Stamina Aero Pilates. Spine Corrector Barrel



The Pilates Spine Corrector Barrel was designed by Joseph Pilates to be used as a way to open the chest and to correct or restore the curve of the spine. The Spine Corrector Barrel strengthens the abdominal, back and shoulder muscles to keep the spine supple and young, and tones and trims your thighs and strengthens your core. Includes workout DVD featuring Romana Kryzanowska along with Pilates elite trainer, Marjolein Brugman.









- Spine Corrector Barrel size: 27.5" wide x 17.5" long x 13.5" high
- Wooden construction with padded top
- A handle makes portability easier
- Includes workout DVD



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