

PILATES

The Balanced Body Newsletter

CORETERLY

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Equipment and Maintenance: Which Spine Corrector is Right for You?

by Denise Coleman

Balanced Body has a wonderful array of Spine Correctors (also known as Step Barrels). Each has a different design to fit the needs of a variety of users. These include:

- » Pilates Arc™
- » Contour Step Barrel™
- » Clara Step Barrel®
- » East Coast Step Barrel
- » Avalon™ Step Barrel

Ultimately the choice of a spine corrector is what feels best for you. Here are some guidelines for choosing a spine corrector.

Pilates Arc™

This is our newest barrel made of lightweight high-density foam. It has a long, relaxed arc and deep well or “seat.” This gives you an intermediate level abdominal workout and an easier spine flexibility workout. Because the Pilates Arc is about 3” shorter in height than the other barrels, the ‘leg series’ exercises are also easier, especially for shorter users.



The most unique feature of the Pilates Arc is that the arc section and seat section can be separated. Use the arc section by itself on a mat or over the shoulder rests of most Balanced Body® Reformer carriages as an alternative to the long box. Because the Pilates arc is inexpensive, weighs only two pounds, and is stackable, it is ideal for group exercises or a convenient additional prop for any studio or wellness center.



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Contour Step Barrel™

Designed to accommodate taller or less flexible users, the Contour Step Barrel is longer and has the most subtle arc of all Balanced Body Spine Correctors. Like the Pilates Arc, the Contour Step Barrel offers an intermediate abdominal workout, but is less challenging on the back.

The Contour Step Barrel has cut out handles and can be stacked. It also includes a removable dowel that runs through the arc portion of the barrel to provide additional hand holds



Clara Step Barrel®

The Clara Step Barrel is probably the most common Spine Corrector in the Pilates industry. The Clara has the most extreme arc of the Balanced Body Step Barrel products, making it the most challenging for spinal flexibility work.

Formerly known as the West Coast Barrel, the barrel was redesigned to eliminate the metal handles, add 2 vertical cut-out handles on each side, allowing the barrel to be stacked (like the Contour). Ron Fletcher notes Clara was fond of the barrel and the new handle design facilitates the work she taught him on this apparatus. We are proud to honor this barrel design with her name.



East Coast Step Barrel

The East Coast Step Barrel is our most challenging Spine Corrector for abdominal exercises, and offers an intermediate workout for the back. Our East Coast Barrel is fully upholstered and has 2 metal handles attached to the sides.



Avalon™ Step Barrel

The Avalon Barrel, designed by Rael Isacowitz, founder of Body Arts and Sciences International, combines the Spine Corrector with spring resistance for innovative and varied workouts described in Rael's accompanying DVD. It comes with 2 spring arms mounted in sockets on each side of the barrel, allowing the spring arms to rotate 365 degrees. With springs attached, the options for exercises are only limited by the imagination

The Avalon Step Barrel can be used for the more traditional barrel workout as well. The Avalon's geometry (also designed by Rael) is exactly the same as the Contour Barrel.

