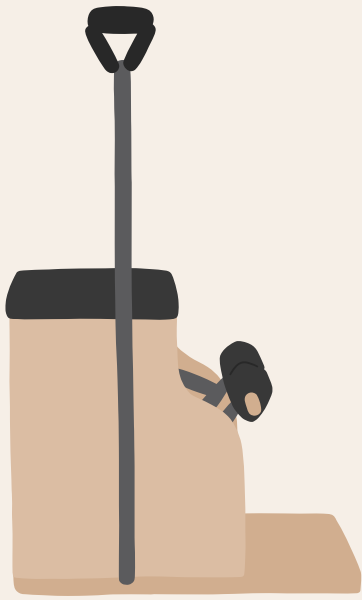


a guide to **Pilates Equipment**

The Basics



Wunda Chair

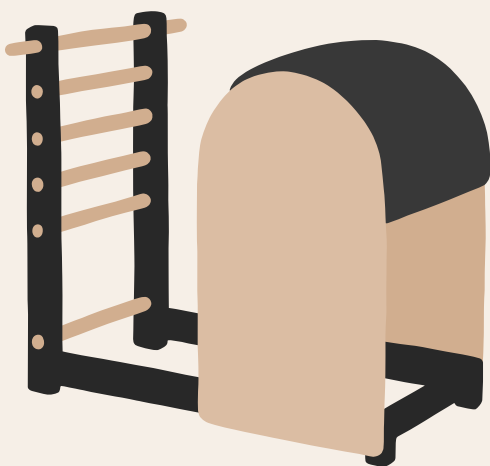
What it is:

A compact box-shaped apparatus with one or two pedals connected to adjustable springs for resistance.

How it helps:

- Enhances core stability, balance, and overall coordination.
- Strengthens glutes, shoulders, arms, and legs using upright or seated movements.
- Promotes control and precision in a minimal space with little external support.

How to use: Acts as a substitute for step platforms, dumbbell lunges, or single-leg training and free weight circuits for bodyweight-style strength training.



Barrel

What it is:

A padded, arched surface often paired with a supportive ladder or base for versatile stretching and strengthening.

How it helps:

- Enhances spinal flexibility, posture, and alignment.
- Facilitates deep, supported stretching and core engagement.
- Aids in back extensions, chest-opening movements, and controlled articulation of the spine.

How to use: Can be used as a versatile substitute for stretching machines and stability balls—offering deeper, more supported flexibility work than traditional static stretches.



Spine Corrector

What it is:

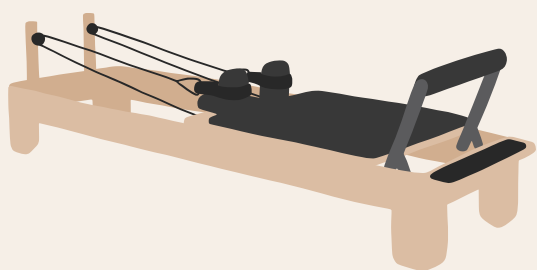
A curved Pilates apparatus designed to support and challenge spinal articulation, often with a small step or ledge.

How it helps:

- Improves spinal mobility and posture by supporting the natural curve of the back.
- Strengthens the abdominals, obliques, and pelvic floor through precise, controlled movement.
- Enhances flexibility and alignment, especially in the shoulders, hips, and chest.

How to use: Replaces foam rollers and stability balls—offering more structured support for backbends, core work, and targeted mobility training.

Reformer



What it is:
A bed-like Pilates machine with a sliding carriage, adjustable springs, ropes, and pulleys that provide resistance-based movement.

- How it helps:**
- Builds full-body strength with a focus on core control, balance, and alignment.
 - Enhances flexibility, posture, and joint stability through low-impact, guided motion.
 - Offers scalable resistance for everything from rehab to athletic training.

How to use: Acts as a full-body substitute for weight machines, resistance bands, and cardio equipment—delivering strength, stretch, and mobility in one platform.

Cadillac or Trapeze Table

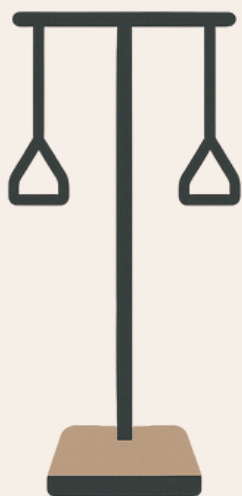


What it is:
A raised, cushioned table outfitted with a frame, springs, bars, and straps—originally designed for rehabilitation and now used for advanced strength and mobility training.

- How it helps:**
- Builds strength, flexibility, and control using gravity-supported and spring-assisted movement.
 - Supports spinal decompression, deep core activation, and full-body integration.
 - Enables a wide range of exercises—from gentle rehab to challenging acrobatics.

How to use: Replaces multiple machines like suspension trainers, resistance cables, and stretching stations—offering a versatile platform for strength, recovery, and mobility.

Ped-O-Pul



What it is:
A vertical pole mounted on a weighted base, paired with spring-loaded handles for resistance in upright positions.

- How it helps:**
- Improves posture, spinal alignment, and shoulder stability through standing movements.
 - Strengthens deep core muscles and enhances vertical balance and proprioception.
 - Encourages mindful movement with minimal visual or tactile support, making it a postural powerhouse.

How to use: Replaces cable pulleys, standing resistance machines, and upright posture trainers—offering a minimalist, functional way to refine control and symmetry.