

Reformer Springs Guide

Classical Reformer (4 springs all the same tension & color)	Contemporary Reformer (5 springs different tensions with colors)
4 springs	<ul style="list-style-type: none"> - 2 heavy, 2 medium - 2 heavy, 1 medium, 1 light
3 springs	<ul style="list-style-type: none"> - 2 heavy, 1 light - 1 heavy, 2 medium - 2 medium, 1 light
2 springs	<ul style="list-style-type: none"> - 1 heavy, 1 medium - 2 medium - 1 medium, 1 light
1 spring	<ul style="list-style-type: none"> - 1 medium

NOTE:

- Manufacturers use different colors so this guide notes spring tension to cover all makes of Reformers.
- For most exercises, **lighter spring tension is harder**. The spring is there to assist you as you gain strength and control.
- Do what feels right for your body. If you feel compressed it may be too heavy. If you feel out of control, it's too light. Try a different setting to compare.