

Classical to Contemporary Reformer Springs Guide

This guide works for all brands of Reformers:

- 1) Start with the settings below. For ex: when a Pilatesology workout asks for 4 springs, start with 2 Heavy + 2 Medium.
- 2) If the setting feels too heavy in your joints or compresses/distorts your alignment, try a slightly lighter setting (change one spring at a time for a lighter spring).
- 3) If the exercise feels out of control, the spring is usually too light, try a slightly heavier spring.

Classical Reformer (Gratz®, Techno®, Legacy®, Pilates Designs®, Contrology®, etc.) Classical Reformers use 4 springs which are all the same = Heavy	Contemporary Reformer (Balanced Body, Merrithew/STOTT, BASI, Align-Pilates, AeroPilates, Flexia, etc.) Contemporary Reformers use up to 6 springs with the following tensions: 1 XHeavy spring (included on some brands) 2 Heavy 2 Medium 1 Light 1 XLight spring (included on some brands)
4 springs	2 Heavy springs + 2 Medium springs
3 springs =	2 Heavy springs + 1 Medium spring
2 springs =	1 Heavy spring + 1 Medium spring
1 spring =	1 Heavy spring

Reformer Springs Guide by Brand

Classical Reformer* (Gratz®, Techno®, Legacy®, Pilates Designs®, Contrology®, etc.) All 4 springs = Heavy	Balanced Body® Green = Heavy Red = Medium Blue = Light Yellow=X-Light	Peak Pilates® Red = Heavy Yellow=Med Blue = Light	Merrithew® (STOTT®) Black = X-Heavy Red = Heavy Blue = Medium White = Light	Flexia™ Black = Heavy Blue = Medium Orange = Light White = X-Light	BASI® Red = Heavy Blue = Med Yellow = Light <i>*gears also affect tension</i>	AeroPilates® Black = Heavy <i>Optional:</i> Red = XHeavy Yellow = Light
4 springs	1 Green + 2 Red OR 1 Gray if avail	2 Yellow + 2 Red OR all 5 springs	1 Red + 1 Black	2 Blue + 1 Black OR 1 Blue + 1 Black + 1 Orange	3 Red + 1 Blue (or Yellow) OR 2 Red + 1 Yellow + 1 Blue	4-5 Black Cords
3 Springs	1 Green + 1 Red OR 2 Red	2 Yellow + 1 Red OR 1 Blue + 1 Yellow + 1 Red	1 Red + 1 Blue OR 2 White + 1 Red	2 Blue + 1 Orange	1 Red + 1 Blue + 1 Yellow	3 Black Cords
2 Springs	1 Green OR 1 Red + 1 Blue	1 Yellow + 1 Red OR 2 Yellow	1 Red OR 1 Blue + 1 White	1 Blue OR 1 Orange + 1 White	1 Red +1 Blue OR + 2 Blue OR 1 Blue + 1 Yellow	2 Black Cords
1 Spring	1 Red OR 1 Blue	1 Yellow OR 1 Blue	1 Blue OR 1 White	1 White OR 1 Orange	1 Blue OR 1 Yellow	1 Black Cord

Note: If you feel very compressed it's too heavy, try a slightly lighter setting. If you feel out of control, it's usually too light, try a slightly heavier spring.

Set Up Your Reformer - Footbar, Gears & Straps/Ropes

The purpose of multiple gears and footbar settings is to adjust for different body heights and to make the tension lighter for some advanced exercises like Front Balance Control.

1) For Reformers that have rope risers: move the ropes to the bottom for classical workouts. Use the short loops for hands and long loops for legs, except for Short Spine.

2) To find your gear/footbar setting: Lie down on the carriage with feet on the footbar, your hip angle should be around 90 degrees or slightly deeper with toes on the bar, heels lifted.

For height between 5'3"/161cm and 6'4"/195cm:

- Use the standard gear/stopper setting to achieve a 90 degree hip angle. (On a classical Reformer without a negative gear, the standard is: 1st Gear, the closest to the footbar.)
- If footbar is adjustable bring it closer to the carriage if needed

For height under 5'3"/161cm - Move the carriage *closer* to the footbar:

- Use the gear/stopper closest to the footbar. The goal is hip angle near 90 degrees
- If the footbar is adjustable, try a setting that brings it closer to the carriage
- For Reformers with adjustable ropes/straps, after setting for a 90 degree hip angle, set ropes so the ends (not including handles or grommets) are 1.5"/3.81cm past the front of the shoulder block. Or when lying face up with arms to ceiling, the rope is lightly taught without engaging the spring
- A [spacer box](#) or block can be used in front of the shoulder blocks to shorten the carriage and allow the student to reach the footbar or blocks with the arms
- For the Short Box series: place the short box in front of the shoulder blocks instead of over them to bring the student closer to the footbar so feet can go under the footstrap. Be careful to ensure it is secure when getting on and off

For height over 6'4"/195cm - Move the carriage *away* from the footbar:

- Use a gear/stopper farther away from the footbar with goal of hip angle near 90 degrees
- If footbar is adjustable, try a setting that moves it away from the carriage
- For exercises that push the carriage far from the footbar like Long Stretch or Short Spine shorten the movement to avoid hitting the back of the Reformer
- You may need to shorten the ropes for a tall person to avoid them becoming slack. Lie face up on the carriage holding the handles straight up to the ceiling over the shoulders. The strap should be lightly taught without engaging the spring
- For the Short Box series you may need to place the box further away from the footbar. Be careful to ensure that it is secure