

What is a Pilates Reformer?

This wonderful machine comprises of springs (which create resistance), a gliding platform on which one sits, lies, kneels or stands, and pulleys (which are used to stretch muscles and mobilise joints).

Over 100 exercises can be performed on this incredibly versatile machine, which offers training routines for everyone, from the beginner through to advanced exerciser, or pre-post natal client through to those seeking rehabilitation for injury.

What does it do?

The Pilates Reformer challenges the client to maintain *torso stability* and *postural alignment* while working peripheral limbs [i.e. arms & legs] in a range of motion. The adjustable springs allow for *progressive* resistance, which helps to lengthen and strengthen the muscles rather than building bulk. It makes for an effective, no-impact stretching and toning workout that is friendly to the joints.



STOTT Pilates Reformer Machine

Why Use the Pilates Reformer?

1. **Increase your core strength** – strengthen the deep muscles of the back, abdominals, torso, hips & shoulders with exercises designed to specifically target muscles often bypassed by the bigger, larger muscles in conventional gym / sports training.
2. **Builds significant strength** in a 50 minute session, usually done once or twice a week, or every other week as a supplement to another workout program.
3. **Improve your posture & muscle balance**, as you use the pulley system to do balanced movements with independent straps for each arm or each leg
4. **It reduces strain** – it helps improve strength without aggravating hip, back or neck pain, or many other areas and forms of pain
5. **It improves "Functional" movement** – improve the mobility & strength required for better *day-to-day movement or tasks*, e.g. lifting, carrying.. It also improves *coordination and balance* needed for nearly every sport and activity. Wouldn't it be great to feel strong in all positions? Improve both **flexibility** and **strength** at the same time with the Pilates Reformer session!