

# Pilates Equipment



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## Introduction

### About Us:

A Squared is a leading Hong-Kong based physiotherapy, wellness and healthcare company.

### Our Mission:

Supplying our customers with the highest-quality, safety-tested physiotherapy, rehabilitation, sports fitness and medical products. To make purchasing these products easy, reliable and profitable for our clients.

### History & Management:

A Squared was established in 2013 by Christof Van der Stichele. Prior to founding A Squared, Christof was international sales manager of one of the world's top physiotherapy and wellness device companies for many years.

Christof has 25 years of experience in Asian markets, international business development, building distributor networks, and supervising manufacturing.

### Distribution Opportunities:

We offer exclusive distribution opportunities for several of the products in this catalogue. Please contact us for more information

### Our Products:

A Squared offers only products and services which reflect these core values: **Quality, Safety** and **Evidence-Based**.

**Thank you for your interest in our products. We hope you enjoy our latest catalogue, and welcome your enquiries:**

**sales@asquared.hk / +852 8191 7646**

# Pilates Products



## AF-3020 Oak Wood Pro-reformer

### Specifications/Features:

Specifically designed for Clinical Pilates Studios / Physiotherapy Clinics or the fastidious home user seeking premium performance.

- Top quality wood
- Perfect stability & whisper-smooth patented rolling mechanism
- Special and invisible locker
- Six (6) resistance springs - 2 light, 2 medium (green), 2 heavy (red).
- Adjustable riser pulleys (1 pair) with a convenient snap-lock mechanism that allows for quick and easy height adjustment.
- Quick release, one-action adjustable footbar with 5 positions.

### Measurements:

Frame Length: 2560mm / Width: 685mm / Total Length: 2870mm | Width: 740mm, Bed Height: 375mm

Reformer carriage cushioned area:

Laying Platform Width: 610mm, Laying Platform Length: 1000mm

(including headrest Laying Platform Length: 680mm

Net Weight: 91kg

### Shipping Info:

Package size: 2350\*685\*370MM

N.W.: 83kgs / G.W.: 135kgs

Packing: 1 pcs/ctn, poly wooden case

Container 35 pcs/20'



## AF-3021 Aluminium Reformer

### Specifications/Features:

The most versatile and professional reformer from A Squared. Incredibly adaptable and durable, superior construction for maximum safety and durability. Fixed foot bar, adjustable in 5 different angles.

- special spring bar system .adjust the position without removing the spring (4 positions)
- Loop /handles :Triple D-Ring cotton loops (1 pair), Double loops (1 pair), 1 piece foot strap
- 2 wheels on the front of frame .it's easy to move and store.
- Folds flat .remove risers and shoulder rests .and store in specially designed slots in the frame - Includes the jump board and box

Measurements: Width: 910mm, Length: 580mm, Height from floor: 380mm, with rubber feet 490mm with steel feet

Reformer dimensions: Width: 575mm, Length: 2370mm Weight: 71 kgs

### Shipping Info:

Package size: 2250\*565\*230MM

## AF-3022 Basic Wood Reformer

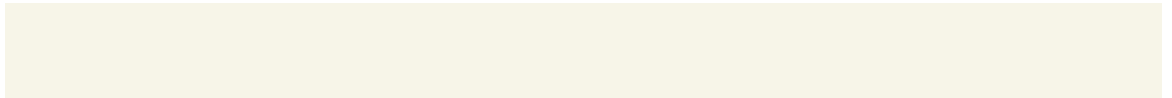


### Specifications/Features:

Dimension:  
2300 x 615 x 320mm

### Shipping Info:

Package size: 2450\*740\*460MM  
N.W.: 80kgs,  
G.W.: 121kgs  
Packing: 2 pcs/ctn., poly wooden case Container 50pcs/20'



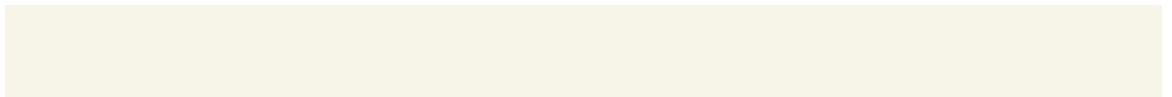
## AF-3023 Classic Wood Reformer

### Specifications/Features:

1. With 5pcs springs, 2 yellow(light), 2 green (middle), 1 red(heavy)  
2. Ronstan pulleys, smooth carriage moving  
3. Footbar inside and four sections adjustable  
4. Sitting box and jump board included  
Dimension: 2340 x 685 x 320mm

### Shipping Info:

Package size: 2420\*710\*500MM  
N.W.: 83kgs  
G.W.: 135kgs  
Packing: 1 pcs/ctn., poly wooden case Container 35pcs/20'



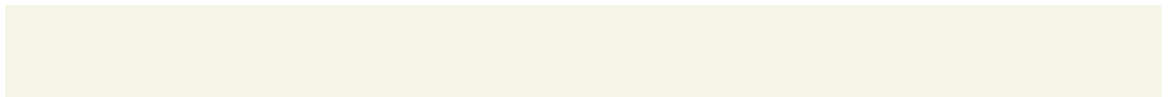
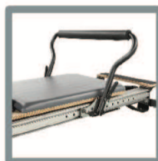
## AF-3024 Clinical Aluminium Reformer

### Specifications/Features:

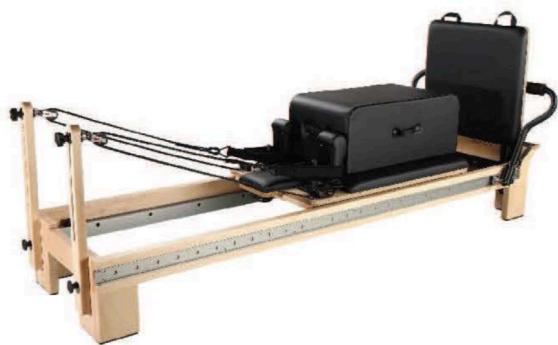
Dimensions 2490 x 890 x 230 / 400mm

### Shipping Info:

Package size: 2250\*565\*230MM  
N.W.: 80kgs,  
G.W.: 121kgs  
Packing: 2 pcs/ctn., poly wooden case Container 50pcs/20'







## AF-3044 Clinical Wood Reformer

### Specifications/Features:

Dimension: 2600 x 610 x 360 mm

### Shipping Info:

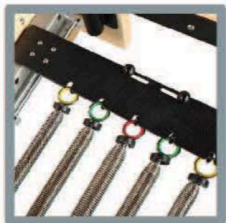
Package size: 2540 x 800 x 540 mm

N.W.: 106kgs ,

G.W.: 156kgs

Packing: 1 pcs/ctn, poly wooden case

Container 35pcs/20'



## AF-3025 Functional Wood Reformer

### Specifications/Features:

Dimension 2285 x 685 x 390 mm

### Shipping Info:

Package size: 2540\*800\*540MM

N.W.: 106kgs ,

G.W.: 156kgs

Packing: 1 pcs/ctn, poly wooden case Container 35pcs/20'

### Features



## AF-3045 Pro Wood Reformer

### Specifications/Features:

Dimension 2285 x 685 x 390 mm

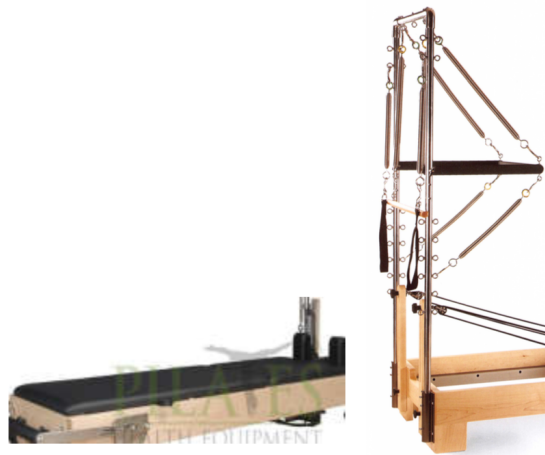
### Shipping Info:

Package size: 2540\*800\*540MM

N.W.: 106kgs ,

G.W.: 156kgs

Packing: 1 pcs/ctn, poly wooden case Container 35pcs/20'



## AF-3026 Tower And Mat for wood reformer

### Specifications/Features:

#### Shipping Info:

Package size: 2420\*720\*500MM

N.W.: 105kgs,

G.W.: 150kgs

Packing: 2pcs/ctn., poly wooden case Container 35pcs/20'



## AF-3027 Classical Cadillac Reformer

### Specifications/Features:

Dimensions: 2345 x 685 x 585mm

Tower height: 2170mm

Packing size: 2450 x 745 x 730mm

#### Shipping Info:

Package size: 2410\*730\*740MM

N.W.: 116kgs,

G.W.: 155kgs

Packing: 1pcs/ctn., poly wooden case Container 20pcs/20'



## AF-3028 Pilates Cadillac

### Specifications/Features:

Stainless Steel Trapeze Structure

Trapeze Base made from High Quality Canadian Maple Wood

Aluminium parts are anodized for strength & durability

Equipped with push-through bar; Solid Roll Down Bar; Padded Trapeze Bar

Push-through bar made from anodized alumin., adjustable 3 heights

Push-through bar with Safety Strap

Various attachment sites offer functional exercises for all ability levels

Single looped handles (1 pair), Fuzzles (1 pair), Stability Sling (2pcs)

Padded foot stopper / Headrest extender

#### Measurements:

Tower Height 2170mm (fm ground) / Width: 685mm / Length 2170mm

Bed Height: 610mm (ground to trapeze bed) / W 685mm / L 2170mm

Max. User Weight for fully suspended routines: 90kg

#### Shipping Info:

Package size: 2240\*730\*770MM

N.W.: 123kgs,

G.W.: 163kgs

Packing: 1pcs/ctn., poly wooden case - Container 20pcs/20'





## AF-3029 Wall Unit

### Specifications/Features:

Provide Trapeze Table functions in very compact space  
 Push-through bar in anodized alum. can be assembled as 3-sided bar adjustable in 3 heights  
 Push-through bar with safety strap  
 Trapeze springs (long w/ snaps): 2 light (yellow) and 2 medium (green)  
 Solid roll-down bar  
 Double loops (1 pair)  
 Single loops (1 pair)  
 Stability sling (1 pcs)  
 Includes 2 moon boxes

### Measurement:

Tower height 215cm / width 69cm  
 Mat size: L212cm x W55cm x thickness 55cm  
 Moon box: L60cm x W35cm x H28cm

### Shipping Info:

Package size: 2280\*655\*255MM  
 N.W.: 53kgs,  
 G.W.: 92kgs  
 Packing: 1pcs/ctn, poly wooden case Container 50pcs/20'



## AF-3030 Power Spring Tower

### Specifications/Features:

A space-saving apparatus that provides most of wall tower exercises  
 - Made of good quality wood,  
 - Perfect stability  
 - Trapeze springs (short with snaps):  
 two (2) light (yellow) and two (2) medium (green).  
 - Trapeze springs (long with snaps):  
 two (2) light (yellow) and two (2) medium (green).  
 - 20 spring eyebolts point

### Measurement:

Board Length: 182.5cm  
 Board Width: 55.5cm  
 Thickness: 7.5cm

### Shipping Info:

Package size: 1860\*580\*60MM  
 N.W.: 17kgs,  
 G.W.: 19kgs  
 Packing: 1pcs/ctn, poly wooden case Container 450pcs/20'



## AF-3031 Ladder Barrel Wood

### Specifications/Features:

Made of good quality wood, perfect stability. Constructed of powder coated steel. All ladder rungs solid white maple for comfort & stability.  
 Adjustable length from 1000mm to 1200mm  
 Reinforced wood bracing system  
 Barrel cover with a newly developed leather, specially for pilates products  
 Comfortable high-density EVA, Environmentally friendly material

### Dimensions:

Ladder Height: 970mm  
 Barrel Height: 900mm  
 Barrel Width: 550mm  
 Barrel Depth: 540mm  
 Barrel Upholstery Thickness: 25mm Length: 1210mm  
 Total Width: 830mm (Include, top ladder rung)

### Shipping Info:

Package size : 1230\*670\*620MM ;  
 N.W.: 35kgs,  
 G.W.: 49kgs  
 Packing: 1pcs/ctn, composite board box, Container 50pcs/20'



## AF-3032 Ladder Barrel Steel

### Specifications/Features:

Made of good quality wood, perfect stability  
All ladder rungs covered with top HDR rubber for comfort & stability.  
Adjustable length, from 1000 to 1200mm  
Barrel cover with a NEW developed leather, special for pilates products  
Comfortable High density EVA  
Environmentally friendly material

### Dimensions:

Ladder Height: 970mm  
Barrel Height: 900mm  
Barrel Width: 550mm  
Barrel Depth: 540mm  
Barrel Upholstery Thickness: 25mm Length: 1210mm  
Total Width: 830mm (Include, top ladder rung)

### Shipping Info:

Package size 1: 960\*610\*485MM ;  
package size 2: 1010\*1240\*100MM,  
N.W: 34kgs, G.W:45kgs  
Packing: 2 pcs/ctn, composite board box, Container 50pcs/20'



## AF-3033 Combo Chair - Wooden Base

### Specifications/Features:

Quick adjustment of stainless steel side poles to varying heights of 111 cm, 119cm or 127cm.  
Made of maple-faced hardwood high density laminate to guarantee durability, constructed of powder coated mild steel  
Two pedal system allows for alternating movements or transforms to one pedal by inserting the dowel.  
Comes with 4 springs: 2 medium (green) and 2 heavy (red).  
Hooks on each side of chair to allow attachment of resistance bands,  
Comes with wheels to allow for ease of moving.  
Mat cover with NEW developed leather, special for pilates products.  
Environmentally friendly material.

### Dimensions:

Seat Measurement: 60cm x 35cm  
Base Measurement: 77cm x 61 cm  
Height to Seat: 60cm

### Shipping Info:

Package size : 810\*740\*650MM ;  
N.W: 30kgs, G.W:35kgs  
Packing: 1pcs/ctn, composite board box, Container 80pcs/20'



## AF-3034 Combo Chair - Steel Base

### Specifications/Features:

Quick adjustment of stainless steel side poles to varying heights of 111 cm, 119cm or 127cm.  
Made of maple-faced hardwood high density laminate to guarantee durability, constructed of powder coated mild steel  
Two pedal system allows for alternating movements or transforms to one pedal by inserting the dowel.  
Comes with 4 springs: 2 medium (green) and 2 heavy (red).  
Hooks on each side of chair to allow attachment of resistance bands,  
Comes with wheels to allow for ease of moving.  
Mat cover with NEW developed leather, special for pilates products.  
Environmentally friendly material.

### Dimensions:

Seat Measurement: 60cm x 35cm  
Base Measurement: 77cm x 61 cm  
Height to Seat: 60cm

### Shipping Info:

Package size : 810\*740\*650MM ;  
N.W: 28kgs,  
G.W:33kgs  
Packing: 1pcs/ctn, composite board box, Container 80pcs/20'



## AF-3035 Hollow Chair



### Specifications/Features:

Built of top quality wood, perfect stability, offers a challenging cardio / aerobic workout.

Made of maple-faced hardwood

Two pedal system allows for alternating movements, covered double high density foam and wrapped leather

Comes with 2 springs: 2 medium (green) resistance

High density EVA foam covers the seat, special leather for pilates products

Hooks on each side of the chair to allow attachment of resistance bands.

### Measurements:

Seat measurement: 61 x 35 cm

Base measurement: 77 x 61 cm

### Shipping Info:

Package size : 790\*720\*670MM ;

N.W: 20kgs,

G.W: 31kgs

Packing: 1pcs/ctn, composite board box, Container 80pcs/20'

## AF-3036 Spine Corrector 3 in 1



### Specifications/Features:

The A² Pilates Spine Corrector provides three (3) different arc sizes, together with the Spine Corrector base.

- Constructed of timber board with reinforcements, our Spine Corrector

(3 in 1) offers strength, perfect stability and high performance.

- Barrel is covered with high density EVA foam, and superior, lustrous, non-slip PU Leather specifically designed for Pilates equipment which is also environmentally friendly, making it extremely strong and comfortable.

- Aluminium handles.

74cm X 46cm x 24cm (with SMALL ARC in place) /

74cm X 46cm x 28cm (with MEDIUM ARC in place)

74cm X 46cm x 32.5cm (with LARGE ARC In place)

### Shipping Info:

Package size I : 540\*410\*490MM;

Package size 2: 850\*380\*570MM

N.W: 22kgs

G.W: 23kgs

Packing: 1pcs/2ctn Container: 110pcs/20'

## AF-3037 Arc Barrel



### Specifications/Features:

Length: 48.5cm

Width: 43.5cm

Height: 18cm

### Shipping Info:

Package size : 525\*230\*515MM

N.W: 5kgs ,

G.W: 6kgs

Packing: 1pcs/ctn Container: 110pcs/20'



## AF-3038 Spine Corrector



### Specifications/Features:

The Spine Corrector offers various workout possibilities to help improve posture by lengthening and strengthening the torso, shoulders muscles, back, feet and legs restoring the spine's natural curvature.

- Made of wood board with reinforcements, strong, good performance.
- Perfect stability.
- Aluminium handles.
- Barrel cover with NEW developed leather, special for pilates products.
- Non slide system, strong environment friendly material, different colors.
- High density EVA foam, very comfortable.

Length: 90cm  
Width: 46cm  
Height: 32.5cm

### Shipping Info:

Package size :850\*380\*570mm  
N.W: 11.5kgs ,  
G.W:12kgs  
Packing:1pcs/ctn Container 160pcs/20'

## AF-3039 Hollow Arc



### Specifications/Features:

Width: 57cm  
Depth: 57cm  
Height: 18cm  
Padding thickness: 7cm

### Shipping Info:

Package size: 650\*245\*630 MM  
N.W: 5kgs ,  
G.W:6kgs  
Packing:1pcs/ctn

## AF-3040 Orbit Sliding Board



### Specifications/Features:

Length:58cm,  
Width:38cm,  
Height: 12cm  
Black / Cream colour available

### Shipping Info:

Package size :600\*130\*400MM  
N.W: 4.7kgs ,  
G.W:5.5kgs  
Packing:1pcs/ctn



## AF-3041 Air Step (Balance Ball)

### Specifications/Features:

It is the ultimate aid to improve balance, proprioception, agility and flexibility

Width: 69cm

Height: 25cm

Maximum User Weight: 350kg

### Shipping Info:

Package size :665x350x680 MM,

N.W.:32KGS

G.W.:33KGS

Packing:4pcs/ctn

Container:20'/700pcs 40'/1450pcs



## AF-3042 Pilates Ring

### Specifications/Features:

New pilates ring. EVA handles, fixed with 3M high resistance glue.

- Ring made in fiber, recovered with two rubber layers of 4,5 mm.

- Very resistant.

- Handles made in Nylon.

- Measures: Ø 38cm., 500 g

### Shipping Info:

Package size :680x400x400 MM,

N.W.:6KGS

G.W.:7KGS

Packing:10pcs/ctn

Container:20'/2800pcs 40'/5800pcs



## AF-3046 Spine Supporter

### Specifications/Features:

Infinite Adjustability & Versatility with full Reformer, Reformer with Tower, Cadillac

### Measurements

Length: 80 cm

Width: 44 cm

Height at back 42 cm



## AF-3047 Triangle Corrector

**Specifications/Features:**

The triangle is perfect for positioning the body at increasing heights to add stability and strength to the torso, legs and arms. Challenge and add variety to your workout.

**Measurements**

Width: 48 cm

Length: 81 cm

Height at back: 35cm

Height at front: 7cm



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