

# The versatility of the Stability Chair™ – small footprint, big workout

April 28, 2014

The Stability Chair™ is a deceiving little piece of Pilates equipment. Instructors who are trained on this unique unit wonder how they ever did without it. It is perfect for smaller spaces where a Reformer is too big, and where Matwork is not enough to maintain client interest and variety.

Available with or without handles, the Stability Chair is perfect to accommodate a diverse range of clients, including those who are limited to exercising in a vertical position. This may include older adults, prenatal women, individuals with blood pressure issues, vertigo, eye conditions, or balance concerns, overweight clients or anyone else who cannot maintain a supine position. Many exercises are done sitting, standing or kneeling, which promote more functional postures and improve everyday movements. Instructors can promise improved balance, increased strength, greater range of motion, ease of movement and more universal stability.

Equally important to the instructor is the ability to train highly fit individuals, athletes or those with very specific fitness goals. Since there is more available tension and a smaller working area, there can also be a greater demand on overall strength with the Stability Chair. The simple, straightforward repertoire of exercises are easy to learn and to teach and can provide a workout focused on maintaining muscular balance or addressing functional disparity caused by one-sided sports or habitual movement patterns. The Split-Pedal version allows arm and leg movements to be done bilaterally, unilaterally or reciprocally, further expanding programming choices for the Fully-Certified Instructor.

Ideal for full-body training at any level, Stability Chair exercises that can target almost every muscle or muscle group and train in every plane of motion, and include forward flexion, lateral flexion, rotation and extension of the torso. Instructors can program with exercises that strengthen the core, improve balance and specifically target shoulders, arms, quads, glutes, knees & ankles, abs, back and everywhere in between. Because of the smaller base of support and adjustable spring tension, the Chair can also provide greater strength and stability challenges than other pieces.

In addition, the smaller footprint is accompanied by a slighter price tag, meaning it could be the perfect start-up piece for any studio, and sessions do not need to be limited to one-on-one. Group classes can also be focused solely on the Chair, mixed with Matwork and props or used in a circuit format. In this case, a small piece can give any instructor big results.

For more, visit: <https://www.merrithew.com>