

05-0025 Pilates Box and Pole



Enhance your workout.

The Pilates Box and Pole accessories complement and enhance the exercise methods created by Joseph Pilates. Used in conjunction with the Pilates Performer™ or Premier™, they help in supporting and stabilizing your entire body, increasing your sense of poise and control. By adding elevation to your Pilates workouts, the durable, padded Pilates Box allows you to involve more complex combinations of muscles, bringing greater flexibility and range of motion. The extendable Pilates Pole assist in standing exercises, allowing you to concentrate on single-leg exercises without loss of balance. A detailed workout video gives complete instructions on how to use both the Pilates Box and Pole.

System Includes:

- *Box & Pole*
- *Instructional Video*



This product is Produced Exclusively by
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