



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

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.

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



Dimensions

REFORMER	- width 27.6" / 70cm x length 98.4" / 250cm (with head rest) x h 49" / 124.5cm
WOODEN FRAME	- width 27.6" / 70cm x length 98.4" / 250cm x height 9.8" / 25cm
HALF TOWER	- width 28.3" / 72cm x length 4.5" / 11.5cm x height 34.3" / 87cm
CARRIAGE	- width 27.6" / 70cm x length 31.1" / 79cm x height 2.6" / 6.7cm
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

Welcome to the BASI Systems™ Reformer! When you open the box you will find the BASI Systems™ reformer base with the footbar and headrest already attached. The carriage, half tower and four legs are wrapped in protective plastic. The springs are each packaged in a separate box, labeled by color. There are three red springs, one blue and one 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 vinyl and aluminum handles with non-metal attachments, 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), a cleaning cloth and a BASI Systems™ key chain.

Height

The BASI Systems™ Reformer 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 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 right side up.

Half -Tower

The half tower's EPS – Enhanced Pulley System™ gives you fine-tuning control of the vertical and horizontal angle of the pulleys and ropes.



Attach the half tower

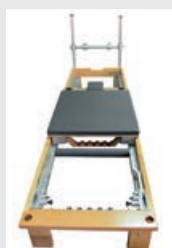
Hold the half tower with the metal eyelets facing the inside of the BASI Systems™ Reformer. Slide the poles into the pole bases on the outside edge of the BASI Systems™ Reformer.



Secure the half 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 half 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 comes with five springs, each separately boxed. The red springs are heavy resistance, the blue is medium resistance, and the yellow is light resistance.



Attach Springs

Attach each spring to a hook located on the underside of the carriage. Place the springs on the wooden spring rest, where they will be 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.

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



Attach Pulleys

Unscrew the pulley's pin and put the U-shaped metal through the eyelet on the horizontal bar of the half tower. Align the ring and turn clockwise to tighten.

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 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 an 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 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.



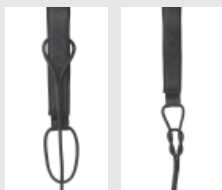
Adjust the Horizontal Position

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



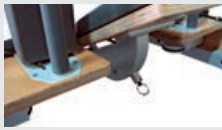
Attach Straps and Handles

Your BASI Systems™ Reformer 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 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 half tower.

Materials

Your BASI Systems™ Reformer 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 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 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 is an expandable system. If you want more height, legs are available to raise the height to 23.2 inches, 59 centimeters. Add a Full Tower Conversion that can be used as an expanded reformer or with a conversion mat, and gain a myriad of spring attachment options, smooth push-through technology and roll-down features. Add the Cadillac Conversion that can be used as an expanded reformer or with a conversion mat, and gain 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.

