



...building beautiful bendy bodies™

Pilates on the Small Ball: iPhone & iPad App User Guide

The Pilates Lifestyle™ Small Ball app is free to download and contains a selection of free video techniques and exercises so you can try it out first.

We put a lot of detail into the development of the app and its content; the exercise selection, their technical descriptions as well as the level of instruction in the Pilates exercise videos.

We hope you enjoy our app and that you start building your very own beautiful, bendy, body.

Did you know that you can plug an iPhone/iPad into many new TV screens or computer monitors to view its content on a larger screen? All you need is a TV out cable.

1. Exercise tab

Navigation tabs are arranged on the blue bar at the bottom of the screen. The Exercise tab is the first.

Exercise list:

Exercises are separated into Levels of experience and can be viewed by Level or by All Levels.

Click the “Select Level” button to choose your level of experience. See Fig. 1, note 1.

Free exercises and those already purchased are listed in dark text in the Exercise List.

Scroll the list or use the search bar to find an exercise.

Exercise Description & Video:

Videos in this app are downloaded to the phone and stored on the phone. This means that the quality of the video can be higher and that there are no irritating interruptions, while you wait for a video to load.

Downloaded videos can be deleted from the phone to free up space and then downloaded again when needed. Once purchased, videos are free to download any number of times. To delete a video, click the Edit button on the Exercise list page. See Fig. 1, note 2.

To play a video or see the textual description of any listed exercise, click the green arrow button. See Fig. 1 note 3. This will take you to the exercise description page where you can see a detailed description of the exercise as well as download and play its video. See Fig. 2, note 1.

2. Exercise Routine Tab

Exercise Routines:

Exercises can be combined in any order and saved as a personal exercise routine from the Exercise Routine tab. Videos in a routine will play in the order they were added to the personal routine.

Click the “Edit” button, top right, on the Routine list page to add or delete routines. Fig. 3 shows the Edit Routine page.

To play a routine’s videos, select it from the Routine list and click the play video button. See Fig 4, note 1.

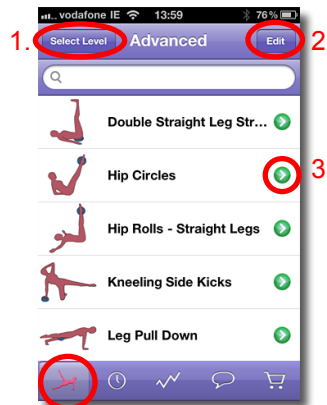


Fig 1: Exercise list.

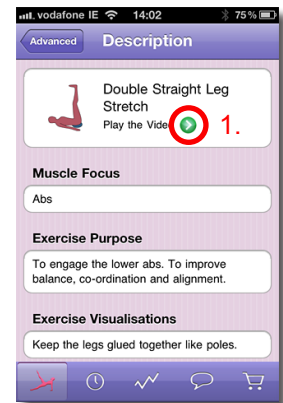


Fig 2: Exercise page.

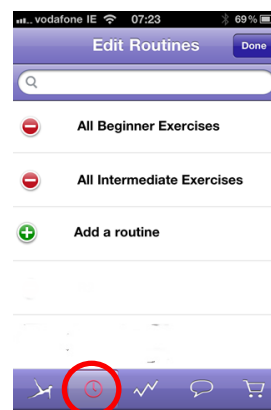


Fig 3: Create Routines

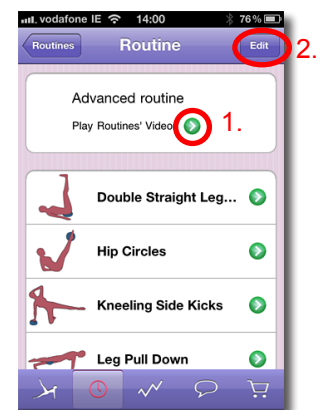


Fig 4: Edit Routines

To edit an existing routine, click the “edit” button on the play routine page. See Fig 4, note 2. Exercises can be added or deleted from an existing routine. Deleting a routine will not delete the videos from the phone.

Purchase more exercises:

Exercises can be purchased by level of difficulty, i.e. Beginner, Intermediate or Advance Levels. This reduces the purchase fee and additional levels can be purchased as and when needed.

For those who want, all the exercises can also be purchased at once, at a reduced rate.

Exercises can be purchased from the predefined routines on the Routines tab or from the "Get more exercises" button on the Shopping tab. See Fig. 9

3. Log tab

The log tab allows you to log your progress against predefined benchmarks, on a scale of 1 to 10. The results can then be viewed graphically for each benchmark.

To create or delete a log, click the Log tab button on the bottom navigation bar and then click the "Edit" button, top right, on the Exercise Logs list page (it is blank to start). Fig 5 shows the create or delete a log page.

When creating a log, you can name it, date it and rate each of the 5 benchmarks. To rate them, select one and then scroll to the desired value. See Fig 6, note 1. When finished, click the "Done" button.

Logs can be edited at any time after they were created, by selecting the "Edit" button on the individual Log page. See Fig 6, note 2.

Once you have two or more logs, they can be compared graphically by clicking the "Graphs" button. See Fig 5, note 1.

Fig 7 shows the Log Graph page. Use the left and right arrow buttons to view the individual log benchmarks. See Fig 7, note 1

4. Social Media tab

Our app is connected to our Twitter, Facebook and YouTube channel, allowing you to:

- find suggested routines on our Facebook page,
- share your personal routines,
- find out what others are doing,
- view more of our free Youtube videos,
- join the conversation on any of the above pages,
- keep informed of our future app launches and more.

You can also share the app by email or contact us for support with the app.

5. Shopping tab

Our Shopping tab is where you can purchase more exercises, discover our other Pilates apps (we are currently working on the next one and more after that)

You can visit our website for detailed information on Pilates or purchase Pilates equipment, clothing and more.

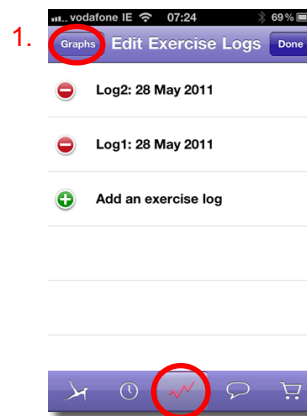


Fig 5: Create a Log

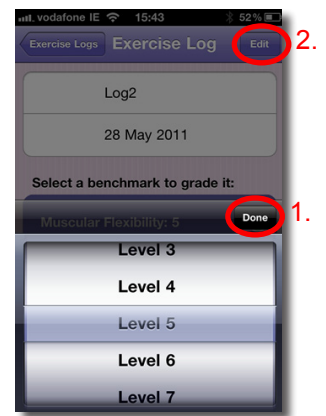


Fig 6: Benchmarking

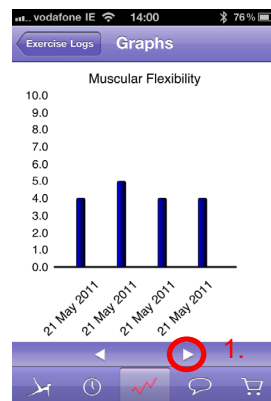


Fig 7: Log graph

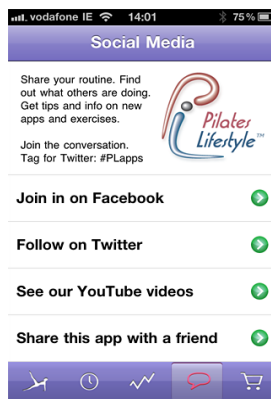


Fig 8: Social Media tab

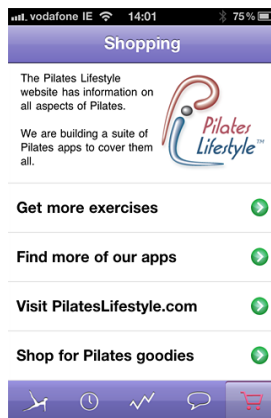


Fig 9: Shopping tab.