

Align-Pilates®

STUDIO APPARATUS

INTRODUCING ALIGN-PILATES

A NEW ERA FOR PILATES IN THE UK & EUROPE

Align-Pilates was founded in 2010 with the objective of bringing high quality, Studio Pilates equipment to European & World markets in a manner that would allow the Studio market to flourish, as it has in North America. Setting up a successful Pilates Studio has always been an exciting prospect, though outside North America the prohibitively high cost of Pilates apparatus has been a significant barrier to the proliferation of Pilates Studios - Align-Pilates' mission is to change that!

OUR EXPERIENCE

By combining the manufacturing experience of sister company, The Mad Group (whose Pilates-Mad brand has been the UK's leading matwork equipment brand since 2001), with the extensive Pilates knowledge of its customers, Align-Pilates has created Europe's own Pilates apparatus company. Align-Pilates is pleased to present its latest evolution of Pilates apparatus, which blends tried and tested reliability with rapid, customer led, design refinements.

OUR SERVICE

When it comes to service, we stand alone amongst the Pilates apparatus brands in the UK. We hold all of our products in stock, together with an extensive range of spares and accessories in our own warehouses. We offer a complete delivery and install service using our own staff and vehicles and we are open throughout the UK working week to handle your enquiries as and when they arise. These are simple things in themselves but take them away and it can play havoc with the smooth running of your Pilates business!

TRY ALIGN-PILATES APPARATUS FOR YOURSELF IN THE UK & EIRE

Of course with Pilates apparatus there is nothing like experiencing the equipment first hand & finding out what it is really like. We actively encourage visits to our showroom at our UK headquarters which is open for viewing from Monday to Friday - simply call us to make an appointment. In addition, we have a distributor showroom in Dublin. We also regularly run open days around the UK, to make it more convenient to try the equipment closer to home. Please follow the link on the back cover of the catalogue for the latest venue list.



ALIGN-PILATES OUTSIDE THE UK

Align-Pilates has a growing following around the world and we have distributors in; France, Greece, Ireland, Spain and Australia, with more being added all the time. You can find the details of our growing list of distributors by following the link on the back cover of the catalogue.

DISTRIBUTION OPPORTUNITIES

If you are interested at looking at the distribution possibilities please contact us.

FOR A FRESH PERSPECTIVE ON
PILATES STUDIO EQUIPMENT
COME & EXPERIENCE ALIGN-PILATES IN 2017.

COMBO CHAIR II

The Align-Pilates Split-Pedal Combo Chair II is the new and improved version of our extremely popular original combo chair which has been praised by a number of leading International Pilates professionals as "the best chair on the market" due to its comfort and ease of use.

This improved combo chair brings you a choice of 4 spring positions for each spring and 2 spring strengths to provide a wide variety of resistances. The addition of stylish looking cut out sides means you can easily change over the spring strength whilst the chair is against a wall. The Combo Chair II can also be fitted with an A2 Jump Board to create a high back chair for scapular work or to provide more security for clients. Add arm repertoire with 4 eyelets to attach resistance bands, tubes or even covered springs for one-to-one work.

The removable handles adjust easily via a single 'twist and pull' knob and offer a height range from 115 to 145cm. The pedals are easily joined or separated using a simple locking slider underneath the pedals. Wheels allow for easy movement of the apparatus.

FEATURES

- Stylish cut out sides for easy spring change access when the chair is against a wall
- Help to develop perfect posture - you can now insert an A2 jump board to create a high back chair for scapular support work
- Add arm repertoire with 4 eyelets to attach resistance bands, tubes or covered springs for one-to-one work
- Maple veneered marine ply on steel frame for excellent structural strength.
- Rattle free handles with easy and secure adjustment.
- Single or split pedal functionality.
- Height matches Cadillac and A2 rehab reformer. Handles can be used in the reformer Jump Board slots
- Large rubber feet prevent trapping fingers under the pedals.
- Easy rolling wheels allow for easy movement of the apparatus

SPRINGS PACKAGE

Nickel plated music wire springs:
2 x strong
2 x extra strong

Some assembly required, or request our pre-assembled option.



CHAIR SHOWN WITH
OPTIONAL HIGH BACK

SIZE	CODE
64CM (H) X 55CM (W) X 82.5CM (D)	PAPCHAIR2

*Flat pack price. Pre-built option price = £874.99 (£729.16 ex VAT).

BALANCE PAD FOR COMBO CHAIR

A balance pad is an excellent prop for use with a combo chair, where greater cushioning is required. Ideal for working with rehab clients.



SIZE	CODE
39.5CM X 47.5CM X 5.8CM 0.7KG	FBALANCE

A2RII REFORMER

The A2RII Reformer is our flagship reformer, offering refined performance, extensive adjustability, a luxurious oversize carriage and the longest travel of any standard reformer on the market! Now in its third generation the A2RII is the result of over seven years of development. The A2RII Reformer offers 3 reformers in one, so you can adapt it to your changing circumstances. Choose your preferred leg height from 28, 42 or 64cm to suit your requirements and space, if these change later you can simply buy a different set of legs and swap them over. The A2RII has been designed for studio, rehab or private use, with the in use. The A2RII Reformer can be stacked and has wheels for easy movement.

Note on A2 models & compatibility: All "A2" accessories fit any A2 Series reformers and almost all the product improvements since the original A2 are backwards compatible - future proofing your apparatus.

ADJUSTING THE A2R
& A2 HALF CADILLAC



NEW 3RD
GENERATION
MODEL

REFORMER	SIZE	CODE
A2RII LOW LEG	257 X 75CM X 28CM	PAPREFORMERA2R2L
A2RII WITH STD LEG	257 X 75CM X 42CM	PAPREFORMERA2R2S
A2RII REHAB LEG	257 X 75CM X 64CM	PAPREFORMERA2R2R

FEATURES

- Market beating 113cm of smooth and quiet travel. More travel means less adjustment and easier transition between exercises.
- Wider & longer carriage (67cm x 90cm) for improved comfort and to suit more body types than other reformers.
- Future proof - Choice of 3 interchangeable leg heights.
- Convenient – Wheeled for easy moving and can be stacked.
- Quick release spring bar allows rapid and safe adjustment of the spring bar in to 4 positions (20cm of adjustment).
- A2R Foot bar locks in 6 positions including flat (this adds one higher position to the original A2 reformer).
- Removable & lockable shoulder rests allow for a completely flat bed using the optional mattress convertor.
- Stainless rope risers for rapid adjustment of rope heights. Risers fold down for use with half cadillac. Risers feature an eyelet so springs can be attached for additional exercise possibilities.
- New and improved locking rope adjustment system ensures both ropes stay the same length.
- Adjustable feet to ensure the reformer sits flat and runs true even on unlevel floors.
- Max User Weight 150Kg (A2 & A2R 120Kg, but up rateable)
- ISO20957-1 Class S Item

WHAT'S INCLUDED

Adjustable silent foot strap with fluffy, integral standing platform, pair silent double loop straps, 5 nickel plated quality music wire springs in 3 different strengths: 2 x light, 2 x medium and 1 x strong.

BONUS EXTRAS

Removable platform extender that can be used at either end of the reformer (worth over £120!).



LEGS ONLY	HEIGHT	CODE
LOW LEG SET	28CM	PAPA2LEGSM
STANDARD LEG SET	42CM	PAPA2LEGSTD
REHAB LEGS SET	64CM	PAPA2LEGREHAB

THE A2 PILATES REFORMER (R)EVOLUTION

2014 A2 Reformer was born

With the longest travel in the industry, a bigger carriage for greater comfort & the choice of 3 leg heights on one machine, the A2 reindexed the price & expectations for a Studio quality reformer.



A2 with Std. height interchangeable legs

April 2015 A2 revised into the A2R

Improving the original design the A2R brought in a change to the spring bar design for easier spring selection and an additional foot bar position, going from 5 to 6 positions to benefit shorter users.



A2R with Low Legs & included platform extender

December 2015 A2R fine tuned for speedy servicing

Subtle adjustments to the carriage runner design were made to make it easy and quick to remove the reformer carriage for rapid maintenance.

May 2016 The A2RII arrives!

The A2RII improved the dual rope adjustment system for faster and safer adjustments. Silent ropes, handles and foot straps were introduced as standard for a quieter & better user experience. Updated for maximum user weight from 120 to 150kg.



A2RII with unique Air Dome (std. jump board available)

February 2017 Quiet please, A2RII in use...

A2RII wheel compound upgraded to European made material for a smoother and quieter ride, plus a number of subtle enhancements to reduce maintenance & optimise reliability.

Over 20 enhancements* make the A2RII the ultimate reformer for Studios, Physios & Sports Conditioning... a pleasure to use, easy to adjust, reliable & affordable!

* fully backward compatible to protect your investment





A2 JUMP BOARD

A2 JUMP BOARD

A large jump board is available separately that fits the A2* Series reformers. The Jump Board can be added at a later date without need for modification.



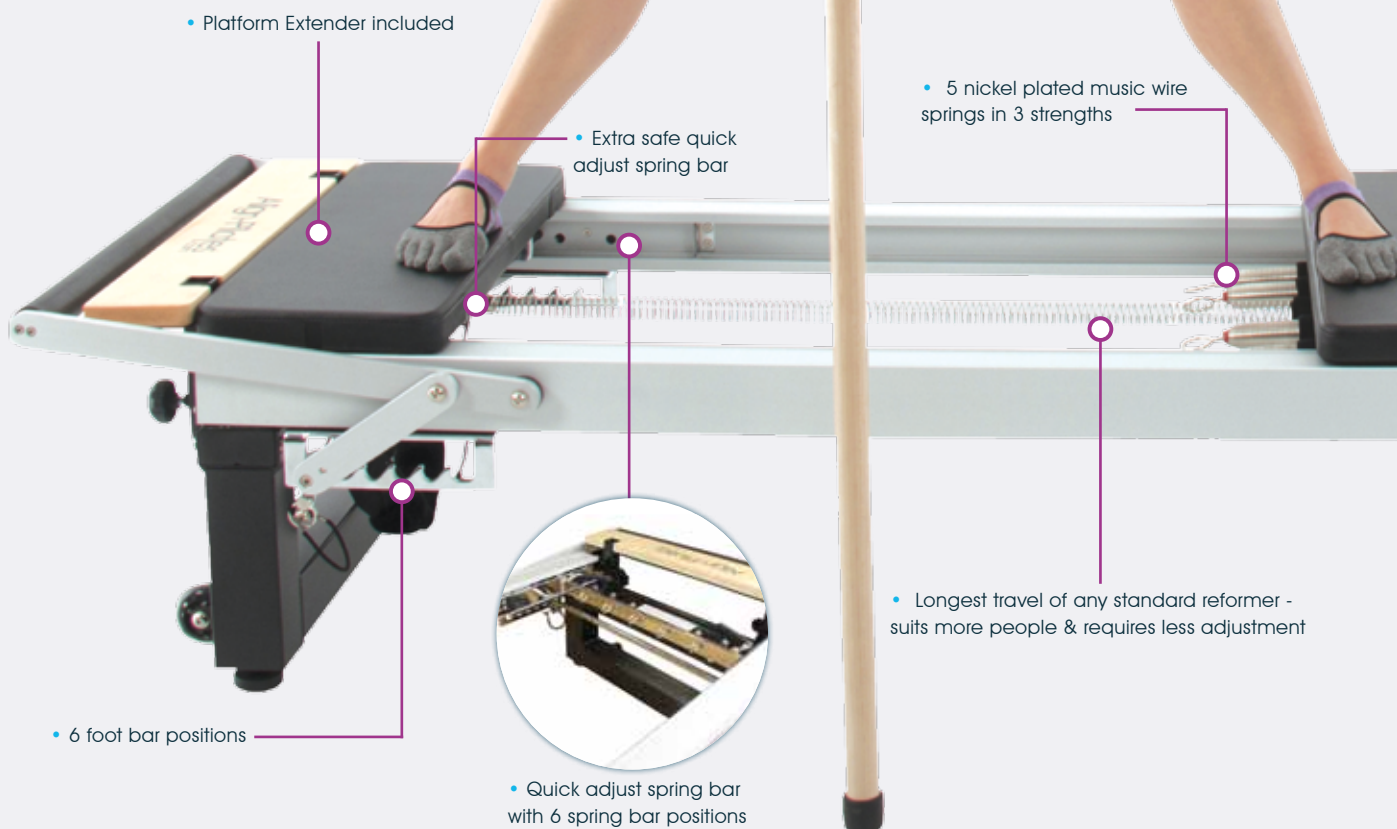
A2 MATTRESS CONVERTER

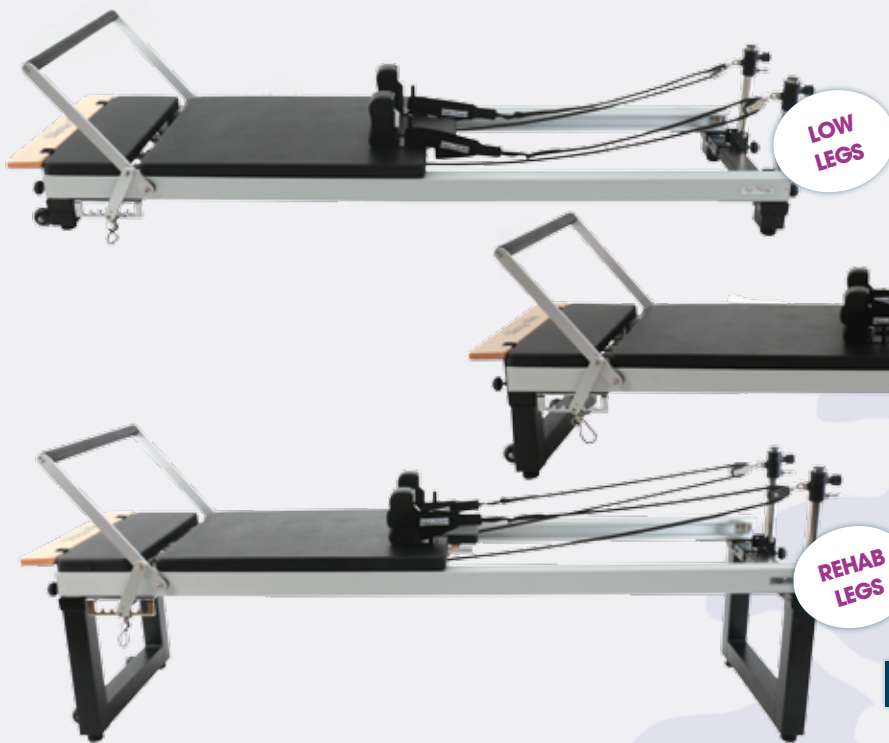


A2 CARDIO JUMP DOME

A2 CARDIO JUMP DOME

The Cardio Jump Dome is a great alternative to the traditional jump board offering a softer jump experience. Unlike a trampoline the air dome flattens on impact offering a more natural landing for the foot. The jump dome concept only works on an A2 Series Reformer as other reformers simply do not have enough travel to accommodate it!





LOW
LEGS

STANDARD
LEGS

REHAB
LEGS

CHANGE THE HEIGHT OF
THE A2RII REFORMER ANY
TIME WITH OPTIONAL
LEG EXTENSIONS!

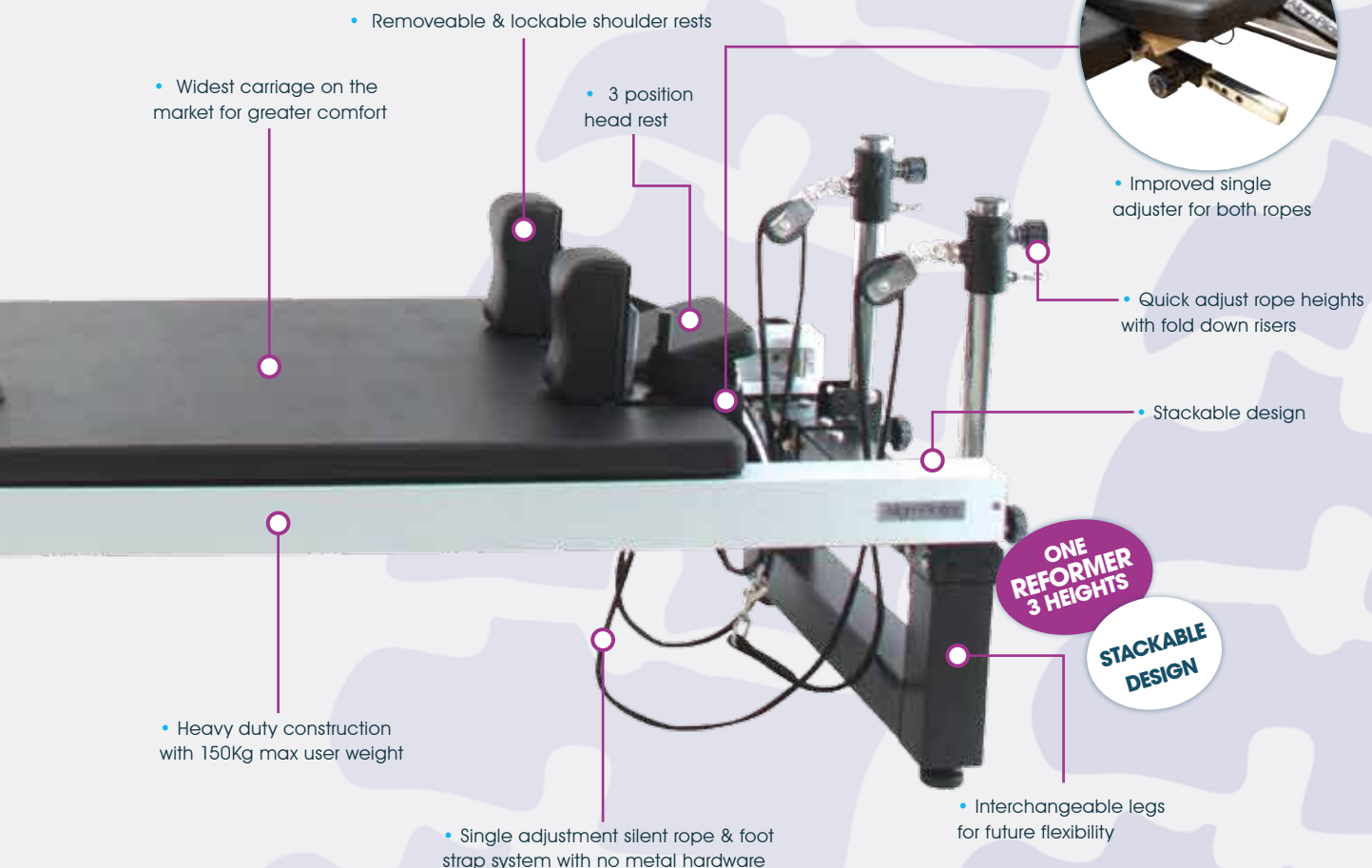
A2RII & C1-PRO COMPARISON

For a side by side comparison of the A2RII and
C1-Pro Reformers please scan the QR Code

FULL SIDE BY SIDE COMPARISON
OF A2RII & C1-PRO:



OUR FLAGSHIP REFORMER, OFFERING
REFINED PERFORMANCE, EXTENSIVE
ADJUSTABILITY, A LUXURIOUS OVERSIZE
CARRIAGE & THE LONGEST TRAVEL OF ANY
STANDARD REFORMER ON THE MARKET!



ONE
REFORMER
3 HEIGHTS

STACKABLE
DESIGN

MAIN IMAGE: A2RII WITH STANDARD LEGS (42CM HIGH) - THE MOST POPULAR CONFIGURATION

A2RII REFORMER

C1-PRO REFORMER

The Align-Pilates C1-Pro is an incredibly versatile piece of commercial Pilates apparatus which has been designed to grow with your studio. The C1 Pilates Reformer from Align-Pilates broke new ground in the European Pilates community in 2014, making a commercially warranted reformer available for only a shade over £1,000 + VAT ! Now the 3rd generation C1-Pro takes its place with improvements and design tweaks to deliver even better performance! The C1-Pro can be adapted to take either a Half Cadillac Tower or Full Cadillac, plus, like it's predecessor, it has the ability to stack or freestand (with leg extensions).

FEATURES

- Light commercial warranty - perfect for Studio and home use.
- Travel: 100.5cm
- Resistance: 5 nickel plated quality music wire springs 3 different strengths (2 light, 2 medium and 1 strong)
- Foot bar positions : 4 positions including flat
- Removable rope risers with 7 height positions and 7 rope length adjustments, using the quick adjustment T-bar from the A2RII
- Height adjustable feet for perfect alignment
- New Align-Pilates 'silent' Pilates double loop handles, with metal free connectors, for a quieter experience
- 3 position head rest
- Space saving – The C1-Pro is wheeled for ease of movement and storage and can be stacked or stood against a wall. It can "free stand" when selected with the extension leg option
- Anodized aluminium runners with matched 4 wheel system for smooth and maintenance free operation
- ISO20957-1 Class S Item.
- Max User Weight: 150kg. Suitable for users: 145cm - 193cm (4'10" - 6'4")
- Ships 95% assembled and ready to use. Weighs only 49Kg.
- Standing height for storage: 238cm

AVAILABLE EXTRAS

- Platform Extender
- Mattress convertor
- Jump board
- Leg extensions
- Half Cadillac
- Full Cadillac

STACKS
& FREE
STANDING*

LIGHT
COMMERCIAL
WARRANTY

NEW

C1 WALK
THROUGH
VIDEO



NEW

WOOD
EFFECT!

THE WOOD FX FEATURES A SPECIALIST FINISH WHICH LOOKS LIKE REAL WOOD AND IS MORE SCRATCH-RESISTANT THAN ALUMINIUM!

PRODUCT	SIZE	CODE
C1-PRO REFORMER	235 (L) X 66CM X 24CM	PAPREFORMERC1PRO
C1-PRO REFORMER WOOD FX	235 (L) X 66CM X 24CM	PAPREFORMERC1PW
C1-PRO LEG EXTENSION	RAISE TO 42CM HIGH	PAPC1RPLEGS
PLATFORM EXTENDER	58CM X 25.5CM X 5.5CM	PAPMATC1PE
MATTRESS CONVERTER	104.5CM X 60CM X 8.7CM	PAPMATC1MC
C1 JUMP BOARD	52CM (H) X 58CM (W)	PAPJUMPC1

THE C1 PILATES REFORMER (R)EVOLUTION

2015 C1 Reformer was born

1st Commercially wanted reformer costing under €1,250 inc VAT launches in Europe! At last.....



2016 The C1 evolves into the CIR

The 2nd generation CIR was born - bringing the option of leg extensions to raise the working height whilst allowing the reformer to free stand. The CIR introduced "silent" ropes and handles, abandoning the metal hardware for a quieter user experience.



2017 The CIR turns Pro!

For 2017 we decided our bestselling reformer deserved more - so we made it possible for the Pro to accept a Half Cadillac (works with both leg heights) and going one step further to have a Full Cadillac option!

On the reformer itself we upgraded the rope adjustment system to that of its bigger brother, the A2Rii and introduced new whisper quiet wheels made from a special European polymer for the quietest ride yet. We changed to removeable shoulder rests to improve the stack ability & to enable a completely flat matwork station.



Looks count too and aluminium is not for everyone, so the C1-Pro now comes in a wood effect version for those wanting a reformer that looks like wood but has the reliability of aluminium! Plus it is more scratch resistant too! Another first from Align-Pilates!

2017 price comparison

The C1-Pro remains the best value light commercial reformer on the market, whilst now also being the most adaptable too - ensuring the C1-Pro evolves with your Pilates business or lifestyle!

The C1-Pro - use it, love it, wheel it, stand it, jump with it, mat convert it, stack it, raise it, tower or trapeze it.....one reformer which adapts to suit your Pilates life, in the studio, clinic or at home.

Note: All previous C* components & accessories are compatible with the C1-Pro.

HERE'S TO THE NEXT GENERATION!



C1-PRO EXPLORED

C1 PLATFORM EXTENDER

C1 MATTRESS CONVERTER

FRAME SITTING BOX

C1/H1 JUMP BOARD

THE C1-PRO SHIPS 95%
ASSEMBLED AND READY TO
USE. WEIGHS ONLY 49KG.

- 5 nickel plated music wire springs in 3 strengths

- Stackable design. Free stands with leg extensions.

- Anodized aluminium runners with matched 4 wheel system for smooth and maintenance free operation

- Safe & quick adjust 4 position spring bar

- 4 foot bar positions including flat

- Choice of finish: Anodized Aluminium or Scratch-Resistant Wood Effect

- Wheels for ease of movement/storage



STANDARD
HEIGHT



LEG
EXTENSIONS



WOOD
EFFECT

FUTURE-PROOF YOUR PILATES STUDIO WITH THE C1-PRO. UPGRADE TO A HALF OR FULL CADILLAC SYSTEM*!

(*SEE PAGES 12 & 13)



• Improved single
adjuster for both ropes



- 3 position head rest
- Removeable shoulder rests

• Silent rope & foot strap system

• Removable rope risers
with 7 height positions and
7 rope length adjustments

• 150kg max user weight

• 100.5cm travel

• Height adjustable feet for perfect alignment

• Leg extension option
for choice of heights

MAIN IMAGE: C1-PRO WITH OPTIONAL LEG EXTENSIONS AND JUMP BOARD (BOTH AVAILABLE SEPARATELY)

C1-PRO REFORMER

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A2 & C1-PRO HALF CADILLAC TOWER

Our Half Cadillac tower is compatible with the A2, A2R, A2Rii, C1-Pro Reformers and Wall Unit adapter. The Half Cadillac unit allows you to perform the majority of the repertoire of the Cadillac / Trapeze table on your reformer and can be bought with a reformer as a bundle or added at a later date - no modification required! The Half Cadillac tower works with all leg height options.

WHAT'S INCLUDED:

Stainless Steel frame, Maple roll down bar, aluminum push through bar with rapid adjust height changers, quick release safety strap, 1 pair of foot straps, 1 pair of handles and 2 pairs of rapid adjust, double eyelet, spring holders. Bracket to attach to reformer is sold separately.

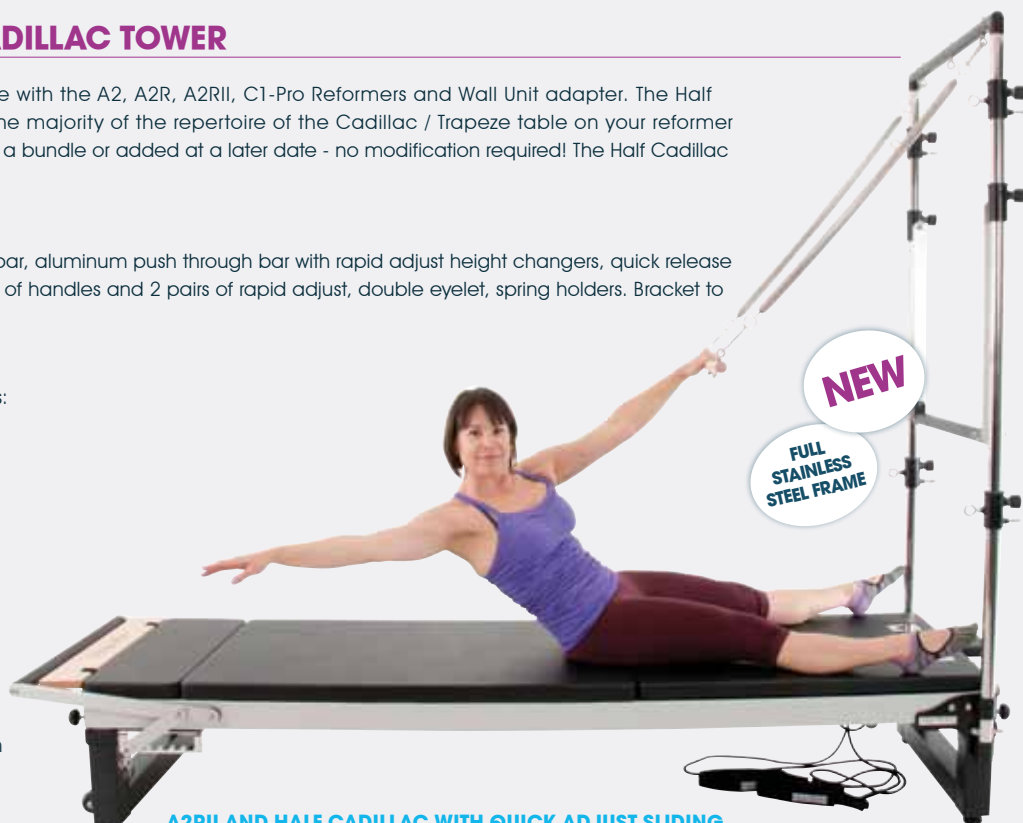
SPRING PACKAGE:

Quality nickel plated music wire springs:

- 2 x 47cm Very Light
- 2 x 47cm Light, 2 x 64cm Very Light
- 2 x 64cm Strong
- 8 Aluminium Carabiners
- 8 double snaps

Height with A2 Low Leg 199cm
Height with A2 Std Leg 213cm
Height with A2 Rehab Leg 235cm

Height with C1-Pro Low Leg 208cm
Height with C1-Pro Standard Leg 212cm



A2Rii AND HALF CADILLAC WITH QUICK ADJUST SLIDING EYELETS & HEIGHT ADJUSTABLE SWING THROUGH BAR

ITEM	HEIGHT FROM FLOOR	CODE
A2 & C1 HALF CADILLAC TOWER ONLY	189CM	PAPHALFCADA2L
HALF CAD & A2Rii REFORMER BUNDLE	213CM	PAPHALFCADSETA2RS
HALF CAD & C1-PRO REFORMER BUNDLE	208CM	PAPC1PHALFCAD
A2 HALF CADILLAC BRACKET ADAPTER	-	PAPA2HALFCADBKT
C1-PRO HALF CADILLAC BRACKET ADAPTER	-	PAPC1PROHCADBKT

HALF CADILLAC WALL UNIT ADAPTER

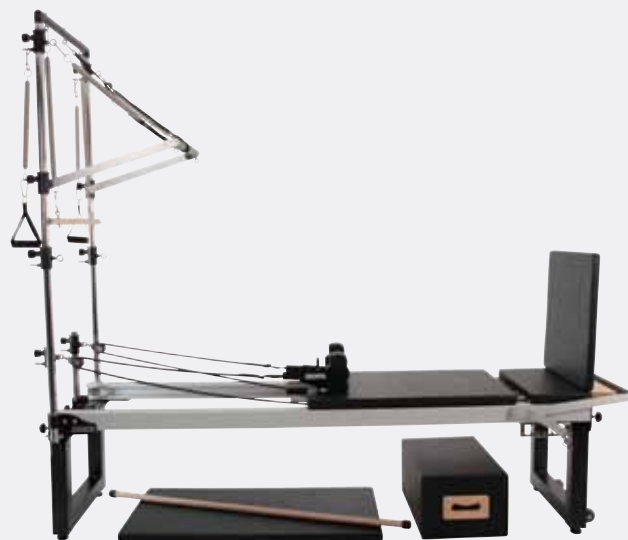
This bracket allows you to convert your A2 Half Cadillac so that it can attach to the wall. This can then be used as a standalone work station or with a reformer butted up against it. Limited assembly required. Fixings to attach the unit to the wall are not included as these are wall dependent.

DIMENSIONS

190cm (H) x 78cm (W) x 63cm (D)

WARNING:

This unit is only suitable for attachment to solid walls and cannot be used on stud walls.



A2Rii WITH HALF CADILLAC BUNDLE & REHAB LEGS

SIZE	CODE
CONVERSION KIT ONLY	PAPHALFADAPT1
A2 HALF CADILLAC INCL ADAPTER	PAPHALFCADA2WALLSET

REFORMER AND HALF CADILLAC BUNDLES

BUNDLES INCLUDE; AN A2Rii OR C1-PRO REFORMER, 1/2 CADILLAC TOWER, MATTRESS CONVERTER, SITTING BOX & GONDOLA POLE - PLEASE CONTACT US FOR FURTHER DETAILS.

SAVE £££S OVER BUYING SEPARATELY.

NEW

A2 & C1-PRO FULL CADILLAC

Launched in 2015 the new A2 Cadillac, features an aluminium base frame with full stainless steel upper frame, the A2 Cadillac takes the best features from our class leading half cadillac to make the ultimate full cadillac. The oversize bed (78cm x 206cm) makes for a more spacious working area, whilst the ease of adjustment and multiple anchor points facilitate numerous exercises.

The full stainless steel upper frame is superior to standard chromed steel frames, ensuring a long and corrosion free life. The Cadillac is supplied complete with all the required accessories so there are no expensive add on purchases required.

REFORMER OPTION NOW AVAILABLE

The new modular system from Align-Pilates means you can truly future-proof your Pilates studio with the A2 Cadillac. The A2 Cadillac frame will fit onto the C1-Pro reformer, perfect if you have a smaller size studio or if you're looking to add a Full Cadillac to your studio without having to purchase another piece of large Pilates apparatus!

FEATURES

- Aluminium frame with steel legs and height adjustable feet. Full stainless steel upper frame.
- Sliding horizontal and vertical cross bars.
- Trapeze with adjustable sling and padded spring covers.
- Maple roll down bar and one pair of fuzzies.
- Rapid adjust (5 position) aluminium swing through bar with quick release safety strap.
- 64cm bed height matches the combo chair height for additional exercise possibilities.
- Bonus removable foot board and fold down head rest - worth over £100!

Assembly: Leg and frame assembly required, or request our delivery and assembly option.



C1-PRO WITH FULL CADILLAC FRAME

SPRING PACKAGE

Includes 12 finest music wire springs:
 2 x Standard Very Light,
 2 x Standard Light
 2 x Standard Medium
 2 x Standard Very Strong (for Trapeze)
 2 x Long Very Light
 2 x Long Strong

FULL
STAINLESS
STEEL FRAME



FOOT
BOARD
INCLUDED

PRODUCT	SIZE	CODE
A2 CADILLAC BED ONLY	-	PAPCADILLACA2F
A2/C1-PRO FRAME & BRACKET ONLY	-	PAPC1PROFCAD
A2 FULL CADILLAC BUNDLE (PICTURED)	216CM (L) X 78CM (W) X 216CM (H)	PAPCADA2FULLFRAME
C1-PRO FULL CADILLAC BRACKET	-	PAPC1PROFCADBKT
C1-PRO FULL CADILLAC BUNDLE	216CM (L) X 78CM (W) X 216CM (H)	PAPC1PFULLCAD

F2 FOLDING REFORMER

The F2 reformer was developed to bring the benefits of a Pilates Reformer workout in to your home, without the need to have a dedicated space for Pilates reformer. Featuring the same springs as our professional reformers, the F2 offers smooth progressive resistance and a range of adjustments to fine tune the machine for your workout. The F2 folds up in a matter of minutes into a compact and self-contained machine that can be easily wheeled around and stored safely out of the way.

FEATURES

- Resistance: 4 Nickel plated music wire springs (2 Medium, 1 Strong and 1 Light).
- Foot bar positions: 2 plus down & storage position.
- Removable rope risers with 3 height options & 4 easy rope length adjustments.
- New Align-Pilates double loop handles with "silent" metal free connectors for a quieter workout.
- 3 position head rest, with locking string for storage.
- Steel frame with 8 wheel design and 95cm travel.
- Removable & lockable shoulder rests.
- Locks open and closed and can be wheeled in either state.
- Adjustable feet to ensure your reformer sits flat and can run smoothly.

Note: Not warrantied for commercial use. 2 year frame warranty.

DIMENSIONS

Open Size (maximums): 247cm x 70cm x 47cm

Carriage size: 89cm x 58cm (w)

Folded size (maximums) 143.5cm x 70cm x 34.5cm

Weight: 55Kg

Max User Weight: 120Kg. Suitable for users: 145cm – 193cm (4'10 – 6'4")

OPTIONAL ACCESSORIES

The F2 is compatible with the C1 Jump Board & the Frame sitting Box is the perfect size to compliment the F2 carriage. A silent foot strap is also available for use with the sitting box as well as a neck pillow for a more comfortable option to raising the head rest.

ITEM	CODE
F2 REFORMER	PAPREFORMERF2



FOLDING THE F2



UNFOLDING THE F2



H1 REFORMER

The H1 reformer is the ultimate home Pilates reformer. The mirrored stainless steel runners guarantee a smooth and quiet ride. Featuring the same springs as our professional reformers, the H1 offers fluid, progressive resistance and a range of adjustments to personalise the machine for your workout. Plus, the H1 can adapt to your workout with the option to have leg extensions*, raising the height of the carriage bed from 23cm to the more popular 40cm. The H1 is a self-contained machine which can be stored safely out of the way by standing and easily wheeled around. The H1 can be used for jumping exercise with the addition of a C1 Jump Board. *Leg extensions are optional extras.

FEATURES

- Travel: 95cm
- Resistance: 4 Nickel plated music wire springs (2 Medium, 1 Strong and 1 Light)
- Foot bar positions: 3 plus down
- Removable rope risers with 3 height options & 4 easy rope length adjustments
- New Align-Pilates double loop handles with "silent" metal free connectors for a quieter workout
- 3 position head rest, with locking string for storage
- Adjustable feet to ensure your reformer sits flat and can run smoothly.
- Freestanding with use of fold out standing legs
- Removeable and lockable shoulder rests

Note: Not warranted for commercial use. 2 year frame warranty.

DIMENSIONS

Size (maximums): 247cm (L) x 70cm (W) x 47cm (H)

Standing height for storage: 235cm

Carriage size: 89cm (L) x 58cm (W)

Carriage bed height with low legs: 23cm

Extended carriage bed height with standard legs: 40cm

Weight: 50kg

Max User Weight: 120Kg.

Suitable for users: 145cm – 193cm (4'10 – 6'4")

ISO20957-1 Class H Item.

OPTIONAL ACCESSORIES

The H1 is compatible with the C1 Jump Board, Neck Pillow and Frame Sitting Box which is the perfect size to compliment the H1 carriage. A 'silent' foot strap is also available for use with the sitting box. Increase the height of your H1 reformer with optional leg extensions which raise the bed of the reformer to 40cm high.

ITEM	CODE
H1 REFORMER	PAPREFORMERH1
LEG EXTENSIONS	PAPH1LEGS
C1 JUMP BOARD	PAPJUMPC1



NEW

FREE
STANDING

ALIGN-PILATES LADDER BARREL II

The Align-Pilates Ladder Barrel is designed to challenge the abdominal and waist muscles and strengthen the spinal cord whilst improving flexibility. The Align-Pilates Ladder Barrel features a revised frame and solid maple ladder rungs for that classic look. Further upgrades include improved padding and upholstery for greater comfort and the addition of wheels for ease of movement. The Align-Pilates Ladder Barrel remains the most adjustable on the market, offering an unmatched 31cm of travel, both opening and closing more than our competitors for maximum flexibility.

FEATURES

- Super strong powder coated steel frame for added strength, durability and stability.
- Solid North American Maple ladder rungs.
- Adjustable feet ensure smooth adjustment of the barrel.

BONUS EXTRAS

Two Padded standing boards worth over £100!

Some assembly required, or request our pre-assembly option.

DIMENSIONS

90cm (H) x 125cm (L) x 58cm (W)



SIZE	CODE
90CM (H) X 125CM (L) X 58CM (W)	PAPLADDER2

WALL UNIT WITH ADJUSTABLE BARRE BAR

The Align-Pilates Wall Unit combines all the functionality of a standard Spring Board or Wall Unit with the added benefit that the maple foot bar can be easily and quickly adjusted for use as a Barre bar. Spring heights are quickly and easily adjusted with the rapid-adjust spring eyes.

FEATURES:

- Steel Frame with wall attachment plate.
- Maple roll down bar.
- Adjustable height barre bar / foot bar.
- Pair of rapid adjust spring holders with 2 x Standard very light and 2 x Long medium music wire springs.
- 1 pair of double ring Loop Straps and 1 pair of hand handles.

DIMENSIONS

183cm (H) x 86cm (W) x 20cm (D)

Limited assembly required. Fixings to attach the unit to the wall are not included as these are wall dependent.

WARNING:

This unit is only suitable for attachment to solid walls.



SIZE	CODE
183CM X 86CM X 20CM	PAPSPRINGWALL1



INCLUDES TWO
PADDED STANDING
BOARDS WORTH OVER
£100!

BARRELS, BOXES & ARCS

ALL OUR BARRELS AND ARCS ARE MADE FROM CUSTOM FORMED MARINE PLY THAT OFFERS THE STRONGEST POSSIBLE ARCS. LIKE OUR BOXES, THESE ARE THEN COVERED WITH HI-MEMORY EVA FOAM FOR COMFORT & ABRASION-RESISTANT VINYL UPHOLSTERY TO ENSURE A LONG LIFE. ALL OUR BARRELS AND BOXES USE REAL MAPLE VENEER AND ARE FULLY FINISHED INSIDE AS WELL AS OUTSIDE!

ALIGN-PILATES SITTING BOX

Sitting boxes make many seated exercises more comfortable and make new exercises possible on your reformer.



SIZE	CODE
70CM (L) X 40CM (W) X 28CM (H) 9KG	PAPBOX

ALIGN-PILATES FRAME SITTING BOX

The Frame Sitting Box is a little smaller than our other sitting box making it the ideal length for the C1* Series, F* Series and H1 reformer carriages. The frame box does everything a normal sitting box does at a fraction of the cost & size, and will outlast them all! The box is the same height as the C1* Series reformer and so can be used as a Moon box alongside this reformer in low leg configuration.

5 MINUTES SELF ASSEMBLY REQUIRED



SIZE	CODE
66CM (L) X 38CM (W) X 25CM (H) 7KG	PAPBOXM

ALIGN-PILATES STACKING ARC BARREL

Arc barrels are great for adding an extra dimension to mat work classes, offering various workout possibilities that help to improve the posture, lengthen and strengthen the back, feet and shoulder muscles.



SIZE	CODE
60CM (L) X 55CM (W) X 19.5CM (H) 7KG	PAPARCST

ALIGN-PILATES STEP BARREL WITH POLE

The step barrel offers various workout possibilities to help improve posture by lengthening and strengthening the back, feet and shoulder muscles.

Great for adding an extra dimension to mat work classes. Includes removable solid maple pole and cut out hand holes to accommodate more exercise possibilities.



SIZE	COLOUR	CODE
86CM (L) X 53CM (W) X 38CM (H) 13.5KG	BLACK	PAPSTEP2

ALIGN-PILATES ROTATIONAL DISKS

Rotational Disks are used to develop balance and strength through rotation whilst standing or sitting. Made from high quality 18mm marine ply with maple veneer, the rotational disks have three transparent anti-slip strips on the top and two anti-slip pads on the bottom to prevent them sliding on the floor.



SIZE	CODE
30CM/12" DIAMETER. SOLD IN PAIRS	PAPROTATION

GONDOLA AND ROLL UP POLES

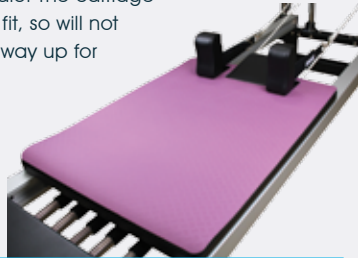
Gondola Poles are used for aiding balance when performing standing work on the Reformer. Roll Up Poles are used to aid alignment, for arm work and to increase the focus on scapular stabilization. The Gondola Pole also has anti-slip rubber end caps to provide firm grip on the floor. Made from solid maple.



SIZE	COLOUR	CODE
152CM / 60"	GONDOLA POLE	PAPPOLE60
81CM/32"	ROLL UP POLE	PAPPOLE32

CARRIAGE PROTECTORS

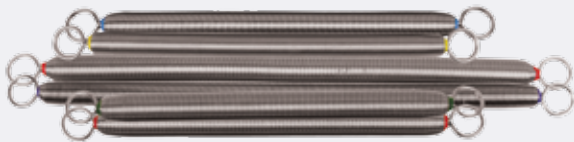
Carriage protectors add an extra 6mm of cushioning to your carriage for extra comfort whilst protecting your upholstery. They also add a little colour to your studio. The carriage protectors are made for an exact fit, so will not work with other brands. Use either way up for colour and pattern variation.



FOR	COLOUR	CODE
A2 OR A2R	AUBERGINE / GREY OR BLUE / GREY	PAPA2TOPPER
C1 OR C1R	AUBERGINE / GREY OR BLUE / GREY	PAPC1TOPPER

UNIVERSAL SPRINGS

Our springs are made from top quality nickel coated Korean Music Wire. Springs are standardized on all Align-Pilates equipment.



REFORMER & HALF CADILLAC	CODE
47CM - VERY LIGHT (VL)	PAPSPRINGSVLIGHT
47CM - LIGHT (L)	PAPSPRINGSLIGHT
47CM - MEDIUM (M)	PAPSPRINGSMEDIUM
47CM - STRONG (S)	PAPSPRINGSSTRONG
64CM - MEDIUM / STRONG	PAPSPRINGL



CHAIR & TRAPEZE	COLOUR	CODE
47CM STRONG	GREEN	PAPSPRINGCHS
47CM X-STRONG	BLACK	PAPSPRINGCHXS

ALIGN-PILATES NECK PILLOW

The Align-Pilates neck Pillow fits neatly on to any reformer head rest to create a soft cushioned support for the head and neck. Clients love them!



SIZE	CODE
27CM (L) X 15CM (W) X 8.5CM (H) 0.3KG	PAPNECKPAD

UNIVERSAL REFORMER ROPES

Our whipped reformer ropes are black to avoid showing dirt and are sold in pairs. Choose from the new "silent" design, which has an enlarged eyelet in the rope but no noisy metal hardware (for use with silent handles only) or, traditional ropes with dog clips. Both are suitable for any reformer requiring a rope of 2.8m or less and are sold in pairs.



LENGTH	CODE
2.8 M (INC CLIPS)	PAPROPESBLK
2.75 M (SILENT W/OUT CLIPS)	PAPROPESBLKS

SPRING COVER

Spring Cover for use on Pilates apparatus with very light or light springs to hold the springs in place.



USE WITH	CODE
VERY LIGHT OR LIGHT SPRING	PAPSPRINGCOVERS

ANTI-SLIP PADS

Anti-Slip pad for use on Pilates apparatus to prevent slipping. Also useful to hold a mat on a ladder barrel or arc when extra padding is wanted. Phthalate Free PVC.



SIZE	CODE
40CM X 30CM X 3MM BLACK	PAPANTISLIP-BLK
40CM X 30CM X 3MM RED	PAPANTISLIP-RED

STRAPS & HANDLES

A RANGE OF QUADRUPLE STITCHED HAND, FOOT, ANKLE AND EXTENSION STRAPS. "SILENT" DESIGNS FEATURE LITTLE OR NO METAL HARDWARE FOR A MUCH QUIETER USER EXPERIENCE AND LESS POTENTIAL TO SCRATCH EQUIPMENT.

DOUBLE LOOP SILENT STRAPS (PAIR)



MODEL	CODE
DOUBLE LOOP SILENT STRAP (PAIR)	PAPSTRAPDLS

DOUBLE RING STRAPS (PAIR)



MODEL	CODE
DOUBLE RING FOOT/HANDLE STRAP (PAIR)	PAPSTRAP

EXTENSION STRAPS (PAIR)



MODEL	CODE
EXTENSION STRAP 80CM LONG (PAIR)	PAPEXTENSION

SILENT FOOT STRAP WITH FLUFFY



MODEL	CODE
SILENT FOOT STRAP WITH FLUFFY	PAPFOOTSTRAP

ANKLE STRAPS (PAIR)



MODEL	CODE
ANKLE STRAPS (PAIR)	PAPANKLE

PADDED HANDLES (PAIR)



MODEL	CODE
PADDED HANDLES (PAIR)	PAPHANDLE



STUDIO ACCESSORIES

SISTER BRAND PILATES-MAD HAS BEEN THE UK'S LEADING PILATES MATWORK & ACCESSORY BRAND FOR ALMOST 15 YEARS. TO SEE THE COMPLETE RANGE OF PILATES-MAD EQUIPMENT AND FIND OUT ABOUT OUR FANTASTIC STUDIO PRICING PLEASE VISIT MAD-HQ.COM/PILATES-STUDIOS-TEACHERS. SHOWN HERE ARE A CORE SELECTION OF POPULAR PILATES MATS AND ACCESSORIES.

ALIGN-PILATES ISOTONER RING

Rings are commonly used in Pilates to add intensity to floor exercises. The ring's resistance speeds up toning by targeting specific muscles. Especially useful in problem areas like the inner and outer thighs, upper arms, the chest and even the pelvic muscles. The Pro edition Pilates Isotoners from Align-Pilates feature the classic single handle design and quality sprung steel rings. Available in 12" or 14".



SIZE	CODE
12" ALIGN-PILATES PRO RING	PAPRING12A
14" ALIGN-PILATES PRO RING	PAPRING14A

PILATES-MAD RESISTANCE RING

Lightweight double handled Pilates isotoner, with foam padded fibre glass ring for extra comfort. This 14" ring offers slightly lighter resistance than the Align-Pilates Steel Isotoner ring (above), but this has been a best seller for many years



SIZE	CODE
14" DOUBLE HANDLE FIBRE GLASS	FRING14L

RESISTANCE BANDS & MULTI PACKS

Resistance bands in packs of 10 are perfect for studios. Each band is sealed in its own zip lock bag plus there is one user guide per 10 pack. Ideal for clubs, 10 packs are a much more professional alternative to buying rolls.



RESISTANCE	SUITABLE FOR	CODE
LIGHT - RED MULTI	BEGINNERS & REHAB	FRESBAND9LX10
LIGHT - RED SINGLE	USERS	FRESBAND9LO
MEDIUM - BLUE MULTI	FAMILIAR & MODERATE	FRESBAND9MX10
MEDIUM - BLUE SINGLE	USERS	FRESBAND9MO
STRONG - BLACK MULTI	STRONG, ATHLETIC	FRESBAND9SX10
STRONG - BLACK SINGLE	USERS	FRESBAND9SO

PILATES BLOCKS

The large block is used to level the pelvis in yoga and Pilates postures. The small block is used to slightly raise the head in reclining postures in order to achieve the correct neck alignment. It can also be used to correct the tilt on the pelvis or for support between the knees. First Grade EVA foam.

MATERIAL: CLOSED CELL, WIPE CLEAN EVA FOAM.



SIZE	CODE
SITTING BLOCK 32CM X 25CM X 6CM	FBLOCK60
HEAD BLOCK 25CM X 20.5CM X 15CM	FBLOCK25

EXER-SOFT BALLS

Ideal for pelvic floor exercises, the ball will enhance your Pilates workout and help develop strength, endurance and concentration as well as promoting relaxation and coordination. The balls are anti-slip offering excellent grip. Ball size is down to preference, though it is common to have multiple sizes for greater diversity.

DINP PVC. FACTORY TESTED AS BURST RESISTANT AT 100KG.



SIZE	COLOUR	CODE
18CM (7")	BLUE	FEXBALL7
23CM (9")	RED	FEXBALL9
30CM (12")	GRAPHITE	FEXBALL12

SOFT WEIGHTS

Soft weights are designed for strengthening, plyometrics, balance training and mobilisation exercises. In addition to offering a more fluid range of motion to using a standard dumbbell, the soft weight design is safer, reducing the risk of damage or injury if dropped. The shape also helps to promote the development of functional grip strength.

PVC OUTER SHELL WITH IRON SAND FILLING.



SIZE & WEIGHT	COLOUR	CODE
2 X 0.5KG. 12CM DIA	BLUE	FSOFT1
2 X 1KG. 12CM DIA	BLUE	FSOFT2
2 X 1.5KG. 12CM DIA	BLUE	FSOFT3

HAND WEIGHTS

Pro Hand Weights with straps are made from steel handle with non-slip NBR foam covering for a soft and comfortable grip, complete with elasticated strap for added safety. Great for use while walking, jogging and aerobics as they help to tone your arms and increase workout intensity.



SIZE	COLOUR	CODE
2 X 0.5KG	PINK	FDBELLHAND05
2 X 0.75KG	PURPLE	FDBELLHAND3Q
2 X 1KG	GREEN	FDBELLHAND1
2 X 1.25KG	BLUE	FDBELLHAND1Q

ALIGN-PILATES STUDIO MAT 10MM

Align-Pilates Studio Mat perfectly balances size and weight offering excellent cushioning and memory. Available with or without eyelets.

MADE FROM 100% RECYCLABLE TPE. IMPERMEABLE AND HYGIENIC; PVC & LATEX FREE.



DIMENSIONS 1.4KG	COLOUR	CODE
NO EYE 180CM X 60CM X 10MM	GRAPHITE	PAPMAT10
EYELET 180CM X 60CM X 10MM	GRAPHITE	PAPMAT10EYE

STUDIO PRO-MAT 15MM

The Studio Pro-Mat is our best mat for exercise, Pilates and therapy. The TPE material has superb memory and at 15mm thick this mat offers excellent support for the spine and knees. As the mat is thick and does not roll up tightly it is best for studio or home use rather than carrying to and from classes. The mat is double sided and will not slide on the floor.

MADE FROM 100% RECYCLABLE TPE. IMPERMEABLE AND HYGIENIC; PVC & LATEXFREE.



DIMENSIONS	COLOUR	CODE
180CM X 60CM X 15MM [2.6KG]	BLUE	FMATTP180

CORE FITNESS MAT 10MM & 15MM

This is an ideal Pilates or exercise mat for those on the move, or for studios tight on storage space. The NBR foam offers excellent cushioning and memory, yet a 10mm mat weighs only a fraction over 1Kg, making it light enough to carry around, with the included removable carry strap (10mm only).

The 15mm mat offers improved comfort but as it is too big to carry around, these mats come flat packed as they are primarily designed for use in a Studio or to be left in the home. Available with or without hanging eyelets. The eyelets are 50cm apart (centre to centre) and will fit hangers up to 2.5cm dia. Rack available separately.

MADE FROM NBR RUBBER - DOP, AZO, HEAVY METAL AND PHENOL FREE.



DIMENSIONS	MODEL	COLOUR	CODE
182CM X 58CM X 10MM [1.1KG]	CARRY STRAP RETAIL PACK	BLUE	FMATNBR10-BLU
182CM X 58CM X 10MM [1.1KG]	CARRY STRAP RETAIL PACK	BLACK	FMATNBR10-BK
182CM X 58CM X 15MM [1.65KG]	FLAT PACK - NO STRAP	BLUE	FMATNBR15
182CM X 58CM X 10MM [1.1KG]	FLAT PACK W/ EYELETS	BLUE	FMATNBR10EYE
182CM X 58CM X 15MM [1.65KG]	FLAT PACK W/ EYELETS	BLUE	FMATNBR15EYE

EXERCISE MAT RACK

Adjustable Mat Rack available for use with Eyelet Mats like the Align-Pilates studio mat, the club aerobic & core fitness mats. Can be used with mats with eyelets 36cm to 51cm apart. Min. hole diameter is 1.95cm.



CODE
FMATRACK



TYE4®

Tye4® is a sleek, wearable resistance/assistance system invented by Joan Breibart of TheMethodPilates® to assist alignment and correct biomechanics. It's easy to use, just slip it on, adjust to your size, and you are ready to get more from your Pilates workout! Tye4, like the traditional Pilates apparatus, can be both resistive and assistive.

USES FOR TYE4®

Tye4® for Teacher Training:

It's crucial for teachers in training to feel the oppositional movements and tiny connections of this complex method. If they can't feel the internal intricacies of Pilates movement, then they're just memorising choreography.

Tye4® for Assisting Clients:

Can't do Teaser? Fearful of falling backwards in Climb a Tree or Standing Splits? These are a few of the assists which makes this product work so your clients are instantly happier and more competent.

Tye4® for Post Rehabilitation:

It's not unusual for teachers to work with clients suffering from an array of injuries and physical weakness. Tye4 provides the support and structure necessary to overcome past injuries and prevent further issues.

Tye4® for Working Out:

The bungees add 40 pounds of possible resistance. Regardless of your level, everyone tones faster and burns more calories in a workout wearing Tye4.



SIZE

31CM X 18CM X 5CM

CODE

PTYE4



RELATED PRODUCTS

Our see the full ranges offered by sister brands Fitness-Mad, Pilates-Mad and Yoga-Mad please request The-Mad-Group catalogue which can also be downloaded from www.Mad-HQ.com.

- Balance
- Core Stability
- Massage
- Resistance
- Strength
- Massage



toesox®

Align-Pilates' sister company The-Mad-Group is the exclusive distributor for the UK, Benelux, France, Germany, Holland, Italy, Portugal & Spain for this amazing brand! The original five-toe grip sock helps you during barefoot fitness classes such as Pilates, Barre, Dance and Yoga!

Why five toes? There's nothing more beautiful than natural movements to make us stronger. Legs leap, arms swing, backs bend. So why not toes which wiggle and spread? It's the way nature designed them to move. A five toe sock design helps spread your five toes - reinforcing what yogis have known for years - spreading your toes creates a broader foundation on which to balance.

To this day, ToeSox's intention is to create and innovate products which enhance and support natural movement regardless of the activity. Whether holding plank a little longer, staying grounded in Relevé, settling deeper into Warrior II, or running for miles blister free, they've got you covered.

If you are interested in selling ToeSox in your Pilates Studio or would like some for yourself then please get in touch or see the whole range online at www.ToeSox.biz

Here's to spreading love and toes!



www.ToeSox.biz
Pilates | Yoga | Dance | Barre

TOESOX

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PILATES TEACHER OR STUDIO OWNER?

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INTERESTED IN PILATES EDUCATION OR WORKING IN A PILATES STUDIO?



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