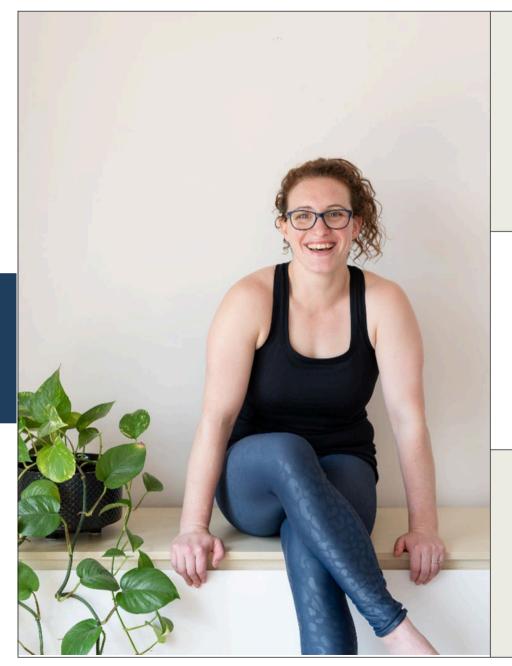
## PILATES SPRINGS CHEATSHEET



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

## 

## Reformer Spring Cheat Sheet

	Spring Tension					
Reformer Brand	Heavy		Heavy / Regular	Medium	Light	Very Light
	1 1⁄2	1 1⁄4	1 Full	3⁄4	1/2	1⁄4
Pilates Health Equipment						
Stott Pilates						
Freedom Pilates						
Balanced Body						
Peak Pilates						
Pilates Equip						
Align						
DMA			x4 Full Springs		Middle Spring is ½	
All Care						
Volt						
Your Reformer						
Lope						