

NordicTrack *Ultra 1*



Pilates Reformers



INTRODUCING THE

Pilates Reformers

Where elegance meets innovation. The Reform RX and Reform RX-S are crafted with sleek, minimalist designs that bring a new level of sophistication to any space. Featuring compact, efficient footprints, they fit seamlessly into various fitness spaces without compromising quality or style.



PUSH BUTTON TECHNOLOGY

User-friendly, color-coded push-button technology to engage desired resistance load, with selected resistance displaying on screen in real-time.

Featuring 4 resistance load levels: 22-143 lbs (10-65 kg)

- » Green button - 22 lbs (10 kg)
- » Blue button - 33 lbs (15 kg)
- » Red button - 44 lbs (20 kg)
- » White button - 44 lbs (20 kg)

While the resistance is still controlled by springs, it provides enhanced user safety by keeping the springs encased within the Smart Spine™.

SMART SPINE™

The RX Smart Spine™ demonstrates how NordicTrack has elevated the overall design of the traditional reformer. Acting as an additional platform to perform exercises, it alleviates the previous user hazard seen on other reformer apparatus by eliminating exposed springs and open gulley.

Providing an improved and efficient footprint, the Smart Spine™ encases both the RX spring resistance and next-generation tracking technology.

INFINITY FOOTBAR

The RX infinity footbar maximizes training and class programming potential with 28 different locking positions.

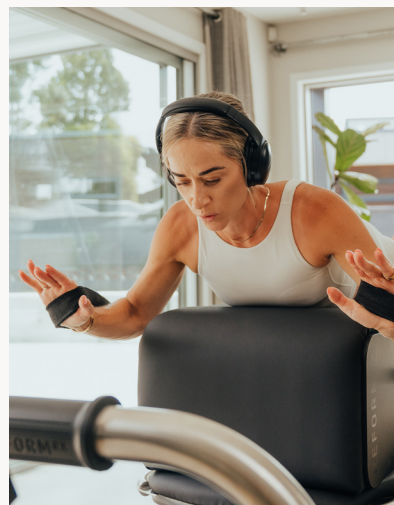
It seamlessly glides to the very back of the RX Smart Spine™. It's easily adjusted by pressing down on the foot pedal, located on both sides of the footbar.

The RX footbar is also fully functional in glide mode (not locked), supporting and promoting increased range of movement.

An optional grip support can be included depending on user preference.

ERGONOMIC HANDLES

Ergonomically designed handles are positioned on all four corners of the RX carriage for safety and functionality.





ELITE TRAINERS

Equipped with a tilting 24" HD touchscreen, Reform RX-S and Reform RX bring industry world-class trainers leading instructors into a variety of fitness spaces, at any time.



75+ ON DEMAND WORKOUTS

An ever-growing library of 75+ on-demand, expert-led workouts to keep users engaged from start to finish.



USER-FRIENDLY NAVIGATION

Users can choose their workouts based on their own preferences, from class duration, difficulty level, body focus, additional equipment, preferred instructor, and music genre.

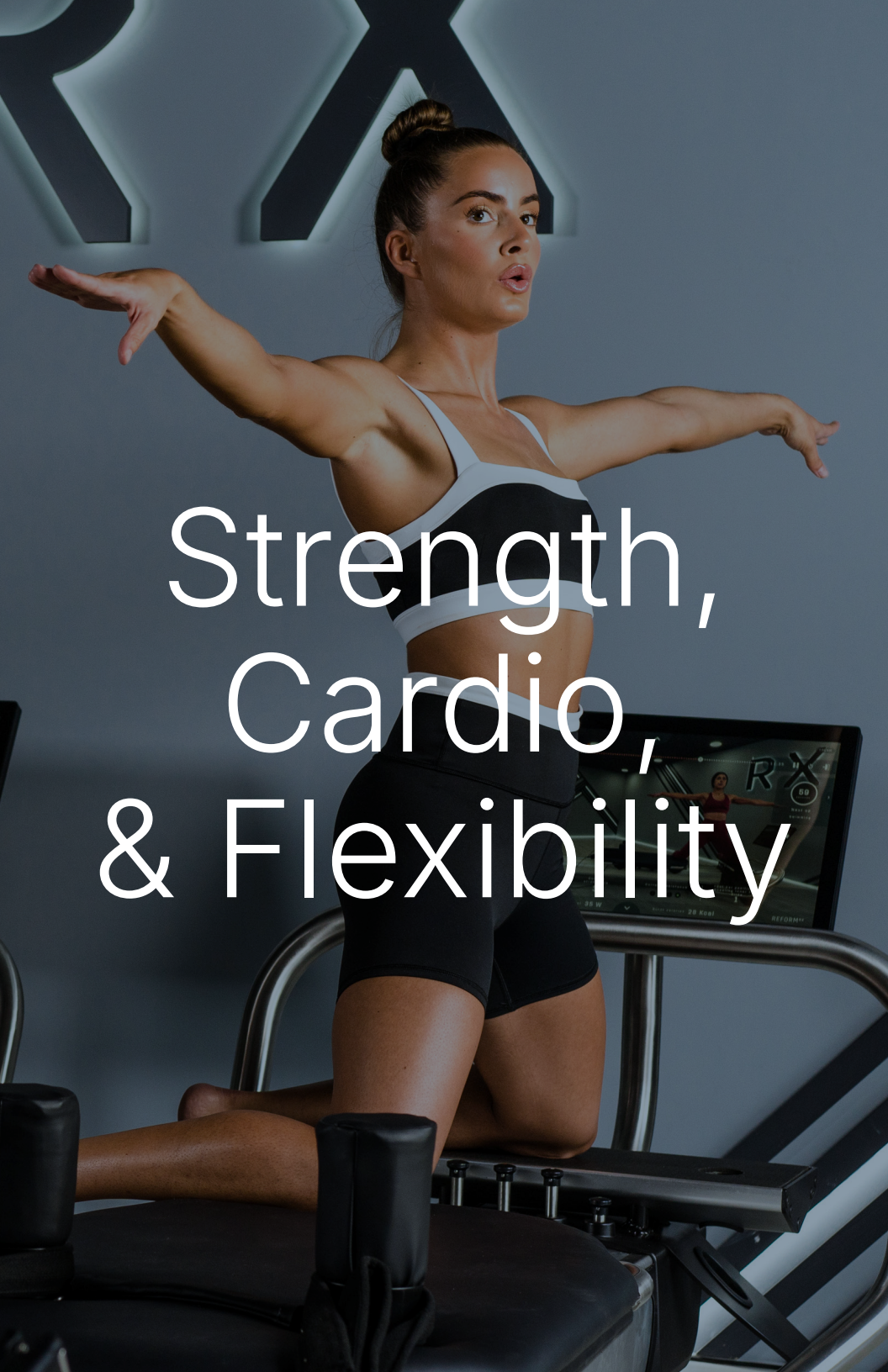


REAL-TIME & POST-WORKOUT FEEDBACK

Unique, built-in user tracking technology housed in the Smart Spine™ provides biometric feedback on calorie consumption, power output, and heart rate to enhance user accountability and motivation.

Reformer Pilates, Digitally Connected





Strength, Cardio, & Flexibility



BLUETOOTH® COMPATIBLE

Equipped with built-in Bluetooth® connectivity to accommodate headphone/earphone device pairing for a fully immersive experience.



HEART RATE MONITORING

The RX is compatible with heart-rate monitoring devices. When connected, the user's heart rate will be displayed on the workout screen and overall heart rate will be presented in post workout analysis. (Heart rate monitor sold separately)



Education

Investing in Pilates education ensures your team can deliver effective, engaging sessions that elevate the client experience and maximize your commercial Reformer's value.

Training goes beyond equipment familiarity; it equips instructors with the skills to design and execute programming that drives results, builds confidence, and encourages repeat participation.

Well-educated staff create consistency and a premium experience, helping your business stand out in a competitive fitness landscape. Every Reformer installation includes a guided video tutorial - your first step toward mastery.



Pilates Foundation

EQUIPMENT ORIENTATION TRAINING

For studios or trainers new to Reformer Pilates equipment, this **2-hour** orientation provides a strong foundation in how the Reformer platform works.

- » Led by a certified Master Trainer at your location
- » Covers machine functions, safety checkpoints, and key adjustments
- » Introduces the different training levels and class formats available on the platform
- » Ideal as a first step before progressing to full program training

Outcome: Confidence in setting up and safely using NordicTrack equipment with your clients. Reference documents via QR code.

Pilates Elevate

COMPREHENSIVE FULL-DAY TRAINING

Designed for trainers who want to confidently deliver structured Reformer Pilates classes, this **8-hour** immersive training goes beyond the basics.

- » Full-day in-depth training session
- » Learn how to design and structure engaging classes
- » Receive 3 ready-to-teach class plans
- » Access Reform RX digital assets for ongoing support
- » Includes a detailed training manual for easy reference
- » Guidance from a Master Trainer to refine teaching technique and class flow

Outcome: Be fully equipped to teach professional, results-driven Reform Pilates classes with confidence and creativity. Certificate of Completion.

SPECIFICATIONS

Reform RX Model#: RX-01S

FOOTPRINT

Length with tablet/without tablet _____ 127 / 113.4 in (322.5 / 288 cm)
 Width _____ 27.5 in (70 cm)
 Height (from ground to carriage) _____ 15.5 in (39.4 cm)
 Footbar Positions _____ 8 Positions

WEIGHT

Bed _____ 230 lbs (104.3 kg)
 Bed with tablet _____ 244 lbs (110.7 kg)
 Weight Limit _____ 375 lbs (170 kg)
 User Height Range _____ 4'10" to 6'9"

SCREEN & SOUND

Size _____ 24 in (61 cm)
 Resolution _____ FHD - 1920 x 1080 ("2k")
 WiFi _____ 802.11 a/b/g/n 2.4/5 GHz
 Workout Metrics _____ Watts, force, velocity, calories
 burned, heart rate, power output

Bluetooth® _____ BT5.0
 X2 Rear Inbuilt Speaker _____ Yes
 Number of Programs _____ 300+

4 RESISTANCE LEVELS

Green button _____ 22 lbs (10 kg)
 Blue button _____ 33 lbs (15 kg)
 Red button _____ 44 lbs (20 kg)
 White button _____ 44 lbs (20 kg)

Reform RX-S Model#: MS-01S

FOOTPRINT

Length with tablet/without tablet _____ 118.3 / 104.7 in (300.5 / 266 cm)
 Width _____ 27.5 in (70 cm)
 Height (from ground to carriage) _____ 15.5 in (39.4 cm)
 Footbar Positions _____ 8 Positions

WEIGHT

Bed _____ 210 lbs (95.2 kg)
 Bed with tablet _____ 224 lbs (101.6 kg)
 Weight Limit _____ 375 lbs (170 kg)
 User Height Range _____ 4'10" to 6'7"

SCREEN & SOUND

Size _____ 24 in (61 cm)
 Resolution _____ FHD - 1920 x 1080 ("2k")
 WiFi _____ 802.11 a/b/g/n 2.4/5 GHz
 Workout Metrics _____ Watts, force, velocity, calories
 burned, heart rate, power output

Bluetooth® _____ BT5.0
 X2 Rear Inbuilt Speaker _____ Yes
 Number of Programs _____ 300+

4 RESISTANCE LEVELS

Green button _____ 22 lbs (10 kg)
 Blue button _____ 33 lbs (15 kg)
 Red button _____ 44 lbs (20 kg)
 White button _____ 44 lbs (20 kg)



Warranties

Frame _____ 5 Years
 Tablet _____ 1 Year
 Components _____ 1 Year
 Upholstery _____ 1 Year
 Accessories _____ 1 Year



Maintenance & Servicing

In our unwavering commitment to ensuring the optimal performance and longevity of our products and services, Freemotion goes the extra mile in providing proactive support and maintenance.

Freemotion is proud to offer a 72-hour service window in the event of any concerns arising within the first 6 months of operation. This rapid-response service ensures minimal disruption and keeps our products and services running smoothly. In addition to this, scheduled maintenance checks will be conducted every 6 months, over a 2-year period, providing a proactive approach to quality assurance. These checks, performed by our expert technicians, aim to identify and address any potential issues before they impact performance. This preventative maintenance strategy ensures that you continue to deliver an unparalleled fitness experience, meeting the highest standards of excellence in both design and functionality.

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A woman with blonde hair in a ponytail, wearing a dark tank top and shorts, is kneeling on a piece of exercise equipment. She is holding a resistance band with both hands, pulling it forward. The background shows a gym environment with large windows covered by grey curtains. The overall image has a blue tint.

FREEMOTION®

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