

FORTIS 

Pilates Reformer Gym Machine

FSPLTPWRGM

USER MANUAL



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IMPORTANT SAFETY INFORMATION

FAILURE TO FOLLOW WARNINGS ON BOTH THE EQUIPMENT AND IN THIS MANUAL WAY RESULT IN SERIOUS INJURY OR EVEN DEATH TO YOU OR OTHERS. KEEP OUT OF REACH OF CHILDREN. THIS EQUIPMENT IS NOT SUITABLE FOR USE BY CHILDREN.

We recommend keeping the equipment in a room that can be locked. Make sure children are aware of the dangers involved in touching the equipment.

Before you commence any exercise program it is important that you consult your physician to assess your fitness level and the appropriateness of this equipment for you.

This is essential if you fall into any of the categories below:

- YOU ARE OVER 35 YEARS OF AGE
- ARE UNUSED TO PHYSICAL EXERCISE
- YOU ARE PREGNANT OR HAVE JUST HAD A BABY
- HAVE A PRE-EXISTING CONDITION OR IMPAIRMENT
- ON ANY MEDICATION.

Disabled or handicapped persons should obtain approval from their physician before using this equipment and should only use it under close supervision to ensure their safety.

Correctly implement your exercise program-Start out slowly and increase your workout incrementally. Even if you have an established exercise regime it is best practice to start with beginner exercise and slowly progress to the more advanced exercises

Listen to signals from your body- Good pain Vs Bad Pain

A feeling of fatigue resulting from a workout is normal and is what we term acceptable "Good Pain". Exercise should never cause "Bad Pain"- strong pain or discomfort. If you experience any of the following symptoms during exercise **STOP IMMEDIATELY AND CONSULT YOUR DOCTOR.**

- **CHEST PAIN OR TIGHTNESS**
- **SHORTNESS OF BREATH**
- **IRREGULAR HEARTBEAT**
- **DIZZINESS**
- **NAUSEA**
- **UNUSUAL PAIN OR DISCOMFORT**
-

Set up the Pilates Gym Machine on a flat, stable surface with at least 1 metre (approx 3.2 feet) clearance in front and behind the unit from people, walls, furniture and other objects. It is recommended that you place the equipment on thin gym mat to prevent slippage and protect floor coverings.

Before each use check the unit for any signs of damage or loosening of parts. Do not use the unit if it appears damaged or impaired in any way.

The Pilates Gym Machine should only be used in the intended way as described in this manual.

Do not modify or use attachments that are not recommended by the manufacturer.

Do not put hands, fingers, feet, toes or any objects on or near this equipment whilst it is in operation. Exercise care when changing levels, folding or setting up the equipment not to pinch hands or fingers.

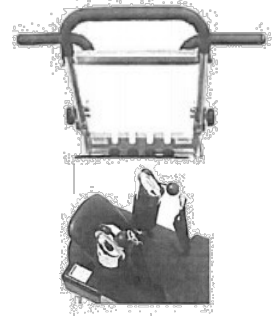
Assembly

Remove all parts and the unit from any packaging and check for damage. Dispose of all plastic and foam pieces carefully and keep out of reach of children as they could pose a risk of suffocation or choking.

Lift the **Foot Rest Bar** into the upright position and secure with knobs ensuring they are fully inserted and tightened.

Place the **Push up Bar assembly** onto the **Foot Rest Bar** and secure with **small pins** ensuring they are fully inserted and secured in place

Remove **Large pins** from **Pulley Arm assemblies** and lift the **Pulley Arm assemblies** to an upright position. Replace the **Large Pins** ensuring they are fully inserted and secured in place.



Storage and Cleaning

Wipe down frame, glide board, footrest and handles with a soft, clean cloth after use. Do not use harsh chemicals or abrasive substances.

Store your Pilates Gym Machine in a dry place away from children and high traffic areas of the house. We recommend storage in a room, which can be locked. The unit can be folded down for ease of storage.

1. Lower the Glide Board to its flat position.
2. Remove the Push Up Bar assembly by removing the small pins.
3. Remove the large pins from the Pulley Arm Assembly, lower the assembly down and replace the pins.
4. Remove the knobs from the Foot Rest and lower it towards the Glide Board.
5. Replace the knobs.
6. Use the handle on the front of the unit to lift and wheel the unit.
7. It is recommended that you store the unit horizontally not in the vertical position.

Check pulleys, cables, bands and wheels regularly for signs of wear. If you notice any fraying or wear **DO NOT USE THE EQUIPMENT**. Contact the Kogan customer support team for more information.

Exercise Preparation

The Glide Board

You can easily set the intensity of your workout on the Pilates Gym Machine by adjusting the height of the Glide board. There are several levels ranging from the beginners (flat) through to more intense inclines. There are also eleven different Glide board positions that will allow you to set the resistance to match your fitness level.

To raise the Glide board from the flat position to either of the two low incline positions.

1. Place one hand under the rear of the Glide Board (under the headrest base)
2. Slowly lift until the Extension Bar Assembly slides into the next notch on the bottom of the frame.
3. To increase the height, lift higher until the Extension Bar Assembly slides into the next notch.
4. Ensure that the Extension Bar Assembly is securely in place in the notches on either side of the frame before you start to exercise.

To increase the height of the Glide board even further for advanced users:

1. Ensure the Extension Bar Assembly is in the highest incline position.
2. Find the Height Adjustment knob on the adjustable bar underneath the Glide board.
3. Unscrew the Height Adjustment Knob and pull outward.
4. Holding the Knob in the outward position, raise the Glide Board until it reaches the required height and release the Height Adjustment Knob into the nearest hole on the adjustable bar. After ensure that the knob is securely in the hole, tighten the Height Adjustment Knob.

REMEMBER: With each of the Height Adjustment knob setting you have the option of moving the Extension Bar Assembly to one of the lower settings to decrease the resistance slightly.

To lower the Glide Board from the higher incline position:

1. Grip the glide board firmly, unscrew the Height Adjustment Knob and pull out.
2. Lower the Glide Board until the Height Adjustment Knob is back level with the lowest hole on the adjustable bar.
3. Release the Height Adjustment Knob and make sure it is firmly in place in the hole on the adjustable bar. Screw Knob tightly back into place.

To Lower the Glide Board back into the flat position:

1. Lift the Glide Board until the Extension Bar Assembly is released.
2. Grasp the Extension Bar Assembly and place in the first notch, carefully lowering the Glide Board until it is in the flat position. Ensure that the Extension Bar Assembly is firmly in the notches on either side of the frame before re-commencing exercise.

WARNING: NEVER ATTEMPT TO ADJUST THE GLIDE BOARD WHILE ANYBODY IS SITTING OR LYING ON IT. ALL ADJUSTMENTS MUST BE MADE WHILE KNEELING OR STANDING ON THE FLOOR NEXT TO THE EQUIPMENT.

Tension Cords

There are 16 different combinations of Tension Cord adjustments to enable the user to tailor the resistance to their individual fitness level. When combined with the 11 different Glide board adjustment levels, you can set approximately 175 different fitness combinations from easy setting to the more advanced resistance levels.

The Tensions Cords are numbered and progressively increase resistance. Cords 1 and Cords 2 are lower resistance levels and are found at each end of the row of tensions cords. Cords 3 and Cords 4 are found in the middle of the row and are heavier resistance cords.

Adjusting the Tension Cords

CAUTION: When adjusting Tension Cords do not release the handle until the cord is secured in place.

Firmly grasp the handle of the required tension cord and pull it away from the Glide board lifting it slightly to clear the Base frame Assembly. Lower the cord until the ridge on the handle sits behind the matching notch on the Base Frame Assembly. Check that it is securely lodged before releasing the handle. To release the Tension cord back to its home position, firmly hold the handle and lifting it slightly to clear the Base Frame Assembly, slowly place it back into the corresponding hole in the Glide board. Ensure that it is securely lodged before releasing the handle.

Hand and Foot Strap Assembly Attachments

Depending on the exercise hand or foot straps can be attached to the Pulley Arm Assembly found on each side of the headrest.

Attach the hand or feet straps by using the clips on the straps to connect them to the clip on the end of the black Position Balls. Ensure that they are clipped securely in place before use.

To use the foot strap-wrap around the middle of the foot near the arch, then secure firmly with the adjustable hook & loop strap. Ensure they are secured before commencing exercise.

Headrest

The headrest has two positions-flat and raised .To move to the raised position, grip headrest and lift. Push it towards the glide board until it slides into place. To return it to the flat position, lift the headrest and pull it away from the glide board until it is in the flat position once again.

Starting your Workout

Now you know how the Pilates Gym Machine is adjusted and you have checked that it is ready to go with no damages or obvious signs of wear, let's quickly review some important safety information.

If you are over 35 and/or have not been exercising for a while, you should consult with your doctor before using the Pilates Gym Machine or commencing any physical exercise.

You should also consult your doctor if you have any of the following conditions.

- ***High Blood Pressure***
- ***High Cholesterol***
- ***Pregnancy***
- ***Heart problems***
- ***Asthma***
- ***Family history of any heart disease or stroke***
- ***Arthritis***
- ***Taking any medications***
- ***Any pre-existing condition or ailment.***

Remember to STOP IMMEDIATELY AND SEEK MEDICAL ADVICE if you experience any of the following during exercise:-

- **CHEST PAIN OR TIGHTNESS**
- **SHORTNESS OF BREATH**
- **IRREGULAR HEARTBEAT**
- **DIZZINESS**
- **NAUSEA**
- **UNUSUAL PAIN OR DISCOMFORT**

Remember that exercise alone is not enough. Establishing a healthy eating plan is an essential element of a weight-loss or fitness program. Consult your doctor or a dietitian for assistance in developing your diet plan.

To protect your body from injury and get the most benefit from exercising your should incorporate the following three elements into your exercise program.

WARM UP- Always get your muscles warm and prepared for workout by doing 5-10 minutes of gentle exercise such as walking or marching on the spot and gentle muscle stretches.

MUSCLE TONING/CARDIO- Whether you use your Pilates Gym Machine or any other fitness equipment, gradually increase the intensity over a period of time to increase your fitness level.

It is recommended that you do a cardio workout such as aerobics, running, walking or swimming for 30 minutes, 3 times a week. You can easily alternate cardio days and your Pilates Gym Machine workout to achieve optimum results.

COOL DOWN- Gradually bring your body back to its resting state by 5-10 minutes of easy exercise and stretching.

Please note that stretching exercises should apply gentle pressure/resistance to the muscles and never produce pain or strong discomfort.

Clothing and Hair

Always wear comfortable clothing, which allows freedom of movement.

The Pilates Gym Machine, workout can be done in bare feet or flexible athletic shoes. Socks or stockings are not recommended as they could cause feet to slip when using the foot rest or other foot accessories. Do not wear rubber plastic clothing as this can result in elevated body temperature. Long hair should be tied back and kept away from moving parts.

When is the best time to exercise?

It is recommended that you do not exercise for two hours after eating or in extreme heat.

Digestion and heat both generate demands on your body and it is better not to over-load with strenuous exercise as well. Otherwise, it is completely up to your preferences and schedule.

Some people prefer to get an early start and do their workout to help them kick-start the day. Others like to exercise before their evening meal to help wind down from the day. The choice is yours! Remember to choose a time when there is little chance of disturbance or or disruption, as this will help you maintain your exercise routine.

Stretches

**Remember when doing stretches the movement should be smooth never bouncy or jerky
Do not push past the point of comfort. It should never be painful.**

Triceps stretch

Stand with feet, shoulder width apart. Lift your right arm vertically and bend at the elbow reaching down towards your opposite shoulder blade. With your left hand, gently apply pressure to your elbow to increase the strength. Hold for 20-30 seconds.

Repeat with left arm.



Achilles and Calf stretch

Stand approximately one arm length away from wall with your feet hip-width apart. Keeping your feet facing forward, move one foot close to the wall and extend the other leg behind you. Brace your hands on the wall, and keeping the heel of the extended foot on the ground and the back leg straight, gently lean forward bending the forward knee slightly until you feel a stretch in your calf muscles.

Hold for 20-30 seconds then repeat for opposite leg.



Inner Thigh stretch

Sit on the floor and bend your legs until the soles of your feet are touching. Place your elbows on your knees, lean forward from the waist and apply gentle pressure to the inside of your knees until you feel a stretch in your inner thigh muscles.

Hold for 20-30 seconds then release.



Quadriceps stretch

Use a wall, chair or stable object and one hand for support and balance, bend the opposite knee and lift heel towards buttocks. Reach back and clasp ankle or top of the foot and lift foot until a gentle stretch is felt.

Hold for 20-30 seconds and release. Repeat with opposite leg.



Upper Back stretch

Stand with feet approximately shoulder width apart, knees slightly bent. Interlock fingers and push your hands out in front of you as far as you comfortably can. You should feel a stretch between your shoulder blades.

Hold for 20-30 seconds and release.



These are just a few basic stretching exercises. More stretching exercises can be advised by consulting with a health/fitness expert.

Pilates Gym Workout

On the following pages we detail Pilates exercises which are designed to strengthen and tone your lower back, legs, arms, hips, thighs and abdominal muscles. Each exercise has recommendations for both beginner and advanced fitness level adjustments of the Pilates Gym.

These are suggested guides only. Your fitness level should dictate your choice of resistance. Remember to listen to your body. Exercise should be challenging but never painful. Correct technique is important to achieve good results.

Caution: When using the headrest, carefully lower head between the two pulley arm assemblies. Ensure hair is tied back and kept clear of all moving parts.

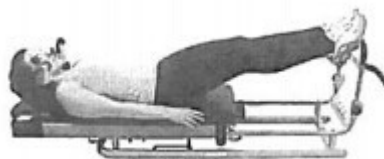
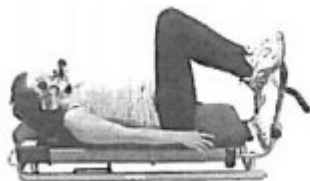
Arches

Works the hips, thighs and calves

Adjustment	Beginner	Advanced
Glide board incline position	A	B or C
Tension Cords	1 and/or 2	1, 2, 3 and 4

Technique: Lie with your back on the Glide Board and head on Headrest, arms by your sides. Place your feet with arches resting against the Footrest Bar, legs together and toes pointing up. Push with your feet against the Footrest Bar and extend your knees and hips until legs are straight-taking care not to lock your knees. Tighten your buttocks and thighs as you perform the movement. Pause at the end of the movement and then slowly return to the start position.

Repetitions: 12-20 (or until tired)



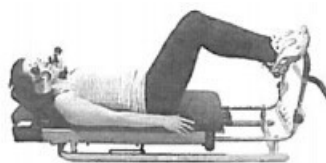
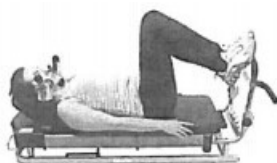
Arch Pulse

Works hips, thighs and calves

Adjustment	Beginner	Advanced
Glide board incline position	A	B or C
Tension Cords	1 and/or 2	1, 2, 3 and 4

Technique: Lie on Glide Board as for Arches. Keeping your legs together, press back until knees are bent approx. 90 degrees. Hold this position; tighten buttocks and thighs and press back and forth in small pulsing movements.

Repetitions: 12-20 (or until tired), then slowly return to starting position.



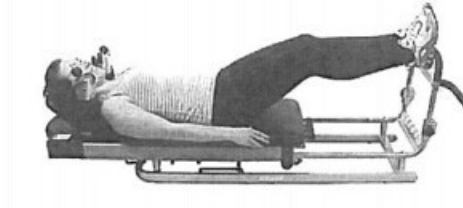
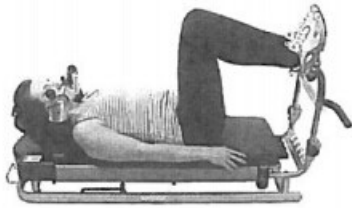
Heel Press

Works hips, thighs and lower legs

Adjustment	Beginner	Advanced
Glide board incline position	A	B or C
Tension Cords	1 and/or 2	1, 2, 3 and 4

Technique: Lie on Glide Board with head on headrest and heels against the Footrest Bar. Keeping your legs together and toes pointing upward slowly extend your legs until they are straight - Do not lock your knees. Tighten your thighs & buttocks as you perform the movement. Pause at the end of the movement and then slowly return to the start position.

Repetitions: 12-20 (or until tired).



Heel Pulses

Works hips, thighs and lower legs

Adjustment	Beginner	Advanced
Glide board incline position	A	B or C
Tension Cords	1 and/or 2	1, 2, 3 and 4

Technique: Position yourself on Glide Board as in Heels exercise. Push back slightly until knees are bent approx 90 degrees. Tightening thighs & buttocks, press back and forth in small pulsing movements.

Repetitions: 12-20 (or until tired), then slowly return to the starting position.

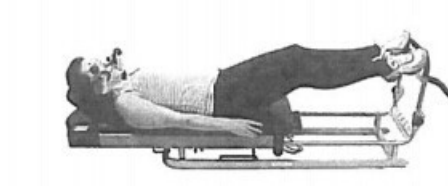
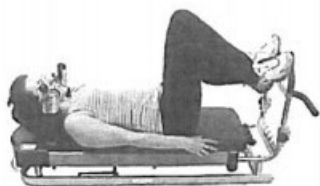
Plies

Works hips, front, back, inner thighs and calves

Adjustment	Beginner	Advanced
Glide board incline position	A	B or C
Tension Cords	1 and/or 2	1, 2, 3 and 4

Technique: Lie on Glide board with head on headrest, arms by your sides. With knees bent, place the balls of your feet on the Footrest bar, toes curled over the top and heels together so that your feet form a "V". Squeezing your inner thighs together, push against footrest, straightening your knees. Pause at the end of the movement and slowly return to the resting position.

Repetitions: 12-20 (or until tired).



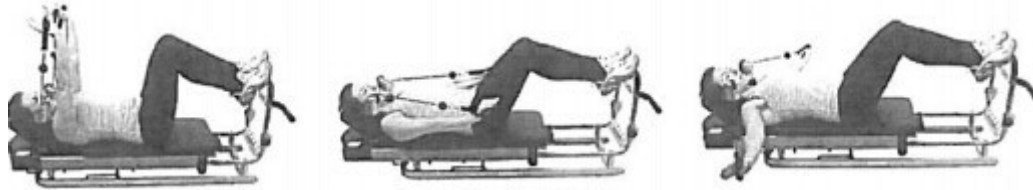
Arm Circles

Attach hand straps for this exercise - works arms, shoulders, upper back and abs

Adjustment	Beginner	Advanced
Glide board incline position	A	A
Tension Cords	No cords or 1	1, 2 and/or 3

Technique: Lie on the Glide Board with head on the headrest and feet on the footrest. Grasp the hand straps with palms facing towards the footrest and raise arms straight up above the shoulders. Make large circle with your arms by moving them down to your sides, away from your body and back to the starting position. Try and keep the glide board still while you are performing this exercise by not pressing with legs & feet against footrest.

Repetitions: 5 circles in one direction, then 5 in the other direction. 2-3 sets (or until tired).



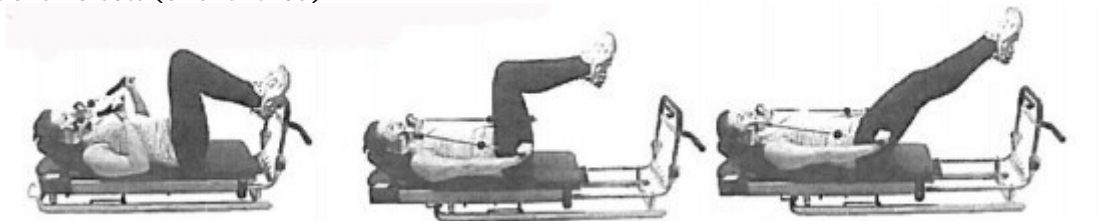
The Hundreds

Attach hand straps for this exercise - works arms and abs

Adjustment	Beginner	Advanced
Glide board incline position	A	A
Tension Cords	1 and/or 2	1, 2, 3 and/or 4

Technique: Lie on the Glide Board with head on headrest and feet on footrest, legs together, toes pointing upward. Grasp the hand straps with palms forward. Exhale at the same time pressing arms down by your sides until they are parallel to the Glide Board, while lifting your head & shoulders off the Glide Board in a “crunch” motion. The Glide board will move back and feet will lift of the footrest. Hold the position and slowly straighten out legs. Hold for a count of five inhales & exhales. Then slowly reverse the movements back to the start position by raising your arms, lowering head & shoulders and bringing feet back to rest on footrest.

Repetitions: 10 sets (or until tired).



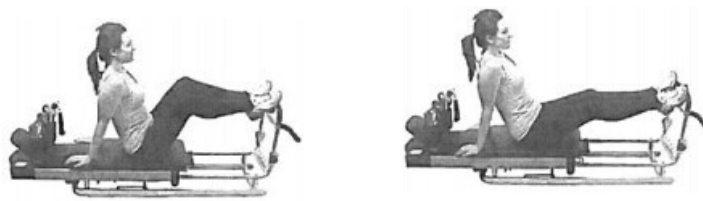
Sitting Plies

Works lower back, thighs, calves and abs

Adjustment	Beginner	Advanced
Glide board incline position	A	A or B
Tension Cords	1 and/or 2	1, 2, 3 and/or 4

Technique: Sit in centre of Glide Board with back straight supporting yourself by placing your hands just behind your hips. Place balls of your feet approximately 6cm apart on the Footrest with toes curled over the top & heels touching to form a "V". Keeping your back straight and squeezing your thighs together, push feet against the footrest and straighten your legs. Hold at end of movement and slowly return to the starting position.

Repetitions: 10 sets (or until tired).



The Prance

Works hips, thighs and calves

Adjustment	Beginner	Advanced
Glide board incline position	A	A
Tension Cords	1 and/or 2	1, 2 and/or 3

Technique: Lie on your back on the Glide Board with head on headrest, arms by your sides. Place the balls of both feet on the Footrest Bar - legs together and toes pointing upward. Using right foot, press against the the Footrest bar while straightening the right leg. Keep left foot resting lightly on the Footrest bar with left knee slightly bent. Slowly reverse the movement bringing the right knee back to the starting position. Repeat for Left leg. Continue alternating legs, keeping motion smooth & fluid.

Repetitions: 10-20 reps (or until tired). A right leg extension followed by a left leg extension is one rep.



Pelvic Tilt

Works hips, thighs and lower legs – Strengthens core abdominal muscles

Adjustment	Beginner	Advanced
Glide board incline position	A	A
Tension Cords	1 and/or 2	1, 2, 3 and/or 4

Technique: Lie on back with head on headrest and arms by your sides. Place heels on the outer corners of the footrest bar. Turn out legs from the hips so that toes and knees are slightly directed to the sides. Tighten buttocks, tuck your pelvis and raise your hips approximately 8-10cm off the Glide board. Holding in this position push against the Footrest bar until legs are straightened (do not lock your knees). Hold for a count of 10 and slowly return to the starting position.

Repetitions: 12-20 (or until tired).



Kneeling Stretch

Works arms, abs, legs and lower back

Adjustment	Beginner	Advanced
Glide board incline position	A	A
Tension Cords	1 and/or 2	1, 2 and/or 3

Technique: Gripping the Footrest bar with both hands, kneel on the Glide board and bend forward from the waist. Relax your neck and shoulders, allowing your head to drop forward. Round your back by leaning back slightly and push the Glide board back until arms and spine are extended. Hold the straight back position for a count of 10, then slowly bring the Glide board back to the starting position. Round your back and resume the starting position.

Repetitions: 12-20 (or until tired).



Strengthening Workout

The strengthening workout is designed to assist you in increasing your lean muscle mass and toning your body. Each exercise has recommendations for glide board and tension cord settings. You can customise your workout to suit your fitness requirements.

Always remember the following points:

- **BREATHING** : Breathing is important during any workout. Control inhales through the nose and exhales through the mouth. During exercise movements, exhale on exertion and inhale on release.
- **TECHNIQUE** : Technique or good form is required during the exercise to gain optimal results. Don't waste your workout. Always use the setting that will allow you to complete movements with good technique.

Ab Crunch

Attach hand straps for this exercise - works arms and abs

Adjustment	Beginner	Advanced
Glide board incline position	A	A
Tension Cords	1 and/or 2	1, 2 and/or 3

Technique: Lying on your back on the Glide board with head on headrest, place feet approximately hip-width apart on the Footrest push up bar. Grasp a hand strap in each hand and cross arms over chest. Slowly press against the push up bar with feet, straightening the knees while at the same time bringing your head and shoulders off the Glide board making the “crunch” movement. Hold at the top of the movement for one count pulling down slightly with arms. Return to the starting position by slowly bending knees while lowering head and shoulders back to Glide board.

Repetitions: 12-20 (or until tired).



Ab Crunch with Arm Movement

Attach hand straps for this exercise - works arms and abs

Adjustment	Beginner	Advanced
Glide board incline position	A	B
Tension Cords	1 and/or 2	1, 2, 3 and/or 4

Technique: Lying on your back on the Glide Board with head on headrest, place feet on the Footrest bar approximately hip-width apart. Taking a hand strap in each hand, bend your elbows; hold arms tightly against your side with handles at shoulder height, palms down. Slowly raise your head and shoulders off the Glide Board in the “crunch” movement while pulling down with your arms. Do not use your legs as your abdominals contract. Hold for a count at the top of the movement then slowly lower your head and shoulders, bend your elbows and bring arms back to the starting position.

Repetitions: 12-20 (or until tired).



Seated Curl

Attach hand straps for this exercise - works forearms, biceps and abs

Adjustment	Beginner	Advanced
Glide board incline position	A	B
Tension Cords	1 and/or 2	1, 2, 3 and/or 4

Technique: Straddling the Glide board with feet on the floor, sit at footrest end facing the headrest. Take a hand strap in each hand with palms facing upwards, elbows bent and held against your sides. With your back straight, bend your elbows, bringing hands up towards your shoulders. Hold for a count at the top of the movement and then slowly return to the starting position.

Repetitions: 12-20 (or until tired).



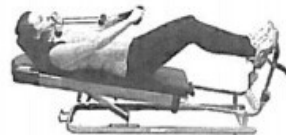
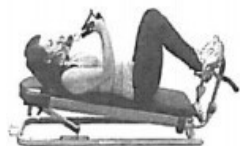
Triceps Extension

Attach hand straps for this exercise - works forearms and triceps

Adjustment	Beginner	Advanced
Glide board incline position	B or C	C1, C2, C3 or C4
Tension Cords	1 and/or 2	1, 2, 3 and/or 4

Technique: Lying on the Glide board with head on the headrest, place feet approximately hip-width apart on the Footrest bar. With palms facing upward, grasp a hand strap in each hand, bend elbows 90 degrees with upper arms elevated so that elbows are forward and pointing slightly upward. Keeping upper arms still, slowly extend your elbows bring your palms towards your knees - take care not to "lock" the elbows. Hold for a count of 10 at the top of the movement and slowly reverse the motion back to the starting position.

Repetitions: 12-20 (or until tired).



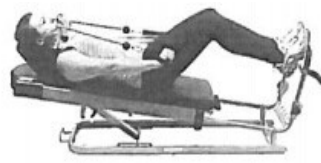
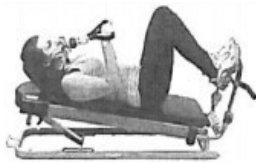
Triceps Press

Attach hand straps for this exercise - works forearms and triceps

Adjustment	Beginner	Advanced
Glide board incline position	B or C	C1, C2, C3 or C4
Tension Cords	1 and/or 2	1, 2, 3 and/or 4

Technique: Lying on the Glide board with head on the headrest, place feet approximately hip-width apart on the Footrest bar. With palms facing upward, grasp a hand strap in each hand, bend elbows and hold upper arms against your body. Holding upper arms still slowly straighten arms bringing hands towards the outside of your thighs - do not lock your elbows. Hold for a count of 10 at the top of the motion and then slowly reverse the movement back to the starting position.

Repetitions: 12-20 (or until tired).



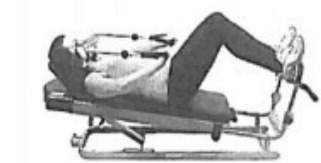
Arm Pull Up

Attach hand straps for this exercise - works shoulders, back, chest, abs and triceps

Adjustment	Beginner	Advanced
Glide board incline position	B or C	C1, C2, or C3
Tension Cords	1 and/or 2	1, 2, 3 and/or 4

Technique: Lying on your back on the Glide board with head on the headrest, place feet on footrest approximately hip-width apart. With palms facing upwards, grasp a hand strap in each hand and extend arms over your head. With elbows slightly bent bring arms down towards the front of your thighs (palms should now be facing down) while raising your head and shoulders off the Glide board. Hold for a count of 10, then slowly lower head and shoulders while returning arms to the starting position.

Repetitions: 12-20 (or until tired).



Bench Press

Attach hand straps for this exercise - works shoulders, chest and triceps

Adjustment	Beginner	Advanced
Glide board incline position	B	C
Tension Cords	1 and/or 2	1, 2, 3 and/or 4

Technique: Lie on Glide board with head on the Headrest and feet placed approximately hip-width apart on the Footrest. Grasp a hand strap in each hand with palms facing forward and raise forearms until they are vertical to the Glide Board. Slowly press arms up until elbows are straight-taking care not to lock them. Hold for a count of 10 at the top of the motion and then slowly reverse the movement back to the start position.

Repetitions: 12-20 (or until tired).



Seated Row

Attach hand straps for this exercise - works upper back, biceps and shoulders

Adjustment	Beginner	Advanced
Glide board incline position	B	C
Tension Cords	1 and/or 2	1, 2, 3 and/or 4

Technique: Straddle the Glide board sitting with back towards the footrest and feet on the floor. Grasp a hand strap in each hand with palms facing towards each other. Keeping your back straight, bend your elbows and bring hands towards your waist keeping them approximately a shoulder-width apart and arms close to your body. Hold for a count of 10, then slowly reverse the movement.

Repetitions: 12-20 (or until tired).



Seated Upright Row

Attach hand straps for this exercise - works upper and lower back, biceps and abs

Adjustment	Beginner	Advanced
Glide board incline position	B	C
Tension Cords	1 and/or 2	1, 2, 3 and/or 4

Technique: Sit on footrest end of Glide board facing the headrest with knees bent and feet on the Glide board. Grasp a hand strap in each hand with palms facing downwards. Keeping your back straight pull your hands back towards your chest, lifting elbows out to the side and keeping hands approximately shoulder-width apart. Hold for a count of 10 at the top of the motion, then slowly reverse the movement back to the starting position.

Repetitions: 12-20 (or until tired).



High Row Decline

Attach hand straps for this exercise - works shoulders, biceps and upper back

Adjustment	Beginner	Advanced
Glide board incline position	A	B
Tension Cords	1 and/or 2	1, 2, 3 and/or 4

Technique: Lie on Glide Board with head near Footrest and feet on Headrest. Bending your knees, grasp hand strap in each hand so that palms are facing downwards, arms extended by your sides. Slowly bend your elbows bring arms up at the sides of your body until hands are at chest level. Hold for a count of 10, and then slowly reverse the movement back to the start position.

Repetitions: 12-20 (or until tired).



Lying Squat

Works thighs, hips and calves

Adjustment	Beginner	Advanced
Glide board incline position	A or B	C1, C2, C3 or C4
Tension Cords	1 and 2	1, 2, 3 and/or 4

Technique: Lie on Glide Board with head on Headrest and arms by your sides. Place feet on Footrest Push up bar approximately a shoulder-width apart. Tightening your buttocks and thighs, press with your feet and slowly straighten your legs taking care not to lock your knees. Hold for a count of 10 at the top of the movement then slowly reverse the motion and return to the starting position.

Repetitions: 12-20 (or until tired).



Lunge

Works thighs, hips and calves

Adjustment	Beginner	Advanced
Glide board incline position	A	C1, C2, C3 or C4
Tension Cords	1 and 2	1, 2, 3 and/or 4

Technique: Stand next to Glide board beside Footrest. Place your inside foot in the centre of the Glide board. Keeping your outside foot flat on the floor, bend the knee of the leg on the Glide board into the "lunge" position, pushing the Glide board forward. Hold for a count of 10 at the top of the motion and then slowly return to the start position.

Repetitions: 12-20 (or until tired), then repeat repetitions on other leg.



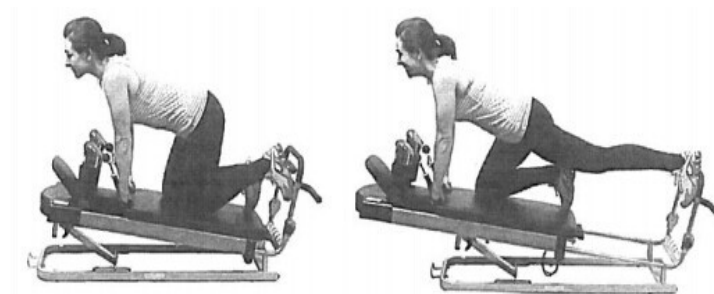
Glute Kickback

Attach hand straps for this exercise - works hips, thighs and calves

Adjustment	Beginner	Advanced
Glide board incline position	A	B
Tension Cords	1 and/or 2	1, 2, 3 and/or 4

Technique: Kneel in the middle of Glide board facing headrest, grasp a hand strap in each hand with your palms facing towards your body. Place your fist hands on the Glide board. Carefully place one foot against the Push up bar or Footrest. Pressing against the bar, slowly extend your leg until straight, taking care not to lock your knee. Hold for a count of 10, and then slowly reverse the movement back to the start position.

Repetitions: 12-20 (or until tired), then repeat repetitions on other leg.



Fitness Levels

A summary of fitness levels, suggested repetitions and suggested adjustment settings are listed below. If you miss a few days of working out, resume your workout on the level you last used. If you have not worked out for a while, we suggest recommencing on the beginner level and allow a steady workout progression back to the more advanced levels.

	BEGINNER	INTERMEDIATE	ADVANCED
GLIDEBOARD LEVEL	A(flat) or B(low incline)	B or C(low inclines)	C-1,C-2,C-3 or C4(high inclines)
TENSION CORD SETTINGS	No Tension Cords or 1 or 2	1 & 2 Add 3 or 4 occasionally	1,2 & 3 For maximum challenge add 4
REPETITIONS	12 Repetitions with a rest in between exercises if required.	12-20 Repetitions	12-20 Repetitions Perform 2 sets of each exercise for a more challenging workout.

Please note some exercises require the Glide Board to be in the “A” (flat) position regardless of the fitness level.

Progress Chart

It is information and motivational to keep track of your progress. We recommend that you keep a chart such as the one on the following page to record your workouts so you can see how far you have come!

Get a notebook and make your own Workout Diary using the following template.

PILATES WORKOUT	DATE	REPS	SETS		DATE	REPS	SETS
ARCHES							
ARCH PULSES							
HEEL PRESS							
HEEL PULSES							
PLIES							
ARM CIRCLES							
THE HUNDREDS							
SITTING PLIE							
THE PRANCE							
PELVIC TILT							
KNEELING STRETCH							
STRENGTH WORKOUT	DATE	REPS	SETS		DATE	REPS	SETS
AB RUNCH							
AB CRUNCH WITH ARM							
SEATED CURL							
TRICEPS EXTENSION							
TRICEPS PRESS							
ARM PULL-UP							
BENCH PRESS							
SEATED ROW							
SEATED UPRIGHT ROW							
HIGH ROW-DECLINE							
LYING SQUATS							
LUNGES							
GLUTE KICKBACKS							