

Installing and Using the Balanced Body® Add-A-Platform

The Balanced Body® Add-A-Platform provides new sitting, kneeling and standing exercises to your Studio or Allegro Reformer. Add-A-Platform allows users to pull the carriage toward the head end of the Reformer.

FOR THE PILATES ALLEGRO®

1. To install, place the Add-A-Platform anywhere above the carriage on the Reformer frame shown in Figure 1. Make sure to drop the two protruding bolts into the frame notches (Figure B).

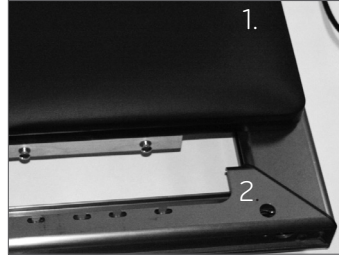


Figure A: 1. Platform
2. Head-end of Allegro Reformer

2. To hold it firmly in place on the Reformer frame, the underside of the Add-A-Platform has four rubber "feet" that sit directly on top of the Reformer rails and four rubber "legs" which align along the inner side of the rails. Figure C shows the underside of the Add-A-Platform and proper orientation of the feet and legs.



Figure B



Figure C: 1. Rubber feet go on the rails
2. Rubber legs align on the inner sides of the rails

FOR THE STUDIO REFORMER®

1. Take the Add-A-Platform and lay it on the Reformer frame (vinyl side up) on the head end of the frame. In Figure D the Add-A-Platform is shown upside down so you can see the proper orientation.



Figure D: 1. Wooden Block B. Legs
2. Head end of frame

2. When you place the Add-A-Platform on the Reformer, place the wooden bar towards the carriage.

3. Take the short black strap from the underside of the platform and pull it over the top of the Reformer frame. Take the longer strap and feed it under the bottom of the frame. Connect the two straps using the Velcro tabs as shown in Figure E.

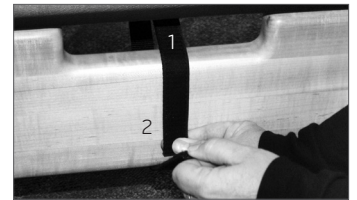


Figure E: 1. Short strap
2. Longer strap

Your Add-A-Platform should now look like Figure F.

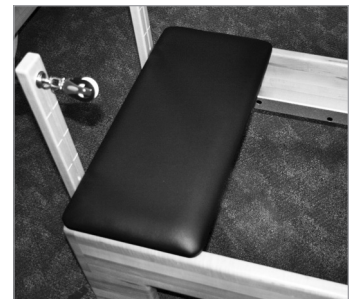


Figure F

MERMAID

This is a mermaid variation that allows you to use resistance to strengthen the lateral torso.

Springs: Y to B

Add-A-Platform: Place it between the end of the frame and the carriage. Closer to the carriage will give you less resistance, farther will give you more.

Note: This series works best with a 14" or taller Reformer

Starting Position

Sit sideways on the platform with your feet on the floor and the legs in parallel. Place the closest hand on the shoulder rest and reach the other hand up overhead.

Movement Sequence

Inhale – Staying balanced on the sit bones, side bend toward the carriage allowing the carriage to pull you into the stretch. Reach the top arm over the torso to increase the stretch.

Exhale – Stack the spine back up to return to the starting position.

Repeat 6x to each side.

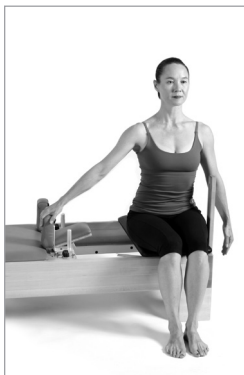
Variations

Add side bend to the other side: On the exhale, rather than returning to the starting position, side bend away from the carriage drawing it towards you as you go.

Add rotation: Side bend toward the carriage then rotate the torso toward the floor as you draw the carriage toward you.

Cueing and Imagery

- » Stay balanced on the sit bones as you side bend.
 - › Don't lift up the opposite hip bone.
 - › Root both sit bones into the platform.
- » Side bend smoothly throughout the movement.
 - › Connect all the dots. Don't forget the head!



KNEELING CAT

Kneeling Cat focuses on stretching the back and loosening up the shoulders.

Springs: Y to B

Add-A-Platform: Place it at the end of the carriage.

Starting Position

Kneel on the platform facing the carriage with both hands on the shoulder rests. The back should be straight and the hips behind the knees to start.

Movement Sequence

Exhale – Engage the abdominals and round the back into flexion as you pull the carriage toward you.

Inhale – Return to the starting position.

Exhale – Extend the spine lifting the head and tail toward the ceiling.

Inhale – Return to the starting position.

Repeat 6x.

Cueing and Imagery

- » Keep the shoulders down as you move from flexion into extension.
 - › Slide the shoulders into your back pockets.
- » Move smoothly from one position to the next.
 - › Connect all the dots. Don't forget the head!



SEATED BACK STRETCH

This is a great way to warm up the spine and to deeply engage the abdominals and the back muscles.

Springs: Y to B

Add-A-Platform: At back edge of Reformer

Note: This series works best with a 14" or taller Reformer

Starting Position

Feet inside the frame: Sit on the Add-A-Platform facing the carriage with the legs parallel and feet on the floor between the carriage and the edge of the platform. Flex the hips, extend the spine and place the hands on the shoulder rests.

Feet on the outside of the frame: Sit on the Add-A-Platform facing the carriage with the legs straddling the Reformer and the feet on the floor. Flex the hips, extend the spine and place the hands on the shoulder rests.

Movement Sequence

Exhale – Draw the abdominals in, flex the lower back and pull the carriage toward you.

Inhale – Keeping the back round, let the carriage move forward until the spine begins to move out of flexion.

Exhale – Lift the head up and extend the spine drawing the carriage toward you.

Inhale – Extend the back as you flex the hips and lower the torso toward the carriage.

Repeat 6x.

Cueing and Imagery

- » Focus on initiating everything from the core as you move from flexion into extension.
 - › Pull the abdominals in deeply to draw the spine into flexion.
 - › Roll the pelvis over the femurs and stick the tailbone out to extend the spine.
- » Move smoothly from flexion into extension.
 - › Connect the movements into a smooth and continuous flow.
- » Use the sit bones as landmarks.
 - › Roll off the back of the sit bones to move into flexion.
 - › Roll forward of the sit bones to move into spinal extension.



SEATED SPINAL ROTATION

This is a great way to develop spinal rotation for sports and daily activities.

Springs: Y to B

Add-A-Platform: At back edge of Reformer or closer to the carriage for less stretch

Note: This series works best with a 14" or taller Reformer

Starting Position

Feet inside the frame: Sit on the Add-A-Platform facing the carriage with the legs parallel and feet on the floor between the carriage and the edge of the platform. Place the right hand on the shoulder rest and pull the carriage toward you. Sit balanced on top of the sit bones with the torso square to the carriage and the left hand reaching forward to start.

Feet on the outside of the frame: Sit on the Add-A-Platform facing the carriage with the legs straddling the Reformer and the feet on the floor. Place the right hand on the shoulder rest and pull the carriage toward you. Sit balanced on top of the sit bones with the torso square to the carriage and the left hand reaching forward to start.

Movement Sequence

Inhale – Staying balanced on the sit bones, rotate the torso to the left as the carriage slides toward the footbar. Open the left arm out to the side as the torso rotates.

Exhale – Rotate the torso and arm back to the starting position.

Inhale – Rotate the torso to the right reach the arm across the midline as you draw the carriage in toward the platform.

Exhale – Rotate the torso and arm back to the starting position.

Repeat 6x to each side.

Variations

Scapula mobility only: With one hand on the shoulder rest, slide the shoulder blade forward and back while keeping the torso facing straight toward the carriage.

Add rotation: With one hand on the shoulder rest, rotate the torso away from the shoulder rest, flex the hips and side bend toward the shoulder rest. Rotate the torso toward floor and place both hands on the shoulder rest. Rotate the torso back to the side and return to the starting position.

Cueing and Imagery

- » Stay balanced on the sit bones as you rotate.
- » Imagine you are rotating around a barber pole.
- » Keep the torso and head lined up over the pelvis as you rotate.
- » Rotate the whole spine.
- » Connect the head and ribcage into the rotation.
- » Mobilize the scapula as you move the carriage.
- » Slide the scapula forward into protraction as the carriage goes forward.
- » Slide the scapula back into retraction as the carriage moves toward you.

