

# Installation and use of the Balanced Body® F.I.T. Kit

NOTE: The images will show an Allegro Refromer but the same install applies to studio Reformers with towers.

## Parts List

Part Number	Qty	Description
707-214	2	Black ropes
220-011	2	Fit Kit Pulley
607-276	2	Extension straps

1. Remove the existing ropes from the Reformer
2. For an **Allegro Reformer** installation, move your pulleys to their lowest position.

For a **Studio Reformer** installation, lower your metal risers to their lowest position. Make sure the detent pin is retaining the riser in position.

3. Install one F.I.T. Kit pulley. Locate the pulley assembly over the desired eyebolt. Push the pulley assembly in and hook it onto the eyebolt. Then release and verify that the hook is fully engaged onto the eyebolt. The F.I.T. Kit pulley can attach to any eyebolt (other than the top center one) to create different angles of pull for different exercises, and can be moved with the ropes in place.

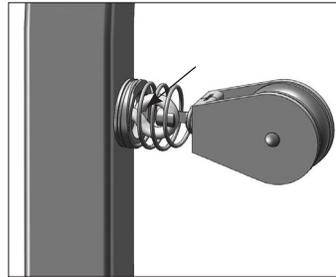


Fig. A: Pulley clip must engage eyebolt.

4. Feed the new longer rope through the F.I.T. Kit pulley, Tower pulley and finally into the carriage cleats as shown in Figure B and C.



Fig. B

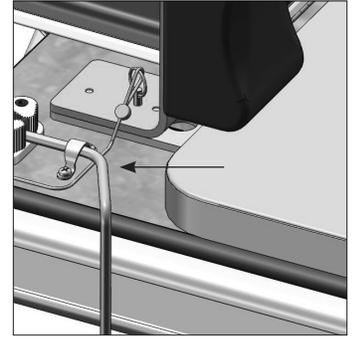


Fig. C: Proper orientation of rope going through cleat.

5. Repeat on other side and make sure ropes are even. Proper installation should look like Figure D.



Fig. D



# Using the F.I.T. Kit

Once the F.I.T. Kit is installed, you can attach the F.I.T. Kit pulleys to any of the eyebolts on the tower by pressing the spring over the eyebolt and securing the hook on the eyebolt.

## ORGANIZING THE LONGER ROPES

To accommodate all positions of the F.I.T. Kit pulleys, the ropes for the F.I.T. Kit are longer than standard ropes. Manage the longer ropes by placing them around the shoulder rests so that they rest on either side of the headrest. The ends should rest on the floor inside the well of the Reformer.

When using the higher pulley positions, you will need to adjust your rope length. Here are a few general guidelines for appropriate rope length. The exercise section includes suggestions for pulley height and rope length for specific exercises;

- » **Supine, hands in loops:** In this position, hold loops with both hands and adjust ropes so there is a slight amount of tension on the ropes when the elbows are straight and the arms are at 90 degrees of glenohumeral flexion.
- » **Supine, feet in loops:** With loops around the arches of the feet, adjust ropes so there is a slight amount of tension on the ropes when the legs are straight and the hips are flexed to 90 degrees.
- » **Sitting or kneeling on the carriage, facing the tower:** Hold hands in the loops with the shoulders in flexion and adjust the rope length so there is a small amount of tension on the ropes to begin the exercise.
- » **Sitting or kneeling on the carriage, facing the footbar:** Hold hands in the loops with the arms at your sides and adjust the rope length so there is a small amount of tension on the ropes to begin the exercise.
- » **Standing on the floor facing the tower:** Stand approximately 4 to 5 feet from the tower with loops in your hands and shoulders in 45 degrees of flexion. Adjust the ropes so there is a small amount of tension to start the exercise.
- » **Standing on the floor facing away from the tower:** Stand approximately 3 feet from the tower with loops in your hands and hands at your sides. Adjust the ropes so there is a small amount of tension to start the exercise.

## USING THE EXTENSION STRAPS

The included circular extension straps are used to secure the loops to the shoulder rests or silver peg when the tower pulleys are in a high position as shown in Figure A.

To attach extension strap simply take the strap and put it through the end of your loop as shown in Figure B. Take one rounded end of the strap and put it over the other. Then pull the other strap to tighten around loop as shown in Figure C. When in use you can take the strap and put it around the foot with the primary loop as shown in Figure D. Do not use the extension strap by itself as a hand or foot support. Or you can move it out of the way by sliding it up the D-ring.



Fig. A



Fig. B



Fig. C



Fig. D: Loop and extension strap around foot.  
**DO NOT USE EXTENSION STRAP BY ITSELF AS A HAND OR FOOT SUPPORT.**

# 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 low back neutral throughout the exercise.
- » 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.



1. Posterior Shoulder Press - Starting position.



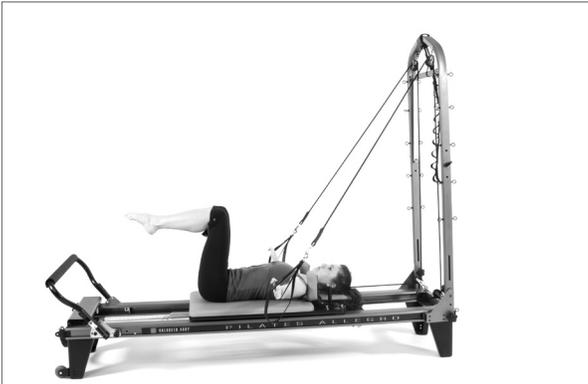
1. Arm Circles - Starting position.



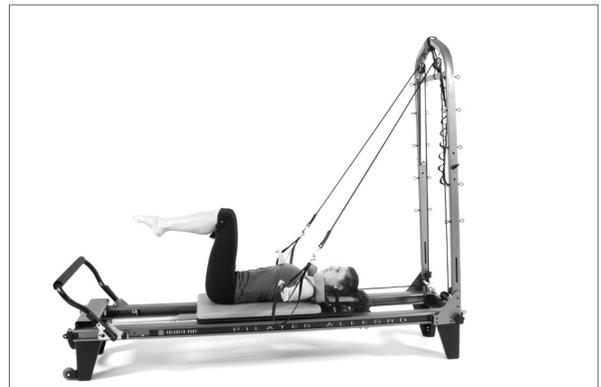
2. Pull the ropes down toward the carriage with the elbows straight.



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



1. Latissimus Dorsi Pull - 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.



1. Feet in the Straps - Starting position.



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



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



3. Circle the legs down toward the footbar.



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



1. Feet in the Straps - Starting position.



5. Return to the starting position.



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.



4. Bring the legs back together.



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



5. Draw the knees back into the chair position.



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



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.

## 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

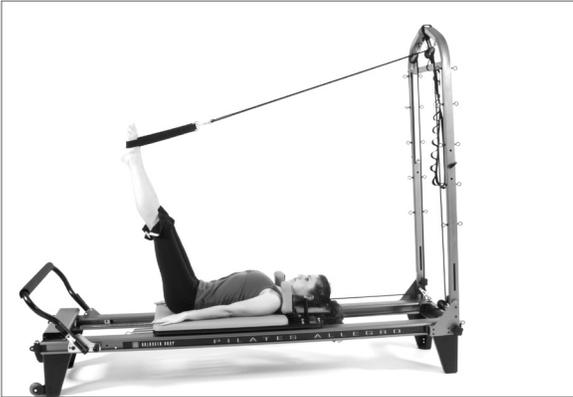
- » Avoid with osteoporosis, low back injuries, neck injuries, high blood pressure, eye problems and overweight clients. To modify, do the exercise without the roll up.



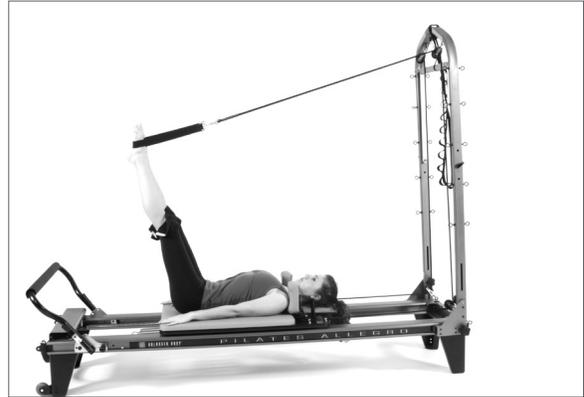
1. Magician - Starting position.



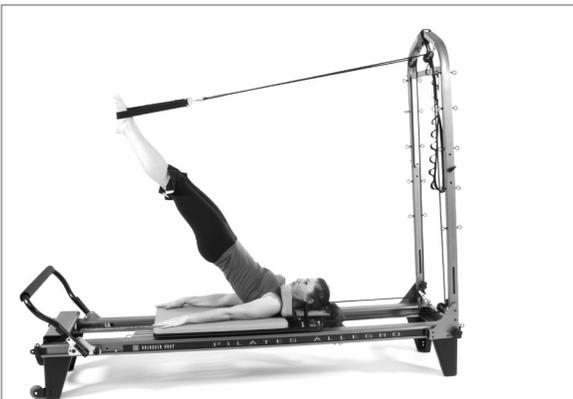
2. Straighten the legs out to about 45 degrees.



3. Flex the hips until they are at about 90 degrees.



6. Until the hips are back on the mat.



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



7. Lower the legs to 45 degrees.



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



8. Bend the knees to 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.
- » Increase back extension flexibility.
- » Increase shoulder flexibility.

## PRECAUTIONS

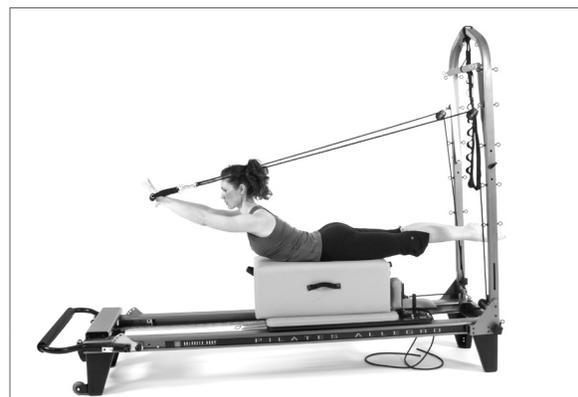
**For clients with limited range of motion in back extension** – Instructor holds clients feet as client lifts up.

**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.**



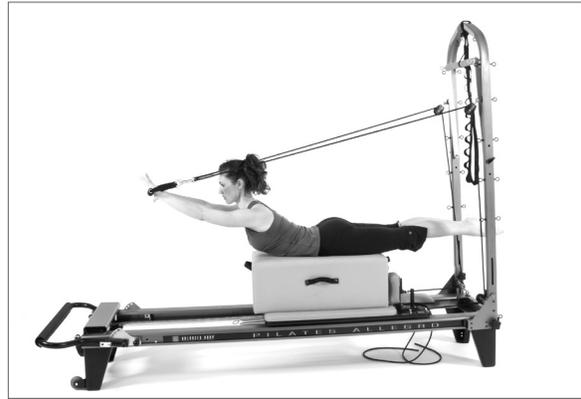
1. Breast Stroke - Starting position.



2. Press the straps out as you straighten the legs.



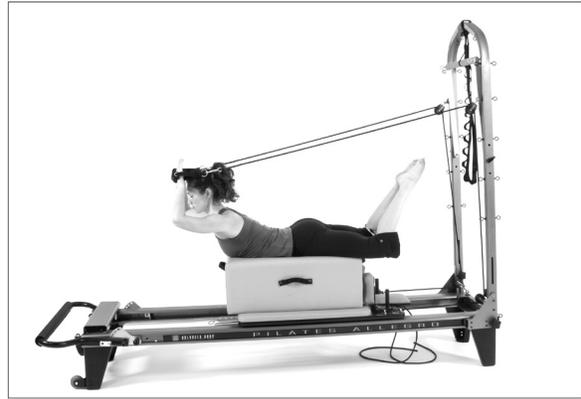
3. Extend the spine as you circle the arms up toward the ceiling.



6. Reach the arms forward.



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



7. Return to the starting position.



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

# 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.

### 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. Pull Across - Starting position.



1. Draw a Sword - Starting position.



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



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.

# 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.

## 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.

## 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.

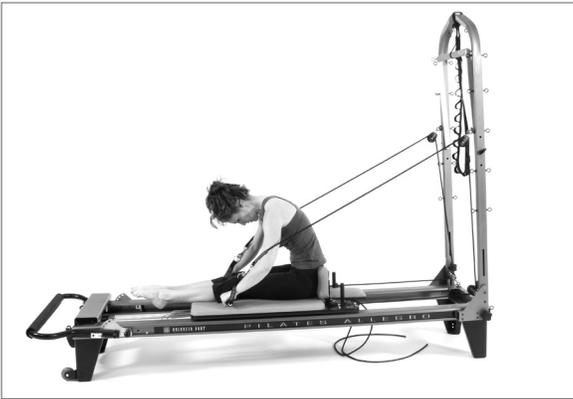
For tight hamstrings – Sit on a pad, bend the knees or sit cross legged to keep the pelvis over the ischial tuberosities rather than behind them.



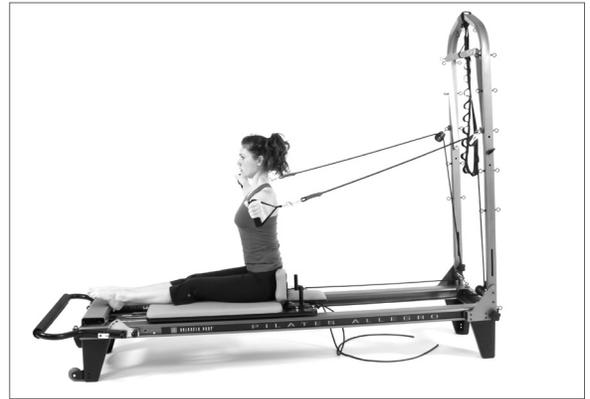
1. Rowing Front - Starting position.



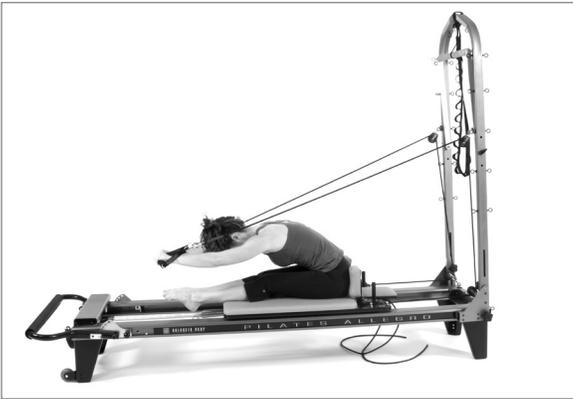
4. Reach the arms forward and straighten the torso into one long line from hips to hands.



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



5. Circle the arms out to the sides.



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



6. Return to the starting position.

# Rowing Back

**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 #6 eyebolt to direct the line of pull into the torso.

## STARTING POSITION

Sit on the carriage facing the straps with the hips at least one hand width from the front edge of the carriage and the legs extended through the shoulder rests. Sit up on the sit bones without rounding the back. Hold the straps in the hands.

## MOVEMENT SEQUENCE

**Inhale** – Pull the straps in toward the sternum with the elbows wide.

**Exhale** – Engage the abdominals, round the back and roll down keeping the hands about 6 inches from the sternum.

**Inhale** – Open the arms out to the side with the palms facing back and press the arms back.

**Exhale** – Round the torso forward as the arms continue to press back until the hands are behind the body and the torso is over the legs.

**Inhale** – Keeping the torso forward, circle the arms up and around to the front.

**Exhale** – Pull the abdominals in and roll up until the torso is straight over the hips in the starting position with the elbows bent and the hands level with the chest.

## MODIFICATIONS

**Tight Hamstrings:** Bend the legs slightly to stay up on the sit bones.

## CUEING AND IMAGERY

- » Engage the abdominals and tuck the tailbone under to roll down.
- » Maintain an open curve in the spine throughout the exercise.
- » Move smoothly through the entire exercise.
- » You control the straps, they don't control you!

## PURPOSE

- » Strengthen the shoulder muscles including the pectoralis major, latissimus dorsi, rotator cuff and posterior deltoid.
- » Strengthen the scapular stabilizers including the serratus anterior, trapezius and rhomboids.
- » Strengthen abdominals and hip flexors.
- » Stretch hamstrings and back.
- » Increase dynamic torso stabilization.
- » Improve coordination.

## PRECAUTIONS

**For shoulder, arm and wrist injuries** – Keep the weight light. Don't press the arms back.

**For tight hamstrings and Low back injuries** – Bend the knees slightly if that makes it possible to sit up on the sit bones. Because of the roll back it doesn't work well to pad the hips or sit cross legged.

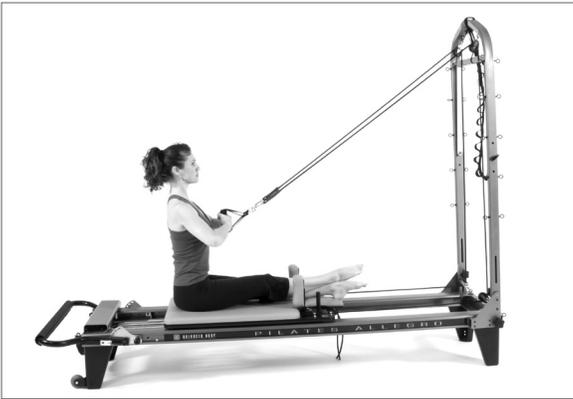
**Avoid with osteoporosis.**



1. Rowing Back - Starting position.



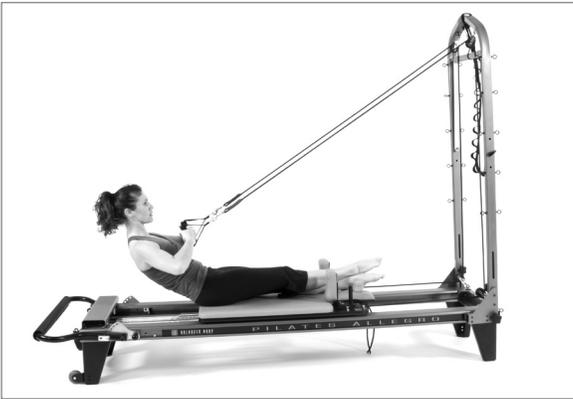
5. Press the straps back as you round the torso forward over the legs.



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



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



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



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



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



8. Return to the starting position.

# Kneeling Arm Work Facing Straps

**Springs:** B to 2R

**Straps:** Adjust the ropes so the loops are under a slight amount of tension with the arms in the starting position.

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

## STARTING POSITION

Kneel facing the straps with the torso lined up over the sit bones and the straps or handles in the hands. Adjust the straps so there is a small amount of tension on the ropes to begin the exercise.

## MOVEMENT SEQUENCE

**Exhale** – Engage the abdominals and pull the straps back.

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

## ARM WORK VARIATIONS

**Biceps:** Bend the elbows and bring the palms toward the shoulders. For beginners, keep the elbows at the waist as the elbows bend. For more advanced students, begin with the arms in front of the body at 45 to 90 degrees of shoulder flexion.

**Triceps/Posterior Deltoid:** Begin with the arms straight, just in front of the hips with the palms facing backwards. Pull the straps back as far as possible without rolling the shoulders forward.

**Rows:** Hold both straps with the straps crossed and the elbows bent. Pull the straps back keeping the elbows bent.

**Alternating Double Arm Twist:** Hold one strap in each hand. Rotate the torso to the right as you pull the right strap back, keeping the elbow into the body. Reach the left arm forward as the torso twists back to increase the rotation. Repeat to the other side.

## CUEING AND IMAGERY

- » Engage the abdominals before moving the arms.
- » Sit up on top of the sit bones 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 rotator cuff, brachialis, biceps, triceps, pectoralis major, latissimus dorsi and deltoid.
- » Strengthen scapular stabilizers including serratus anterior, trapezius and rhomboids.
- » Increase torso stabilization.
- » Improve sitting 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.

**For low back injuries** – Choose the most comfortable sitting position for the back.



1. Biceps - Starting position.



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



1. Chest Expansion - Starting position.



1. Alternating Double Arm Twist - Starting position.



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



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



3. Rows - Starting position.



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



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

# Arm Work Facing the Footbar

**Springs:** B to RB    **Footbar:** No bar

**Straps:** Adjust the straps so there is a slight amount of tension on the ropes to begin.

**Pulleys:** Place the pulleys just slightly higher than the shoulders to optimize the work in the chest and anterior shoulder.

## STARTING POSITION

Sit or kneel on the carriage facing the footbar with the straps or handles in your hands.

## MOVEMENT SEQUENCE

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

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

## ARM WORK VARIATIONS

**Hug a Tree:** Sit facing the footbar with straps in hands and the arms out to the sides with the palms facing each other. Keep the elbows soft and the arms slightly round and bring the fingertips towards each other. Open the arms to return to the starting position.

**Salute:** Sit facing the footbar with straps in hands, the palms facing away from the body and the elbows bent. The fingertips are level with the forehead. Press the straps forward and up on a diagonal. Bend the elbows to return to the starting position.

## CUEING AND IMAGERY

- » Engage the abdominals before moving the arms.
- » Sit up on top of the sit bones 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 sitting 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.

**For low back injuries** – Choose the most comfortable sitting position for the back.

Pull the straps back as far as possible without rolling the shoulders forward.



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.

# 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.

## QUESTIONS?

Call Balanced Body at 1-800-PILATES or +1-916-388-2838, e-mail at [info@pilates.com](mailto:info@pilates.com).



1. Biceps - Starting position.



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



1. Chest Expansion - Starting position.



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?

Call Balanced Body at 1-800-PILATES or +1-916-388-2838, e-mail at [info@pilates.com](mailto:info@pilates.com).