

SELF

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FITNESS

By Bari Lieberman

This Is The Next Big Thing For Pilates



The classical form of Pilates is just as effective as when Joseph Pilates founded the exercise regime in the 1920s. But a few years ago, the traditional workout underwent a modern update with the addition of the Megaformer, a souped-up version of the Reformer machine that tacks on additional straps, bands and pulley. Now, there's another big Pilates game changer.

[FLEX Studios](#) in NYC has debuted the FLEXformer equipment. While the studio previously used similar equipment for its Pilates classes, they've now created a new apparatus that combines the traditional Reformer with the Wunda Chair. You can still perform all of the regular Reformer exercises you love to hate (like the mermaid for your obliques), as well as roughly 30 additional Wunda Chair specific moves the FLEX team says.

It's effective *and* it's beautiful: to create the machine, FLEX Studios partnered with Villency Design Group, the team behind crafting SoulCycle's custom bikes, the Organic Avenue bottles and Barry's Bootcamp dumbbells.

We tried the studio's revamped Pilates class, and a workout on the hybrid machine is fast-paced and intense. Our inner thighs are still trembling. Of course for the machine to really catch on, FLEX will need to either sell or license the proprietary design, but either

way, the FLEXformer is another example of how we can continue to innovate and evolve our workouts.

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Update: FLEX Studios previously used a variation of the traditional Reformer, not Megaformer. The copy now reflects this change.

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