EXO® Chair

BIG WORKOUT, SMALL SPACE



balanced body®

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balanced body®

Versatile. Durable. Compact. The EXO® Chair delivers great programming with minimal investment.

Keep your clients coming back with challenging, strength-building classes and private sessions on the EXO® Chair. An exciting full-body exercise experience for any fitness level. Also great for home use! And did we mention it's also economical, space-saving and beautiful?





THE RIGHT FIT AND RESISTANCE FOR JUST ABOUT ANYONE

» Widest range of resistance choices with eight settings
» Heavier resistance than competitive products
» Deeper, wider and more comfortable sitting area

SPLIT PEDAL OFFERS ADDITIONAL EXERCISE OPTIONS

» Add reciprocal and rotational movements
» Convert to single pedal with dowel (included)

REFORMER EXERCISES ON A CHAIR? YES!

» Expand to an even larger repertoire with the optional Functional Resistance Kit, allowing many Reformer-based exercises – you can push and pull
» Gain new movement options by combining the Functional Resistance Kit with the pedal's spring resistance

WHEN WE SAY "EASY," WE MEAN IT!

» Ready right out of the box – no assembly or hardware required
» Easy spring adjustments
» Easy to store, with a 40% smaller footprint than competitive products*
» Easily carried and stacked by one person

OPTIONS

EXO® Chair with split pedal

EXO® Chair with single pedal

Functional Resistance Kit (light or heavy)

Split Pedal Retrofit Kit: replace your existing EXO® Chair single pedal with a new split pedal.

The EXO® Chair comes with free workout DVD and booklet.



51 custom upholstery colors available. Prices and specifications subject to change without notice. EXO is a registered US trademark of Balanced Body Inc. US Patent No. 6,916,279. Specifications: 36 lbs (16.3kg) 22.5" H x 29.5" L x 23.5" W (57cm x 75cm x 60cm). 5 year limited warranty.

*Based on 6 chairs

Interested? Get more product, training, and educational media info at pilates.com/exo or call 1-800-PILATES or +1-916-388–2838.



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