

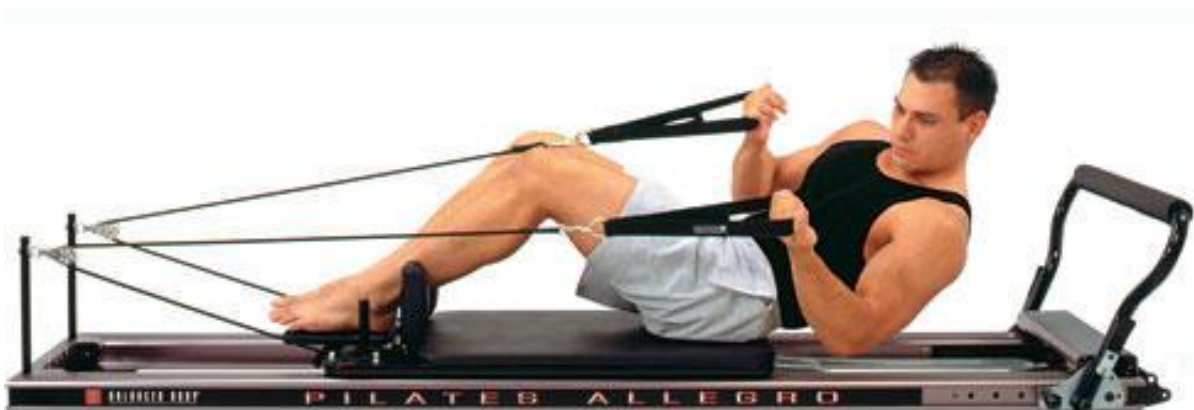


## Pilates Training for Athletes

What professional dancers discovered years ago, the NFL, NBA, MLB and more are discovering now – that Pilates is one of the best forms of conditioning a top-tier athlete can participate in.

Pilates' integration of the trunk, pelvis and shoulder girdle and emphasis on proper breathing, correct spinal and pelvic alignment and smooth flowing movement allow athletes to access each part of the body individually, and become familiar with the functional mechanics.

With Pilates training, athletes can hit the ball farther, run faster, jump higher – and they do it without pain or injury to themselves.





But don't take our word for it. Check out these professional sports organizations. All of them use Balanced Body® equipment as a crucial adjunct to their strength and conditioning regimen:

**NBA**

Minnesota Timberwolves

New Jersey Nets

Orlando Magic

Washington Wizards

**NFL**

Detroit Lions

Green Bay Packers

Tampa Bay Buccaneers

**MLB**

Milwaukee Brewers

**“Pilates workouts using Balanced Body reformers are an excellent conditioning tool for the NBA. The strength, agility and performance of my players have increased and Pilates has become such an essential part of our workouts that we take a reformer to our away games. I even have a Studio Reformer® for my own home use.”**

Lawrence Frank

NBA Coach



**“Pilates has become a big part of my conditioning and the Allegro Stretch Reformer from Balanced Body is an incredible athletic training tool. It is able to fit taller and bigger body types like myself and is easy to adjust and use. I use it every day and it’s really changed the way I move.”**

Brent Burns

Defenseman, San Jose Sharks

**“Pilates on Balanced Body Reformers has greatly increased my core strength and my overall flexibility. I'm more agile than I was before and that's a big deal in my line of work. It has definitely become a crucial part of my training program.”**

Chris Simms

Former NFL Player, Assistant Coach, New England Patriots

**“I look for ways to turn every ounce of potential into winning performance for my players. Pilates training with the Allegro® Reformer strengthens the core muscles, increases flexibility and helps my guys stay on the field - and off the injured list. The Allegro is the best equipment for the job. It's well-built and can stand the pounding of day-to-day usage by the league's biggest professional football players.”**

Garrett Giemont

Conditioning Coordinator, Pittsburgh Steelers

NFL Strength and Conditioning Coach of the Year, 2002

Professional Football Strength and Conditioning Coaches Society



**“As a professional baseball player I am constantly twisting and torquing my body. Pilates on the Balanced Body Allegro Reformer has been an excellent conditioning tool in this respect because it has greatly increased my agility and strength. It also allows me to work out small muscle groups that I normally don't.”**

Brady Clark

Former MLB Player

**“Pilates on the Allegro Reformer has definitely lengthened my muscles and increased my agility. I can really feel it in the way I move.”**

Josh Bidwell

Former NFL Player

**“Thank you again for providing the health care, sports and fitness community with such an excellent and versatile product [Studio Reformer].”**

André Deloya MS, PT, CSCS

Director of Rehabilitation, Minnesota Timberwolves and Minnesota Lynx





## Suggested Products

### **Pilates Training Equipment**

Below are some of Balanced Body's most popular products with our athletes and athletic trainer clients.

### **Pilates Allegro® Reformer**

The Allegro is the most versatile Reformer in the world, with over 26,750 in use. Tough, durable, yet portable and storable. You can fold it flat, stack it, or store it vertically. At just 48kgs, some teams wouldn't think of going on the road without it. No other equipment offers as much flexibility. Rolls, stacks and stores on end.

The Allegro expands with the Tower of Power to be a reformer, half-trapeze and a mat, all in one compact footprint that allows an extraordinary range of programming. Start with the full system, or with Allegro® Reformers you can add to later. It all retrofits!





## Studio Reformer®

The smoothest, quietest ride on the market. Balanced Body's Pilates Studio Reformer® sets the standard in comfort and craftsmanship. With every edge sculpted and smooth, the Studio Reformer has sleek, clean lines-appealing to the eye and inviting to the touch.

For 30 years, the world's most respected Pilates instructors have used and recommended the Balanced Body® Pilates Studio Reformer. Built of solid Rock Maple, our Studio Reformer is the most smooth, quiet and durable machine on the market. Reformers we built 20 years ago are still hard at work today.





balanced body™



### **The Combo Chair**

Designed to stretch and strengthen muscle groups not easily reached by more traditional techniques and equipment. Evolved from the Wunda Chair system, our padded split step adds the dimension of rotational and reciprocal movement of the extremities. And now we've added wheels to our Combo Chair for easy moving!.

### **Mats, Props and Accessories**

Balanced Body® offers a complete array of top-quality accessories. For products listed here, Pilates workout videos / DVDs and books are available to help expand your exercise repertoire.

- Ultra-Fit Circle® and Flex Ring Toner®
- Mats, Foam Rollers and Fit Balls
- Balance Boards and Rotator Discs
- Exercise Bands
- Reformer Foot Plates / Jumpboards





## Accessories

For Pilates training equipment as well as all our accessories listed here, you'll also find Pilates workout videos / DVDs and books available that help you expand your exercise repertoire.

Ultra-Fit Circle® and Flex Ring Toner®

Foam Rollers

Balance Boards and Rotator Discs

Foot plates / Jumpboards

Fit Balls

Exercise Bands

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Garret Giemont | Strength and Conditioning Coordinator, Tampa

NFL Strength and Conditioning Coach of the Year, 2002

Professional Football Strength and Conditioning Coaches Society





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