

## THE ORIGINAL PILATES APPARATUS

The original Pilates repertoire was 34 exercises done on the floor on a padded mat (matwork), but Joseph Pilates later invented several pieces of apparatus, each with its own repertoire of exercises. Most of the repertoire done on the various pieces of Pilates apparatus is resistance training since it makes use of springs to provide additional resistance. Using springs results in "progressive resistance", meaning the resistance increases as the spring is stretched.

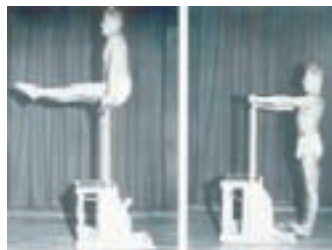
- The most common piece of apparatus is the Reformer.



- Other apparatus used in a modern Pilates studio includes the Cadillac (also called the Trapeze Table)



- The Wunda Chair



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# FOCUS PILATES STUDIO

- The Ladder Barrel.



Lesser used apparatus includes the Spine Corrector (Step Barrel), the Guillotine Tower, the Arm Chair, the Ped-a-Pul (Pedi-Pole), and the Foot Corrector.

There are also many props used in Pilates including the Magic Circle, invented by Joseph Pilates, small weighted balls, foam rollers, large exercise balls, rotating disks, and resistance bands.

He fine-tuned his wellness regimen while interned in England during the First World War, claiming it helped him and his fellow internees resist an influenza epidemic. Working as an orderly at an infirmary, he engineered a way to rig springs on hospital beds to offer light resistance exercises to bedridden patients, and thus the seed for Pilates equipment was planted

Bed rest was the norm in those days, so he was told, "you can do anything you like with them, as long as they stay in bed". So Joseph took the springs from the beds and rigged them up to the bed posts as exercise apparatus for the bedridden! Thus was born the Trapezium table ("Trap Table").



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