

# Pilates Accessory Package



Inhale... Exhale... Ahh—the perfect addition.

Add the full functionality of Pilates to your Total Gym® incline bodyweight trainer with this comprehensive Pilates Accessory Package.

Pilates movements increase reach, flexibility and core control with low joint compression. The physical and mental benefits of traditional and evolved Pilates add balance to any fitness program.

Enhance:

- Core strength
- Flexibility
- Fluid movements
- Breath
- Mind, body connection

Compatible with Total Gym PowerTower™, GTS® and Sport® models.



## PILATES PACKAGE INCLUDES:

### TELESCOPING TOE BAR



Facilitates upper body, lower body and torso stretching and strengthening Pilates exercises.

### STANDING PLATFORM



Lets you perform Pilates leg, trunk conditioning and other exercises that challenge balance and stability.

### SLIDE DISTANCE REGULATOR



Lets you limit the travel distance of the glideboard on either the incline or decline. You can also lock the glideboard in place.

### LEG PULLEY SYSTEM



Engage a full complement of leg exercises covering the entire spectrum of resistance training and Pilates. Exercise with a single leg or both legs simultaneously.