

Align-Pilates®

Planking Handles User Guide



Introduction

Thank you for purchasing these Align-Pilates Planking Handles!

Compatibility: Align-Pilates Planking Handles are designed for use with all Align-Pilates A2, C, F, H & M Series reformers. **Maximum user weight - 150kg**

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. 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.

Another great advantage of the planking handles over a foot bar is they can be used in offset positions, e.g. one high, one low, or one facing the foot bar end and the other the head end. This allows for some really challenging exercises and useful for working on reducing the influence of a dominant arm or leg. The plank handles can also be used to gain similar benefits with our Combo Pilates Chair.

Instructions for Use

1. The chrome part of the planking handle must always be inserted in to the jump board receiver slot so the chrome plate sits on the standing platform, and is fully supported. The chrome plate must not stick out towards the carriage, as then the handles are not fully supported and this may damage your carriage upholstery. See below images for correct position.



2. Once inserted the locking knob (which is normally used to secure the jump board) must be tightened to lock the planking handles on to the reformer.

3. Now the planking handle chrome section is installed, you can adjust the height and direction the handle faces. The handle can face inward, outward, forward or backward. To adjust the height, simply loosen the adjustment knob and pull it outwards, you can now slide the handle up or down or remove it completely. When you reach the desired height release the knob and ensure the locking pin engages in to one of the holes on the chrome section, then tighten before use. To get the maximum range between high and low positions the Planking Handle can be removed and flipped over.

Warning: the Planking handles must not be used in a higher position than that shown in the Maximum High Position pictured below, i.e. the handle should never be higher than top of the chrome tube:

Maximum High Position



Maximum Low Position



We hope you enjoy using your Align-Pilates Planking bars and the added exercise possibilities they bring!

If you have any further questions or queries, please feel free to contact the team at Align-Pilates on [01386 425 923](tel:01386425923) or alternatively at customer@align-pilates.com.