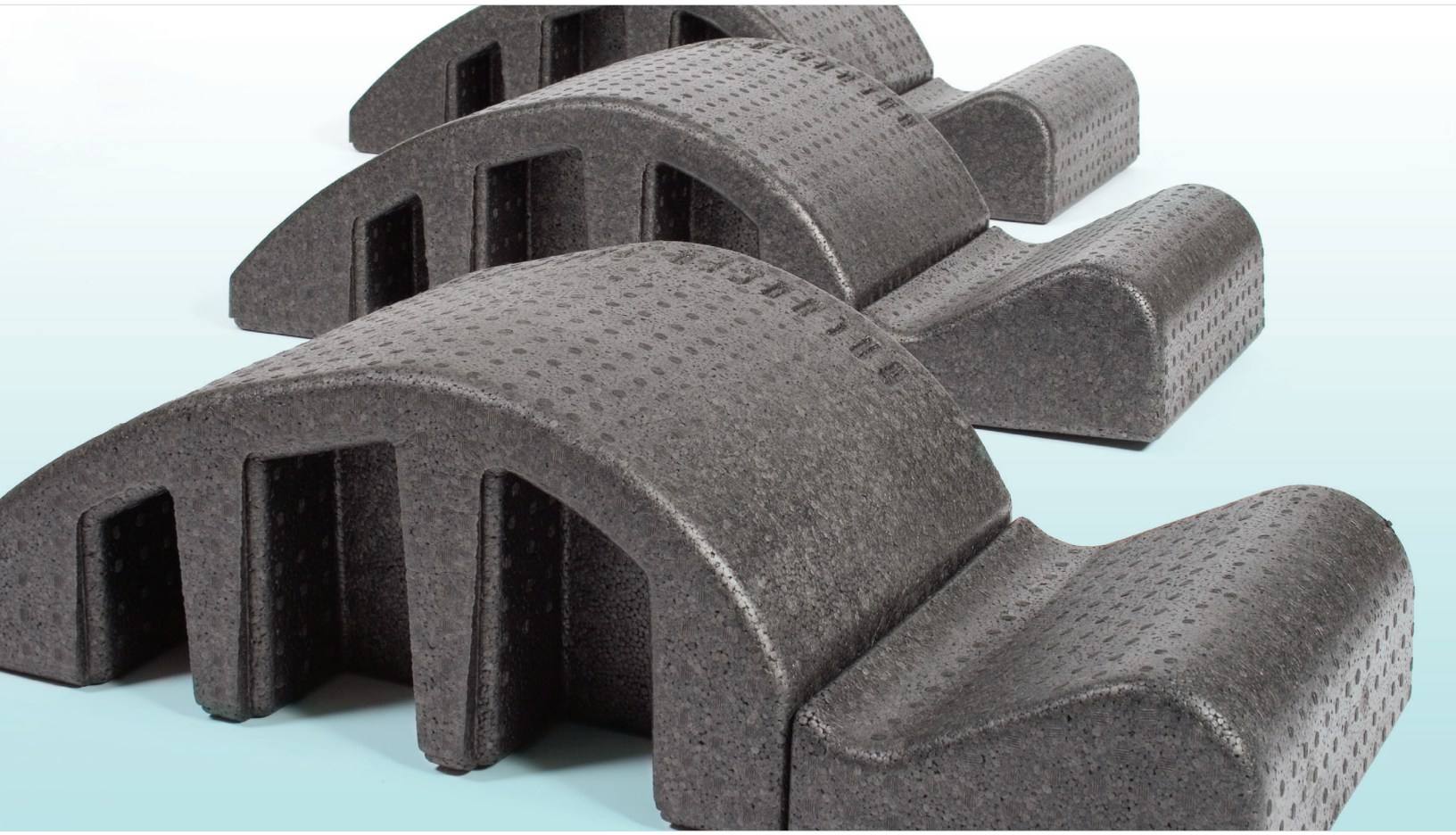
Pilates Arc®

3 GREAT TOOLS IN ONE



balanced body®



Never has something so light packed so much punch.

Even though it weighs less than four pounds, the versatility of the Pilates Arc® makes it a heavy hitter.

You can use it as a spine corrector or an exercise arc, which are great tools for mobilizing the spine, shoulders and hips, and for core, abdominal, lateral rotation and back extension work. Or, use it as a Reformer wedge to provide trunk stability and back support for a variety of strength and mobility challenges.

If you want a space-saving, economical yet challenging Pilates workout, you've just found it.

GREAT FOR GROUP OR PERSONAL SESSIONS

An ideal add-on for mat classes in fitness facilities that don't have the budget or space for larger equipment.

COMFORTABLE AND ERGONOMIC FOR ALL BODY TYPES

» A gentler curve on the barrel and a more rounded step

» An innovative asymmetrical shape makes it extremely versatile for different uses and body types

GREAT FOR HOME USE

Continue your Pilates workouts in the comfort of home—it's affordable and easy to store between workouts.

INCLUDES

Pilates Arc with free workout DVD and flipbook.

© 2013 Balanced Body Inc. All rights reserved. Prices and specifications subject to change without notice. Pilates Arc is a registered US trademark of Balanced Body Inc. U.S. Patent Nos. 7452313 and 7563217. **Specifications:** High-density foam, 1.7kg/3.7lbs, black. 97cm/38" (L) x 27cm/10.5" (H) x 40cm/15.5" (W). 30-day money back guarantee.

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