

Align-Pilates M8-Pro Reformer: The Ultimate Pilates Game-Changer

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SEASONED PILATES PROFESSIONAL SEAN BERGARA TELLS US WHY HE BELIEVES THE M8 PRO REFORMER IS AN EXCELLENT CHOICE FOR YOUR HOME OR STUDIO

by CJZarb

When it comes to investing in a reformer for your studio or home it's crucial to know what to look for to make a strong and smooth reformer investment. If you ask Sean Bergara from Sean Bergara Pilates, he's adamant that there's one reformer that stands out in terms of quality, functionality, and engineering and that's the M8-Pro Reformer by Align-Pilates.

Sean shares with us his insights after using the equipment firsthand in his studio.

Seamless transitions with the gear bar

"One of the standout features of the M8-Pro Reformer is the ease of moving the gear bar. There's no confusion in terms of operation; anyone can use it. When you have a new client that hasn't been on a reformer before, and they are able to adjust it easily, it clearly shows how user-friendly it truly is," said Sean.

"For studio owners, teachers and educators like me, this feature is also invaluable as it facilitates smooth class transitions. When you are doing a class designed to be seamless where you might also want to move a little quicker, there's nothing worse than having a gear bar that doesn't function easily. For me, it means I don't have to stop the class and the focus remains on the workout, allowing for a more fluid and efficient Pilates session."

He explains further, "For athletic work, I can gear the M8-Pro all the way up or pull it all the way in with ease. I've never had a footbar that is this seamless. The M8-Pro is truly an exceptional machine. You can see it in the way they have designed it. These machines are also made for inclusivity, catering for all shapes and sizes.

"Even the way the springs are set up, everybody says when they get on it and do their footwork that they feel like they are floating and that they don't hear any noise," said Sean.

Versatility with a padded platform

In Sean's view, the padded platform on the M8-Pro is perfect for so many of his progressive exercises. "It offers the right amount of

cushioning and stability while also allowing for a more comfortable and effective workout," said Sean.

"The high density of the padded platform assists my students who have tailbone issues, especially when they are doing pelvic rollbacks; all of a sudden, they don't have a problem. For students who weigh more than the average person, such as body builders, taller students or big persons they don't feel painful pressure on their knees or feel excluded when they traditionally have had to get up off the machine to grab a knee pad. It's also perfect for exercises like side kneeling," said Sean.

Enhanced spring tension with thicker risers

"Unlike most reformers on the market, the M8-pro features thicker risers that allow for added spring tension. This is particularly beneficial for athletic reformer work, preventing the risers from bending under pressure," said Sean.

"The risers on the M8-Pro are thicker and are just the right height. I've had all the springs on, and it holds well. For me it comes down to quality – there's good quality rope and good quality gears; nothing here is plastic.

"The smooth curved edges of the risers also offer hand-holding comfort over the squared cornered edges common on most wood and metal risers," said Sean.

Noise-free springs for jumping exercises

"Jumping exercises are an integral part of many of my Pilates workouts, and the M8-Pro Reformer excels in this area because when you jump, there's no noise and you can't hear anything," said Sean.

"The reason is that each spring has a grid in which it sits. This metal grid ensures the springs don't touch each other. So when a client accidentally slams the carriage in, the springs don't twist and break like on other machines. This innovation is a game-changer because it ensures a quiet and seamless workout experience, allowing instructors and students to focus on the exercises at



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hand. It's such a smart design.

I believe they are the perfect reformer height, size, and width for today's students.

Well-padded shoulder rests

"The 2.5-inch density foam on their shoulder pads is also a noticeable difference. This padding allows me to load up the spring tension further, and none of my clients feel shoulder pain. And for me personally, it removes the pain I often feel in my arthritic thumb.

"When my clients do a version of Control Front with their elbows down on the carriage, they find it much more comfortable with their elbows resting on this high-density foam. Sure, it does make for a little less stability in the wrists and increases the challenge, but it's much preferred to the alternative," said Sean.

A rounded box option

"I also prefer the rounded box option that comes with all Align Pilates reformers. It has great padding and has been a game-changer for me personally. It's changed my practice in support of my arthritis. Because of this, that I encourage all my students to get the rounded box option," said Sean.

Superior quality and engineering

There is nothing I would change on the M8-Pro for my athletic reformer work. I can do any sort of work - classic, traditional, contemporary, progressive, and athletic and it stands the test of time. For any student looking for a home reformer, I say look no further," said Sean.

"From the sturdy construction to the thoughtful design details, every aspect of the M8-Pro Reformer speaks to its superior craftsmanship and attention to detail. In my view, the M8-Pro Reformer is not just a piece of equipment—it's a game-changer that sets a new standard in the world of Pilates reformers," said Sean. "This machine merges everything together, working with the inclusivity of bodies, aiding in easy transitioning, and boasting exceptional craftsmanship. I believe the M8-Pro stands out as the next generation of reformer machines. There's nothing comparable," Sean concluded.



Sean began his Pilates Journey back in 2005 after suffering a serious skiing accident in 1991. In 2007, he moved to Palm Springs in California and opened Ecore Fitness. Sean received his Pilates certification from Polestar Pilates. Sean teaches regular weekly group and private classes and believes continuing education is key. Find out more here.

Align-Pilates equipment is sold in over 35 countries and is now available in the USA and Canada on the new website GoAlignPilates.com.

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