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**Introducing The Pilates Wheel, a New On-The-Go Approach to Pilates**  
*Patent-Pending Design Enables a Pilates-Perfect Workout Any Time, Anywhere*

**LOS ANGELES, October 2017** – Answering the call of dedicated Pilates enthusiasts everywhere, Engine Fitness, a wellness and fitness company based in Los Angeles, has released a completely new approach for on-the-go fitness: The Pilates Wheel. The Pilates Wheel takes the essential elements of traditional machine Pilates and distills it down into a portable workout system, offering practitioners at all levels a convenient way to meet fitness goals at home or on-the-go – at an affordable price point.

“Pilates - which focuses on lengthening and strengthening your muscles while energizing your core – has something to offer everyone,” says Kristin Anderson, co-founder of the Pilates Wheel. “And while Pilates has continued to grow in popularity, many are limited by the accessibility and cost. We wanted everyone to benefit, so we designed the Pilates Wheel to free users to practice when they want, where they want.”

**Pilates for the People!**

From its beginnings when it was known as Contrology by its creator Joseph Pilates to its widespread popularity today, enthusiasts from all walks of life and of all ages - from professional athletes to women bouncing back from post-pregnancy - are attracted to the total body exercise, which focuses on lengthening and strengthening your muscles while energizing your core.

For those looking to incorporate Pilates into home gyms, standard machines - the Reformer, Cadillac and the Wunda chair – are both large and expensive. Further, practitioners that rely on Pilates studios for expert instruction can find training sessions an expensive habit to maintain, averaging \$50 to \$100 per session.

### **The Pilates Wheel Makes Fitness Fun & Affordable**

The Pilates Wheel's easy-to-assemble format is easily storable and portable; a patent-pending design facilitates hundreds of easy to more complex progressions. The Pilates Wheel comes with resistance bands, handles, foot-loops, four workout DVDs, an optional anchor system and is available in two options:

- The Pilates Wheel COR (center of the room) retails at \$199 and allows you to do hundreds of exercises and workouts anywhere you want.
- The Pilates Wheel DLX retails at \$249 and offers the same portability as COR with an added anchor system, that can be secured to any fixed object for real Reformer feel, allowing for more advanced progressions, increased repertoire and additional instruction, including strength and cardio workouts.

The Pilates Wheel comes with member access to hundreds of online instructional videos led by leading Pilates instructors including co-founder Kristin Anderson, ensuring quality workouts across a range of themes such as Mobility & Stability, Core & Abs and more. Just three 45-minute weekly sessions is enough to build muscle tone, flexibility and balance. A proprietary weekly nutritional meal plan developed by co-founder Brian Abercrombie helps users meet nutritional and weight management goals.

### **About Engine Fitness**

The Pilates Wheel is developed by Engine Fitness, a company that was founded to bring together the world of wellness and performance for total health that lasts a lifetime. Engine Fitness is dedicated to the principle that one should never stop searching for knowledge in the quest of delivering the highest-level experience possible. To learn more, please visit [www.EngineFitness.com](http://www.EngineFitness.com). To learn more about the Pilates Wheel, visit [www.ThePilatesWheel.com](http://www.ThePilatesWheel.com), join us on Facebook @PilatesWheel and follow us on Instagram @PilatesWheel.

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