



**Urgent Field Safety Notice
FSCA-001-REFORMER**

January 2023

Trade Name: Studio Reformer

(Applicable to all Reformer models with and without Towers including Allegro, Allegro 2, CenterLine, Clinical, Contrology, Rialto, Ron Fletcher, Studio, XSR, and Reformer/Trapeze Combination)

To whom it may concern,

Balanced Body is disseminating this Field Safety Notice to bring awareness to a risk identified through customer complaints.

Safety Advisory Regarding Standing or High Kneeling Position

Balanced Body has determined that when a user performs Reformer exercises in a standing or high kneeling position on the carriage and facing the spring bar, there is a heightened risk of injury including facial lacerations or eye injuries if the user falls forward towards the spring bar. These types of exercises should be performed only under the close supervision of a qualified instructor who will intervene to prevent a fall or otherwise minimize injury, and the individual performing the exercise must accurately follow the instructor's direction, be careful to maintain balance and keep from falling forward. These types of exercises are not recommended for group classes or with inexperienced Pilates practitioners.

Please be safe and keep your clients safe when performing these types of advanced exercises.

To prevent confusion, a picture of users performing a Reformer exercise in a high kneeling position facing the spring bar is below.



Actions to be taken by the User

Please follow [this link](#) to fill out a Response Form confirming receipt of this FSN.

If you are not the end user of the Reformer you purchased from Balanced Body, please share this with the end user(s).

Conclusion

The appropriate Competent Authorities have been made aware of this notice.

We appreciate your cooperation and wish you many years of safe use of your Balanced Body equipment.

Sincerely,

The Balanced Body Product Safety Team