



Hey!

Thanks for downloading  
My Reformer Spring  
Cheat Sheet

In this cheat sheet, I have outlined different spring tensions based on your reformer's brand. At the top, you will find the corresponding spring tensions categorized as full, heavy, medium, or light to assist you.

Enjoy! And please do let me know how you go.

*Steph*

Get in Touch

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# Reformer Spring Cheat Sheet

Reformer Brand	Spring Tension					
	Heavy		Heavy / Regular	Medium	Light	Very Light
	1 ½	1 ¼	1 Full	¾	½	¼
Pilates Health Equipment			Red	Green	Green	Yellow
Stott Pilates			Red		Blue	White
Freedom Pilates			Red		Green	Yellow
Balanced Body		Green	Red		Blue	Grey
Peak Pilates	Red		Yellow		Blue	Green
Pilates Equip		Green			Blue	Yellow
Align	Green			Red	Blue	Green
DMA			x4 Full Springs		Middle Spring is ½	Grey
All Care			Red		Green	Yellow
Volt			Red		Blue	Yellow
Your Reformer			Red		Blue	Yellow
Lope			Red		Green, Blue	Yellow