“Physical fitness is the first requisite of happiness.”

JOSEPH PILATES
20 years ago, Peak Pilates® was born in the majestic mountains surrounding Boulder, Colorado. The company was created out of dual inspirations: the pristine beauty of the mountains, and the timeless designs and movement principles created by Joseph Pilates. Today, we bring those influences together, offering the world’s most elegant Pilates equipment and unparalleled instructor education.

As Pilates instructors ourselves, we know first hand that the quality, character and motility of the equipment ultimately shapes the Pilates experience for both instructor and student. Using only the finest materials, including traditional wood, sustainable bamboo and modern metals, we honor Joseph Pilates’ original designs—deliberately including only those components that we believe will preserve and bolster the integrity of authentic Pilates exercises.

We have also created the very best Pilates instructor education system in the world. Our comprehensive instructor certification covers the full breadth of traditional Pilates, while also leaving room for more contemporary exercises, flows and teaching styles. We focus not just on content, but on communication, meeting each instructor wherever they are on their journey and helping them grow into the best teacher they can be. We lead and support the Pilates community, offering a full range of equipment, education, space assessments, high-quality programming, marketing support and customer service to individual teachers, facilities and participants around the world.

We want to bring the greatness of Pilates to the world and, in doing so, elevate the Peak Pilates community to an inspiring new level of health and vitality.

“Pilates is gaining the mastery of your mind over the complete control over your body.”

JOSEPH PILATES
CORE STATEMENTS

At Peak Pilates®, we believe in the power of inspiration. We owe our existence to the personal power and transformative benefits to the movement practices of Joseph Pilates. Our singular mission is to pass that inspiration on to you, our community of students and instructors.

We are dedicated to preserving and promoting the timeless work of Joseph Pilates through the meticulous, first-class design of every program and piece of equipment we produce. We strive to ensure that everything we do is imbued with the qualities at the heart of our company.

Beauty
By its very nature, Pilates is a supremely elegant physical practice. We work tirelessly to do justice to that elegance by creating equipment, programming and instructional material that is intuitive, sophisticated and refined.

Tradition
Our roots are in the ethos and discipline created by Joseph Pilates. We seek to honor and preserve that tradition, while also embracing innovations in style and technology that can further promote the practice we love.

Mindfulness
Pilates is a centering, strength-building practice. At Peak Pilates, we reflect those qualities through a conscious approach to both our equipment and practitioners. We seek to build a focused mind-body awareness in both our students and instructors through classical Pilates training. If we succeed in our mission, each person that encounters Peak Pilates should walk away stronger, healthier and more at peace with themselves and with the world we share.
“With the Afina™ reformer, innovation was really about an evolution and refinement of form within the context of a classical Peak Pilates® reformer.”

JOHN COOK
VICE PRESIDENT OF DESIGN
THE AFINA™ COLLECTION

With the Afina™ line of equipment, we seized the opportunity to make something classical, beautiful and as inviting to the human eye as it is to the human body. We began with a unique collaboration between a team of Peak Pilates® Master Instructors, top designers and dedicated engineers to create an apparatus that truly focuses on the quality of the work and flow.

REFORMER FEATURES:

- Removable three-position headrest for easy cleaning and care
- Contoured handles and internal shoulder rest attachments to create a more approachable look with better ergonomics
- Classical four-position contoured footbar designed from the ground up for better grasp, connection and joint angle, as well as safety with a self-locking feature
- New steel subframe design that increases the overall stability and keeps the carriage ride smooth and aligned
- Hidden fasteners to create the most beautiful and classical reformer on the market today
- New long wheelbase anti-tip carriage can be easily lifted straight up out of the frame for cleaning or removed for tower and/or twin mat upgrade
- Dip bar feature on the undercarriage reduces noise from springs
- Mitered corners, no end grain or no fill holes in the frame and minimization of screws to bring elegance to the design
- Sleek taper leg design to provide maximum power and grounding
- New contoured gear block holder with storage for convenience and better flow
- Equipped with long spine extension straps (pair) and standard long/short box
- Tower upgrade available
- Available in 4 or 5 spring versions at the time of purchase. A 4 spring reformer can also be easily reconfigured to a 5 spring at a later date with a Peak retrofit kit.
THE AFINA™ REFORMER 4

Our most classical reformer comes with leather straps and handles, as well as our resistance ride kit consisting of four classical wheels, four traditional springs and a four-spring gear bar. The maintenance-free, oil-impregnated bronze bushings cause the wheels to have slightly more drag, providing a classical ride. The four traditional springs, all with uniform tension, are designed for optimum flow and movement. The leather strap length adjustment system can also be configured by the owner to be top or under-mounted, depending on their preference.
THE AFINA™ REFORMER 5
This reformer comes with our rope and riser package, as well as our standard reformer five-spring kit, which includes one heavy spring, two medium springs, two light springs and a five-spring gear bar.
Continuing the process, we created an entirely new tower system with our Afina™ reformer. This tower provides maximum versatility and expanded exercise options for a total integrated workout that incorporates much of the traditional Cadillac repertoire as well as other functional training exercises. The new tower is made from a proprietary aluminum extrusion and soft contour frame to allow simultaneous use on both the front and back sides.

With all the options of a half Cadillac while only taking up the space of a reformer, the tower system upgrade adds many exercises of the Cadillac and mat repertoire in addition to use as a reformer.

**TOWER FEATURES:**
- Four inside and four outside sliding adjustments with holes make spring adjustment quick and accurate for every user
- The push-through bar can be easily adjusted to three different heights
- Wood inserts on the tower are made to match the reformer
- Includes a roll down bar
- Complete spring system: two arm springs, two leg springs, one push-through bar spring, and one spring sleeve
- Twin mat system
THE PREMIER REFORMER

An evolved version of the Classic reformer, the popular Premier Reformer is as thoughtfully crafted as it is equipped. This reformer includes the four-position gear system with a negative gear, bringing the carriage closer to the footbar for greater hip and knee flexion as well as an increased range of motion. The Premier reformer also features the three-position headrest, five-spring system, standard long/short box and gear block.
THE TOTAL WORKOUT SYSTEM

The original reformer/half Cadillac combination, our Total Workout System is a legendary performer. Engineered for maximum versatility and value, it gives you more offerings less square footage. It transitions effortlessly into multiple exercise modes with our exclusive quick-conversion, ultra-glide hinged carriage.

TWS FEATURES:

- Three-position headrest
- Four-position gear system (including negative gear)
- Five-spring system
- Standard long/short box
- Gear block

CADILLAC MODE:

- Hardwood push-through and roll down bars
- Complete strap system including foot/hand loops, foot strap on the frame, and push-through storage strap
- Stainless steel pole system with galvanized canopy
- Complete spring system with two arm springs, two leg springs and two push-through springs
- Two safety chains
- One spring sleeve
- Twin mat quick-conversion system
Both the SportsMed™ reformer and Total Workout System (TWS) are designed specifically for use with athletes in sports medicine, rehabilitation and physical therapy. These apparatus are taller and longer with an expanded frame and carriage and seven-position footbar to accommodate special populations. They are ideal for people who are 6’4” (193 cm) and taller.

**SPORTSmed™ REFORMER INCLUDES:**
- Quick-conversion flip carriage
- Three-position headrest
- Seven-position footbar
- Four-position gear system
- Five-spring system
- Large long/short box
- Gear block
- Jumbo jump board
- Removable side split platform
SPORTSMED™ TOTAL WORKOUT SYSTEM INCLUDES:

- All reformer features
- Stainless steel pole system
- Hardwood push-through and roll down bars
- Two safety chains
- Complete strap system: foot/hand loops (pair), foot strap on the frame, push-through bar storage strap
- Complete spring system: two arm springs, two leg springs, one push-through bar spring, one spring sleeve
MVE® REFORMER
Our metal equipment, the Maximum Versatility Exercise line (MVe®) combines the precision-built quality of our classical wood line with the innovative, space-saving solutions designed for studios. Our sleek aluminum reformer has all the features and quality of our wood reformers, plus a stacking or “nesting” capability of up to four units that doesn’t require the removal of any parts. Keep the magnificent workout while saving on time and space.

We also offer an additional tower option so that reformer/tower/mat work can all be performed in one unit.

REFORMER INCLUDES:
• Powder-coated aluminum frame
• Three-position headrest
• Four-position footbar with safety latch
• Four-position gear system
• Five-spring system
• Retractable risers and shoulder blocks
• Integrated side split platform
• Adjustable ropes and double loops (pair)
• Non-slip pad
• Gear block
TOWER SYSTEM INCLUDES:

- Powder-coated aluminum frame
- Push-through and roll down bars
- One safety chain
- Complete spring system: two arm springs, two leg springs, one push-through bar spring, one spring sleeve
- Twin mat system
FIT™ REFORMER

This studio height reformer is the only one in its class that can stack up to four units and stand on end and with no removable parts. Additional features include a locking footbar, a sliding four position gear bar, easy rope adjustment and an integrated side split platform.

REFORMER INCLUDES:
- Powder-coated aluminum frame
- Three-position headrest
- Four-position footbar with safety latch
- Four-position gear system
- Five-spring system
- Retractable risers
- Ropes and double loops (pair)
- Standard long/short box
- Gear block
The PPS is the world’s first three-in-one combination of the essential Pilates equipment – the reformer, the tower and mat system. An extraordinarily innovative apparatus, the PPS offers outsized functionality, plus the brilliance of a folding and rolling design for easy storage.

**REFORMER MODE INCLUDES:**
- Anodized aluminum frame
- Hinged carriage for easy mat conversion
- Three-position headrest
- Four-position footbar with safety latch
- Four-position gear system
- Five-spring system
- Safety locking hinge guard
- Integrated side split platform
- Adjustable ropes, scaled risers and double loops (pair)
- Standard long/short box
- Gear block
- Jump board

**TOWER MODE INCLUDES:**
- All reformer features
- Push-through and roll down bars
- One safety chain
- Complete spring system: two arm springs, two leg springs, one push-through bar spring, one spring sleeve
- Twin mat system
## EQUIPMENT

### REFORMERS

<table>
<thead>
<tr>
<th></th>
<th>AFINA™ 4</th>
<th>AFINA™ 5</th>
<th>AFINA™ TOWER</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>DIMENSIONS</strong></td>
<td>14.5&quot; H x 26&quot; W x 90&quot; L (36.83 cm x 64.04 cm x 228.6 cm)</td>
<td>14.5&quot; H x 26&quot; W x 90&quot; L (36.83 cm x 64.04 cm x 228.6 cm)</td>
<td>75&quot; H x 4&quot; W x 26&quot; L (190.5 cm x 10 cm x 66 cm)</td>
</tr>
<tr>
<td><strong>WEIGHT</strong></td>
<td>154 lb (69.85 kg)</td>
<td>154 lb (69.85 kg)</td>
<td>82 lb (41.73 kg)</td>
</tr>
<tr>
<td><strong>INCLUDED ACCESSORIES</strong></td>
<td>Standard long/short box</td>
<td>Standard long/short box</td>
<td>Long spine straps</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Safety strap</td>
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<td></td>
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<td></td>
<td>Foot loops</td>
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<td></td>
<td></td>
<td></td>
<td>Springs</td>
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<tr>
<td></td>
<td></td>
<td></td>
<td>Spring sleeve</td>
</tr>
<tr>
<td><strong>POPULAR OPTIONAL ACCESSORIES</strong></td>
<td>Afina side split platform</td>
<td>Afina side split platform</td>
<td>Afina side split platform</td>
</tr>
<tr>
<td></td>
<td>Afina jump board</td>
<td>Afina jump board</td>
<td>Afina jump board</td>
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<tr>
<td></td>
<td>Afina dancer jump board</td>
<td>Afina dancer jump board</td>
<td>Afina dancer jump board</td>
</tr>
<tr>
<td></td>
<td>Reformers accessory package</td>
<td>Reformers accessory package</td>
<td>Reformers accessory package</td>
</tr>
<tr>
<td></td>
<td>• Two 1&quot; alignment pillows (2.5 cm)</td>
<td>• Two 1&quot; alignment pillows (2.5 cm)</td>
<td>• Two 1&quot; alignment pillows (2.5 cm)</td>
</tr>
<tr>
<td></td>
<td>• One 2&quot; head support pillow (5 cm)</td>
<td>• One 2&quot; head support pillow (5 cm)</td>
<td>• One 2&quot; head support pillow (5 cm)</td>
</tr>
<tr>
<td></td>
<td>• One large non-slip pad</td>
<td>• One large non-slip pad</td>
<td>• One large non-slip pad</td>
</tr>
<tr>
<td></td>
<td>• One short box bar</td>
<td>• One short box bar</td>
<td>• One short box bar</td>
</tr>
<tr>
<td><strong>POPULAR UPGRADES</strong></td>
<td>Afina Tower + Twin mat system</td>
<td>Afina Tower + Twin mat system</td>
<td>Afina Tower + Twin mat system</td>
</tr>
</tbody>
</table>

**THERE ARE TWO AVAILABLE STRAP OPTIONS FOR STUDIO WOOD LINE REFORMERS:**

**LEATHER STRAP PACKAGE:**
- Adjustable leather straps
- Leather swivel handes (pair)
- Spine extension straps (pair)

**ROPE AND RISER PACKAGE:**
- Swivel ropes and adjustable risers
- Neoprene handles (pair)
- Cotton webbed foot loops (pair)
<table>
<thead>
<tr>
<th>PREMIER REFORMER</th>
<th>TOTAL WORKOUT SYSTEM</th>
<th>SPORTSMED™ REFORMER</th>
<th>SPORTSMED™ TWS</th>
</tr>
</thead>
</table>
| 16" H x 26.5" W x 90" L  
(41 cm x 67 cm x 229 cm) | 72" H (overall) (183 cm)  
18" H (mat) x 26.5" W x 93" L  
(41 cm x 67 cm x 236 cm) | 20" H x 28.5" W x 104" L  
(51 cm x 72 cm x 264 cm) | 76" H (overall) (183 cm)  
20" H (mat) x 28.5" W x 104" L  
(51 cm x 72 cm x 264 cm) |
| 170 lb (77 kg) | 250 lb (113.4 kg) | 400 lb (181 kg) | 464 lb (210.5 kg) |
| Standard long/short box  
Gear block | Reformer Mode  
Standard long/short box  
Gear block  
Cadillac Mode  
Twin Mat System | Removable side split platform  
Jumbo Jump Board  
Large long/short box | Removable side split platform  
Jumbo Jump Board  
Large long/short box |
| Removable side split platform  
Jump board  
Reformer accessory package  
• Two 1" (2.5 cm) alignment pillows  
• One 2" (5 cm) head support pillow  
• One large non-slip pad  
• One short box bar (30" L)  
Carriage block | Jump board – 2 lb (1 kg)  
Weighted Mat Bar – 20" (76 cm)  
Heavy leg springs  
Removable side split platform  
Carriage block  
Reformer accessory package  
• Two 1" (2.5 cm) alignment pillows  
• One 2" (5 cm) head support pillow  
• One large non-slip pad  
• One short box bar | Reformer accessory package  
• Two 1" (2.5 cm) alignment pillows  
• One 2" (5 cm) head support pillow  
• One large non-slip pad  
• One short box bar  
Double loops (pair) | Reformer accessory package  
• Two 1" (2.5 cm) alignment pillows  
• One 2" (5 cm) head pillow  
• One large non-slip pad  
• One short box bar  
Double loops (pair) |
| Solid maple or bamboo frame  
Increase table height up to 24"  
Increase table length Up to 94"  
Classic resistant ride option  
Double padding on footbar  
Large long/short box  
Custom upholstery color  
Tower  
Twin mat system | Solid bamboo or maple frame  
Increase table height up to 24"  
Increase table length up to 94"  
Classic resistant ride option  
Double padding on footbar  
Aluminum push-through bar  
Custom upholstery color  
Add eyelets to poles | Classic resistant ride option  
Double padding on footbar  
Custom upholstery color  
Tower  
Twin mat system | Adjustable leg spring slider bar  
Classic resistant ride option  
Custom upholstery color  
Add eyelets to poles |
## DimensioNS

### MVE REFORMER
- Studio Height at:
  - 15.5" H x 29" W x 103" L (39 cm x 74 cm x 262 cm)

### MVE TOWER SYSTEM
- Studio Height at:
  - 15.5" H (77" H overall) x 29" W x 104" L (39 cm (196 cm) x 74 cm x 264 cm)

### FIT REFORMER
- 16" H x 25" W x 97" L (41 cm x 64 cm x 246 cm)

### PEAK PILATES SYSTEM DELUXE (PPS)
- 15.5" H x 29" W x 100.5" L (40.6 cm x 73.7 cm x 256.5 cm)

## Weight

### MVE REFORMER
- 120 lb (54.4 kg) Reformer - 120 lb (54 kg)

### MVE TOWER SYSTEM
- Tower - 104 lb (47 kg)

### FIT REFORMER
- 110 lb (50 kg)

### PEAK PILATES SYSTEM DELUXE (PPS)
- 530 lb (240.5 kg)

## Included Accessories

### MVE REFORMER
- Standard long/short box

### MVE TOWER SYSTEM
- Standard long/short box

### FIT REFORMER
- Standard long/short box

### PEAK PILATES SYSTEM DELUXE (PPS)
- Standard long/short box

- Jump Board

## Popular Optional Accessories

### MVE REFORMER
- Standard long/short box
- Jump board
- Reformer accessory package
  - Two 1" alignment pillows (2.5 cm)
  - One 2" head support pillow (5 cm)
  - One large non-slip pad
  - One short box bar
- Afina™ side split platform
- Afina jump board
- Reformer accessory package
  - Two 1" alignment pillows (2.5 cm)
  - One 2" head support pillow (5 cm)
  - One large non-slip pad
  - One short box bar

### MVE TOWER SYSTEM
- Jump board
- Reformer accessory package
  - Two 1" alignment pillows (2.5 cm)
  - One 2" head support pillow (5 cm)
  - One large non-slip pad
  - One short box bar

### FIT REFORMER
- Jump board
- Reformer accessory package
  - Two 1" alignment pillows (2.5 cm)
  - One 2" head support pillow (5 cm)
  - One large non-slip pad
  - One short box bar

### PEAK PILATES SYSTEM DELUXE (PPS)
- Afina side split platform
- Afina jump board
- Reformer accessory package
  - Two 1" alignment pillows (2.5 cm)
  - One 2" head support pillow (5 cm)
  - One large non-slip pad
  - One short box bar

## Popular Upgrades

### MVE REFORMER
- Tower
- Twin mat system

### MVE TOWER SYSTEM

### FIT REFORMER

### PEAK PILATES SYSTEM DELUXE (PPS)

At Peak Pilates®, we are committed to preserving the integrity and genius of Joseph Pilates’ original equipment designs while also incorporating today’s technological advancements.
CLASSIC CADILLAC
Peak Pilates® is proud to offer an authentic version of Joseph Pilates’ original Cadillac, making it ideal for work in compact spaces and in close proximity with clients.

CADILLAC INCLUDES:

• Foot support rail system
• Stainless steel pole system with galvanized canopy
• Full trapeze system — padded, upholstered trapeze and precision slider
• Hardwood push-through and roll down bars
• Two safety chains
• Complete strap system: foot/hand loops (pair), sheepskin hanging straps (pair), adjustable wraparound strap, foot strap on the frame, push-through bar storage strap
• Complete spring system: two arm springs, two leg springs, two push-through bar springs, two trapeze springs, three spring sleeves
PREMIER CADILLAC

A larger model of the original Cadillac, this version includes a wider frame and mat for enhanced stability while maintaining beautiful lines and unparalleled effectiveness.

CADILLAC INCLUDES:

- Stainless steel pole system with galvanized canopy
- Full trapeze system — padded, upholstered trapeze and precision slider
- Hardwood push-through and roll down bars
- Two safety chains
- Complete strap system: two foot/hand loops, two sheepskin hanging straps, adjustable wraparound strap, foot strap on the frame, push-through bar storage strap
- Complete spring system: two arm springs, two leg springs, two push-through bar springs, two trapeze springs, three spring sleeves, wrap around strap, foot strap on the frame, push-through bar storage strap

Available in Oak or Bamboo
CADILLAC CONVERTIBLE

We merged the Cadillac and reformer to create a user-friendly system that offers incredible versatility and easily shifts to both modes.

**CADILLAC MODE INCLUDES:**
- Stainless steel pole system with galvanized canopy
- Full trapeze system — padded, upholstered trapeze and precision slider
- Hardwood push-through and roll down bars
- Two safety chains
- Complete strap system: two foot/hand loops, two sheepskin hanging straps, adjustable wraparound strap, foot strap on the frame, push-through bar storage strap

**REFORMER MODE INCLUDES:**
- Complete spring system: two arm springs, two leg springs, two push-through bar springs, two trapeze springs, three spring sleeve
- Twin mat system

**REFORMER MODE:**
Available with leather straps and swivel handles or rope and riser package
## CADILLACS

<table>
<thead>
<tr>
<th>CLASS</th>
<th>PREMIER</th>
<th>CADILLAC CONVERTIBLE</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>DIMENSIONS</strong></td>
<td>84&quot; H (overall) (213 cm) 24&quot; H (mat) x 26.5&quot; W x 84&quot; L (213 cm x 66 cm x 213 cm)</td>
<td>84&quot; H (overall) (213 cm) 26&quot; H (mat) x 30&quot; W x 92&quot; L (61 cm x 76 cm x 234 cm)</td>
</tr>
<tr>
<td><strong>WEIGHT</strong></td>
<td>384 lb (174 kg)</td>
<td>384 lb (174 kg)</td>
</tr>
<tr>
<td><strong>INCLUDED ACCESSORIES</strong></td>
<td>Table extender  Padded spread eagle foot plate</td>
<td></td>
</tr>
<tr>
<td><strong>POPULAR OPTIONAL ACCESSORIES</strong></td>
<td></td>
<td>Padded spread eagle foot plate  Removable side split platform  Jump board  Reformer accessory package  • Two 1&quot; (2.5 cm) alignment pillows  • One 2&quot; (5 cm) head support pillow  • One large non-slip pad  • One 30&quot; (76 cm) short box bar  Double loops (pair)</td>
</tr>
<tr>
<td><strong>POPULAR UPGRADES</strong></td>
<td>Adjustable leg spring slider bar  Add eyelets to Cadillac frame  Custom upholstery color  Solid maple or bamboo frame</td>
<td>Adjustable leg spring slider bar  Solid maple or bamboo frame  Decrease Cadillac table height  Add eyelets to Cadillac frame  Custom upholstery color</td>
</tr>
</tbody>
</table>
The Chair
With simple, elegant and clean design, the chair allows for a myriad of exercises to develop core, arms and leg strength, as well as balance and flexibility. Though one of the smaller pieces of equipment in Pilates, the chair allows for some of the most challenging movements in the entire program.

We honor the classics, keeping our specifications true to those of Joseph Pilates, all while keeping an eye toward innovation and sustainability.
WUNDA CHAIR

The Wunda chair was originally created as a small apartment sitting chair that, when turned upside down, converted into a workout apparatus with two bed springs. While we no longer use bed springs, the function and purpose of the Wunda chair has stood the test of time. Our Wunda chair — a beautiful piece of furniture in its own right — is an authentic version of the original that easily converts from the working to sitting position.

CHAIR INCLUDES:

- Upholstered seat with scalloped back
- Solid wood pedal and comfort grip
- Spring post changing system with two chair springs
LOW CHAIR
This model has the same functionality as the traditional Wunda chair, but omits the conversion capability. A model of simplicity, the low chair is ideal for any studio looking to incorporate chair work into their programming repertoire.

CHAIR INCLUDES:
- Baltic birch construction
- Upholstered seat
- Solid wood pedal and comfort grip
- Spring post changing system with two chair springs
No chair can customize itself for your use more than this one. Available in eco-friendly natural and amber bamboo.
THE HIGH/LOW CHAIR

Strong, stable and easy to convert from one mode to another, the high/low chair includes pads for seat height adjustment, boards to align the legs when stepping up onto the seat, a back to keep the knees in line with the toes, and handles to assist a client in the more challenging exercises. The added elements make this a perfect piece for all levels of clients, designed to help users master perfect alignment.

CHAIR INCLUDES:

- Single-wall Baltic birch construction
- Upholstered seat
- Solid wood pedal and comfort grip
- Adjustable/removable handles
- Seat height adjuster
- Integrated foot alignment plate
- Removable high back
- Removable seat cushion
**MVE® CHAIR**

Our metal line chair is one of the most versatile and easy to use in the industry. The space-saving stacking feature and portability makes it popular among busy Pilates practitioners. The powder-coated aluminum material makes the chair incredibly light and mobile, yet built with the strength and rigidity to support a range of bodies.

**CHAIR INCLUDES:**

- Stacks up to five high
- Easy four setting spring change system
- Wider pedal for increased range of motion
**SPLIT PEDAL**

The versatile MVe® Chair (split pedal) brings the Pilates chair workout to mainstream fitness. There is a unique release lever between single and split pedal to provide more exercise options and make transition easy between exercises. The split pedal chair has fourteen spring resistance levels for exercise specificity and refinement. It's sleek, stable, and stackable up to five high for even more space-saving potential. It is ideal for one-on-one training or small group classes.

**SPLIT PEDAL INCLUDES:**
- Unique release lever between single and split pedal for easy transition
- 14 spring resistance levels
- All chairs excluding the Wunda chair can be upgraded to include handles and brackets and/or split pedal options
- Optional handles shown in image above
## CHAIRS

<table>
<thead>
<tr>
<th></th>
<th>WUNDA CHAIR</th>
<th>HIGH/LOW COMBINATION CHAIR</th>
<th>PREMIER CHAIRS</th>
<th>MVE® CHAIRS</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>DIMENSIONS</strong></td>
<td>22.5“ H x 21.5“ W x 28“ L (57 cm x 55 cm x 71 cm)</td>
<td>High Chair Mode: 64.5“ H (overall) (164 cm) 26“ H (to seat) (66 cm) x 19.5“ W (49 cm) x 30“ L (75 cm)</td>
<td>22“ H x 18.5“ W x 30“ L (56 cm x 50 cm x 76 cm)</td>
<td>23.5“ H x 31“ W x 37.5“ L (60 cm x 79 cm x 94 cm)</td>
</tr>
<tr>
<td><strong>WEIGHT</strong></td>
<td>113 lbs (51 kg)</td>
<td>Single pedal - 113 lb (51 kg) Split pedal - 122 lb (55 kg)</td>
<td>Single pedal - 36 lb (16 kg) Split pedal - 39 lb (18 kg) Chair handle kit - 18 lb (8 kg)</td>
<td></td>
</tr>
<tr>
<td><strong>INCLUDED ACCESSORIES</strong></td>
<td>Wunda chair cushions</td>
<td>Handles and brackets Ability to add two additional springs · Heavy or light chair springs upon request</td>
<td>Optional handles available for both models</td>
<td></td>
</tr>
<tr>
<td><strong>POPULAR OPTIONAL ACCESSORIES</strong></td>
<td>Maple or bamboo finish Wunda chair cushions Custom upholstery color</td>
<td>Bamboo high/low chair Custom upholstery color</td>
<td>Amber or natural bamboo construction Custom upholstery color</td>
<td></td>
</tr>
<tr>
<td><strong>POPULAR UPGRADES</strong></td>
<td>Maple or bamboo finish Wunda chair cushions Custom upholstery color</td>
<td>Bamboo high/low chair Custom upholstery color</td>
<td>Amber or natural bamboo construction Custom upholstery color</td>
<td></td>
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</tbody>
</table>
**The Barrel**

Peak Pilates® offers an extensive line of meticulously hand-crafted and upholstered barrels. Our barrels are ideal for opening the chest and restoring the natural curve of the spine while also strengthening the powerhouse, back and shoulder muscles.

“Peak Pilates® has the most well-constructed equipment on the market. It is important to me that my studio is accessible for all types of instructors—classical and contemporary—as well as for clients with diverse needs. Peak Pilates equipment suits us perfectly.”

**KRISTIN STROM**
REGIONAL PILATES MANAGER, FITNESS FORMULA CLUBS, CHICAGO, IL
HIGH LADDER BARREL

Peak Pilates® offers the only high ladder barrel in the industry that has replaced the cumbersome adjustment of knobs with an easy three-step locking system. Just kick, slide and lock for efficient flow when teaching and completing exercises. Built to withstand the rigors of a tough workout, this barrel integrates the critical dimensions of Joseph Pilates’ original design, including accurate ladder rung spacing and barrel contour.

BARREL INCLUDES:

• 13-ply Baltic birch barrel with solid oak ladder and rails or sustainable bamboo construction
• Labeled adjustment scale for easy barrel adjustment
• Fully adjustable from 32.5—49" (83—125 cm) in overall length
• Upholstered barrel
• Vertical and flat foot plates available separately
INSTEP BARREL SYSTEM™ AND SEMI–CIRCLE BARRELS
Comes with 4", 6" and 8" (10, 15 and 20 cm) arches to provide easy adjustability for any body.

BARREL INCLUDES:
- Baltic birch or bamboo frame with chrome handles
- Upholstered seat
- Arch barrels can be purchased individually

CLASSIC SPINE CORRECTOR
Slightly smaller in size and has a 6" (15 cm) arch.

SPINE CORRECTOR INCLUDES:
- Baltic birch or bamboo frame with chrome handles
- Upholstered seat

PREMIER SPINE CORRECTOR
Crafted with slightly larger dimensions and a 8" (20 cm) arch.

SPINE CORRECTOR INCLUDES:
- Baltic birch or bamboo frame with chrome handles
- Upholstered seat
# BARRELS

<table>
<thead>
<tr>
<th></th>
<th>HIGH LADDER BARREL</th>
<th>CLASSIC SPINE CORRECTOR</th>
<th>PREMIER SPINE CORRECTOR</th>
<th>INSTEP BARREL SYSTEM™ AND SEMI–CIRCLE BARRELS</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>DIMENSIONS</strong></td>
<td>Ladder: 37.75&quot; H x 30&quot; W (includes handles) (98 cm x 78 cm)</td>
<td>11.5&quot; H x 18.5&quot; W x 28&quot; L (29 cm x 47 cm x 71 cm)</td>
<td>12.5&quot; H x 18.5&quot; W x 27&quot; L (31 cm x 47 cm x 69 cm)</td>
<td>Frame: 9&quot; H x 19&quot; W x 29.5&quot; L (23 cm x 48 cm x 74 cm)</td>
</tr>
<tr>
<td></td>
<td>Upholstered Barrel: 35.5&quot; H x 21.5&quot; W x 19.75&quot; L (90 cm x 55 cm x 50 cm)</td>
<td>8&quot; (15 cm) arch</td>
<td>8&quot; (20 cm) arch</td>
<td>Barrels: 4&quot;, 6&quot; or 8&quot; H x 17&quot; W x 18.5&quot; L (10 cm, 15 cm, 20 cm x 43 cm x 47 cm)</td>
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<tr>
<td></td>
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<td>Upholstered step/seat</td>
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<td></td>
<td>4&quot; (10 cm) Semi-circle barrel with dual handles</td>
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<td></td>
<td>6&quot; (15 cm) Semi-circle barrel with dual handles</td>
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<td></td>
<td></td>
<td></td>
<td></td>
<td>8&quot; (20 cm) Semi-circle barrel with dual handles</td>
</tr>
<tr>
<td><strong>WEIGHT</strong></td>
<td>87 lb (39.5 kg)</td>
<td>30 lb (13.5 kg)</td>
<td>30 lb (13.5 kg)</td>
<td>87 lb (39.5 kg)</td>
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<tr>
<td><strong>ACCESSORIES</strong></td>
<td>Vertical foot plate</td>
<td>Flat foot plate</td>
<td></td>
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<tr>
<td><strong>POPULAR UPGRADES</strong></td>
<td>Maple or bamboo ladder barrel</td>
<td>Maple or bamboo classic spine corrector</td>
<td>Maple or bamboo premier spine corrector</td>
<td>Maple or bamboo instep barrel system and semi-circle barrels</td>
</tr>
</tbody>
</table>
Small Equipment & Accessories
Peak Pilates® offers the most comprehensive variety of pads, pillows, props and fuzzies — all designed to help you do your job better and make your clients more comfortable.

“We have been working with Peak Pilates® for five years and we are glad to be a part of the Peak Pilates family. We have experienced the excellent quality of the equipment and Peak’s highly-developed education program, which helped us to start-up our own successful Pilates Studio.”

MARCO AND SUSAN COLIJN
PILATES ERLANGEN, ERLANGEN, GERMANY
THE PED–O–PUL
A great tool for helping develop core strength, balance and general body awareness, the free standing ped-o-pul is intentionally unstable to help with breath, spinal elongation and much more.

PED–O–PUL INCLUDES:
• Square, single wall Baltic birch base
• Powder coated T-bar
• Two arm springs
• Leather swivel handles (pair)
WALL SYSTEM
Our wall system with deluxe upgrades gives you a cost-effective way to perform a full range of Pilates Cadillac exercises in areas with limited space. It is also great for beginners and provides a greater challenge to simple floor exercises.

WALL SYSTEM INCLUDES:
- Stainless steel pole system with galvanized canopy
- Hardwood push-through and roll down bars
- Foot/hand loops (pair)
- Complete spring system: two arm springs, two leg springs, two push-through springs, one spring sleeve
- Two safety chains

PILESSTICK®
The Pilatesstick® is a professional-grade portable body sculpting system that allows you to do much of the work usually reserved for the tower. It makes traditional mat Pilates exercises even more intense and is ideal for studio or home use.

PILESSTICK INCLUDES:
- Pilatesstick
- Pilatesstick mat
- Exercise Guide
- Online exercise library
- Foot straps
- Pilatesstick bag
- Foam door anchor
- Sleeved resistance tubing
## SMALL EQUIPMENT

<table>
<thead>
<tr>
<th></th>
<th>PED–O–PUL</th>
<th>WALL SYSTEM</th>
<th>PILATESSTICK</th>
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</thead>
<tbody>
<tr>
<td>DIMENSIONS</td>
<td>81&quot; H x 17.5&quot; W (206 cm x 45 cm) Base: 1.75&quot; H x 18.75&quot; W x 18.75&quot; L (4 cm x 47 cm)</td>
<td>82&quot; H x 25&quot; (34&quot; W with mounting plate) 208 cm x 84 cm (86 cm W with mounting plate)</td>
<td>28&quot; x 6&quot; x 5&quot; (73 cm x 14 cm x 13 cm)</td>
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<tr>
<td>WEIGHT</td>
<td>60 lb (27 kg)</td>
<td>194 lb (88 kg)</td>
<td>4 lb (1.8 kg)</td>
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<tr>
<td>ACCESSORIES</td>
<td>Optional handles available for both models</td>
<td>Pilatesstick mat Exercise Guide Online exercise library Foot straps Pilatesstick bag Foam door anchor Sleeved resistance tubing</td>
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<tr>
<td>POPULAR UPGRADES</td>
<td>Maple or bamboo ped-o-pul</td>
<td>Dowelled handles for raised platform on deluxe model Solid maple frame Add eyelets to poles Custom upholstery color</td>
<td>Dowelled handles for raised platform on deluxe model Solid maple frame Add eyelets to poles Custom upholstery color</td>
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</tbody>
</table>
MATS AND BOXES

RAISED PLATFORM MAT

DIMENSIONS
5" H x 24" W x 84" L (13 cm x 61 cm x 213 cm)
Mat boxes and doweled handle sold separately

RAISED MAT BOXES (PAIR)

DIMENSIONS
5" H x 9" W x 16" L (13 cm x 23 cm x 41 cm)
Custom upholstery color available

FLAT PLATFORM MAT WITH FOOT STRAP

DIMENSIONS
1.5" H x 24" W x 84" L (3 cm x 61 cm x 213 cm)
Custom upholstery color available

FOLDING PLATFORM MAT WITH FOOT STRAP

DIMENSIONS
Open: 1.5" H x 24" W x 84" L (3 cm x 61 cm x 213 cm)
Folded: 3" H x 24" W x 42" L (8 cm x 61 cm x 107 cm)
Custom upholstery color available
Standard with corner protectors for black, fudge or slate upholstery

LONG/SHORT BOXES

DIMENSIONS
Standard: 8.5" H x 16" W x 27.5" L
(24 cm x 41 cm x 70 cm)
Large: 11.5" H x 16" W x 29"
(29 cm x 41 cm x 74 cm)

HANGING MATS

DIMENSIONS
0.6" H x 23" W x 72" L (2 cm x 58 cm x 183 cm)
ACCESSORIES

Sheepskin Leather Strap Covers
Head Support Pillows 7” x 9” with a 1” or 2” H
Sheepskin Short Box Strap Cover
Sheepskin Hanging Straps
Long Spine Extension Straps Cotton Web Foot Loops
Cervical Neck Pillows 3” and 4.5”
Lift Supports 9” W x 18” L with 1.5”, 3”, 4.5” or 6” H
Weighted Poles 30”, 2 lb, 21”, 2.5 lb, 30”, 4 lb
Gondola Bar 60” L, 21 lb
Short Box Bar 30” L, 1 lb
Inflatable Sponge Ball
Power Circle and Fitness Ring
# SPRINGS

**WOOD EQUIPMENT SPRINGS**  (Suggested number by apparatus)

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**METAL EQUIPMENT SPRINGS**  (Suggested number by apparatus)

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<tr>
<th>Description</th>
<th>Chair Spring</th>
<th>Light Spring: Blue</th>
<th>Medium Spring: Yellow</th>
<th>Heavy Spring: Red</th>
<th>Leg Spring</th>
<th>Arm Spring</th>
<th>Push–Through Spring</th>
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<tbody>
<tr>
<td>MVe® Fitness Chair</td>
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<td>MVe® Fitness Chair with Split–Pedal</td>
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<td>PPS Deluxe Reformer</td>
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**RESISTANCE RIDE KIT (SPRINGS AND WHEELS)**

**STANDARD REFORMER FIVE-SPRING KIT**
Options & Customizations

The only thing better than purchasing unique Pilates equipment is making it uniquely yours. Choose from more than 64 colors of upholstery, oak, maple or bamboo hardwoods, and scores of accessories.

Whatever your choice, you can be confident that it is crafted for superior durability and appearance. Not sure which options or accessories will deliver the solution you desire? Call 1.800.925.3674 or 1.310.823.7008 and ask a Peak Pilates® professional to assist you.

Peak Pilates® offers the most extensive collection of pads, pillows, props and fuzzies – all designed to help you and your clients achieve the most from their practice.
POPULAR REFORMER ACCESSORIES

ARM EXTENDER
This arm extender fits securely over the shoulder blocks to allow more range for tight shoulders. It can also be used to shorten the distance between the shoulder blocks and the footbar for standing or kneeling exercises.

REFORMER ACCESSORY PACKAGE
Our most popular pads, pillows and bars for the reformers and combination systems all in one specially priced package:
- Short box bar: 30" (76 cm)
- Two small alignment pillows: 5" x 5" x 1" (13 cm x 13 cm x 2.5 cm)
- One large head support pillow: 7" x 9" x 2" (18 cm x 23 cm x 5 cm)
- One large non-slip pad: .5" x 7" x 14" (1 cm x 18 cm x 36 cm)

QUARTER BARREL
Used in conjunction with the short box, the quarter barrel adds security and support for all exercises in which you roll back. (Standard version compatible with traditional sized long/short box, available through custom order for boxes of different height.)

PADDED JUMP BOARD
Widely used for plyometrics and sports performance training, the padded jump board is available in a jumbo size that is compatible with the SportsMed™ Reformer and the SportsMed Total Workout System™.

AFINA™ JUMP BOARD (standard)
An excellent addition to your Pilates practice, the padded jump board adds plyometrics, sports performance training and cardio elements. This piece is only compatible only with the Afina™ reformer line.
AFINA™ DANCER JUMP BOARD
An excellent addition to your Pilates practice, the padded jump board adds plyometrics, sports performance training and cardio elements with a wider stance for increased range of motion. Just as the name suggests, this is ideal for dancers or those who prefer or need to work in more external rotation. Compatible only with the Afina™ reformer line.

CARRIAGE BLOCK
Used to restrict or shorten the carriage travel, as with semi circle or jump board exercises.

SIDE SPLIT PLATFORM
Used for a variety of reformer exercises, the side split platform allows for precise alignment, and a wider footprint, thus increasing stability. It is removable and can be easily stored under the reformer or with other reformer props.

AFINA™ SIDE SPLIT PLATFORM
Used for a variety of reformer exercises, the side split platform allows for precise alignment, and a wider footprint, thus increasing stability. It’s removable and easily stored under the reformer or stored with other reformer props. This piece is only compatible only with the Afina™ reformer line.
HARDWOOD OPTIONS

Peak Pilates® is the only major manufacturer to offer premium solid oak standard on all reformer frames, plus bamboo or hardrock maple upgrade at an affordable price. Every Peak Pilates frame receives up to three sandings and three coats of environmentally-friendly, water-based lacquer. We utilize mortise and tenon frame joinery, far superior to dowel pins or metal fasteners, resulting in equipment that is crafted like fine furniture and designed to last a lifetime.

Bamboo is classified as a rapidly renewable material and is considered to be one of the greenest materials today. All Peak Pilates wood equipment, with the exception of our SportsMed™ reformer, is available in amber and natural bamboo. Using waterborne lacquers and powder-coated finishes in our manufacturing reduces VOC emissions. We use select bamboo, harvested and engineered to provide a strong, durable and stable product.

<table>
<thead>
<tr>
<th>Maple</th>
<th>Solid Oak</th>
<th>Natural Bamboo</th>
<th>Amber Bamboo</th>
</tr>
</thead>
</table>

UPHOLSTERY OPTIONS

We utilize premium Boltaflex® vinyl upholstery for superior abrasion resistance and easy cleaning. Choose from seven colors free of charge or call 1.800.925.3674 or 1.310.823.7008 to order from a palette of 64 custom colors.

<table>
<thead>
<tr>
<th>Leather</th>
<th>Rope</th>
<th>Slate</th>
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<tr>
<td>Vizcaya Palm</td>
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<td>Bluejay</td>
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STRAPS AND ROPE OPTIONS

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<th>Leather</th>
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<th>Rope</th>
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<tbody>
<tr>
<td>Vegan Leather</td>
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</table>
“Peak Pilates® has guided us in achieving our personal and professional goals, which has resulted in an amazing Pilates program. I chose Peak Pilates, and it has been a rewarding journey for all; instructors and clients alike!”

WENDY CRILLY
LIFETIME HEALTH AND FITNESS, CASPER, WY
**Carriage Construction**

Our carriages are constructed from 13-ply Baltic birch with hardwood veneers throughout, creating a dimensionally stable platform to produce enhanced performance and even better ride quality. Sculpted, contoured shoulder pads conform to the shoulders, ensuring comfort, and full support for both reclining and standing positions. The quick-conversion hinged carriage with no detachable parts allows for easy transition between modes.

Our durable, nickel-plated springs with tapered ends are made of the highest quality music wire, and the classical design of our four-position, anodized aluminum footbar allows you to transition easily between exercises.

We are so certain of the durability of our equipment that we are pleased to offer a lifetime warranty on all wood equipment. Please see our warranty for details for exceptions.

Please contact us at 1.800.925.3674 or 1.310.823.7008, or email sales@peakpilates.com. For sales outside of the U.S. and Canada, email us at international@peakpilates.com for a quote.

**Exclusive Ultra–Glide Tracking System**

Delivering the industry’s smoothest, quietest and best-aligned ride, our eight-wheel carriages have two bearings per wheel for reliable load handling capability. All bearings are sealed so that no lubrication is required for the life of the wheel. No side wheel adjustment is needed.

The positioning of the horizontal tracking wheels are individually adjusted to match the carriage to its respective frame, eliminating any free play. Anodized aluminum tracks are used to increase durability and inhibit the build-up of unsightly aluminum oxide residue. Five carriage stop positions are located at the end head of the frame to limit carriage travel.

**Classic Resistance Ride Kit**

Create a custom, classical feel with our resistance ride upgrade. The wheels create the resistance that requires the user to push and pull through the exercise, and maintenance-free bushings mean a wheel with no grease and no mess that provides a superior ride and feel.

The kit also features four traditional springs designed for a smooth feel to experience optimum flow and movement with no limitation. The unique spring curve allows for full exercise completion.

This kit also includes four wheels and four springs. Springs and wheels can be sold separately. Both items can be retrofitted to your existing studio wood line Peak Pilates® equipment.