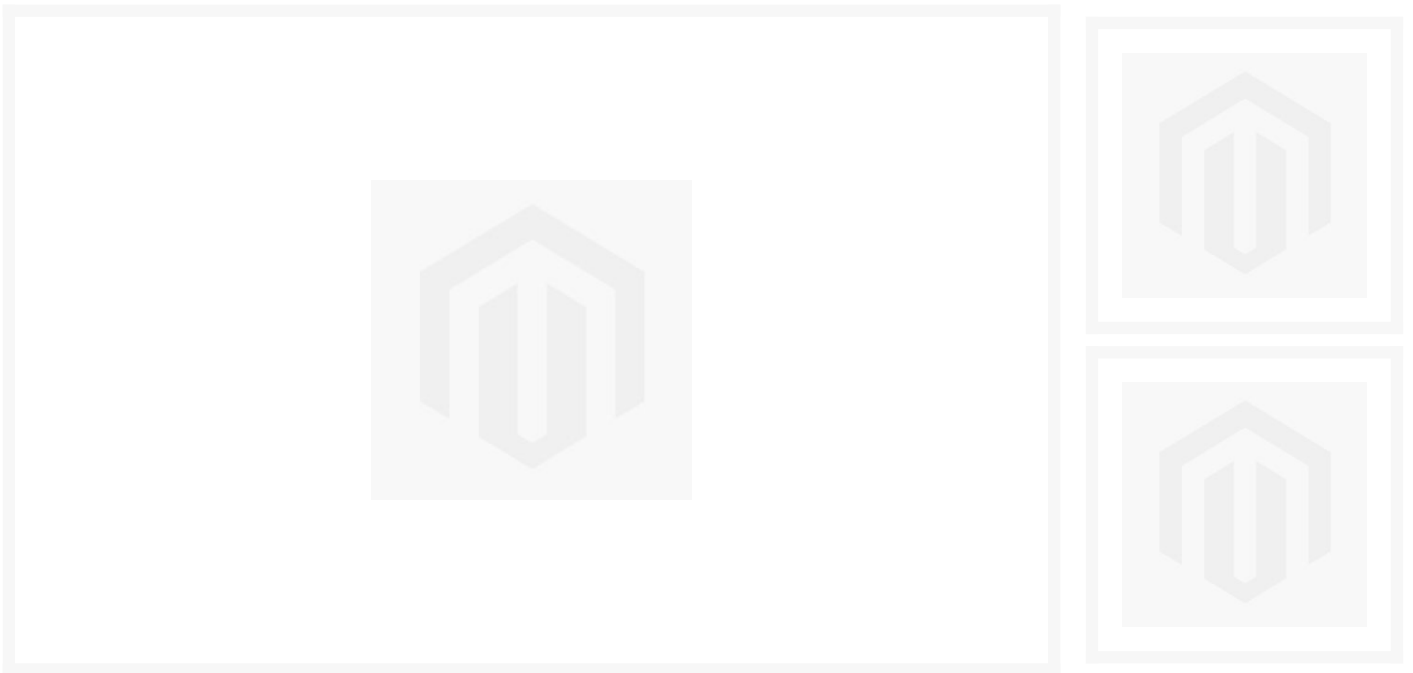


Align-Pilates Frame Sitting Box

£94.99

Product Images



Short Description

A simple enough accessory - this frame sitting box works the same as the wooden sitting box, but it's half the price. Place the box on your reformer and you can then perform more exercises using the reformer both seated and prone. On the top of the box is an abrasion resistant vinyl covering which has EVA foam padding to make it comfortable. Supplied with tools to put the sitting box together, it takes less than 10 minutes to complete.

Why Use A Sitting Box?

Your C1R or H1 reformer offers a range of exercises which the frame sitting box can then increase still further. Making exercises like the Swam more comfortable, you can also use for supine long box exercises like the Back Stroke. The curved padded edge means you can also more easily perform exercises including side sit ups.

This Frame Sitting Box

Using your bodyweight and springs for resistance, you can more easily control the exercise you are performing and prevent injury or strain. Using a reformer has increased, mainly in the home market as reformers have come down in price. With a range of accessories, you can perform a huge number of exercises including prone, abdominal, side stretching and supine exercises. Invest in a good reformer (like the C1R or the H1) and then purchase the key accessories as you need.

Key Features

- A metal frame sitting box assembled in less than 10 minutes
- Abrasion resistant vinyl padded cover
- EVA padding ensures longer lasting padding
- Weighs about 7kg

Additional Information

SKU	PAPBOXM
Weight	7.000000
Equipment Usage	Home & Light Commercial Use
Warranty	Metal Frame & welded Components - 10 years, Wooden Frames, Gear Bar and Foot Bar mechanisms - 5 years, other non wear & tear - 2 years, Ropes, Straps, Spring Clips, Handles, Fuzzies, Wheels, foot straps, Rotational Discs & Non foam rollers - 1 year, Spri
Additional Features	EVA foam padding with abrasion resistant vinyl cover
Length Dimensions	660mm
Width Dimensions	380mm
Height Dimensions	250mm