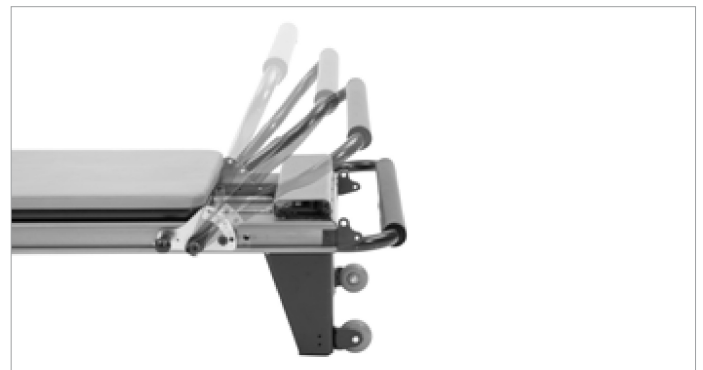
There are some lovely contemporary exercise opportunities from the back end (riser end) of the Reformer. However, extreme caution is required. Do not let go or lose of contact with the carriage when the carriage pulled to the back end and the springs are extended fully. This will result in high velocity impact on the front end (footbar end) of the Reformer which may result in potential damage to the frame, bumpers, spring mechanism and more. Sitting, kneeling and pulling while on the long box prone are all possible from the back end. Caution is required.

The Footbar

There are many different footbars and depending on which Reformer you have the footbar may or may not have a locking mechanism. Please, make sure to always check that the footbar is in a secure position and if there is a locking mechanism that it is locked and secure.

Set and Check

Whenever making any adjustments to the Reformer (ropes, footbar, risers) always set and check before using.



The Allegro 1 Footbar has several locking positions. Please consult your Reformer's manual as footbars differ between Reformer models and options.

High Kneeling Exercises ⚠️

Chest Expansion - The exercise Chest Expansion is a staple in the Pilates repertoire. It is considered an intermediate to advanced exercise because it requires upright balance on the moving carriage. Clients are facing the riser and the timing as a client moves and pulls the springs may create instability. When there is too little resistance, user may pull with too much force, the carriage will free roll and they may lose balance. Where there is too much resistance a client may find themselves losing balance and being pushed forward. **Please spot and use caution until clients are comfortable with the exercise. ⚠️ Standing facing risers with hands in straps is not recommended as there is a potential risk of falling and injury.**



Chest Expansion*

Kneeling Arms facing the footbar - This exercise can quickly become unsafe for clients. **⚠️ We do not recommend this exercise kneeling or standing as there is a potential risk of falling and injury.** Also use caution when clients are in low kneeling as the position may be uncomfortable leading to clients adjusting and potentially losing balance.



⚠️ Kneeling Arms Facing Footbar. We do not recommend as balance, control and coordination may be a challenge to maintain – there is a potential risk of falling and injury.

Ballistic Movements ⚠️

Ballistic movements result in slack in the straps and a momentary floating of the carriage, an almost feeling of momentary weightlessness. When the straps become taught the resistance is reengaged. If not anticipated it may create stress in joints, a loss of control or balance for the user. **Under no circumstance should the carriage ever bang against the bumpers or against the back end.** Controlling movements is key to the success of Pilates conditioning and training.

Group Reformer

When teaching group, or taking a group Reformer class, it is important to ascertain the instructional quality of the teachers, the value that is placed on solid Pilates foundations and repertoire and the organizational philosophy on teaching Pilates. Maintaining Balance, Coordination and Control are key to successful and safe group Reformer class experiences.

Listening, the Client / Instructor relationship

In order to maximize the positive conditioning of the Pilates repertoire and Pilates inspired exercises, it is important for client and instructor to establish a good working relationship based on mutual trust and communication. If client indicates concern, caution or general discomfort, it is important to listen, assess and adapt as needed. Creating an environment for the client to share their experience on the Reformer will be key to making sure they are moving within safe ranges of motion, are moving safely and the exercise choices are effective and appropriate for their body.

Reformer Maintenance

Keeping your Reformer in good condition is key to keeping it working optimally for you and for your clients. The Safety Guide document included with your equipment has recommended schedules for inspection and replacement of wear parts. Balanced Body also offers an optional maintenance log that you may find helpful. Please follow recommended maintenance schedules and practices to optimize your Reformer's performance.

SAFETY & MAINTENANCE

SAFETY

To reduce the risk of injury or damage, read all instructions and the following important precautions before using the CenterLine Cadillac.

- » It is the responsibility of the owner to ensure that all users of the CenterLine Cadillac are adequately informed of all precautions.
- » Use the CenterLine Cadillac only on a level surface.
- » Keep hands and feet away from all moving parts. When the CenterLine Cadillac is not in use, leave at least two springs connected to the frame.
- » Keep children under the age of 12 and pets away from the CenterLine Cadillac at all times.
- » If you feel pain, dizziness, or shortness of breath, stop exercising immediately.
- » Do not stand on the footbar.
- » Before beginning any exercise program, consult your physician.
- » Do not stand the CenterLine Cadillac on end without the wheel kit.

MAINTENANCE

- » Depending on frequency of use, the springs should be safe to use for one to two years (3000 hours). Replace any spring that is kinked, bent or shows separations while at rest.
- » If your ropes need to be replaced refer to the instructions on the underside of the carriage. The Reformer will need to be turned on its side (please place a Pilates mat on the floor next to the Reformer to protect the finish), or stood on end if you have transport wheels.
- » Remove hair and debris from the axles of the wheels. Debris can create pressure on the wheels, causing them to wear. If you hear noise from the bearings, replace them.
- » Repair any tears in the upholstery with an upholstery repair kit available at auto parts stores, or have the repair done locally.
- » Contact Balanced Body for other upholstery and re-upholstery options. Replacement upholstery is available from Balanced Body.
- » Check and tighten all screws and bolts. Replace any missing screws, retention pins, or other parts.
- » Check the footbar bolts on a monthly basis to make sure they are still secure.

CLEANING

Wipe the carriage pad, headrest, footbar and shoulder rests with a soft cloth and a mild, non-abrasive mixture of soap and water after each use. Keep the carriage track and wheels free from dust and dirt. Clean the frame with a mild, non-abrasive mixture of soap and water. Keep the ropes and springs clear of dust. Cotton loops can be machine-washed. Hang to dry.

NOTE: DO NOT LUBRICATE OR GREASE ANY COMPONENTS ON THE FOOTBAR, CARRIAGE, WHEELS OR RAILS. If you have any issues or questions please contact Balanced Body Technical Support. By adding lubrication or grease it may not lock the components securely and may become unsafe.

Questions? Call Balanced Body Technical Support at 1-800-PILATES or +1-916-388-2838 or info@pilates.com.

Trapeze Table (Cadillac) Exercises

DEFINITION OF EXERCISE SET-UP TERMS

Level: The level of expertise needed to undertake exercise.

Reps: How many times the exercise is performed.

Springs: Number and location of springs on the trapeze table.

Loops: Which loops should be used during exercise.*

Focus: What should be emphasized during exercise.

Precautions: Physical conditions that may limit or exclude a participant. Exercises may need to be modified for people with these conditions.

Prerequisites: Specific exercises that must be mastered before undertaking a new exercise.

Starting Position: Where to begin the exercise on the Reformer.

*If applicable

ROLL BACKS, LEVEL 1

6-10 Reps

Springs: 2 long or 2 short springs from high position

Roll-down Bar or handles

Focus

- » Breathing – exhale roll down, inhale at the bottom, exhale to roll up
- » Balance between abdominals and lumbar extensors
- » Soft neck and shoulders
- » Maintain C-curve
- » Soft hip flexors

Precautions

Shoulder and neck problems,
some low back problems,
osteoporosis

Starting position

Sit facing open end of Cadillac, holding on to bar or handles, knees soft, feet on metal bars.

Standard Exercise

Hold bar with arms straight, roll down, curving back and staying lifted, roll back up maintaining slight flexion in spine

Oblique Variations

- » Wooden bar (Water skiing)
- » Sit diagonally on table, place left foot against pole, cross right foot over ankle, place left hand on bar and reach right arm open while rotating torso to the right.
- » Roll down and up maintaining rotation, then switch sides.



Rodar hacia atrás



Walking (muelles en posición superior)

BREATHING, LEVEL 2

6 reps

Springs: 2 long, light springs from high position on wooden bar for Joe's Breathing, 1 – 2 short springs from high position on aluminum bar for Carola's Breathing.

Feet in Trapeze

Focus

- » Breathing – Inhale push bar, exhale return, inhale press legs down, exhale return, inhale roll-up, exhale return
- » Abdominal strength, balance between abdominals and back extensors
- » Shoulders down
- » Pelvic stability
- » Back, Gluteal and Hamstring strength
- » Coordination

Precautions

- » Shoulder and neck problems, some low back injuries

Starting position

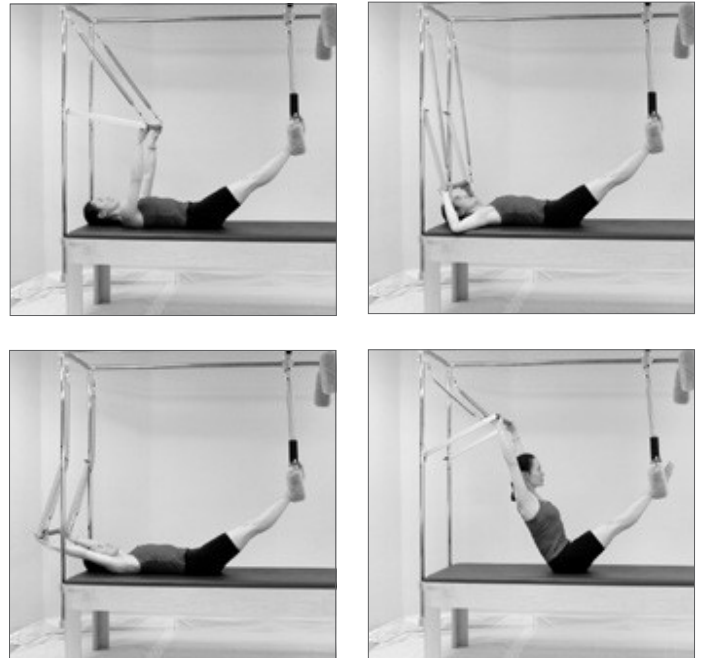
- » Lie supine with head at tower end of Trapeze Table, hands holding Push-through Bar or Roll-down Bar, palms facing down, feet in trapeze, legs slightly turned out. Adjust Trapeze with the horizontal slider to be directly over the knees when lying supine.

Joe's Breathing

- » Holding on to Roll-down Bar, press bar down to hips as legs press down into the trapeze and torso and hips rise off the table, return to the starting position.



Joes Atmung



Caminando (muelles en posición media)

Carola's Breathing

- » Hold on to Push-through Bar, inhale and pull bar down to chest by bending elbows wide
- » Press bar overhead and bring arms down and back to starting position on the exhale
- » Inhale and press the Trapeze down lifting the hips off table with a flat back
- » Roll the back down and return to starting position on exhale.
- » Press bar up and roll torso off table into Teaser position
- » Exhale and return to starting position.

FEET IN STRAPS, LEVEL 1

6-10 reps

Springs: Long springs from middle, high or overhead position
Loops or Velcro around ankle or arches

Focus

- » Breath - exhale out/inhale in or inhale out/exhale in
- » Neutral spine
- » Hollow abdominals
- » Pelvic stability
- » Hamstring, adductor and gluteal strength
- » Hamstring and adductor flexibility
- » Leg alignment

Precautions

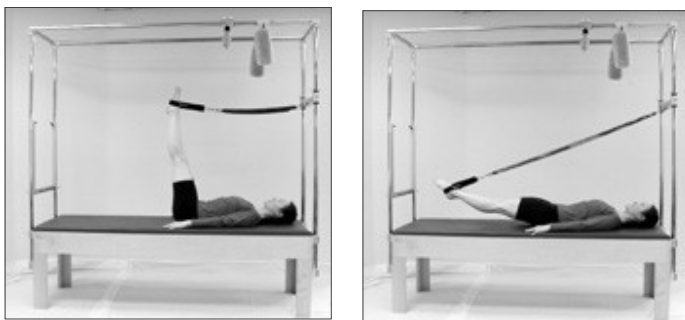
- » Back injuries, some knee injuries and hamstring strains

Starting Position

- » Lie supine on Trapeze Table with head at open end, Velcro straps on ankles (with springs at overhead bar) or loops around arches (with springs in middle or high position).

Leg Lowers

- » Both legs in Velcro straps or loops and inner thighs together, lower legs toward the table and maintain pelvic stability.
- » **Variations:** Parallel, turned-out, turned-in, holding a ball or magic circle between the legs



Leg Lowers

Circles

- » With both legs in the Velcro straps or loops circle the legs in both directions, maintaining pelvic stability.
- » parallel, turned-out, turned-in



Cinghia di sicurezza

Scissors

- » With both legs in Velcro straps or loops, lower legs toward table then open and close legs and maintain pelvic stability.
- » **Variations:** parallel, turned-out, turned-in

Walking

- » With both legs in Velcro straps or loops alternately bring one leg down toward the table and then the other, while maintaining pelvic stability.
- » **Variations:** parallel, turned-out, turned-in



Connecteurs d'angle

SIDELYING – ADDUCTOR PULL, LEVEL 1-3

6-10 reps

Springs: Long springs from middle or overhead position

Loops around ankle or arches

Bottom leg under Trapeze Table strap

Focus

- » Breath - exhale down/inhale up
- » Correct side-lying position (waist up, hips and shoulders in line)
- » Hollow abdominals
- » Pelvic stability and isolation of the leg from the pelvis
- » Adductor, medial hamstring and external rotation strengthening

Precautions

- » Some back injuries, knee injuries, and unstable sacroiliac joints

Starting Position

- » Lie on your side on the Trapeze Table with back of the body in line with back edge of the table and legs slightly forward, with bottom leg under the Trapeze Table strap.
- » Support body by bracing the bottom arm against upright pole or resting head on arm.
- » Place loop around ankle (or arch if the spring is overhead or coming from the middle bar).

Standard Exercise

- » Pull top leg down toward bottom leg while bottom leg lifts up against strap.
- » Maintain correct side-lying position.
- » Variations: parallel, turned-out (larger range of motion), turned-in.

Ovals

- » Maintaining correct alignment, move top leg in a small circle in both directions.
- » **Variations:** parallel, turned-out, turned-in

Front-Back Kick

- » Maintaining correct alignment, swing top leg forward and back (as in the Side Kick on the mat).
- » Variations: parallel, turned-out, turned-in



Front-Back-Kicks



Adductor Pull

FOOT AND LEGWORK, LEVEL 1

10 reps

Springs: 2 long or short springs from the bottom on aluminum bar

Safety strap on

1 or 2 short springs from the top for Dorsiflexion

Focus

- » Breath – inhale push, exhale return
- » Spine to mat or neutral spine
- » Leg, ankle and foot alignment
- » Calf and hamstring flexibility
- » Foot, ankle and lower leg strength

Precautions

- » Back injuries, knee injuries
- » Plies and Plantarflexion

Starting Position

- » Supine on Trapeze Table with head toward open end, feet on Push-through Bar, and springs attached from low position onto the Push-through Bar

Plies

- » Lie supine with the Push-through Bar in line with anterior hip crease, flex knees, flex hips, with metatarsals or heels on the bar, and straighten legs and return.
- » **Foot position variations:** Heels, Toes
- » **Leg variations:** Parallel, Turned out, v-feet, Wide 2nd position, Single leg



Plies

Plie/Releve

- » Lie supine with the Push-through Bar in line with anterior hip crease, hips flexed, knees bent, metatarsals or toes on the bar.
- » Push the bar up toward the ceiling straightening the knee, plantarflex the ankle, dorsiflex the ankle and return.
- » **Variations:** Parallel, Turned out, Single leg

Plantarflexion

- » Lie supine with Push-through Bar in line with anterior hip crease, legs straight, metatarsals or toes are on bar, plantarflex and dorsiflex the ankles.
- » **Variations:** Parallel, Turned out, Single leg, Running in place



Connecteurs à brides

SEATED PUSH THROUGH, LEVEL 1

6 reps

Springs: 1 short spring from above on Push-through Bar
Focus

- » Breath – exhale stretch forward, inhale stretch up or reverse
- » Spinal flexion and extension
- » Hamstring flexibility
- » Scapula stability/mobility
- » Abdominal hollowing and lift
- » Coordination of breath with spinal mobility



Precautions

- » Some back injuries,
shoulder injuries

Prerequisites

- » Mat – Spine Stretch

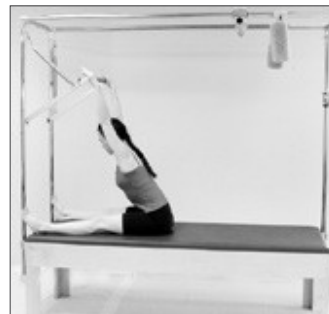
Starting Position

- » Sit on table facing tower end, with feet against upright bars, and both hands on the Push-through Bar (knees can be bent or straight depending on flexibility).



Standard Exercise

- » Push bar down, curve spine forward beginning with top of head, reach the bar forward and stretch.
- » Return by hollowing out abdominals and stacking one vertebra on top of another until sitting up on the sit bones.
- » Press bar up and lean forward from hips with a flat back before beginning again



CAT, LEVEL 3

4 reps

Springs: 2 short springs from above on Push-through Bar

Focus

- » Breath – exhale roll down, inhale to extend out, exhale pull back, inhale uncurl.
- » Spinal flexibility
- » Scapula stability/mobility
- » Abdominal hollowing and lift
- » Coordination of breath with full spinal mobility

Precautions

- » Back injuries, shoulder injuries, knee injuries, and osteoporosis

Prerequisites

- » Mat – Cat/camel stretch

Starting Position

- » Kneeling on table, hands on Push-through Bar with the bar close to the body.

Standard Exercise

- » Press bar down and roll the spine down beginning with top of head.
- » Reach bar away as spine elongates into extension.
- » Return by pulling abdominals in and curling spine back into flexion before stacking vertebra one on top of the other to return to the starting position. (Keep the hips pressed forward over the knees as much as possible.)



CIRCLE SAW, LEVEL 2

4 reps

Springs: 2 short springs from above on Push-through Bar

Focus

- » Breath – exhale stretch, inhale to circle out, exhale reach, inhale circle back
- » Spinal flexibility in rotation
- » Scapula stability/mobility
- » Abdominal hollowing and lift
- » Coordination of breath with full spinal mobility

Precautions

- » Some back injuries, shoulder injuries

Prerequisites

- » Mat - Saw

Starting Position

- » Sit on table facing Tower end, with feet against upright bars, right hand pushing up on the Push-through Bar, left hand reaching toward right foot.

Standard Exercise

- » Sweep left hand toward left foot and continue to circle arm out and around, allowing torso to lean back while maintaining abdominal lift and torso integrity until the left hand reaches over the right arm toward the right foot.

Reverse the circle

- » Do four repetitions using each arm, keep both sit bones anchored for pelvic stability (or release one slightly to increase stretch).



SEATED DOUBLE ARMS, LEVEL 1-2

4-10 reps

Springs: 1 - 2 springs from above on Push-through Bar
Dowel or padded stick

Focus

- » Breath – exhale pull, inhale release or inhale pull, exhale release
- » Scapular stability and mobility
- » Shoulders down
- » Abdominal hollowing
- » Balance on sit bones

Precautions

- » Shoulder injuries, modify for tight adductors

Starting Position

- » Straddle table; face Push-through Bar, hands on bar, sit cross-legged inside frame of Push-through Bar. Can also stand on outside of table facing Tower end or inside frame facing away from the table.

Pull downs with stick

- » Hold the dowel or padded stick as wide as possible with palms facing you.
- » Pull bar down, focusing on soft neck and upper shoulders.
- » Return bar to starting position without raising the shoulders.



Push-Through Stange

PARAKEET, LEVEL 4

4-6 reps

Springs: 2 short springs from high outside eyes on to the Push-through Bar

Focus

- » Breath – varies
- » Pelvic stability
- » Hamstring and gluteal strengthening
- » Abdominal hollowing
- » Spinal articulation in flexion
- » Leg and torso alignment

Precautions

- » Some back problems, neck injuries, and weak torsos

Starting Position

- » Lie supine with head toward open end of table and toes gripping aluminum bar. When bar is pulled down, tailbone should not come off table.

Standard Exercise

- » Bend knees and press the bar out until legs are straight, keeping a firm grip on the bar with toes or arch of foot.
- » Pull bar back by bending knees and press bar up toward ceiling rolling the spine off the table into a shoulder stand.
- » Lift one foot off bar and return it maintaining pelvic placement.
- » Lift other foot off and return it.
- » Bend and straighten knees, maintaining torso height, roll down and repeat.
- » **Variation:** When legs have pressed bar out and back is on the mat, roll up into a sitting position, reach forward toward the bar and stretch, then roll back down to begin again.

