

// FIT FORMER //



by Pilates ProWorks

Assembly and Storage Videos



[Assembly Video Link](#)



[Folding Video Link](#)



[Base Assembly Video Link](#)

Spring Resistance Combos

SPRING COMBOS - Lightest to Heaviest				
	Red	Blue	Yellow	Orange
1				Orange
2			Yellow	
3		Blue		
4			Yellow	Orange
5	Red			
6		Blue		Orange
7		Blue	Yellow	
8	Red			Orange
9	Red		Yellow	
10		Blue	Yellow	Orange
11	Red	Blue		
12	Red		Yellow	Orange
13	Red	Blue		Orange
14	Red	Blue	Yellow	
15	Red	Blue	Yellow	Orange

For example, the lightest load is 1 ORANGE, the 6th heaviest load is 1 BLUE + 1 ORANGE, and the 11th heaviest is 1 RED + 1 BLUE, etc...

Spring Compatibility

Each brand of reformer spring may use varying colors, but our springs follow the same weight and resistance loads as standard pilates springs.

If you use the FitFormer with online classes, workbooks, and instructors from other brands, you may need to accommodate your spring load differently than the way they are stating it in their workout.

In any case, resistance is meant as a suggestion or a starting point, but it is customizable to your fitness level. That is the beauty of this system.

Just like at the gym, you may need to experiment a little with resistances until you find your sweet spot, and then you may want to keep notes. This is also excellent for tracking your progress and increase in strength. On the next page there is a blank tracker that you can print.

The ideal amount of resistance is the when the last couple of reps or the last few seconds are *almost* too hard to do.

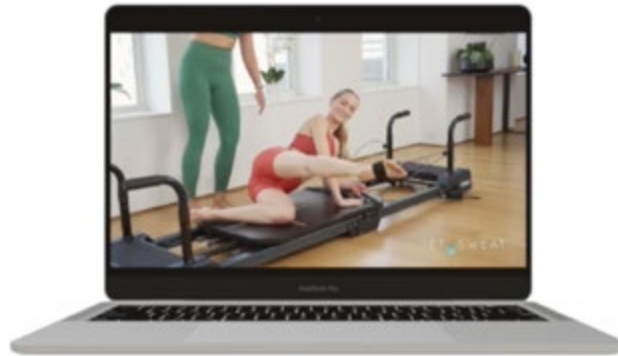
And, of course, always listen to your body!



Redeem your 3 FREE Months at this link:

<https://2umujetsweat.app.link/pilatesproworks>

Use PROMO CODE: FITFORMER



Terms from JetSweat:

It must be redeemed at jetsweatfitness.com. It can't be redeemed via the iOS app.

All new subscribers must provide a payment method at checkout just so there is one on file in case they choose to continue the subscription beyond the trial. Subscriptions will automatically renew at the end of the trial unless a cancellation request is sent to support@jetsweatfitness.com 24 hours in advance of renewal.

The code can also be applied toward an annual membership, but that would just deduct \$19.99 from the cost of an annual subscription and override the free trial, so it is best if all subscribers just apply the code to a monthly membership and receive 90 days free.

Our terms and conditions state that once we begin to bill a subscriber, there are no partial month refunds or credits regardless of account usage, so if any customers forget to apply the code at checkout and are charged after 7 days, or accidentally apply the code to an annual membership, we cannot promise a refund for any or all cases.

Anyone with questions about the promo code is welcome to email support@jetsweatfitness.com, and they will respond within 24 hours.

Class Inspo

The idea behind this machine was to be compatible with all the fitness-focused pilates styles/brands, and with most traditional exercises as well.

The idea is that you can use it with any of the many pilates teachers, classes, and memberships of your preference that are online, or with your own favorite pilates instructor either in person or over zoom.. there are lots of options.

We use JetSweat Fitness to host all of our online non-equipment classes, and we will begin filming classes on this machine to be added to the platform.

They already have several classes from other studios (Bodyrok and BK Pilates) on the platform that you can use with your free membership.

As for other online class options, here are a few links to use as a starting point for inspiration, and I think you'll be surprised how much content is out there already with a couple searches on IG or YouTube.

Have fun with it!

https://www.youtube.com/watch?v=86J_qwoUxug&list=PL8UGK-pXxJr1BN8ZHrb_nQ2LtnCog4dx

<https://www.youtube.com/playlist?list=PL2ZYot5NQLPDZbYANq3h1XnlLgNUvSdSw>

<https://youtube.com/c/LagreeingatHome>

<https://www.youtube.com/c/SaranPilates/videos>

<https://saranpilates.vhx.tv/browse>

<https://www.youtube.com/playlist?list=PLdqVxdHwgcPJJ2XIT9HLcpfYdIAyPvKr8>

<https://www.youtube.com/watch?v=W5pwsdNL8jw>

https://www.youtube.com/watch?v=ei0_jmrEc2g

<https://www.youtube.com/watch?v=biTf26pj1oM>

<https://www.youtube.com/watch?v=RnbpwwvR9Jo>

https://www.youtube.com/watch?v=aBT_-Wet83Y

<https://www.youtube.com/playlist?list=PLBnyqLsH40VQO2IU39ciwiisZD8zLjg0l>

https://www.youtube.com/playlist?list=PLBnyqLsH40VSOMKwISHc_oW0XccTYFE8b

<https://www.youtube.com/playlist?list=PL0IC0Hm8aq8HN9djD4R0gxJAjzXmxX3JE>

<https://www.youtube.com/playlist?list=PL2ZYot5NQLPDZbYANq3h1XnlLgNUvSdSw>

Accessories

Spice up your workout even more with these fun accessories!



Pilates Ball

Magic Circle

Grippy Socks

Hand Weights

Private Virtual Classes

Email go@pilatesproworks.com to request a list of available virtual instructors.