

Reformer Exercise Preview

An excerpt from the Reformer Easy Start Poster Guide



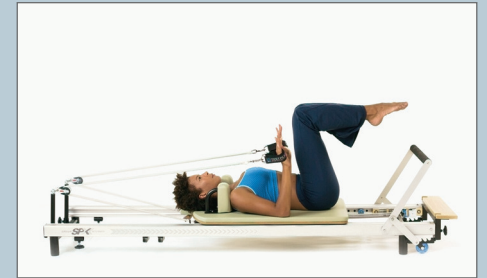
Footwork



The Hundred



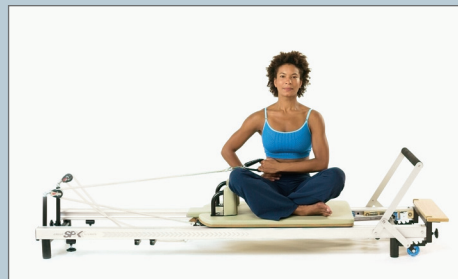
Lower & Lift



Midback Series



Back Rowing Preps



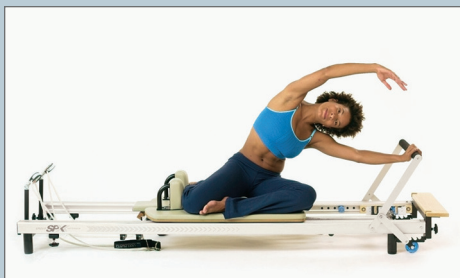
Back Hand Sitting



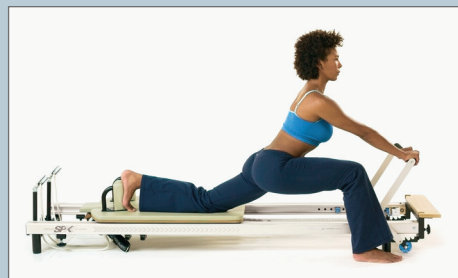
Arms Pulling Straps



Knee Stretches



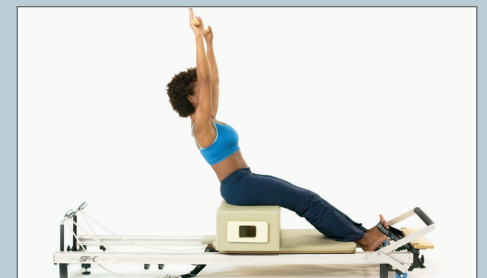
Mermaid



Single Leg Stretch



Side Splits



Straight Back

Frequently Asked Questions



Q: What is a Reformer?

A: A Reformer is the primary piece of equipment used in Pilates exercise. The Reformer carriage glides forward and back on rollers using springs for resistance (along with other attachments) for a wide variety of exercises and positions i.e. lying down, seated and standing.

Q: Is STOTT PILATES® equipment like the equipment I've seen for sale on TV?

A: STOTT PILATES designs and produces top-of-the-line equipment primarily used in fitness clubs, Pilates studios and rehab facilities. The STOTT PILATES SPX® Reformer is designed for people who want club-quality equipment for use at home. STOTT PILATES equipment is far more durable and versatile than lower-priced models typically sold on TV.

Q: What are the benefits of this type of exercise equipment?

A: STOTT PILATES equipment is highly versatile, allowing you to do hundreds of exercises. A great tool for athletic conditioning, injury rehabilitation or simply keeping fit, the Reformer allows for three-dimensional movement – meaning exercises can be performed while sitting, standing and lying down. It will help you build core and all-over-body strength, improve flexibility, correct posture and reduce back pain. This piece of equipment is also a great way to maintain mobility as the body ages.

Q: Why are springs used for resistance instead of weights?

A: By using springs for resistance, STOTT PILATES Reformers provide gradual resistance as your muscles contract, ensuring the muscles are being worked properly. There is greater resistance at the muscle's strongest point of contraction and less resistance on the initiation and completion of the contraction, and therefore, less stress on tendons and ligaments.

Q: How much resistance (in weight) do the springs supply?

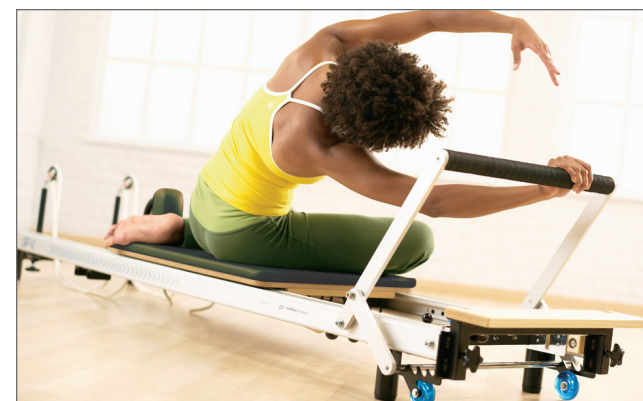
A: Initial tension is 5 lbs for the first inch of tension (for full strength springs), and then increases by approximately 1 lb per inch. Multiply the number of springs and distance traveled to get the approximate tension in pounds. On a STOTT PILATES Reformer, four springs are full tension and one is half. Most people will simply note the number of springs used per exercise.

Q: Is the equipment good for flexibility?

A: Yes. STOTT PILATES equipment is excellent for improving flexibility, a key component of total fitness that has been largely ignored by other conditioning methods.

Q: Is STOTT PILATES exercise like Yoga?

A: In some respects Pilates is like Yoga. Both are considered mind-body methods of movement; both emphasize deep breathing and smooth, long movements that encourage the mind-body connection. The difference is that while Yoga requires moving from one static posture to the next, Pilates flows through a series of movements that are more dynamic, systematic, anatomically-based and incorporates resistance equipment. The goal with STOTT PILATES exercise is to strengthen the postural muscles and the core while achieving optimal functional fitness.



Q: How is STOTT PILATES different compared to weight training or other resistance exercise?

A: Pilates is three-dimensional (i.e. exercises can be performed standing, sitting and lying down)

- The spring resistance of a Reformer more closely resembles muscular contraction
- Pilates corrects over-training and muscle imbalance that leads to injury
- Pilates emphasizes balancing strength with flexibility
- Weight training and STOTT PILATES are a great complement to each other in your fitness program

Add variety to your workout and achieve lasting results with STOTT PILATES' full line of innovative equipment and comprehensive DVD collection. Visit us at merrithew.com to learn more.

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