

The 10 Best Pilates Reformers of 2021

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FAQs

Is using a Pilates reformer strength-training?

Pilates can be an [excellent way to build strength](#), whether you're using a reformer or performing exercises on a mat. And since reformers make it easy to customize your experience, you can make your strength-training workouts as strenuous—or as beginner-friendly—as you want them to be.

“The dynamic resistance options offered by the equipment give individuals a wide range of advanced options or modifications,” [Kamille McCollum](#), Chief Operating Officer of [Bodybar Pilates](#), says. Simply adjust the resistance on your reformer's springs any time you want to increase or decrease the intensity of your workout.

Is the Pilates reformer good for weight loss?

Using a Pilates reformer can help you build strength and work up a sweat—both of which [may help you lose weight](#). And if you'd like to integrate more cardio into your Pilates routine, you easily can. “There are different modalities of Reformer Pilates,” McCollum says. “Some incorporate cardio bursts and HIIT to the class format for clients looking for weight loss and toning.”

If this dynamic approach sounds like something you'd be interested in, be sure to look out for online Pilates workouts and in-person Pilates classes that offer it.

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