



# F3 FOLDING REFORMER

New for 2022 comes the F3 Folding Pilates Reformer, this takes the world's most popular folding reformer, the F2 Reformer, to new heights with a completely revised carriage and the introduction of aluminium runners for an even smoother ride. The F3's innovative carriage never crosses the folding joint so in use you cannot even tell you are using a folding reformer, whilst the new aluminium runners offer reduced weight, a smoother ride and 2cm of extra travel, which is now 97cm.

The F series was developed to bring the benefits of a Pilates Reformer workout in to your home, without the need to have a space dedicated to your Pilates workout. Featuring the same springs as our professional reformers the F3 offers smooth and progressive resistance and a range of adjustments to fine tune the machine for your workout. The Align-Pilates F3 Folding Pilates Reformer folds up in a matter of minutes into a compact and self-contained machine that can be easily wheeled around and stored safely out of the way. To see how easy and quickly you can set up the F3 please see the video below

## FEATURES

- Travel - 97cm (up from 95cm on the F2)
- Resistance - 4 nickel plated music wire springs (1 medium, 2 strong and 1 light)
- Foot bar positions: 4 including plus down
- Double loop handles with "silent" metal free connectors for a quieter workout
- 3 position head rest
- Aluminium runners with 8 wheel design for smooth jam free travel
- Fixed shoulder rests with choice of 2 widths
- Locks open and closed and can be wheeled in either state
- Adjustable feet to ensure your reformer sits flat and can run smoothly

**Please note: Not warranted for commercial use. 2 year frame warranty.**

## DIMENSIONS

- Dimensions when unfolded - 242cm (L) x 70cm (W) x 23cm (H)
- Dimensions when folded - 143.5cm (H) x 70cm (W) x 34.5cm (D)
- Carriage size - 89cm (L) x 58cm (W)
- Carriage height - 22cm
- Weight - 58kg



F3 ASSEMBLY VIDEO

## OPTIONAL ACCESSORIES

The Align-Pilates F3 Folding Pilates Reformer is compatible with:

- Sitting Box & Foot Strap
- C\* Jump Board (suitable for use with all C/H/F series reformers)
- Planking Handles
- Neck Pillow

WE RECOMMEND THAT THE F3 REFORMER IS OPENED AND CLOSED BY TWO PEOPLE. HOWEVER, THIS CAN BE DONE BY A SINGLE PERSON WITH RELATIVE EASE, AS THE LIFTING WEIGHT IS SIMILAR TO LIFTING A HEAVY SUITCASE.



FEATURES OF THE F3



NEW MODEL FOR 2022



FRAME SITTING BOX (PRE-BUILT)

CODE: PAPBOXMBUILT

(also see page 21)



ITEM	CODE
F3 REFORMER	PAPREFORMERF3



F3 SHOWN WITH JUMP BOARD. JUMP BOARD SOLD SEPERATLEY

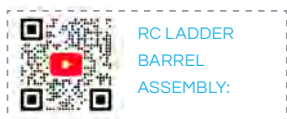


# RC LADDER BARREL

The Rapid Change (RC) Ladder Barrel is designed to offer fast adjustment of the barrel to make it quicker and easier to set the barrel up correctly for different sized users or, exercises. To adjust the barrel simply open the two quick release cam levers, slide the barrel in or out and close the levers! Like its predecessor, the RC Ladder Barrel offers industry leading levels of adjustment with 31cm of adjustability, in addition the apparatus comes complete with 2 padded standing boards (often sold separately for around £100) which makes it easy to get the perfect set up for all heights of people. The RC Ladder barrel arc and dimensions have been revised and now closely match classical proportions.

### FEATURES

- Super strong powder coated steel frame for added strength, durability and stability
- Solid North American Maple ladder rungs
- Adjustable feet ensure smooth adjustment of the barrel
- Two Padded standing boards worth over £100!
- Padded zip on rung wrap



RC LADDER BARREL ASSEMBLY:



DIMENSIONS	TYPE	CODE
105CM (H) X 90CM (W) X 125CM (L)	FLATPACK	PAPLADDERRC
105CM (H) X 90CM (W) X 125CM (L)	PRE-BUILT	PAPLADDERRCBUILD

LADDER BARREL & COMBO CHAIR

# COMBO CHAIR III

The Combo Chair III is latest iteration of Align-Pilates' popular wunda chair! Though looking similar to its predecessor, the Combo Chair III features a number of significant enhancements to refine the smoothness and quietness of operation, taking this chair to new levels. The new features include a new pedal locking mechanism, revised pedal axle with roller bearings, new rubber coated silent spring hooks and chromed spring tree for improved durability.



COMBO CHAIR ASSEMBLY:

- Tried and tested 4 spring system with 4 positions for each spring and 2 spring strengths to provide a wide range of resistance
- Modern looking cut out sides for easy spring change access when the chair is against a wall
- Eyelets to attach resistance bands or tubes add arm repertoire
- You can even use covered springs for one to one work
- Optional Chair back insert – help develop perfect posture – you can now insert an A\* jump board to provide a chair back for scapular support work
- Removable handles adjust easily via a single 'twist and pull' knob and offer a height range from 115 to 145cm
- Split pedals which are easily joined or separated using a redesigned locking slider underneath the pedals
- Easy rolling wheels allow for easy movement of the apparatus

### FEATURES

- Maple veneered marine ply on steel frame for excellent structural strength
- Rattle free handles with easy and secure adjustment
- Large rubber feet prevent trapping fingers under the pedals
- Single or split pedal functionality
- Seat height matches that of the Cadillac and A8 rehab reformer. Handles can be used in the reformer Jump Board slots for added exercise options.
- Independently CE tested (EN ISO20957-1) by V-Trust Laboratories (see full report here)
- CE Test – Attestation of Conformity (view here)

### SPRINGS PACKAGE

- 2 x strong finest nickel plated music wire springs
- 2 x extra strong finest nickel plated music wire springs

DIMENSIONS	TYPE	CODE
64CM (H) X 55CM (W) X 82.5CM (D)	FLATPACK	PAPCHAIR3
64CM (H) X 55CM (W) X 82.5CM (D)	PRE-BUILT	PAPCHAIR3BUILD



# FUSE LADDER

The Fuse Ladder was created by Pilates teacher Mariska Breland and her business partner Roxanna Hakimi as the perfect apparatus for everyone from professional athletes to wheelchair warriors. It combines the Pilates tower, Ped-o-Pull and stall bars to create endless movement opportunities. In fact, it's the most versatile strength, flexibility, and balance training apparatus on the market today. Its sleek design fits seamlessly into any home gym or studio setting. The Fuse Ladder is less expensive than most Pilates reformers, and is arguably as, or more versatile. Plus, it's an amazing space-saver, taking up just inches of floor space and allowing the same room to be used for mat, chair, or props classes.

Two top hanging bars are perfect for pull-ups with multiple grip options, and the Ladder can be used with or without its quick-adjust springs and padded backboard. And, its newest iteration offers one Ladder with two heights. Simply remove the lower section if your ceiling height is what has been holding you back from adding this powerhouse to your home

or studio. Plus, an optional push-through bar set that can attach at a dozen different heights opens up even more exercises.

The Fuse Ladder offers a fun and challenging workout combining spring resistance exercises like regular Pilates, but with climbing, hanging, agility, mobility, and balance challenges to take it to a new level. The upper eyelets can be used in conjunction with Suspension Trainers. It also comes with a trial of a growing workout website, featuring classes from top teachers in everything from high intensity interval training to yoga, from barre to Pilates.

## FEATURES

- 1 x Roll Down Bar
- 1 x Padded Back Board which hooks onto the ladder
- 2 pairs of Sliding Spring Eyelets
- 5 x Fixed Eyelets
- 2 x 47cm Extra Light Short Springs (yellow)
- 2 x 64cm Light Long Springs (purple)
- 2 x 64cm Medium Long Springs (red)
- 1 x pair of Hand/Foot Straps with double d rings and metal clips
- 1 x moveable padded wrung wrap
- 1 x pair of Handles
- Optional extra: Fuse Ladder Swing through bar (Fuse Ladder II only)

**DIMENSIONS OF THE LADDER**  
 74CM (WIDE) X 216CM (HIGH) OR  
 216CM (HIGH) X 49CM (DEEP)  
 Please note: Limited assembly  
 required and fixings not included.



DIMENSIONS	TYPE	CODE
237CM (H) X 80CM X (W) X 49CM (D)	FUSE LADDER	FUSELADDER2
VARIES	SWING THROUGH BAR	FUSESWINGTHRU



# BARRELS, BOXES & ARCS

All our barrels and arcs are made from custom formed marine ply that creates the strongest possible arcs. Like our boxes, these are then covered with hi-memory eva foam for comfort & abrasion-resistant vinyl upholstery to ensure a long life. All our barrels and boxes use real maple veneer and are fully finished inside as well as outside.

## MODULAR STEP BARREL & ARC

The Modular Step barrel adds extensively to the core functionality of the traditional Step barrel, which has long been known to help improve posture by lengthening and strengthening the back, feet and shoulder muscles. The Modular Step barrel slots conveniently over the shoulder rests of all of our reformers, so that it can be used on the reformer as well as on the floor. For floor use our step features an anti-slip base, and can be used with our standard 32" maple pole (not included) for extra exercise possibilities! The arc is also removable (as well as locking in place) so this can be used independently, offering an alternative curvature to our regular stacking arc. Finally, this step barrel includes 3 eyelets on each side for use with resistance bands to further extend the functionality of this diverse piece of apparatus.



### OPTIONAL EXTRAS

- 32" Maple Roll Up Pole
- Resistance Bands

DIMENSIONS	CODE
79CM [L] X 48CM [W] X 34CM [H] 13KG	PAPSTEP3

## STACKING ARC BARREL

Arc barrels are great for adding an extra dimension to mat work classes, offering various workout possibilities that help to improve the posture, lengthen and strengthen the back, feet and shoulder muscles.



DIMENSIONS	CODE
60CM (L) X 55CM (W) X 19.5CM (H) 7KG	PAPARCST

## PRO SITTING BOX

Sitting boxes make many seated exercises more comfortable and make additional exercises possible on your reformer.



DIMENSIONS	CODE
70CM (L) X 40CM (W) X 28CM (H) 9KG	PAPBOX

## FRAME SITTING BOX

The Frame Sitting Box is a little smaller than our other sitting box making it the ideal length for the earlier C-Series, F-Series and H1 Reformer carriages. The frame box does everything a normal sitting box does at a fraction of the cost! The box is the same height as the C1 & 2\*-Series Reformers and so can be used as a Moon box alongside this reformer in low leg configuration. Available as Pre-Built or Flatpack.



DIMENSIONS	TYPE	CODE
66CM (L) X 38CM (W) X 25CM (H) 7KG	FLAT PACK	PAPBOXM
66CM (L) X 38CM (W) X 25CM (H) 7KG	PRE-BUILT	PAPBOXMBUILT

# REFORMER ACCESSORIES

## A-SERIES CARDIO JUMP DOME

The Cardio Jump Dome merges a traditional reformer jump board with a balance dome to provide a cushioned landing surface when preforming jump board exercises on the reformer. This allows users to do extended plyometric activity on the reformer without discomfort. The jump dome also allows for high energy aerobic workouts with very low-impact on the body which adds new exercise possibilities. The Cardio Jump dome fits all A series reformers.



DIMENSIONS	CODE
WORKS WITH ALL A SERIES REFORMERS	PAPJUMPDOME

## PLANK HANDLES

Planking Handles can be used with everyone, from your rehab clients to athletes. Great for plank based exercises, the handles also offer much more; by turning the handles at right angles to the foot bar it creates an ideal position for when you are working with clients suffering with carpal tunnel syndrome, RSI, arthritis, or difficulty being able to weight bear for any length of the time on the foot bar. This alternative position can reduce the pressure through the wrists reducing discomfort and pain. When rotated externally, the handle acts like an extended foot bar. This allows better postural alignment in exercises which are off set to the reformer such as scooter. They can also act as a wider foot bar for larger clients be it hands on bar or, feet on bar, or act as a stability point for standing rehab-based exercises.



These Planking Handles are a great addition to any C, A2/A8, H or F-Series Align-Pilates Reformer, or Combo Pilates Chair. The Planking Handles are rotatable so they can face in four different directions and they can lock at 4 different heights in each of the directions, offering a total of 16 different positions.

DIMENSIONS	CODE
COMPATIBLE WITH A, C, F & H SERIES REFORMERS	PAPPLANKH

## GONDOLA AND ROLL UP POLES

Gondola Poles are used for aiding balance when performing standing work on the Reformer and therefore have anti-slip rubber end caps, to provide a firm grip on the floor. Roll Up Poles are used to aid alignment, for arm work and to increase the focus on scapular stabilization. Made from solid maple with laser engraved Align-Pilates logo.



DIMENSIONS	TYPE	CODE
152CM / 60"	GONDOLA POLE	PAPPOLE60
81CM/32"	ROLL UP POLE	PAPPOLE32

## ROTATIONAL DISKS (PAIR)

Rotational Disks are used to develop balance and strength through rotation whilst standing or sitting. Made from high quality 18mm marine ply with maple veneer, the rotational disks have three transparent anti-slip strips on the top and two anti-slip pads on the bottom to prevent them sliding on the floor. These discs are also great for dancers, to help improve turnout as well as strengthen and maintain their turnout, safely! They can also be used for injury rehabilitation under the guidance of a physiotherapist or certified professional.



DIMENSIONS	CODE
30CM/12" DIAMETER. SOLD IN PAIRS	PAPROTATION

## NECK PILLOW

The Align-Pilates Neck Pillow fits neatly on to any reformer head rest to create a soft cushioned support for the head and neck. Clients love them!



DIMENSIONS	CODE
27CM (L) X 15CM (W) X 8.5CM (H) 0.3KG	PAPNECKPAD

## C SERIES FREESTANDING LEGS

Adapt your C2 Pro-RC or C8-Pro Pilates reformer to freestand without with these simple to attach locking legs

Note: this is not required if you have Leg extensions. Does not work with C1 and non RC C2-Pro Reformers or the C8-S.



PRODUCT	CODE
FREE STANDING LEGS	PAPCFREELEGS



## EXTENSION STRAPS FOR 1/2 CADILLAC



PRODUCT	CODE
EXTENSION STRAP 80CM LONG (PAIR)	PAPEXTENSION

## SILENT FOOT STRAP WITH FLUFFY



PRODUCT	CODE
SILENT FOOT STRAP WITH FLUFFY	PAPFOOTSTRAP

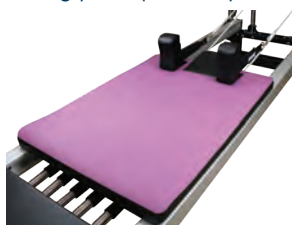
## ANKLE STRAPS (PAIR)



PRODUCT	CODE
ANKLE STRAPS (PAIR)	PAPANCKLE

## CARRIAGE PROTECTORS

Carriage protectors add an extra 6mm of cushioning to your carriage for extra comfort whilst protecting your upholstery. They also add a little colour to your studio. The carriage protectors are made for an exact fit, so will not work with other brands. Use either way up for colour and pattern variation.



FOR	COLOUR	CODE
A SERIES	AUBERGINE / GREY OR BLUE / GREY	PAPA2TOPPER
C2' / C8-PRO	AUBERGINE / GREY OR BLUE / GREY	PAPC2TOPPER

## PERFORMANCE WHEELS

Spare wheels are available for all our reformers, the most popular of which are listed below. Note many of these wheels have been dramatically improved on later generation but are compatible with their earlier versions

FOR USE ON	CODE
A2 REFORMER (ALL VERSIONS)	PAPWHEELA2S
C1 & C2 REFORMERS	PAPWHEELC2S
C8 & A8 REFORMERS	PAPWHEELCA8
H & F REFORMERS	PAPWHEELF1

Note: wheels sold individually.



## LOOP STRAPS (PAIR)



PRODUCT	CODE
DOUBLE LOOP SILENT STRAP (PAIR)	PAPSTRAPDLS
DOUBLE RING FOOT/HANDLE STRAP (PAIR)	PAPSTRAP

## PADDED HANDLES (PAIR)



PRODUCT	CODE
PADDED HANDLES (PAIR)	PAPHANDLE

## TPE ANTI-SLIP PADS

Introducing the all new anti-slip pad to help prevent slipping on Pilates Reformers & equipment. Can be used to hold a mat on a Ladder Barrel or arc when extra padding is wanted. Made from TPE which is recyclable and degradable.



DIMENSIONS	COLOUR	CODE
42CM X 29CM X 4MM	AUB/GREY	PAPANTISLIPTPE-AUBGRY
42CM X 29CM X 4MM	DARK BLUE/GREY	PAPANTISLIPTPE-BLUGRY
42CM X 29CM X 4MM	PURPLE/GREY	PAPANTISLIPTPE-PURGRY

## ANTI-SLIP PADS

Anti-Slip pad for use on Pilates apparatus to prevent slipping. Also useful to hold a mat on a Ladder Barrel or arc when extra padding is wanted. Phthalate Free PVC.



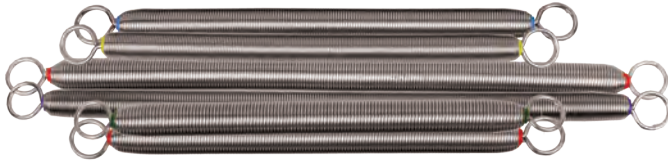
DIMENSIONS	COLOUR	CODE
40CM X 30CM X 3MM	BLACK	PAPANTISLIP-BLK
40CM X 30CM X 3MM	RED	PAPANTISLIP-RED

# ACCESSORIES & SPARES

Fine tune your reformer and Pilates studio with extra accessories including carriage protectors, neck pillows, replacement ropes, straps, springs or handles as well as gondola or roll up poles.

## UNIVERSAL SPRINGS

Our springs are made from top quality nickel plated Music Wire. Springs are standardized on all Align-Pilates equipment, except the Combo Chair.



REFORMER/HALF CADILLAC		CODE
47CM - VERY LIGHT (VL)	●	PAPSPRINGSVLIGHT
47CM - LIGHT (L)	●	PAPSPRINGSLIGHT
47CM - MEDIUM (M)	●	PAPSPRINGSMED
47CM - STRONG (S)	●	PAPSPRINGSSTRONG
64CM - VERY LIGHT / LIGHT / STRONG	● ● ●	PAPSPRINGL



CHAIR/TRAPEZE		CODE
47CM STRONG	●	PAPSPRINGCHS
47CM X-STRONG	●	PAPSPRINGCHXS

## SPRING SUPPORT FOR V. LIGHT SPRING

Spring Cover designed to support the very light spring for those wishing to use this on a reformer. A bundle is available including very light spring, supported cover and identification nut.



FOR USE WITH	CODE
ANY REFORMER WITH A LIGHT/ V. LIGHT SPRING	PAPSPRINGCOVERS
LIGHT SPRING BUNDLE	PAPSPRINGBUNDLE

## UNIVERSAL REFORMER ROPES

Our whipped reformer ropes are black to avoid showing dirt and are sold in pairs. Choose from the new "silent" design, which has an enlarged eyelet in the rope but no noisy metal hardware (for use with silent handles only) or, traditional ropes with dog clips. Both are suitable for any reformer using a rope of 2.8m or less and are sold in pairs.



MODEL	TYPE	CODE
F*,H*,C1 & C2,M*	METAL CLIPS	PAPROPESBLK
F*,H*,C1 & C2,M*	SILENT (NO CLIPS)	PAPROPESBLKS
C8-PRO, C8-S	SILENT (NO CLIPS)	PAPROPESCRC
A8-PRO	SILENT (NO CLIPS)	PAPROPESA8RC

## PRO ROPE ADJUSTERS

Quickly and easily adjust or install your ropes with the addition of these Pro Rope Adjusters. Note these are included on the M8, C8\* & the A8-Pro. Not compatible with F & H Reformers.



COMPATIBILITY	TYPE	CODE
A2R / A2RII / C*PRO	METAL	PAPROPECTRL

## SILENT ROPE PULLEY

The Align-Pilates Silent Rope Pulley and Spring are the latest development in our quest for a totally silent Pilates reformer! Our patented design ensures complete silence from the pulley spring and eyelet, regardless of the angle the pulley moves. The silent rope pulley can be retrofitted to any Align-Pilates reformer though the silent pulleys have been standard on all Align-Pilates commercial reformers manufactured since 2018. Along with our silent ropes, silent handles, silent foot strap and performance wheels this is an excellent retro fit performance enhancement for your Align-Pilates reformer!



FOR	CODE
ANY A2/C/F/H SERIES REFORMER	PAPPULLEYSIL



# MATWORK ACCESSORIES

We now have a fantastic selection of professional quality matwork accessories to complete your Pilates Studio with!

## ALIGN-PILATES STEEL RING 12 OR 14"

Rings are commonly used in Pilates to add intensity to floor exercises. The ring's resistance speeds up toning by targeting specific muscles. Especially useful in problem areas like the inner and outer thighs, upper arms, the chest and even the pelvic muscles. The Pro edition Pilates Isotoners from Align-Pilates feature the classic double handle design and quality sprung steel rings. Available in 12" or 14".



DIMENSIONS	CODE
12"Ø	PAPRING12
14"Ø	PAPRING14

## PADDED PILATES RING - DOUBLE HANDLE

Lightweight double handled Pilates isotoner, with foam padded fibre glass ring for extra comfort. This 14" ring offers slightly lighter resistance than the Align-Pilates Steel Isotoner ring (above), but this has been a best seller for many years.



DIMENSIONS	CODE
14"Ø DOUBLE HANDLE FIBRE GLASS	PAPRING14L

## SOFT WEIGHTS

Soft weights are designed for strengthening, plyometrics, balance training and mobilisation exercises. In addition to offering a more fluid range of motion to using a standard dumbbell, the soft weight design is safer, reducing the risk of damage or injury if dropped. The shape also helps to promote the development of functional grip strength. **PVC OUTER SHELL WITH IRON SAND FILLING.**



DIMENSIONS	COLOUR	CODE
2 X 0.5KG. 10CMØ	GRAPHITE	PAPSOFT1
2 X 1KG. 10CMØ	GRAPHITE	PAPSOFT2
2 X 1.5KG. 10CMØ	GRAPHITE	PAPSOFT3

## 7" & 9" EXER-SOFT BALLS

The Align-Pilates soft Pilates ball is perfect for matwork, and use on a Pilates reformer and apparatus or part of physiotherapy and rehabilitation routine. It helps to target and strengthen smaller muscle groups, perfect for pelvic floor exercises, as well as deep core muscles. It can also help to develop endurance, concentration, and coordination. This softball, also known as an over ball, is anti-slip which provides excellent grip. These balls are super popular for adding variation and interest for clients as well as providing support and gentle resistance.

**DINP PVC. FACTORY TESTED AS BURST RESISTANT AT 100KG.**



DIMENSIONS	COLOUR	CODE
18CM (7")Ø	PURPLE	PAPEXBALL7
23CM (9")Ø	LIGHT BLUE	PAPEXBALL9

## PILATES BLOCKS

We have a selection of varying sized blocks which are a useful prop in every Pilates studio. The smallest is generally used as a head block, or for very small adjustments, the mid-size has a variety of edges for different purposes, and the largest block is ideal for use as a sitting block to level the pelvis. First Grade EVA foam.

**MATERIAL: CLOSED CELL. WIPE CLEAN EVA FOAM.**



DIMENSIONS	CODE
1" X 6" X 9" BLOCK	PAPBLOCK169
3" X 6" X 9" BLOCK	PAPBLOCK369
2" X 10" X 13" BLOCK	PAPBLOCK21013





### ALIGN-PILATES STUDIO MAT 10MM

Align-Pilates Studio Mat perfectly balances size and weight offering excellent cushioning and memory. Available without eyelets in 10mm and with eyelets in 10mm or 15mm. Made from 100% degradable TPE. Impermeable and hygienic; PVC & LATEX Free.



DIMENSIONS	COLOUR	CODE
NO EYELET 180CM X 60CM X 10MM	GRAPHITE	PAPMAT10
EYELET 180CM X 60CM X 10MM	GRAPHITE	PAPMAT10EYE

### EXERCISE MAT RACK

Adjustable Mat Rack available for use with Eyelet Mats like the Align-Pilates studio mat, the club aerobic & core fitness mats. Can be used with mats with eyelets 36cm to 51cm apart. Min. hole diameter is 1.95cm.



CODE
FMATRACK20

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## A P P A R E L

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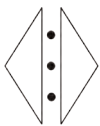
Cozy Sweater - Sandstone



Stash + dash 7/8 - Wisteria



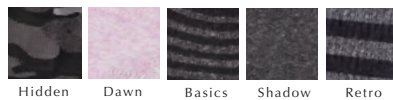
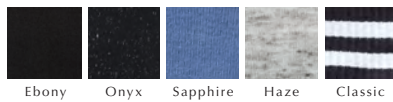
Studio Bra - Ebony



TAVI NOIR

We make it our mission to continually create mini "works of art" so each pair of socks can be as unique and beautiful as you.

### Grip Core Colours



Penny



Lola Eyelet



Chloe Sown



Kai



Emma



Jess



Savvy



Maddie

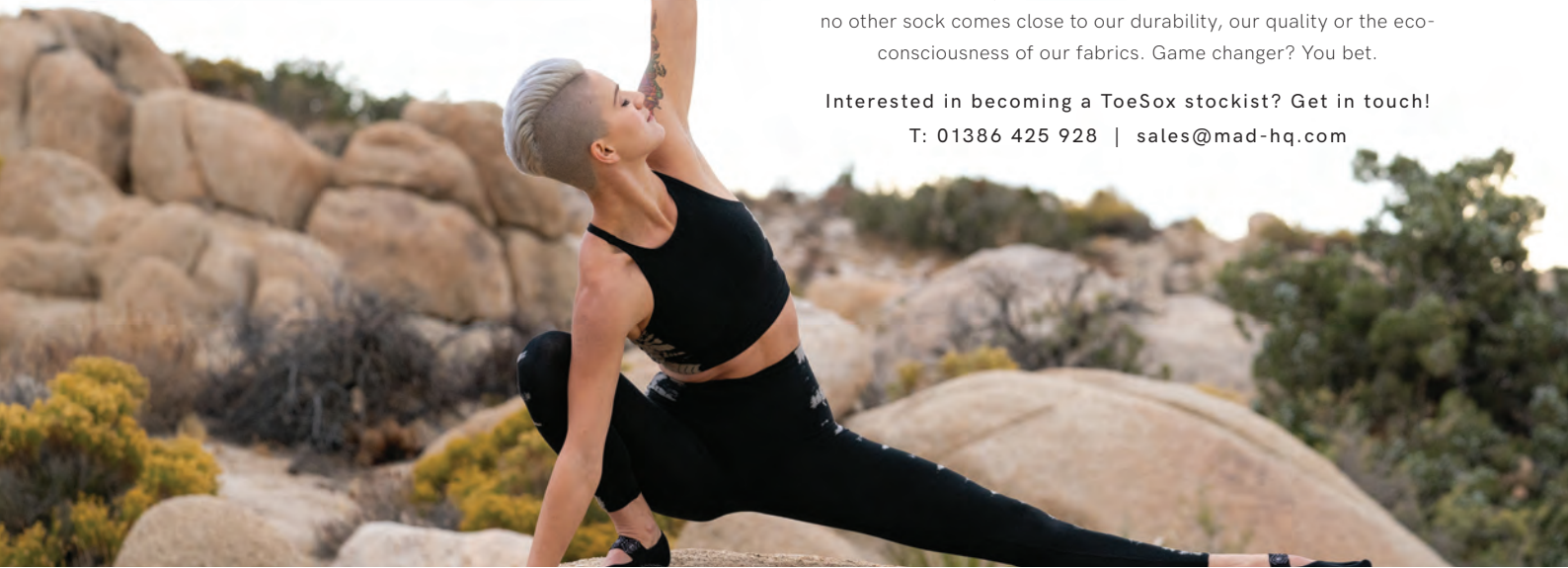


# THE SOCK THAT CHANGED THE GAME™

When we created a sock with 5 toes, people asked why. Then they tried them — and they never went back to a regular grip sock again. The ToeSox 5 toe design means your feet stay anchored in place with no bunching or twisting, so you can stand strong and forget about slipping. That means better performance for a better workout. What's more, no other sock comes close to our durability, our quality or the eco-consciousness of our fabrics. Game changer? You bet.

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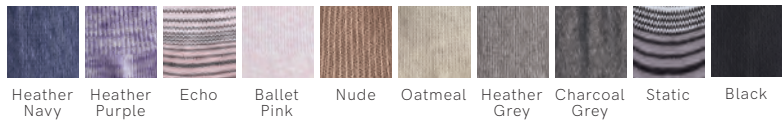
T: 01386 425 928 | sales@mad-hq.com



## THE GRIP COLLECTION

We've got nothing but love for this Spring Collection that seamlessly brings fun, good vibes and a promise to our planet together. All grip styles available in full toe and half toe. Perfect for barre, dance, Pilates, yoga and all barefoot activities.

### Grip Core Colours



## GRIP + TRAINING GLOVES

Half finger style lets fingers feel and grip surface — Strategically placed grip pattern for improved hold.

Finger pull tab for easy on and off — Window opening on top for added breathability.



### GRIP



### GRIP GLOVE



Please note: this is only a small selection of what we stock. To see the full range, contact us for a ToeSox/Base 33 brochure.

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## STUDIO BOOKLET

CHECK OUT ALIGN-PILATES STUDIOS FROM AROUND THE WORLD.



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## ALIGN-PILATES EVENTS

SEE WHERE WE WILL BE EXHIBITING NEAR YOU SO YOU CAN TRY THE EQUIPMENT FOR YOURSELF.



## ALIGN-PILATES VIDEOS

FOR A RANGE OF HOW-TO VIDEOS AS WELL AS SOME ONLINE CLASSES FOR HOME USERS PLEASE VISIT OUR YOUTUBE CHANNEL



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ALIGN-PILATES EQUIPMENT Ltd, 430 Enterprise Way, Vale Park, Evesham, Worcs WR11 1AD. UK Tel +44 1386 425 920. Fax +44 1386 424 535. [sales@align-pilates.com](mailto:sales@align-pilates.com)

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