

# ABOUT STOTT PILATES EQUIPMENT

**Q. What is a REFORMER?**

R. The Reformer is the main piece of equipment used in Pilates exercise. The Reformer glides forward and backward on rollers and uses springs for resistance, along with other attachments, for a wide variety of exercises and positions (i.e. lying down, seated, and standing).

**Q. Is STOTT PILATES equipment like the equipment I've seen for sale on TV?**

R. STOTT PILATES equipment is far more versatile and durable than that sold on TV. STOTT PILATES designs and produces top-of-the-line equipment primarily used in clubs, personal training, and rehab facilities. The STOTT PILATES At Home and SPX™ Reformers are designed for people who want quality equipment for home use or for use in clubs or personal training facilities, respectively.

**Q. What are the benefits of this type of exercise equipment?**

R. STOTT PILATES exercise equipment is highly versatile. It facilitates hundreds of exercise variations, is no-impact (and therefore easy on the joints), allows for modifications for those with injuries or conditions, allows for three-dimensional movement and conditioning, and is suitable for a wide variety of clients (from rehab to pro athlete). It also facilitates muscle contraction (resistance on the in and out moves), total musculoskeletal conditioning (muscles and postural alignment), and facilitates core conditioning and peripheral mobility.

**Q. Why are springs used for resistance instead of weights?**

R. By using springs for resistance, STOTT PILATES equipment provides gradual resistance as your muscles contract, which ensures the muscles are being worked properly. There is greater resistance at the muscle's strongest point of contraction and less resistance on the initiation and completion of the contraction so there is less stress on tendons and ligaments.

**Q. How much resistance (in weight) do the springs supply?**

R. Initial tension is 5 lbs for the first inch of tension (for full strength springs), and then increases by approximately 1 lb per inch. Multiply the number of springs and distance traveled to get approximate tension in pounds. On a STOTT PILATES Reformer, four springs are full tension and one is half. (Most people will simply note the number of springs used per exercise.)

**Q. Is this equipment good for flexibility?**

R. Yes, STOTT PILATES equipment is excellent for improving flexibility. Flexibility is a key component of total fitness that has been largely ignored by other conditioning methods.