

PEAK PILATES STUDIO LINE EQUIPMENT



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PILATES IS ABOUT FOCUSING FITNESS. TRANSFORMING LIVES FROM THEIR VERY CORE.



Peak Pilates Classic Reformer



Peak is **Passionate**

A decade ago I founded Peak Pilates, a company uniquely committed to preserving classical Pilates while enhancing it with innovative solutions for our customers. I envisioned a company with a dedicated staff of Pilates experts and the finest quality equipment. Today, I'm proud to say, we've achieved that goal.

Our customized, classic studio line is widely acknowledged in the Pilates industry as setting the highest standards for safety, performance and craftsmanship. The Peak staff of professionals, many of whom are certified Pilates instructors, are known for their knowledge and exceptional customer care.

In 2002, we introduced Peak Education, a series of flexible education programs of unparalleled content. Created by a trio of experts and delivered globally by the industry's most experienced training team, our progressive approach is truly unique.

Never one to rest on our laurels, we're busy at work creating the next generation of products and services to support our industry.

We hope this catalog informs and inspires you.

A handwritten signature in white ink that reads "Julie Sobdell".

President & CEO
Peak Pilates

THE PILATES EXPERTS

Peak Pilates was founded in 1996, firmly rooted in the professional Pilates community.

Our customized classic studio line of equipment raised the bar on quality in the industry and quickly became the leading choice for many experienced instructors, studios, spas and health clubs worldwide.

Over the years, feedback from top training studios around the world has enabled us to refine and perfect our designs for durability, safety and optimal user appeal.

From this collaboration, Peak is proud to have pioneered many ground breaking design features including the Combination Systems line, Negative Gear and the padded Wraparound Footbar cover to mention just a few. We are so certain of the durability of our equipment that we introduced the Lifetime Warranty – still the best and strongest in the industry.

In addition, we give you all the options and features you want and need at no extra cost. Multiple position footbars and gear bars for ultimate adjustability, reformer boxes with footstraps, and an extensive array of accessories-it's all there. Peak is the only major manufacturer to offer premium kiln-dried North American hardwood standard on all reformer frames. No other manufacturer compares to the value, quality and versatility Peak Pilates offers it's customers.

about Pilates.

THE EVOLUTION OF PILATES

During the last ten years, we've watched Pilates move from a little known conditioning method to a mainstream wellness phenomenon embraced by health clubs and enthusiasts all over the world. While the foundation of our company is our high quality line of classic studio equipment, we appreciate and recognize the diverse and evolving needs of our industry.

Integrating equipment with education was a natural next step. Peak has developed proprietary education programs centered in classical Pilates, combining science and unique study aids that help new instructors build strong skills and confidence. All in a time-saving, progressive format.

In the research and development area we saw an opportunity to create a superior solution for those with space issues and a desire for moveable equipment that could be easily stored. The result is our newest offering, the Peak PilateSystem™ which is revolutionizing the portable Pilates category with its sleek, ingenious design and precision performance. The foldable Peak PilateSystem (PPS) is opening up a new world of programming possibilities for health clubs and other facilities short on space and heavy on demand.

THE ONLY PILATES PARTNER YOU NEED

In 2002, Peak Pilates entered into a ground breaking strategic partnership with Life Fitness, the largest manufacturer of fitness equipment to health clubs worldwide, to distribute the PPS System to customers around the globe. Such rapid growth is thrilling, but it's also thought provoking. For Pilates is a method founded on form and grounded in precision. How do we retain quality and yet still meet demand?

At Peak Pilates we ask ourselves that question every day. That is why we embrace innovations, technologies and a new way of training instructors in the classical approach to Pilates. We believe that creating a successful Pilates business requires commitment, knowledge and a long term plan.

It's why we work with our customers to create business strategies that package equipment, education and marketing support for a single source solution that stands for quality and integrity in the marketplace.

At Peak Pilates, our passion for Pilates is more than just a job, it's a way of life. We are the Pilates experts and a trusted leader in the industry. It's why Life Fitness chose us and why we hope you do too.

IMPORTANT WORDS ABOUT THIS CATALOG

This catalog is intended to complement the personal service provided by our sales representatives, who have each completed an extensive education program in order to provide you with excellent guidance.

We've created two catalogs in one. One side showcases our classic studio line of equipment and accessories, and the other side is focused on the *foldable* Peak PilateSystem equipment and Peak Pilates Education Programs. Simply flip back and forth to find what you are looking for.



For a space-saving option, look for this symbol to indicate an original Peak Pilates Combination System design. Using our classic designs as the foundation, we have pioneered the development of multiple use machines, which stand alone in their innovative design, flawless engineering, and ease of transition between exercise modes.

THE PEAK PROMISE

We take our commitment to our customers seriously. Every member of our dedicated staff is available to provide you with an unparalleled customer experience. The Peak Promise is our top ten list of distinctions. Given the opportunity, we feel confident that you will discover many reasons why Peak is the leading choice of experienced Pilates professionals, high-end spas and premier health clubs worldwide. Visit our web site peakpilates.com to read more about our Peak Promise.

1. Authenticity of design.
2. Ground breaking innovation.
3. Superior craftsmanship.
4. "Build-to-order" production process.
5. Expert consulting.
6. Limited lifetime warranty.
7. Service and integrity.
8. Customized instructor training.
9. Continuing instructor education.
10. Peak profitability.

REFORMERS

PEAK IS

Classic

When it comes to Classic Reformers, there is no comparison. We believe some things cannot be improved upon or copied. From the beginning, the foundational piece in our equipment line has been the signature Classic Reformer, built for decades of use. Critical dimensions combined with exacting design specifications result in superior performance and a more effective workout. In fact, many instructors say they can 'feel the difference'.

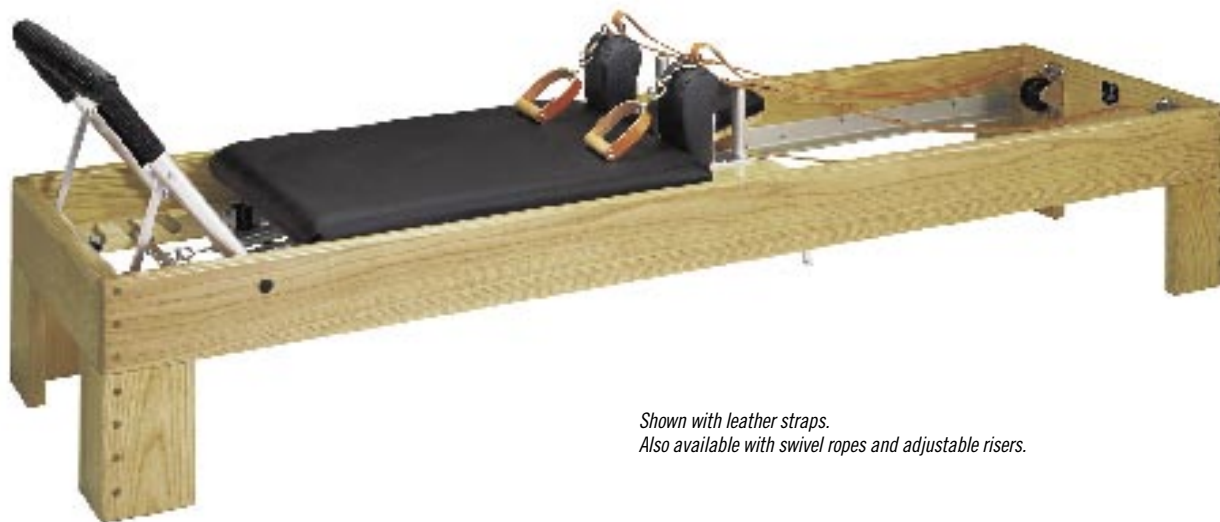


Cal-a-Vie~The Spa Havens Pilates Studio

“Quality equipment, as well as respect and acknowledgement of Joseph Pilates’ body of work were all part of the criteria that led me to choose Peak Pilates for our beautiful spa.”

*-Judy Wood
Fitness Director
Cal-a-Vie~The Spa Havens
San Diego, CA*

CLASSIC REFORMER



*Shown with leather straps.
Also available with swivel ropes and adjustable risers.*

STANDARD FEATURES

DIMENSIONS

16"H x 26 1/2" W x 90" L

LEATHER STRAP PACKAGE

- Solid premium oak frame and legs
- 8 wheel ultraglide carriage
- 3 position headrest
- 3 position gear system
- 4 spring system
- 3 position footbar with deluxe wraparound cover
- Adjustable leather straps
- Accessory Package:
 - Standard long/short box
 - Long spine extension straps
 - Leather swivel handles
 - Gear block

ROPE AND RISER PACKAGE

- Solid premium oak frame and legs
- 8 wheel ultraglide carriage
- 3 position headrest
- 3 gear position system
- 5 spring system
- 3 position footbar with deluxe wraparound cover
- Swivel ropes and adjustable risers
- Accessory Package:
 - Large long/short box
 - Neoprene handles
 - Foot loops
 - Gear block

A



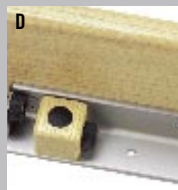
B



C



D



ACCESSORY PACKAGE

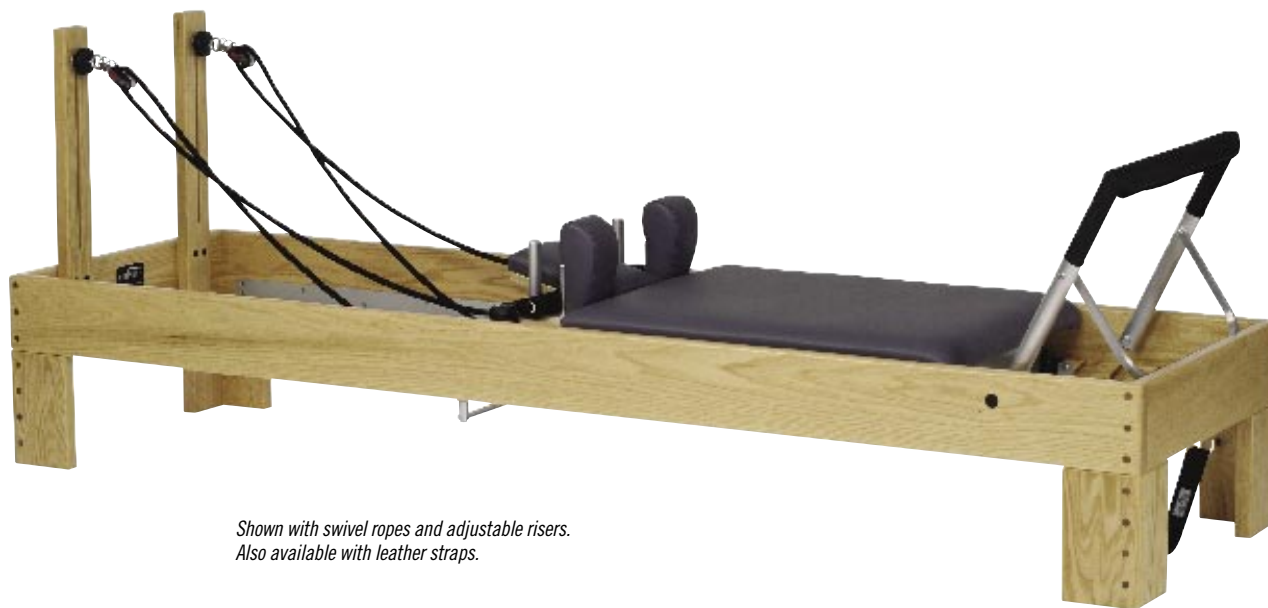
(Included at no additional charge)

- A Standard (leather) or large (ropes) long/short box
- B Long spine straps (leather) or foot loops (ropes)
- C Straps and handles (leather or ropes)
- D Gear block

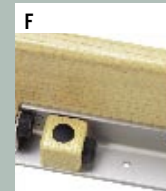
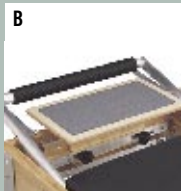
For more reformer accessories turn to pages 14 & 25.

PREMIER REFORMER

Richly crafted from the finest North American hardwood, the Premier Reformer sets the standard for sheer beauty, functionality and value. The Premier package includes an extensive array of options and accessories that delivers the degree of customization that Pilates professionals appreciate and busy studios demand.



*Shown with swivel ropes and adjustable risers.
Also available with leather straps.*



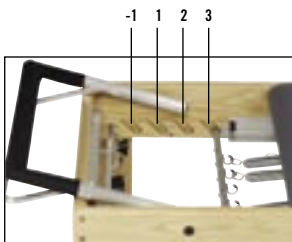
ACCESSORY PACKAGE (Included at no additional charge)

- A Standard (leather) or large (ropes) long/short box
- B Removable side-split platform
- C Long spine straps (leather) or foot loops (ropes)
- D Pad & pillow set with short box bar
- E Straps & handles (leather or ropes)
- F Gear block

For more reformer accessories turn to pages 14 & 25.



Ropes & Risers vs. Leather Straps. Our best advice is always “stick with what you know.” Leather straps are traditional. It does not mean better—simply different. The classical method of Pilates is a “flow style” workout, linked through a series of movements and transitions which work best with leather straps and swivel handles, requiring little or no adjustment. Ropes and adjustable risers have a greater range of motion and offer the ability to adjust the angle for physical therapy and sports performance training. It’s your choice!



Peak Pilates 4 Gear System. The 4 position gear system includes Negative Gear, recommended for training individuals 5’4” and under. Placing the gear bar in this position brings the carriage closer to the footbar resulting in greater hip and knee flexion to increase the range of motion. It is also essential for attaining the correct position for certain exercises.



The Benefits of a Removable Side-Split Platform. Many years of feedback from our customers has resulted in offering a removable side-split platform in place of a standing platform attached to the frame. The side-split platform has a variety of benefits including:

- A wider footprint for increased stability and ability to perform exercises in a turned out position.
- Precise alignment and better ergonomics because the platform is at the same height as the carriage.
- The ability to remove and store when not in use.

STANDARD FEATURES

DIMENSIONS

16” H x 26 1/2” W x 90” L

LEATHER STRAP PACKAGE

- Solid oak frame and legs
- 8 wheel ultraglide carriage
- 3 position headrest
- 4 position gear system
- 5 spring system
- 4 position footbar with deluxe wraparound cover
- Adjustable leather straps
- Complete Accessory Package:
 - Standard long/short box
 - Removable side-split platform
 - Pad & Pillow Set:
 - Two 1” alignment pillows
 - One 2” head support pillow
 - One large non-slip pad
 - Short box bar
 - Long spine extension straps
 - Leather swivel handles
 - Gear block

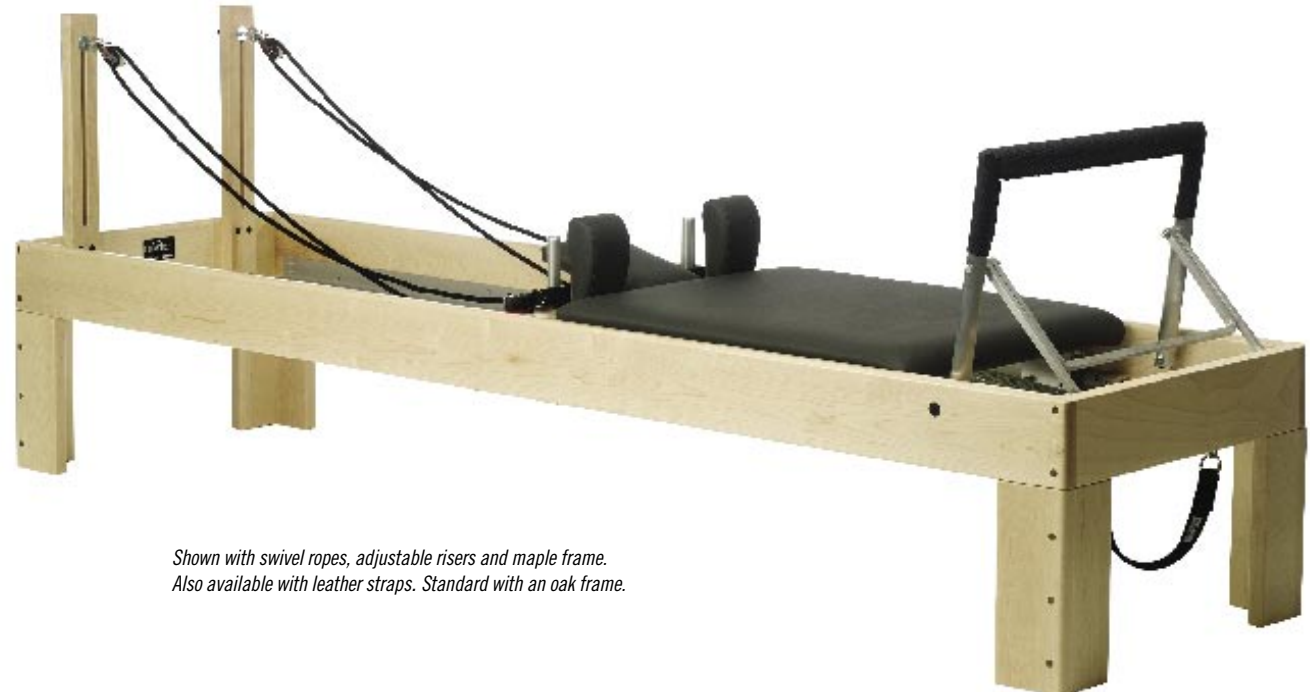
ROPE AND RISER PACKAGE

- Solid oak frame and legs
- 8 wheel ultraglide carriage
- 3 position headrest
- 4 position gear system
- 5 spring system
- 4 position footbar with deluxe wraparound cover
- Swivel ropes with adjustable risers
- Complete Accessory Package:
 - Large long/short box
 - Removable side-split platform
 - Pad & Pillow Set:
 - Two 1” alignment pillows
 - One 2” head support pillow
 - One large non-slip pad
 - Short box bar
 - Neoprene handles
 - Foot loops
 - Gear block



SPORTSMED™ REFORMER

Designed to address specific needs in training and clinical applications for athletes, sports medicine and rehab professionals, the SportsMed Reformer and the SportsMed Total Workout System® both include a taller, larger frame with an expanded carriage surface, and a seven-position footbar. A jumbo jumpboard, removable side-split platform and other accessories are included at no additional charge.

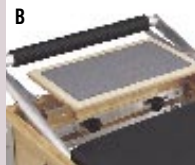


*Shown with swivel ropes, adjustable risers and maple frame.
Also available with leather straps. Standard with an oak frame.*

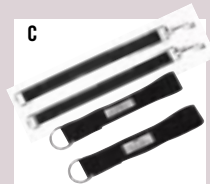
A



B



C



D



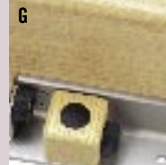
E



F



G



ACCESSORY PACKAGE FOR SPORTSMED (Included at no additional charge)

- A Large long/short box
- B Removable side-split platform
- C Long spine straps (leather) or foot loops (ropes)
- D Pad & pillow set w/short box bar
- E Jumbo jumpboard
- F Straps & handles (leather or ropes)
- G Gear block

For more reformer accessories turn to pages 14 & 25.

SPORTSMED TOTAL WORKOUT SYSTEM



Made only by Peak Pilates, the SportsMed is also available in a Total Workout System Model (reformer/half cadillac combination). See pages 12 & 13 for more information.



*Shown with swivel ropes and adjustable risers.
Also available with leather straps.*

STANDARD FEATURES

SEVEN POSITION FOOTBAR (INCLUDING DOWN) FOR MAXIMUM ADJUSTMENT.

DIMENSIONS

20" H X 28 1/2" W X 104" L

LEATHER STRAP PACKAGE

- Solid oak frame and legs
- 8 wheel ultraglide carriage
- Adjustable leather straps
- 4 position gear system
- 5 spring system
- 7 position footbar with deluxe wraparound cover
- Complete Accessory Package:
 - Large long/short box
 - Jumbo jumpboard
 - Removable side-split platform
 - Pad & Pillow Set
 - Two 1" alignment pillows
 - One 2" head support pillow
 - One large non-slip pad
 - Short box bar
 - Long spine extension straps
 - Leather swivel handles
 - Gear block

ROPE AND RISER PACKAGE

- Solid oak frame and legs
- 8 wheel ultraglide carriage
- Swivel ropes with adjustable risers
- 4 position gear system
- 5 spring system
- 7 position footbar with deluxe wraparound cover
- Complete Accessory Package:
 - Large long/short box
 - Jumbo jumpboard
 - Removable side-split platform
 - Pad & Pillow Set
 - Two 1" alignment pillows
 - One 2" head support pillow
 - One large non-slip pad
 - Short box bar
 - Neoprene handles
 - Foot loops
 - Gear block



COMBINATION SYSTEMS

PEAK IS

Original

Peak Pilates is proud to have pioneered the Combination Systems concept, which offers multiple exercise capabilities in a space saving format, without compromising performance, stability or safety. With a delicate balance of tradition and innovation, Peak Pilates Combination Systems create new options for those who appreciate the tremendous value and versatility these products offer.



Life Time Fitness Pilates Studio in Tempe, AZ

“To accommodate our busy facilities, we needed highly functional equipment and exceptional customer service. Peak Pilates fulfills both those needs and more.”

*Jayme Zylstra
Group Fitness
Operational Director
Chanhassen Group Fitness
Department Head
Life Time Fitness®
Minneapolis, MN*

CADILLAC CONVERTIBLE



*Shown with leather straps.
Also available with swivel ropes and adjustable risers.*



STANDARD FEATURES

DIMENSIONS

81" H (overall) 24" H (mat) x 27" W x 90" L

REFORMER MODE:

LEATHER STRAP PACKAGE

- Solid oak frame and legs
- Quick conversion, ultraglide hinged carriage
- 3 position headrest
- 4 position gear system
- 5 spring system
- 4 position footbar with deluxe wraparound cover
- Adjustable leather straps
- Complete Accessory Package:
 - Standard long/short box
 - Leather swivel handles
 - Long spine extension straps
 - Gear block

ROPE & RISER PACKAGE

- Solid oak frame and legs
- Quick conversion, ultraglide hinged carriage
- 3 position headrest
- 4 position gear system
- 5 spring system
- 4 position footbar with deluxe wraparound cover
- Swivel ropes with adjustable risers
- Complete Accessory Package:
 - Large long/short box
 - Neoprene handles
 - Foot loops
 - Gear block

CADILLAC MODE:

(Same for both packages)

- Hardwood push-through and roll down bars
- Complete strap system
 - Foot/hand loops (pair)
 - Push-through storage strap
 - Sheepskin hanging straps
- Twin Mat Quick Conversion System
- Chromed steel pole system with galvanized canopy
- Full trapeze system
- Complete Spring System
 - 2 arm springs
 - 2 leg springs
 - 2 push-through springs
 - 2 trapeze springs
 - 2 safety chains
 - 3 spring covers

A



B



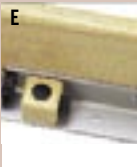
C



D



E



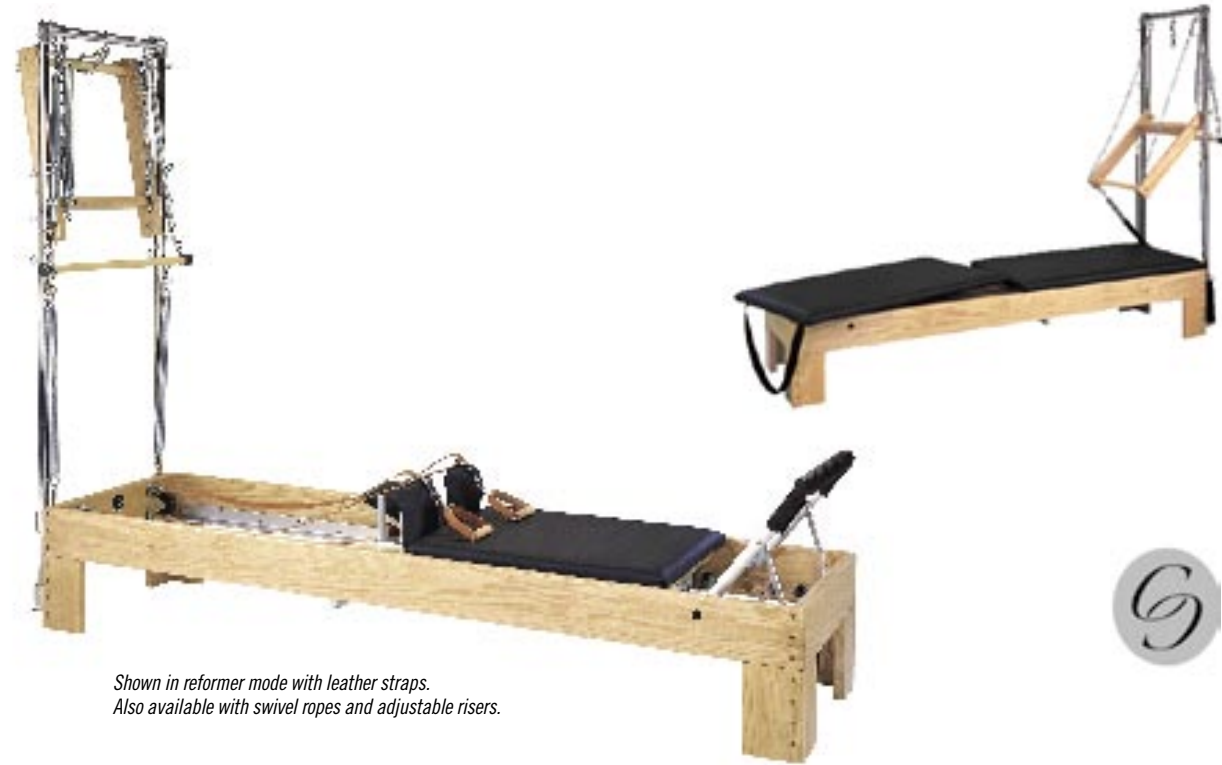
ACCESSORY PACKAGE (Included at no additional charge)

- A Standard (leather) or large (ropes) long/short box
- B Long spine straps (leather only) and foot loops
- C Straps and handles (leather or ropes)
- D Sheepskin hanging straps
- E Gear block

For more reformer accessories turn to pages 14 & 25.

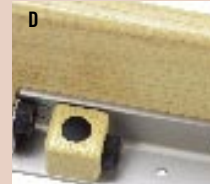
TOTAL WORKOUT SYSTEM®

The original reformer/half cadillac combination, the Peak Pilates Total Workout System (TWS) is widely used all over the world. A true powerhouse and central piece in many busy studios, the TWS is built to last a lifetime. It's exclusive features include a quick conversion hinged carriage with no removable parts, Twin Mat System for ease of use and storage, and your choice of the leather strap or ropes and riser system.



Conversion System.

*Shown in reformer mode with leather straps.
Also available with swivel ropes and adjustable risers.*



ACCESSORY PACKAGE (Included at no additional charge)

- A** Standard (leather) or large (ropes) long/short box
- B** Long spine straps (leather only) and foot loops
- C** Straps and handles (leather or ropes)
- D** Gear block

For more reformer accessories turn to pages 14 & 25.



Peak Pilates retractable risers and hinged carriage make mat conversion easy, with no removable parts.



AVAILABLE IN SPORTSMED DIMENSIONS AND SPECIFICATIONS.
See pages 8 & 9 for more information.



*Shown with swivel ropes and retractable risers.
Also available with leather straps.*

STANDARD FEATURES

DIMENSIONS

16" H (mat) 72" H (overall) x 26 1/2" W x 93" L

REFORMER MODE:

LEATHER STRAP PACKAGE

- Solid oak frame and legs
- Quick conversion, ultraglide hinged carriage
- 3 position headrest
- 4 position gear system
- 5 spring system
- 4 position footbar with deluxe wraparound cover
- Adjustable leather straps
- Complete Accessory Package:
 - Standard long/short box
 - Leather swivel handles
 - Long spine extension straps
 - Gear block

ROPE & RISER PACKAGE

- Solid oak frame and legs
- Quick conversion, ultraglide hinged carriage
- 3 position headrest
- 4 position gear system
- 5 spring system
- 4 position footbar with deluxe wraparound cover
- Swivel ropes with adjustable risers
- Complete Accessory Package:
 - Large long/short box
 - Neoprene handles
 - Foot loops
 - Gear block

CADILLAC MODE (same for both packages)

- Hardwood push-through and roll down bars
- Complete Strap System
 - Foot/hand loops (pair)
 - Push-through storage strap
- Chromed steel pole system w/multiple stationary settings
- Complete Spring System
 - 2 arm springs
 - 2 leg springs
 - 2 push-through springs
 - 2 safety chains
 - 1 spring cover
- Twin Mat Quick Conversion System



POPULAR REFORMER OPTIONS & ACCESSORIES

The only thing better than purchasing unique Pilates equipment is making it uniquely yours. You will find a multitude of possibilities right here. Choose from more than 80 colors of upholstery, oak or maple 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 800.925.3674 and ask a Peak Pilates professional to assist you.

ARM EXTENDER

Securely fits over the shoulder blocks to allow more range for tight shoulders. Can also be used to shorten the distance between the shoulder blocks and the footbar for standing or kneeling exercises.



QUARTER BARREL

Used in conjunction with the short box, the Quarter Barrel adds a feeling of security and comfort for all exercises in which you roll back.



PADDED JUMPBOARD

Widely used for plyometrics and sports performance training. Also available in a jumbo size that fits the SportsMed Reformer and the SportsMed Total Workout System.



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
- 2 lb. 30" weighted mat bar
- 2 small alignment pillows 5" x 5" x 1"
- 1 large head support pillow 7" x 9" x 2"
- 1 large non-slip pad 1/2" x 7" x 14"



CARRIAGE BLOCK

Used to restrict or shorten the carriage travel, as with the semi-circle exercises.



REFORMER MAT OPTIONS



Our innovative Mat options can turn your reformer into a multi-use piece in seconds. Converting is easy with no removable parts.



A EURO STYLE DAY COUCH. Turn your reformer into an elegant piece of fine furniture. When the reformer is not in use, it quickly converts into a handsome European style day couch that ingeniously conceals all moving parts and springs for optimum aesthetic appeal. Package includes the mat insert and barrel.

B FULL MAT CONVERSION SYSTEM. This mat is one full piece that is placed directly on top of the frame. Requires a hinged carriage.

C SINGLE MAT QUICK CONVERSION SYSTEM. Turn your reformer into a mat table. Simply glide the reformer carriage to the back of the frame and insert the mat into the frame.

Turn to page 25 to see our extensive line of accessories.

QUALITY STANDARDS

SOLID HARDWOOD: Peak Pilates is the only major manufacturer to offer premium, solid oak as the standard on all reformer frames. Plus you can customize any reformer frame to hardrock maple. All frames go through an extensive seven-step finishing process, with three sandings and four coats of environmentally friendly, water-based lacquer.

MORTISE & TENON CONSTRUCTION: There's nothing stronger or more durable than our mortise and tenon joinery - far superior to dowel pins or metal fasteners. The result is a beautiful piece of equipment, crafted like fine furniture and designed to last a lifetime.

ATTENTION TO DETAIL: Our carriage is constructed from 13-ply Baltic Birch with hardwood veneers throughout. The contoured shoulder pads conform to the shoulders ensuring comfort, as well as full support for both reclining and standing positions. What's more, our machines are finished-out to a tee, top-to-bottom and inside & out.

UPHOLSTERY

CUSTOM COLOR UPHOLSTERY: We utilize Olympic grade foam padding and highly durable Boltaflex II vinyl upholstery on every piece of equipment. You can make your piece unique by choosing one of over 80 custom colors. Call 800.925.3674 for a color palette.

STANDARD COLORS: We offer a choice of four vinyl colors at no additional charge. They are black, gray, natural or slate.



MAT CORNER PROTECTORS

Corners are the most likely place for wear and tear to occur. Protect your mat by adding these cost efficient enhancements.

CADILLACS

PEAK IS

Timeless

Peak Pilates is the only company to offer the **Traditional Cadillac**, an authentic version of Pilates' original Cadillac design, with a smaller "footprint" that is ideal for compact spaces and working in close proximity with clients. Our most popular model, the **Classic Cadillac**, is an updated version of the original, with a larger frame size and expanded mat surface preferred by many professionals. Customize either cadillac with options such as the Leg Spring Slider and Adjustable Aluminum Push-Through Bar.



Core Pilates studio

"In 3 years we've never needed maintenance and the excellent customer service makes the Peak experience worth returning to again and again."

*Michele Fama
Owner, Core Pilates
Manhattan, NY*

TRADITIONAL CADILLAC



STANDARD FEATURES

DIMENSIONS

84" H (overall) 24" H (mat) x 26 1/2" W x 84" L

- Solid oak frame and legs
- Full 26 1/2" W x 84" L table mat
- Foot support rails (all sides)
- Chromed steel pole system with galvanized canopy
- Full Trapeze System: padded upholstered trapeze and precision slider
- Hardwood push-through and roll down bars
- Complete Strap System
 - Foot/hand loops (pair)
 - Sheepskin hanging straps
 - Adjustable wraparound table strap
 - Footstrap on the frame
 - Trapeze strap
 - Push-through storage strap
- Complete Spring System
 - 2 arm springs
 - 2 leg springs
 - 2 push-through springs
 - 2 trapeze springs
 - 2 safety chains
 - 3 spring sleeves



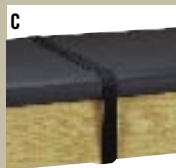
COMPLETE STRAP & SPRING SYSTEM (Included at no additional charge)

- A** Sheepskin hanging straps
- B** Foot/hand loops (pair)
- C** Adjustable wraparound table strap
- D** Complete eight piece spring set

For more cadillac accessories turn to page 19.

CLASSIC CADILLAC

Beautiful and durable, the Peak Pilates Classic Cadillac provides the professional or home user the ultimate in versatility. The extended frame and 30" wide mat offers increased stability and easily accommodates all body types and sizes.



COMPLETE STRAP & SPRING SYSTEM

(Included at no additional charge)

- A Sheepskin hanging straps
- B Foot/hand loops (pair)
- C Adjustable wraparound table strap
- D Complete eight piece spring set

POPULAR CADILLAC ACCESSORIES



TABLE EXTENDER

Supports the head for certain push-through bar exercises, accommodating neck issues and tight lower back and hamstrings.



LEG SPRING SLIDER

Allows for varying tensions to meet your client's individual needs.



PADDED SPREAD EAGLE FOOTPLATE

Offers a wider base of support for the feet.



ADJUSTABLE ALUMINUM PUSH-THROUGH BAR

Benefits include easy adjustment and generous proportions.

STANDARD FEATURES

DIMENSIONS

84" H (overall) and 26" H (mat) x 30" W x 92" L

- Laminated oak frame and legs
- Full 30" W x 92" L table mat
- Chromed steel pole system with galvanized canopy
- Full Trapeze System: Padded upholstered trapeze and precision slider
- Hardwood push-through and roll down bars
- Complete Strap System
 - Foot/hand loops (pair)
 - Sheepskin hanging straps
 - Adjustable wraparound table strap
 - Footstrap on the frame
 - Trapeze strap
 - Push-through storage strap
- Complete Spring System
 - 2 arm springs
 - 2 leg springs
 - 2 push-through springs
 - 2 trapeze springs
 - 2 safety chains
 - 3 spring sleeves



BARRELS & CHAIRS

PEAK IS

Versatile

Start with the Wunda of it all - the ingenious design that Pilates declared should be a fixture in every home and hotel in America. Move to the meticulously upholstered barrels, including an ultimate value six-in-one system. Such examples confirm our commitment to pure Pilates. Considering the Pilates method itself which is known for amazing versatility, we're not about to stop short when it comes to your choices.



Arte del Movimento Pilates studio

“Peak Pilates equipment is not only easy to use and comfortable, but their attention to even the smallest detail makes Peak equipment the most beautiful pieces you can find”.

*Sandra Benedetto
Vincenzo Lioce
Owners, Arte del Movimento
Rome, Italy*

BARRELS



HIGH LADDER BARREL Built to withstand the rigors of a tough workout. This barrel integrates critical dimensions of Pilates' original design which include accurate ladder rung spacing, barrel height and contour. Easily adjustable between ladder and barrel.



OPTIONAL ACCESSORIES FOR HIGH LADDER BARREL The Right Angle and Flat Footplate provide cushioned support for the ball and heel of your foot, in addition to an elevated platform critical for different body heights.



INSTEP BARREL SYSTEM™ A Peak Pilates' exclusive design, the InStep Barrel System is the ultimate in value and flexibility, providing six barrels in one complete system. Use the barrels in the frame, alone on the mat or on the floor. *Semi-Circle Barrels can be sold separately.*



Premier Barrel

Classic Barrel

CLASSIC & PREMIER HUMP BARRELS Whatever your training background, we have the right hump barrel for you. Choose the more gradual arc of the Classic Barrel or the Premier Barrel with a deeper seat and a more pronounced arc.



All of Peak Pilates barrels are fully trimmed and detailed inside and out.

STANDARD FEATURES

HIGH LADDER BARREL

- Ladder: 37" H x 30" W (includes handles)
- Upholstered Barrel: 35" H x 21 1/2" W x 19 1/2" L
- 13-ply Baltic Birch and solid North American hardwood construction
- Upholstered barrel
- Reinforced steel bracing system
- Fully adjustable from 35" to 47" in overall length

OPTIONAL ACCESSORIES

- Right Angle Footplate
- Flat Footplate

INSTEP BARREL SYSTEM™

- Frame: 9" H x 19" W x 29 1/2" L
- Barrels: 4", 6" or 8" H x 17" W x 18 1/2" L
- Baltic Birch frame with chrome handles
- Upholstered step/seat
- 4" Semi-circle barrel with dual handles
- 6" Semi-circle barrel with dual handles
- 8" Semi-circle barrel with dual handles
- Semi-Circle Barrels can be sold separately.*

CLASSIC HUMP BARREL

- 11 1/2" H x 18 1/2" W x 28" L
- Baltic Birch frame with chrome handles
- Upholstered step/seat

PREMIER HUMP BARREL

- 12 1/2" H x 18 1/2" W x 27" L
- Baltic Birch frame with chrome handles
- Upholstered step/seat

CHAIRS

Said to be the first piece of home exercise equipment, the chair may be used to work the entire upper and lower body, challenging balance and strength. Peak Pilates offers a superior line of chairs that include our signature heavy duty construction, innovative engineering and classic designs. All chairs include Peak Pilates exclusive spring changing system making spring adjustment quick and trouble free.



CLASSIC HIGH CHAIR An authentic version of Pilates' "Electric" Chair design. Premium oak hardwood and reinforced tongue and groove construction make this one-of-a-kind chair a *true* classic.

CLASSIC WUNDA CHAIR An authentic version of the original Wunda Chair that allows you to convert from a "working" position to a "sitting" position. A unique and beautiful chair that is the preferred choice of many discriminating instructors.



WUNDA CHAIR CUSHIONS Designed to make the Wunda Chair sitting position more comfortable. Pictured with the seat cushion only, the complete set comes with both the seat and back cushions.



HIGH/LOW COMBINATION CHAIR Strong, stable and easy to convert from one mode to another, this chair resolves the issues of instability and design integrity that are often associated with combination chairs. Adjustable handles and seat height adjuster ensure that whether in the low or high chair mode, the seat and handle height are correct. Available with either a traditional or split pedal.

*Handles can be sold separately. Shown with traditional pedal.
Upgrade your Low Chair to a High/Low Combination Chair at any time.*



LOW CHAIR The Low Chair is an adaptation of the original Wunda Chair, with the exception that it does not convert into a sitting position. An excellent value, it comes pre-drilled for handles and can be upgraded to a High/Low Combination Chair. Available with either a split or traditional pedal.

Shown with split pedal.

STANDARD FEATURES

CLASSIC HIGH CHAIR

65" H (overall) 26" H (to seat) x 21" W x 32" L

- Solid oak construction
- Stationary high back
- Adjustable steel handles
- Integrated foot alignment plate
- Removable seat cushion
- Traditional pedal
- Spring post changing system with 2 standard chair springs

WUNDA CHAIR

22 1/2" H x 21 1/2" W x 28" L

- Double-wall oak panel construction
- Upholstered seat with scalloped back
- Dual positions - sitting & working
- Traditional pedal
- Spring post changing system with 2 standard chair springs

HIGH/LOW COMBINATION CHAIR

High Chair Mode: 64 1/2" H (overall) & 26" H (to seat)

Low Chair Mode: 22" H x 19 1/2" W x 30" L

- Single wall Baltic Birch construction
- Traditional or split pedal
- Upholstered seat
- Solid wood pedal and comfort grip foot pad
- Adjustable/removable handles
- Seat height adjuster
- Integrated foot alignment plate
- Removable high back
- Removable seat cushion
- Spring post changing system with 2 standard chair springs

LOW CHAIR

22" H x 19 1/2" W x 30" L

- Single wall Baltic Birch construction
- Upholstered seat
- Traditional or split pedal
- Solid wood pedal and comfort grip foot pad
- Spring post changing system with 2 standard chair springs



WALL UNITS / MATS

DELUXE WALL SYSTEM

- 82" H x 25" (34" W with mounting plate)
- Chromed steel pole system with multiple stationary settings
- Raised platform mat with footstrap
- Raised mat boxes (pair)
- Hardwood push-through and roll down bars
- Light mat bar
- Foot/hand loops (pair)
- Complete Spring System
 - 2 arm springs
 - 2 leg springs
 - 2 push-through springs
 - 1 spring sleeve

WALL UNIT ONLY

- 82" H x 25" W (34" W with mounting plate)
- Chromed steel pole system with multiple stationary settings
- Hardwood push-through and roll down bars
- Light mat bar
- Foot/hand loops (pair)
- Complete Spring System
 - 2 arm springs
 - 2 leg springs
 - 2 push-through springs

MAT SYSTEMS

- Raised Platform Mat (available with doweled handle support)
 - 5" H x 24" W x 84" L
- Raised Mat Boxes (pair) 5" H x 9" W x 16" L
- Flat Platform Mat
 - 1 1/2" H x 24" W x 84" L
- Folding Platform Mat
 - Open: 1 1/2" H x 24" W x 84" L
 - Folded: 3" H x 24" W x 42" L
- Lift Supports (pair) 1 1/2" H x 9" W x 16" L

CLASSIC PED-O-PUL

- Base: 1 3/4" H x 18 3/4" W x 18 3/4" L
- T-Pole: 81" H x 17 1/2" W (width of T)
- Square, single wall Baltic Birch base
- Powdered coated T-bar
- 2 standard arm springs
- Leather swivel handles (pair)



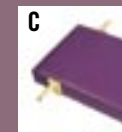
*Deluxe Wall System
(Raised mat and boxes can be sold separately)*



1 1/2" Folding Platform Mat



Classic Ped-o-Pul



- A** Lift supports
- B** Raised mat boxes
- C** Doweled handles

ACCESSORIES

Peak Pilates offers a wide selection of accessories. We invite you to visit our website at peakpilates.com to view our entire accessory collection, including clothing, books and DVD's.



WEIGHTED MAT BARS

21" L @ 2.5 lbs., 30" L @ 2 lbs., 21" L @ 5 lbs., 30" L @ 4 lbs.

SHORT BOX BAR

30" L @ 1 lb.

SIDESPLIT/GONDOLE POLE



Chromed Springs: Springs may be purchased singly or in sets at a discounted price.

Reformer - Extra light, light, medium & heavy
Arm - Standard & light
Leg - Standard & light
Trapeze - Standard
Chair - Standard & light
Push-Through - Standard



Padded Jumpboard

Removable Side-Split Platform

Gear Block

Long/Short Boxes
Standard & Large

Quarter Barrel

Arm Extender



Leather Swivel Handles

Neoprene Handles

Sheepskin Foot Loops

Sheepskin Leather Strap Covers

Sheepskin Short Box
Strap Cover

Sheepskin Hanging Straps



Cotton Web Foot Loops
Long Spine Extension Straps

Head Support Pillows
7"x9" with a 1" or 2" H

Alignment Pillows
5"x5" with a 1" or 2" H

Cervical Neck Pillows
3" and 4 1/2"

Sandbag Set

Classic Foot Corrector



Lift Supports
9"W x 16"L with 1 1/2", 3" or 4 1/2"H

Long Box Head Support Pillow
9 1/2"H x 8 1/2"W x 10 1/2"L

Non-Slip Pads
Large 1/2"x7"x14"/Small 1/2"x4"x4"

Double Ended Clip, Quick-snap
Clip, Safety Link

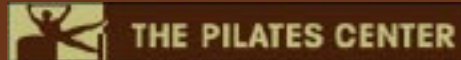
Power Circles: light (2 band), medium (3 band) & heavy (4 band)

Visit peakpilates.com for more accessories.



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