



PILATES EQUIPMENT GUIDE



This free PDF explains the differences & similarities in equipment, along with which is best for you.



Types of Pilates Equipment

Reformer

Tower

Wunda Chair

Cadillac

Step Barrel Ladder

Spine Corrector

*Other pieces not discussed here: High Chair, Baby Chair, Ped-O-Pull, Guillotine

Use my [affiliate link](#) to receive a
FREE private Pilates session with
your new piece of equipment (min
\$750 purchase before taxes) + qualify
for savings on additional privates.





REASONS TO OWN YOUR OWN PILATES EQUIPMENT

- Convenient- hop on anytime!
- Great for those with busy schedules- heavy workload, long commute, parents, etc.
- If you don't have access to a studio nearby.
- Great for WFH breaks - corrects posture, releases tension, etc.
- Accommodating to special circumstances (such as social anxiety, disabilities, etc.
- Practice specific exercises on your own time.
- Go at your own pace with the option to pause or rewind anytime.



TIPS WHEN OWNING YOUR OWN PILATES EQUIPMENT

- Safety is ALWAYS first! Learn about the spring settings, how the machines function, and start with the basics, then gradually work your way into more challenging exercises.
- Wear grip socks for safety reasons and support.
- Even as you progress, often return back to the fundamental exercises as your foundation, plus there is always room for improvement.
- If possible, I highly encourage you to take in-person classes &/or private on-line sessions regularly or from time-to-time.
- Find 1-2 instructors on-line whose sessions you enjoy, whether it be on YouTube, an on-line library or any other platform.
- Wipe down your machine after each use. See next page for more info on cleaning.



TIPS FOR CLEANING YOUR EQUIPMENT

- Gentle Equipment Cleaning Solution: 4 cups warm water + 1/2-1 tsp mild dish soap in a spray bottle
- Use a soft cloth with the spray to clean your equipment after each use.
- Spray rag- not the equipment directly.
- Wipe upholstery, straps/handles, footbars, frames, railings & anything else that was touched or used.
- Do not use any oils or lubricants on the rollers or rails.
- Depending on use, weekly or every other week, remove shoulder rests to clean thoroughly underneath.
- Regularly inspect ropes, straps, handles & springs. Any issues, contact the manufacturer.
- Read the manufacturer's care instructions, as well.
- A rechargeable compressed air duster w/brush attachments are very helpful to get in the crevices.