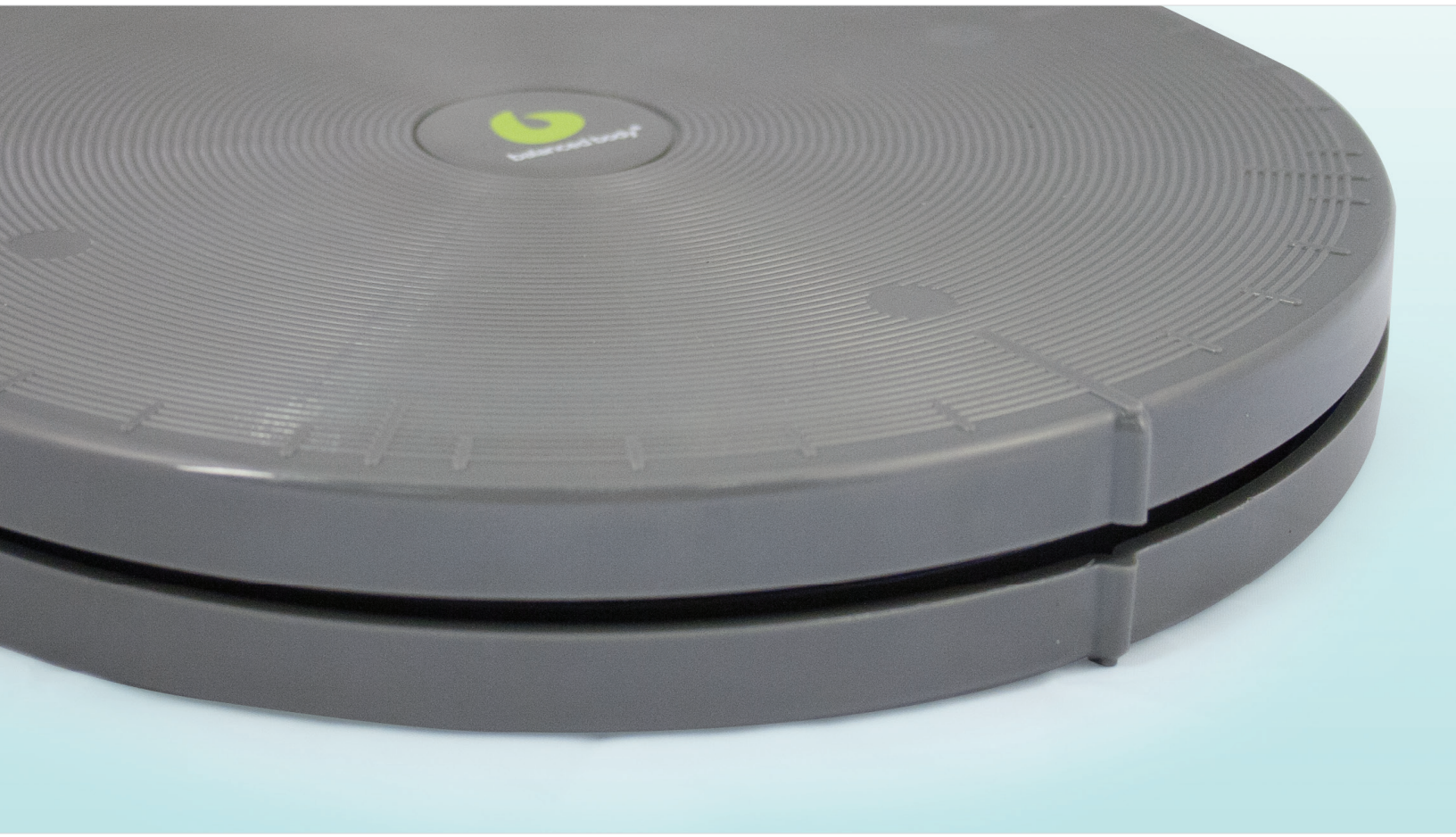
Precision Rotator Discs

TO RESIST OR NOT RESIST



balanced body®

Our durable Precision Rotator Discs are great for improving balance, alignment, core strength, joint stability and more.

Now you have the choice of adding spring resistance or staying traditional with no resistance.



Now with your choice of progressive spring resistance or traditional.

WITH RESISTANCE

» Strengthen end-range of motion to improve joint support and stability.
» Identify strength imbalances between limbs.
» Consider light resistance for upper body and heavy resistance for lower body.
» Use detachable rotator discs on your Reformer jumpboard.

WITH NO RESISTANCE

» Measure range of motion.
» Use for traditional rotator disc exercises.

PLUS, THE BALANCED BODY DIFFERENCE

» Three choices of spring resistance*: light, heavy or none.
» Built-in markers to help measure range of motion.
» Two disc sizes: 9" (23cm) and 12" (30cm).
» Longer lasting, quality construction.
» Free video content available online.

*Discs are not adjustable. Each provides one resistance option.

SIZE AND RESISTANCE OPTIONS

Size	Resistance
9" (23cm)	no resistance
9" (23cm)	light resistance
9" (23cm)	heavy resistance
12" (30cm)	no resistance
12" (30cm)	light resistance
12" (30cm)	heavy resistance
9" (23cm) Jumpboard	no resistance
9" (23cm) Jumpboard	light resistance
9" (23cm) Jumpboard	heavy resistance

We also have Precision Rotator Discs available for CoreAlign®. Check them out at our online store at pilates.com.

© 2018 Balanced Body Inc. All rights reserved. Prices and specification subject to change without notice. 04.02.18

balanced body®

Contact Us
1-800-PILATES | +1-916-388-2838
pilates.com | info@pilates.com