

# ABCO *Pilates Equipment*

## ABCO Fitness Pilates Reformer

ABCO Health Care's new Australian designed and manufactured Pilates Fitness Reformer suitable for studio, gym or home use

The unique extruded rails securely retain the smooth-riding carriage while the foot bar has a spring-loaded angle adjustment control which can be operated by foot during a session.

The integral wheels allow for easy moving of the ABCO Pilates Fitness Reformer which can be stored by stacking [up to 5 high] or upright when not in use. Non-slip feet hold the reformer securely even on a wooden floor.



Other standard features include:

- Carriage height of 190mm
- Five springs [3 standard weight and one each ½ and ¼ weight] and a three-position spring mount allowing up to 45 varying resistances
- Integrated steel foot board with non-slip surface,
- Double function rope straps for hand or foot use,
- Removable shoulder pads with integrated rope storage hooks,
- Two length positions for shoulder pads
- Wheels for easy movement,
- The wide foot bar has custom made padding for improved comfort.

Optional accessories include a reformer box, a jump board and a mat insert

ABCO Pilates Reformers come with a 5-year warranty

Product Code: **PLCE.06051**

<b>Accessories</b>	
ABCO Reformer Box [720mm long x 380mm wide x 280mm high] with foot strap	
Removable Trampoline / Jump Board	
ABCO Back bender / Preggy Prop [Can also mount on the reformer]	
ABCO Pilates Half Trapeze with Mat	

<b>Detailed Standard Specification</b>		
Dimensions	Height to top of carriage	190mm
	Overall dimensions	2400mm long x 600mm wide carriage [allow 660mm wide including foot bar adjustment control]
Foot bar angle adjustment		Spring loaded manual
Upholstery	Fabric	Vinyl - Medical grade heavy-duty vinyl fabric. Formulated to inhibit hardening and breakdown of the PVC surface due to perspiration and oils; light fast; fire retardant; sanitised; stain resistant.
	Foam	30mm high density closed cell EVA foam for enhanced comfort while providing a full working width and extended life.
	Standard Upholstery Colours	Black. <a href="#">Other colours on request</a>
Frame	Materials	Australian Aluminium, heavy steel tube, steel plate
	Colour	Light grey
Springs		5 springs giving 15 combinations at each mount position [total 45 combinations] 3 x silver standard strength; 1 x gold 1/2 strength; 1 x black 1/4 strength
	Adjustable spring mount	Three position Spring Mount for load variability
Foot bar		Choose from five positions
Pulley system		Standard equipment - 2.7m ropes with dual foot straps. Cam cleats and supported pulleys.
Weight		55kg
Shipping Dimensions	Standard Product	2500 x 400 x 600mm / 65kg Shrink-wrapped on a wooden pallet with bubble wrap
Warranty		5 years, structural parts only

ABCO Health Care is a specialist manufacturer of electrically operated couches, tables and chairs for health care applications.

This brochure shows only part of our extensive range. Please visit our web site at [www.abcohc.com.au](http://www.abcohc.com.au)

ABCO Health Care has a policy of continuous improvement. Specifications and prices are subject to change without notice.

**ABCO Health Care Pty Ltd**

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Australian Designed, Made and Owned.

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