

Equipment & DVD Price Guide

Effective October 15, 2008 – CDN Dollars

STOTT PILATES®

Reformer

	CAT #	CDN \$
V2 Max Plus™ Reformer*	ST-01067	5,795.00
V2 Max Plus™ Rehab Reformer	ST-01069	6,195.00
Professional Reformer™	ST-01071	3,595.00
Rehab Reformer™	ST-01073	3,995.00
Rack & Roll® Reformer	ST-01020	2,795.00
Group SPX™ Reformer	ST-01019	2,295.00
Group SPX Max™ Reformer	ST-01077	2,495.00
Group SPX Max Plus™ Reformer	ST-01076	4,795.00

Reformer Bundles

SPX Max™ Reformer Bundle	ST-01080	2,795.00
includes 1 each: Group SPX Max Reformer, Reformer Box, Padded Platform Extender, Maple Roll-Up Pole, <i>Essential Reformer</i> DVD 2nd Ed.		
SPX Max Plus™ Reformer Bundle	ST-01081	4,995.00
includes 1 each: Group SPX Max Plus Reformer, Reformer Box, Platform Extender, Maple Roll-Up Pole, Mat Converter, <i>Essential Reformer</i> DVD 2nd Ed., <i>V2 Max Plus Programming</i> DVD		
Professional Reformer Bundle	ST-01082	3,795.00
includes 1 each: Professional Reformer, Reformer Box, Maple Roll-Up Pole, Padded Platform Extender, <i>Essential Reformer</i> DVD 2nd Ed.		
V2 Max Plus™ Reformer Bundle	ST-01083	5,995.00
includes 1 each: V2 Max Plus Reformer, Reformer Box, Maple Roll-Up Pole, Mat Converter, Padded Platform Extender, <i>Essential Reformer</i> DVD 2nd Ed., <i>V2 Max Plus Programming</i> DVD		
Rehab Reformer Bundle	ST-01084	4,195.00
includes 1 each: Rehab Reformer, Reformer Box, Maple Roll-Up Pole, Padded Platform Extender, <i>Essential Reformer</i> DVD 2nd Ed.		
V2 Max Plus™ Rehab Reformer Bundle	ST-01085	6,395.00
includes 1 each: V2 Max Plus Rehab Reformer, Reformer Box, Maple Roll-Up Pole, Mat Converter, Padded Platform Extender, <i>Essential Reformer</i> DVD 2nd Ed., <i>V2 Max Plus Programming</i> DVD		

Reformer Accessories

Vertical Frame – V2 Max Plus	ST-02045	2,295.00
Vertical Frame – V2 Max Plus Rehab	ST-02046	2,195.00
Vertical Frame – Professional Traditional	ST-02039	1,495.00
Vertical Frame – Rehab Traditional	ST-02012	1,395.00
Vertical Frame – Group SPX Max Plus Reformer	ST-02047	2,395.00
Rolling Base – Group SPX Reformer	ST-02036	500.00
Rolling Base – Rack & Roll Reformer	ST-01021	500.00
Stacking Block – Rack & Roll Reformer [single]	ST-01023	80.00
Jumpboard – Regular	ST-02003	220.00
Jumpboard – Large	ST-02017	280.00
Jumpboard – Regular, Group SPX Reformer	ST-02035	220.00
Jumpboard – Large, Group SPX Reformer	ST-01043	280.00
Soft Footbar	ST-02004	175.00
Soft Footbar – Group SPX Reformer	ST-01040	175.00
Rotational Diskboard	ST-02013	300.00
Rotational Diskboard – Group SPX Reformer	ST-01041	300.00
Reformer Box [with Footstrap] – Professional, SPX	ST-02000	200.00
Reformer Box [with Footstrap] – Extra Long	ST-02002	220.00
Reformer Box [with Footstrap] – Extra Tall	ST-02001	220.00
Mat Converter – Professional or Rehab Reformer	ST-02006	285.00
Mat Converter – Group SPX Reformer	ST-01029	235.00
Mat Converter – SPX Max & Max Plus Reformer	ST-02048	235.00
Mat Converter – SPX Max & Max Plus Reformer	ST-02048	235.00
Mat Converter – Rack & Roll	ST-02027	280.00
Padded Platform Extender	ST-02015	150.00
Padded Platform Extender – Group SPX Reformer	ST-01042	150.00
Roll-up Pole – Maple, 3/4 lb	ST-06008	21.95
Roll-up Pole – Metal, 2 lb	ST-06006	24.95
Roll-up Pole – Metal, 4 lb	ST-06007	26.95
Chrome Upgrade – Group SPX Reformer	ST-01049	200.00

Reformer Handles & Straps

	CAT #	CDN \$
Foam Grip Handles [pair]	ST-02007	39.95
Long Spine Straps [pair]	ST-02008	29.95
Padded Long Spine Straps [pair]	ST-02016	60.00
Soft Reformer Loops [pair]	ST-02009	60.00
Soft Reformer Double Loop Straps [pair]	ST-02028	69.95
Ankle Straps [pair]	ST-02019	60.00
Extension Straps [pair]	ST-02014	110.00

Reformer Replacement Parts

25% Reformer Spring	ST-05011	54.95
50% Reformer Spring	ST-05006	54.95
100% Reformer Spring	ST-05007	54.95
Carriage Stopper	ST-06012	24.95
Fixed Rollers [pair]	ST-06013	29.95
Floating Rollers [pair]	ST-06014	34.95
Reformer Ropes [pair]	ST-06016	60.00
Reformer Ropes Extended, V2 Max Plus [pair]	ST-06042	60.00
Pulley Block	ST-06017	29.95
Reformer Box Footstrap	ST-02018	41.95
Star Knob	ST-05050	2.25
Shoulder Rests [pair]	ST-02023	60.00

Cadillac

Cadillac Trapeze Table	ST-01003	3,395.00
Cadillac Wall Unit	ST-01006	1,195.00
Cadillac Wall Unit with Professional Raised Mat	ST-01004	1,495.00
Spring Wall™	ST-01052	445.00

Cadillac Accessories

Fuzzy Hanging Straps [pair]	ST-02010	54.95
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Cadillac Replacement Parts

Light Arm Spring [yellow]	ST-05009	44.95
Roll-down Spring [black]	ST-05008	49.95
Leg Spring [white]	ST-05000	54.95
Push-thru Spring [blue]	ST-05002	49.95
Push-thru Spring Cover	ST-06019	10.95
Trapeze Spring [red]	ST-05004	54.95
Roll-down Bar with Springs & Clips	ST-06018	104.50
Roll-down Bar with Eyehooks	ST-06025	21.95
Spring Clip	ST-02020	4.25
Star Knob	ST-05051	2.25

Stability Chair

Split-Pedal Stability Chair	ST-01017	1,095.00
Split-Pedal Stability Chair with Handles	ST-01018	1,295.00

Stability Chair Accessories

Stability Chair Handles [updater kit]	ST-06010	275.00
Padded Platform Extender	ST-02015	150.00

Stability Chair Replacement Parts

Heavy Chair Spring [red]	ST-05003	54.95
Light Chair Spring [blue]	ST-05005	49.95
Star Knob	ST-05050	2.25

Equipment & DVD Combinations

To help you select the products that will best meet your needs, STOTT PILATES has developed specially priced equipment and DVD combination packages.

Custom Colors

Select STOTT PILATES equipment and upholstered accessories can be customized to suit the design of your facility. Choose from six complimentary standard colors or create your own look with more than 70 affordably-priced custom colors.

For more details visit www.stottpilates.com
or contact a customer service consultant at
1-800-910-0001

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Barrels

	CAT #	CDN \$
Ladder Barrel	ST-01010	1,395.00
Arc Barrel	ST-01012	175.00
with <i>Complete Barrel Repertoire</i> DVD	DV-80327	249.95
Arc Barrel Deluxe [wood sides]	ST-01013	225.00
with <i>Complete Barrel Repertoire</i> DVD	DV-80321	299.95
Spine Corrector	ST-01011	495.00
with <i>Complete Barrel Repertoire</i> DVD	DV-80051	569.95

Matwork Accessories

Raised Mats

Professional Raised Mat	ST-01009	375.00
Split Professional Raised Mat	ST-02021	375.00
Professional Mat with 2 Small Boxes	ST-01007	475.00
Bracketed Wooden Dowel System	ST-01005	115.00
Small Boxes [pair]	ST-06009	115.00

Pilates Express™ Mat

Pilates Express Mat	sage green	ST-02031	39.95
	coral red	ST-02032	39.95
	steel blue	ST-02030	39.95
	kelly green	ST-02029	39.95
steel blue with <i>Pilates Matwork At Home DVD Series</i> English DVD		DV-80319	89.95
kelly green with <i>Pilates Matwork At Home DVD Series</i> English DVD		DV-80320	89.95

Pilates Express Mat Power Pack

includes Pilates Express Mat, <i>Sunrise Workout</i> DVD and bonus Easy Start poster			
kelly green	with English/French DVD	DV-82346	49.99
steel blue	with English/French DVD	DV-82345	49.99

Deluxe Pilates Mat

Deluxe Pilates Mat	blue	ST-02025	64.95
with <i>Pilates Matwork At Home DVD Series</i> English DVD		DV-80301	104.95
with <i>Professional Matwork DVD Series</i> English DVD		DV-80325	132.33
Deluxe Pilates Mat	green	ST-02024	64.95
with <i>Pilates Matwork At Home DVD Series</i> English DVD		DV-80302	104.95
with <i>Professional Matwork DVD Series</i> English DVD		DV-80326	132.33

Eco-Friendly Mat™ for Pilates & Yoga

Eco-Friendly Mat	watermelon / mango	ST-02043	48.95
	midnight / twilight	ST-02044	48.95

Pilates for Golf

Pilates for Golf Power Pack	GP-85121	59.99
includes <i>Pilates on the Green, Levels 1 & 2</i> DVDs, Pilates Express Mat in sage green, and bonus Pocket Pilates for Golf warm up guide		

The STOTT PILATES Workout System

DV-82330 58.90



An all-in-one starter pack,

includes 2 Flex-Bands + 4 DVDs [English/French] for one low price.

- ▶ Regular strength Flex-Band® exerciser [green]
- ▶ Extra-strength Flex-Band exerciser [blue]
- ▶ *Basic Pilates* DVD, 2nd ed.
- ▶ *Firm & Fit* DVD
- ▶ *Sculpt & Tone* DVD
- ▶ *The Secret to Flat Abs* DVD

Fitness Circle® Resistance Ring

Fitness Circle Pro	diameter 12"	ST-06023	57.95
with <i>Fitness Circle DVD Series</i> English DVD		DV-80315	98.95
	diameter 14"	ST-06000	57.95
with <i>Fitness Circle DVD Series</i> English DVD		DV-80316	98.95
Fitness Circle Lite	diameter 14"	ST-06031	43.95
with <i>Fitness Circle DVD Series</i> English DVD		DV-80318	79.95
Fitness Circle Lite Power Pack		DV-82115	44.99
includes <i>Fitness Circle Flow</i> DVD and bonus Easy Start poster with English/French DVD			

Toning Balls sold individually, not in pairs

1 lb – 10 cm	purple	ST-06037	14.95
2 lb – 10 cm	blue	ST-06035	15.95
2 lb – 10 cm	pink	ST-06047	15.95
3 lb – 10 cm	green	ST-06036	16.95

Toning Ball Power Pack

DV-85113	39.99
includes <i>Amazing Tone</i> DVD, two 1 lb Toning Balls and bonus Easy Start poster with English/French DVD	

Flex-Band® Exerciser

	CAT #	CDN \$	
Flex-Band	regular strength – green	ST-06021	5.95
	extra-strength – blue	ST-06022	6.95
Flex-Band Handles sold in pairs NEW	black	ST-06043	15.95

Flex-Band Two Pack

ST-02033	15.99
includes one each regular & extra-strength Flex-Band and bonus Easy Start poster	

Flex-Band Power Pack **NEW**

GP-85125	19.99
includes one each regular & extra-strength Flex-Band, bonus Easy Start poster and <i>Intense Sculpting Challenge</i> DVD	

Flex-Band Handles Power Pack **NEW**

GP-85116	34.99
includes two handles, regular strength Flex-Band, bonus Easy Start poster and <i>Intense Sculpting Challenge</i> DVD	

Stability Ball

55cm Stability Ball with pump	blue	ST-06034	38.95
with <i>Stability Ball DVD Series</i> English DVD		DV-80309	97.95
65cm Stability Ball with pump	green	ST-06033	41.95
with <i>Stability Ball DVD Series</i> English DVD		DV-80310	99.95
75cm Stability Ball with pump	purple	ST-06049	44.95
with <i>Stability Ball DVD Series</i> English DVD		DC-80309	99.95

Stability Ball Plus Power Pack

includes Stability Ball, <i>Core Balance</i> DVD, pump and bonus Easy Start poster			
55cm	with English/French DVD	DV-82306	39.99
65cm	with English/French DVD	DV-82305	42.99
75cm	with English/French DVD	GP-85120	45.99

Weight Loss

The Secret to Weight Loss Power Pack

DV-85108	39.99
includes <i>The Secret to Weight Loss Vol. 1 & 2</i> DVDs, water bottle, Six-Week Food Plan Guide, and bonus Easy Start poster	

Pilates Edge™

Pilates Edge	ST-06044	160.00
with <i>Pilates Edge DVD Series</i> English DVD	DC-80328	199.90

Rotational Disk

Rotational Disks – 10" [pair]	ST-06024	85.00
Rotational Disks – 12" [pair]	ST-06002	85.00
Rotational Disk – 19" [single]	ST-06039	75.00

Foam Roller Deluxe includes bonus Easy Start poster

Foam Roller Deluxe	purple	ST-06041	39.95
with <i>Pilates on a Roll</i> English DVD		DV-80329	49.90

BOSU® Balance Trainer

BOSU Balance Trainer with pump	ST-06029	140.00
with <i>Essential BOSU & Intermediate BOSU</i> English DVD	DV-80323	179.90

Spine Supporter

Spine Supporter	ST-01016	200.00
with <i>Complete Barrel Repertoire</i> Multilingual DVD	DV-80050	274.95

Mini-Tramp™

Mini-Tramp	coming soon
with <i>Cardio & Core on the Mini-Tramp</i> English DVD	coming soon

Mini Flex-Ball™ sold individually

Mini Flex-Ball	ST-06045	10.95
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Mini Flex-Ball™ Power Pack

GP-85111	19.99
includes <i>Mini Flex-Ball Workout</i> DVD, and bonus Easy Start poster	

Gripper Mats, Rubber Pads & Foam Cushions

Gripper Mat	ST-02022	4.25
Rubber Pad	ST-06020	12.95
Foam Cushion A – w6", L9", H1"	ST-06004	29.95
Foam Cushion B – w6", L9", H3"	ST-06003	34.95
Foam Cushion C – w10", L13", H2-1/2"	ST-06005	49.95

Bean Bag

3 lb Bean Bag	ST-06001	54.95
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Roll-Up Poles

Maple Pole, 3/4 lb	ST-06008	21.95
Metal Pole, 2 lb	ST-06006	24.95
Metal Pole, 4 lb	ST-06007	26.95

DVDs – At Home Titles

Pilates Express™ Series

	CAT #	CDN \$
Basic Pilates 2nd ed. NEW	English DVD DV-81132	19.95
<i>Pilates de base</i> – French/English DVD	DV-84132	19.95
Sunrise Workout	English DVD DV-80095	9.95
<i>Séance matinale</i> – French/English DVD	DV-84095	9.95
<i>Pilates al Amanecer</i> – Spanish/French/English DVD	DV-86195	9.95
Revive Workout	English DVD DV-80096	19.95
<i>Revitalizarse</i> – Spanish DVD	DV-86096	19.95
Relaxation Workout	English DVD DV-81197	19.95
<i>Pilates para Relajarse</i> – Spanish/French/English DVD	DV-86197	19.95

Pilates for Kids

Fitness Fun: Pilates for Kids	English DVD DV-80085	19.95
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Matwork Series

The Secret to Flat Abs	English DVD DV-80075	14.95
<i>Le secret pour avoir des abdominaux plats</i> – French/English DVD	DV-84075	14.95
<i>El Secreto de los Abdominales Firmes</i> – Spanish DVD	DV-86075	14.95
Firm & Fit	English DVD DV-81176	14.95
<i>Ferme et en forme</i> – French/English DVD	DV-84076	14.95
<i>Firme y Flexible</i> – Spanish DVD	DV-86076	14.95
Core Challenge	English DVD DV-81177	14.95
<i>Puissance au centre</i> – French/English DVD	DV-84077	14.95
Strong & Streamlined	English DVD DV-80078	19.95
Secret to Toned Arms, Buns & Thighs	English DVD DV-81110	19.95
<i>Le secret pour tonifier les bras, le postérieur, les cuisses</i> – French/English DVD	DV-84110	19.95
Power Paced Pilates	English DVD DV-81107	14.95
<i>Pilates à allure puissante</i> – French/English DVD	DV-84107	14.95

Buy any three or more
At Home titles & save 20%†



Fitness Circle® Series

Fitness Circle Flow	English DVD DV-81115	9.95
<i>Enchaînements avec le Fitness Circle</i> – French/English DVD	DV-84115	9.95
Power Paced Fitness Circle	English DVD DV-81118	19.95
<i>Fitness Circle énergisant</i> – French/English DVD	DV-84118	19.95
Fitness Circle Challenge	English DVD DV-81181	19.95

Flex-Band® Series

Sculpt & Tone	English DVD DV-08011	19.95
<i>Sculptez et tonifiez</i> – French/English DVD	DV-84011	19.95
with Flex-Band included	English DVD DV-80303	24.95
avec Flex-Band inclus	French/English DVD DV-85211	24.95
Total Body Sculpting	English DVD DV-80079	19.95
Ultimate Body Sculpting	English DVD DV-80080	19.95
Intense Sculpting Challenge	English DVD DV-81123	19.95
<i>Défi intensif : Sculpter</i> – French/English DVD	DV-84123	19.95

Mini Flex-Ball™ Series

Mini Flex-Ball Workout NEW	English DVD DV-81131	19.95
<i>Entraînement avec le Mini Flex-Ball</i> – French/English DVD	DV-84131	19.95

Toning Ball Series

Amazing Tone	English DVD DV-81113	14.95
<i>Tonus formidable</i> – French/English DVD	DV-84113	14.95
Total Body Toning	English DVD DV-81119	9.95
<i>Tonus total du corps</i> – French/English DVD	DV-84119	9.95

Stability Ball Series

Core Balance	English DVD DV-80091	9.95
<i>Balance au centre</i> – French/English DVD	DV-84191	9.95
Dynamic Balance	English DVD DV-81192	19.95
3-D Balance	English DVD DV-81193	19.95
Superior Balance [formerly Ultimate Balance]	English DVD DV-81194	19.95
Stability Ball Challenge NEW	English DVD DV-81133	19.95
<i>Défi sur ballon de Stabilité</i> – French/English DVD	DV-84133	19.95

Reformer Series

	CAT #	CDN \$
At Home Reformer	English DVD DV-81116	29.95
<i>Entraînement sur Reformer au foyer</i> – French/English DVD	DV-84116	29.95

Walking Pilates™ Series

Walk On to Total Fitness	English DVD DV-81111	19.95
<i>Marche vers la forme totale</i> – French/English DVD	DV-84111	19.95
Walk On to Weight Loss	English DVD DV-81112	19.95
<i>Marche vers la perte de poids</i> – French/English DVD	DV-84112	19.95

Strength & Agility Series

Pilates with Props – Vol 1 NEW	English DVD DV-81134	19.95
<i>Pilates avec accessoires 1</i> – French/English DVD	DV-84134	19.95
Pilates with Props – Vol 2 NEW – Nov/08	English DVD DV-81135	19.95
<i>Pilates avec accessoires 2</i> – French/English DVD	DV-84135	19.95
Cardio & Core on the Mini-Tramp™ NEW – Nov/08	English DVD DV-81136	19.95
<i>Entraînement du centre et cardio sur le Mini-Tramp</i> – French/English DVD	DV-84136	19.95
Pilates for Men NEW	English DVD DV-81137	19.95
<i>Pilates pour hommes</i> – French/English DVD	DV-84137	19.95

Weight Loss Series

The Secret to Weight Loss – Vol 1	English DVD DV-81108	19.95
<i>Le secret pour perdre du poids 1</i> – French/English DVD	DV-84108	19.95
The Secret to Weight Loss – Vol 2	English DVD DV-81109	19.95
<i>Le secret pour perdre du poids 2</i> – French/English DVD	DV-84109	19.95
Weight Loss Boost	English DVD DV-81130	19.95
<i>Promouvoir la perte de poids avec le pilates</i> – French/English DVD	DV-84130	19.95

Back Care Series

Be Kind to Your Back	English DVD DV-81188	9.95
<i>Le dos en douceur</i> – French/English DVD	DV-84088	9.95
Pain-Free Posture	English DVD DV-80089	19.95
Standing Tall	English DVD DV-80090	19.95
The Secret to a Strong Spine NEW	English DVD DV-81121	19.95
<i>Le secret pour un dos forte</i> – French/English DVD	DV-84121	19.95

Pilates-Infused® Yoga

Simple Stretches	English DVD DV-80082	19.95
Pure Vitality	English DVD DV-80083	19.95
Body & Soul	English DVD DV-80084	19.95

Pre / Post-Natal Series

Prenatal Pilates on the Mat NEW	English DVD DV-81129	19.95
<i>Pilates Prénatal sur tapis</i> – French/English DVD	DV-84129	19.95
Prenatal Pilates on the Ball	English DVD DV-81126	19.95
<i>Pilates Prénatal sur le ballon</i> – French/English DVD	DV-84126	19.95
Prenatal Workout on the Pilates Edge™ NEW – Nov/08	English DVD DV-81127	19.95
<i>Entraînement Prénatal sur le Pilates Edge</i> – French/English DVD	DV-84127	19.95
Post-Natal Pilates NEW	English DVD DV-81128	19.95
<i>Pilates Postnatal</i> – French/English DVD	DV-84128	19.95

Active Aging Series

Dynamic Armchair Pilates™ NEW	English DVD DV-81120	19.95
<i>Pilates dynamique sur chaise</i> – French/English DVD	DV-84120	19.95
Armchair Pilates	English DVD DV-80086	19.95
Armchair Pilates Plus	English DVD DV-80087	19.95
with Flex-Band included	English DVD DV-80324	24.95

Cancer Rehab Series

Pilates for Breast Cancer Rehabilitation NEW	English DVD DV-81122	19.95
<i>Pilates pour réhabilitation après un cancer du sein</i> – French/English DVD	DV-84122	19.95

Golf Conditioning Series

Pilates on the Green – Level 1 NEW	English DVD DV-81124	19.95
<i>Pilates sur le vert, Niveau 1</i> – French/English DVD	DV-84124	19.95
Pilates on the Green – Level 2 NEW	English DVD DV-81125	19.95
<i>Pilates sur le vert, Niveau 2</i> – French/English DVD	DV-84125	19.95

★ STOTT PILATES DVDs are Region Code 0 and play anywhere in the world

† Offers may not be combined with any other promotion or discount.

CDN Dollars. Prices subject to change without notice

Work out like a Pro with the At Home SPX Reformer Package that includes:



- ▶ At Home SPX Reformer with attractive chrome detailing
- ▶ Padded Platform Extender
- ▶ Reformer Box & Footstrap
- ▶ Double Loop Straps
- ▶ At Home Reformer Workout DVD with bonus safety segment
- ▶ Easy Start exercise poster
- ▶ Warranty/Safety manual

Includes DVD & bonus poster



Platform Extender offers safety and comfort when performing standing exercises



Reformer Box to maximize the versatility of your reformer workout



Features

- ▶ Versatility to handle exercisers of all sizes
- ▶ Simplicity of design allows for easy adjustments
- ▶ Whisper-smooth, patented rolling mechanism
- ▶ Spring resistance develops longer, leaner muscles
- ▶ Optional accessories maximize exercise options
- ▶ Easy to move at only 100 pounds

Dimensions

- ▶ carriage height from floor 9"
- ▶ overall width 22"
- ▶ length 97", weight 100 lbs
- ▶ standard color black
- ▶ other colors available

DVDs – Professional Titles

★ STOTT PILATES DVDs are Region Code 0 and play anywhere in the world

Matwork Series

	English DVD	CAT #	CDN \$
Essential Matwork 3rd ed.	DV-81147		39.95
Intermediate Matwork 3rd ed.	DV-81148		39.95
Advanced Matwork 3rd ed.	DV-81149		39.95
Buy the series and save \$20	DV-81171		99.85

Toning Ball Series

Toning Ball Workout	English DVD	DV-81114	29.95
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BOSU® Series

Essential BOSU	English DVD	DV-81198	29.95
Intermediate BOSU	English DVD	DV-81199	29.95
Buy the series and save \$5	English DVD	DV-80208	54.90

Foam Roller Series

Pilates on a Roll	English DVD	DV-81100	29.95
Foam Roller Challenge	English DVD	DV-81143	29.95

Pilates Edge™ Series

Essential Pilates Edge NEW	English DVD	DV-81150	29.95
Intermediate Pilates Edge NEW	English DVD	DV-81151	29.95

Strength & Agility Series

Athletic Conditioning on the Pilates Edge NEW	English DVD	DV-81166	29.95
Rotational Disks NEW	English DVD	DV-81170	29.95
Athletic Conditioning on the Reformer	English DVD	DV-81164	29.95
Jumpboard Interval Training	English DVD	DV-81165	29.95
Athletic Conditioning on the Stability Chair NEW	English DVD	DV-81163	29.95

V2 Max Plus™ Reformer* Series

V2 Max Plus Programming	English DVD	DV-81168	44.95
Athletic Conditioning on the V2 Max Plus	English DVD	DV-81169	44.95

Reformer Series

Essential Reformer 3rd ed. NEW	2 Disc Set – English DVD	DV-81152	44.95
Intermediate Reformer 2nd ed. NEW	2 Disc Set – English DVD	DV-81153	44.95
Advanced Reformer 2nd ed. NEW	English DVD	DV-81154	44.95
Buy the series and save \$20	English DVD	DV-81172	114.85
Reformer Workout for Men NEW	English DVD	DV-81167	29.95
Group Reformer Workout	English DVD	DV-81117	29.95
At Home Reformer Workout	English DVD	DV-81116	29.95
Entraînement sur Reformer au foyer	French/English DVD	DV-84116	29.95

Cadillac Series

Essential Cadillac 2nd ed. NEW	English DVD	DV-81139	44.95
Intermediate Cadillac 2nd ed. NEW	English DVD	DV-81140	44.95
Advanced Cadillac 2nd ed. NEW	English DVD	DV-81141	44.95
Buy the series and save \$15	English DVD	DV-81174	119.85

Stability Chair Series

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