



Use this Reformer Springs Guide to choose your springs!

- This guide notes spring tension instead of color to cover all makes of Reformers.
- **Do what feels right for your body.** If you feel compressed it's too heavy. If you feel out of control, it's too light. Try a different setting to compare.

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 heavy, 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 or 1 light - 2 medium - 1 medium, 1 light
1 spring	<ul style="list-style-type: none"> - 1 medium - 1 heavy - 1 light