CoreAlign®

REDEFINING FUNCTIONAL MOVEMENT



balanced body®

Whether it's an increased level of fitness or an improved way of moving through everyday life, the CoreAlign® gets your clients where they want to go, with a thoroughly unique approach to functional movement.

The CoreAlign combines cardiovascular work and integrated, full-body exercises with a mind-body approach. Most exercises are done standing, leading to rapid improvements in posture, balance and functional movement.

POWERFUL RETENTION AND RECRUITMENT TOOL FOR STUDIOS AND FITNESS PROFESSIONALS

» Unique and effective exercise - clients at all fitness levels will feel the difference after one workout

» Great for small-group programming and sports-specific classes (golfers, runners, etc.)

» Amazing versatility – integrated core training, upper and lower body strengthening, warm-up, cool-down, stretching and more

AN ESSENTIAL TOOL FOR YOUR REHAB PRACTICE

» A powerful accelerator for gait and core training

» Exercises are easy for your patients to perform

» Great for balance and neuromuscular retraining

DURABLE, QUIET AND SAFE

» Solid wood base, standing platform and ladder

» Quiet track movement

» No slipping with non-skid standing surfaces

Changing how we move

A whole new way of experiencing fitness and function.



AVAILABLE OPTIONS

Purchase CoreAlign® and Ladder separately, or buy together and save.

CoreAlign and Freestanding Ladder

CoreAlign and Wall-Mount Ladder

CoreAlign

INCLUDED WITH YOUR COREALIGN

» 2 complete sets of tubing, in 3 resistances

» 2 cart stopper blocks and 2 speed bumps

» 2 straps with padded handles

» 3 foam pads

» 5 year limited warranty

OPTIONAL ACCESSORIES

Standard Ladder (Wall-Mount), shown right

Freestanding Ladder , shown left and above

CoreAlign Cover

Replacement Resistance Tubing Kit (set of 4)

COREALIGN ROTATOR DISCS



5 year limited warranty. Prices and specifications subject to change without notice. CoreAlign is a registered US trademark of Balanced Body Inc. Patents: pilates.com/patent. **Specifications**: Length 66.4" (169cm); Width 23.5" (60cm); Base Height 5.5" (14cm); Weight: 94 lbs (42.7kg); Ladder Height 91" (231cm); Cart travel: 3.5' (107cm).





HOW DOES IT WORK?

Developed by physical therapist Jonathan Hoffman in collaboration with Balanced Body, the CoreAlign's sliding carts move independently, with resistance/assistance possible in both directions. Change the resistance easily to create over 150 exercises that address every part of the body. A ladder (included with the complete package) is required for most exercises. Rotator disks for advanced work are also available.

9" /23cm, no resistance (pair)

9"/23cm, light resistance (pair)

9"/23cm, heavy resistance (pair)

12"/30cm, no resistance (pair)

12"/30cm, light resistance (pair)

12"/30cm, heavy resistance (pair)

COREALIGN TRAINING

Comprehensive CoreAlign training is available from Balanced Body®.

For more on product, training, and educational media detail, visit pilates.com/corealign or call 1-800-PILATES or +1-916-388-2838.





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