



Pilates Precision and Flow™

*"I see the equipment as an extension of myself when I practice and teach, and therefore I want it to inspire my work, my movement and my spirit."*  
 Rael Isacowitz, Founder BASI Pilates®



## BASI Systems™ Reformer with Tower

BASI Systems™ equipment delivers a breakthrough in precision and flow for Pilates movement. The intelligent design of BASI Systems™ brings together over thirty years of Pilates practice and research with the highest quality custom materials and craftsmanship.



BASI Systems™ Reformer with Tower is smooth in movement, with powerful adjustability in a space-saving design. Its innovative EPS Enhanced Pulley System™ gives fine-tuning control of pulley angle and the expanded gear system allows precision in spring resistance settings. The Tower expands reformer and tower functionality with a myriad of spring setting options. With the largest carriage cushion and longest track in the industry, it offers unprecedented comfort and range of motion. The BASI Systems™ Reformer with Tower is an expandable system that seamlessly adapts to your needs.

### Dimensions

WOODEN FRAME	- width 27.6"/ 70cm x length 98.4"/ 250cm x height 9.8"/ 25cm (floor to top of the case)
TOWER	- width 28.3"/ 72cm x length 4.5"/ 11.5cm x height 63.4"/ 161cm
CARRIAGE	- width 27.6"/ 70cm x length 31.1"/ 79cm
MAT CONVERSION	- width 27.6"/ 70cm x length 57.3"/ 145.5cm x height 2.6"/ 6.7cm
HEAD REST	- width 11.8"/ 30cm x length 6.7"/ 17cm
SHOULDER REST	- width 3.6"/ 9.2cm x length 3.4"/ 8.7cm x height 7.1"/ 18cm

### Getting Started with your BASI Systems™ Reformer with Tower

Welcome to the BASI Systems™ Reformer with Tower! When you open the box you will find the BASI Systems™ Reformer base with the footbar and headrest already attached. The carriage, tower, roll-down bar and four legs are wrapped in protective plastic. Five reformer springs are included, each in a separate box labeled by color. There are three red springs, one blue and one yellow. Eight tower springs are included, each in a separate box labeled by color. There are two red, two blue, two yellow and two long yellow.

There is a BASI Systems™ tote bag that holds the smaller pieces: two shoulder rests, two grips, a pair of ropes, a pair of neoprene straps with non-metal attachments, a pair of aluminum handles with non-metal attachments, a safety strap and a foot strap. A smaller box contains four stoppers, two pulleys, twenty screws (four of which are extra), two wrenches (size 4 and 5), twelve carabiners, a cleaning cloth and a BASI Systems™ key chain.

### Height

The BASI Systems™ Reformer with Tower comes with legs, and depending on your height preference, you can decide whether or not to attach them. The height of the base is 9.8 inches, 25 centimeters from the floor without the legs. The included standard legs will bring the total height to 14.8 inches, 37.5 centimeters. Taller legs are available from BASI Systems™ that would bring the total height of your reformer to 25.2 inches, 64 centimeters.



### Attach Legs

Turn the BASI Systems™ Reformer with Tower upside down (please use care and at least two people to do this). Align an extension leg to the top of the base and slide it down from the top so that it sits flush. Please keep in mind that the extension leg will not fit properly if pushed in from the side.



Using the two inside and two outside holes, secure the leg to the base with four screws and tighten with the larger, #5 wrench. Repeat these steps to attach the additional three legs. Check all of the screws and make sure they are tightly secured. You can now turn the BASI Systems™ Reformer with Tower right side up.

## Tower

The BASI Systems™ Tower adds functionality to reformer work with tower springs, a push-through bar, roll-down bar, and BASI Systems™ EPS – Enhanced Pulley System™ for fine-tuning control of the vertical and horizontal angle of the pulleys and ropes.



### Attach Tower

Slide the poles into the pole bases on the outside edge of the reformer.



Secure the tower by tightening the upper and lower screws on the pole base on both sides, using the smaller, #4 wrench.

## Carriage

The mat has been covered in anti-bacterial vinyl and its orthopedic cushioning provides comfortable lying, sitting, standing and kneeling. The carriage is uniquely designed to extend to the outside of the reformer base, providing greater surface space and a smoother glide.



### Install Carriage

Place the carriage on the reformer base, with the headrest facing back to the tower and away from the footbar.



### Attach Foot Strap

Hook one side of the foot strap to an eyelet on the side of the gear panel and repeat with the other side. The foot strap hangs underneath the springs and is out of the way when not in use.

## Springs

The BASI Systems™ Reformer with Tower comes with five reformer springs and eight tower springs. The red springs are heavy resistance, the blue are medium resistance, and the yellow are light resistance.



### Attach Reformer Springs

Attach each spring to a hook located on the underside of the carriage. Place the springs on the wooden spring rest, where they are held securely when not in use. To use a spring, attach the other end to the desired gear by placing the spring loop over the gear knob.

### Using Tower Springs

The eight tower springs can be attached as needed using the included carabiner hooks. Open a carabiner and slip the spring through. Clip the carabiner to the desired tower eyelet, the roll down bar, or the push-through bar.

**Note:** Please attach at least one spring to stabilize the carriage before continuing.

## Pulleys

The BASI Systems™ Reformer with Tower offers multiple options for pulley attachment, giving you fine-tuning control over angle and height.



### Attach Pulleys

Pulleys can be attached to the front or side eyelets on the lower base of the tower, or to the horizontal bar that holds the push-through bar.

To attach to the tower base, unscrew the pulley's pin and put the U-shaped metal through the front or side eyelet on the pole base of the tower. Align the ring and turn clockwise to tighten.

To attach the pulleys to the horizontal bar, turn the knobs on each side of the bar, lower or lift the bar to the desired height, and tighten the knobs by turning them clockwise. The push-through bar will hang down behind the tower base. Then follow the above directions for attaching the pulley.

## Ropes

The ropes are made of a special zero-stretch material for strength and integrity.



### Attach Ropes

Thread the tail of one rope through a pulley, the first bridge, the cleat, the second bridge and down the hole. Repeat with the second rope. To adjust a rope, lift it from cleat to the desired length, and push it back into the cleat to secure.



### Attach Shoulder Rests

The BASI Systems™ Reformer with Tower has six position options for the shoulder rests, offering a wide range of adjustability. Press the shoulder rest pole into one of the two slots. Each shoulder rest can be set in a forward, side or back facing position, depending on the desired width for use.

### Attach Grips

The grips are covered with easy-grip padding. Unscrew the attached bolt and place it beneath the grip hole on the underside of the carriage. Place the grip into the hole and align it with the bolt. Turn the grip clockwise while holding the bolt to secure it.

## Footbar

The footbar is covered with antibacterial easy-grip padding and can be used in four different positions, 23, 40, 60 or 90 degrees.



### Unlock Footbar

The footbar is delivered in a locked position and needs to be unlocked before adjusting. To unlock the footbar, pull the ring until the T-shaped lock pulls out from the groove. Turn the ring until the T faces the shallow groove and release the ring. The footbar can now be freely adjusted.



### Adjust Footbar

Pull the knob from either side of the footbar and lift the footbar into the desired position. It can be used as is, or it can be secured in place for exercises that warrant additional security.



### Secure the Footbar

Pull the ring until the T-shaped lock pulls out from the groove; turn it toward the deeper groove and release.

## The EPS – Enhanced Pulley System™

The EPS - Enhanced Pulley System™ offers a level of precision for the angle and height of the ropes and straps that has never before been possible.



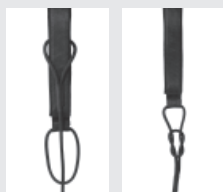
### Adjust the Horizontal Position

Loosen the knobs on the horizontal bar of the tower. Move the sliders to the desired positions anywhere along the bar. Tighten the knobs by turning them clockwise.



### Adjust the Vertical Position

Loosen the knobs on the vertical poles of the tower. Move the sliders to the desired positions anywhere along the poles. Tighten the knobs by turning them clockwise.



### Attach Straps and Handles

Your BASI Systems™ Reformer with Tower is equipped with a pair of straps and a pair of handles with non-metal attachment loops for quiet use. Slide the loop from the tail of the pulley rope through a strap or handle loop. Pull the pulley loop down and over the bottom of the handle and pull to secure.



### Get in Gear

The BASI Systems™ Reformer with Tower offers three gear options for each spring, giving you unprecedented control of spring resistance. Attach the spring to the gear you want to use by placing the spring loop over the gear knob.



### Adjust Headrest

The headrest can adjust to a flat or upright position. Pull the pin beneath the headrest and adjust to the desired position. Release the pin.



### Set Carriage Stop Position

The bumpers can be used in any of the four forward positions. Place the bumper into the hole and press. Bumpers can also be used in the rear positions, located just in front of the tower.



### Push-Through Bar

The push-through bar is covered in an antibacterial easy-grip padding. It can be used by attaching the desired spring(s) from the desired eyelet(s) to either one or both of the eyelets on the push-through bar, depending on the desired resistance.

### Attach the Safety Strap to the Tower

The safety strap secures the push-through bar when it is used in the bottom-loaded position. To attach it place the loop of the safety strap over the top of the tower base, between the two guide bolts. Thread the tail of the strap through the loop and adjust to tighten.

### Using the Safety Strap with the Push-Through Bar

Wrap the safety strap from behind the push-through bar and pull until the bar reaches the desired height. Thread the tail of the safety strap through the metal buckle of the strap, over the first ring of the buckle, and back through the second. Pull to tighten and secure. The springs can now be attached from underneath the push-through bar.



### Roll-down Bar

Attach the springs to the roll-down bar using the carabiners. Open a carabiner and slide it through the eyelet on one side of the roll-down bar and through the desired spring. Repeat for the other side of the roll-down bar. Attach the springs to the desired tower eyelets.



### Mat Conversion

The optional mat conversion expands your BASI Systems™ Reformer with Tower to take full advantage of the tower, giving you the space saving three-in-one functionality of Reformer, Tower and Mat work.

### Convert Reformer

Detach the springs from the gears and adjust the headrest to the flat position. Fold the footbar to its lowest position inside the reformer carriage. You may leave the pulleys attached or detach them. Push the reformer carriage all the way back to the tower frame. Lift the mat and position it near the front of the reformer and align the frame into the base of the reformer. Check that it is properly positioned before using. The mat can be positioned in either direction.

### Materials

Your BASI Systems™ Reformer with Tower is made with the finest custom manufactured materials. We use beech wood for sturdiness, aluminum for smooth transitions, antibacterial vinyl to resist wear-and-tear and orthopedic cushioning for comfort. Then we x-ray the springs to ensure their quality and safety. Your BASI Systems™ Reformer with Tower is shipped to you in a special recyclable container designed to be folded down or used for other things.

### Care and Maintenance

The BASI Systems™ Reformer with Tower is designed with the highest quality materials to provide ergonomic integrity, comfort and longevity. We recommend that you follow these guidelines to care for your equipment and use it safely. Springs should be inspected weekly for gaps or kinks. If a gap or kink is found, discontinue use of the spring immediately and replace it. Check that the spring hooks are working properly. It is recommended that all springs be replaced after two years of use. Inspect and tighten the nuts, bolts and screws monthly. Upholstery can be cleaned using the cloth provided or any soft cloth with warm water and soap. For deeper cleaning, use a soft bristled brush with an alkaline-based cleanser and rinse with cold water and a sponge.

### Designed to Fit Your Needs

The BASI Systems™ Reformer with Tower is part of an expandable system. If you want more height, legs are available to raise the height to 25.2 inches, 64 centimeters. Add the Cadillac Conversion and gain enhanced Reformer and full Cadillac functionality.

### Contact us!

We would love to hear how the BASI Systems™ equipment inspires you and enhances your Pilates practice! Please contact us with any questions or stories.

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### About BASI Systems™

BASI Pilates® is a leading Pilates education academy with a reputation for innovation, dedication and academic excellence. BASI stands for Body Arts and Science International, which is the name of the academy and an affirmation of its approach to Pilates studies. The mission of BASI Pilates® is to create and maintain professional standards for the teaching of the Pilates Method and to preserve and perpetuate the gift of Pilates by educating teachers of the highest caliber and providing equipment designed to have biomechanical and aesthetic integrity.

