



HEGREN FITNESS is a family owned business that specialises in professional fitness equipment. Initially called **DYNAMIC HELLAS**, the business has been in working since 1986. Our expertise in the manufacturing sector derived from our founders' many years of experience, make us one of the largest and most trusted companies within our sector. Through various investments in research and development, we are able to offer innovative solutions to customers around Greece and all over the world.

**PILATES REFORMER
TALMA 62**

**CONVERTIBLE TOWER
TALMA 62CT**



HEGREN Pilates Equipment

Our main goal is to create and provide innovative and reliable products that will stand the test of time. For that reason, we select high-quality raw materials and many of the components used are handmade. The final products are tested thoroughly to ensure optimal performance.

The production of the products by HEGREN in Greece ensures the supply of spare parts in case of future need.

“We believe in cultivating strong, personal relationships that last. It is our pleasure to accommodate any of our clients’ needs and requests.”



OUR PILATES REFORMER TALMA 62

The growth in the adoption of the Pilates method by many establishments has led to an increased demand for higher quality Pilates equipment. We created TALMA 62 in order to provide the ideal solution. Our reformer, features innovative mechanisms that make it easy to use while adding more variety to your exercises.

Dimension

2,40 x 0,78 x 0,42m

Material

Steel

Paint

Electrostatic



Our upholstery consists of polyamide micro-fiber elements. These elements allow the material to “breathe” as opposed to common upholsteries made of PVC, thus making it ideal for use on fitness and medical equipment.

Steel body frame designed specifically for superior stability and unique aesthetics.

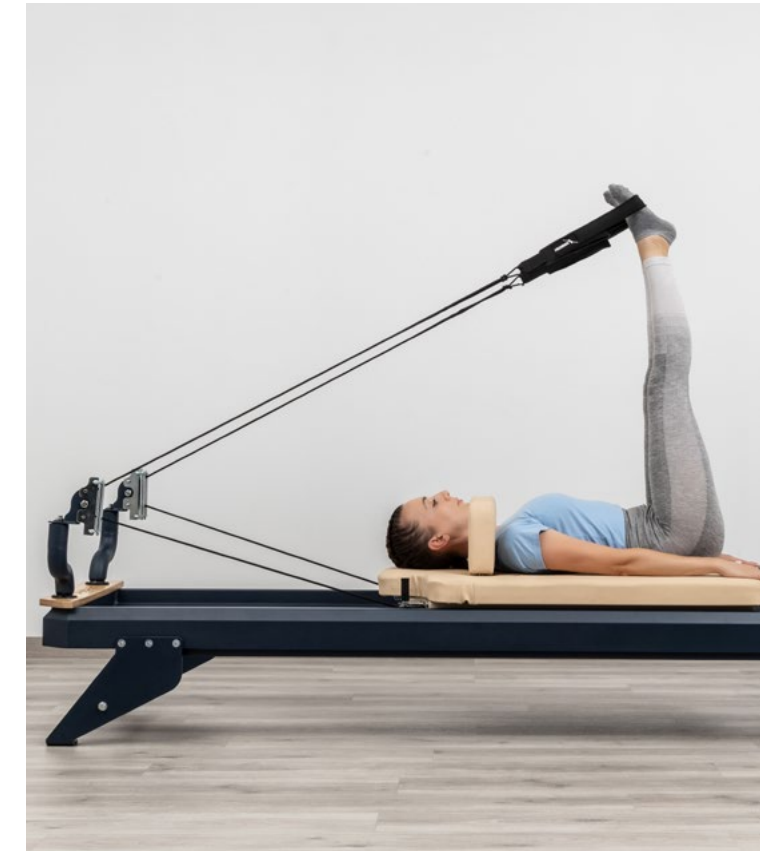


Premium quality materials:

A' grade reinforced upholstery sewn with double stitches offer extra durability and unrivalled luxury.



A plethora of adjustments and automatic functions offer great customisation & seamless transitions between exercises.



REFORMER CARRIAGE

Its comfortable size combined with the high density padding make it suitable for all body sizes.



Smooth and precise movement

TALMA 62 features 8 wheels with double self-lubricated bearings. 4 wheels are positioned vertically and their purpose is to provide smooth movement from end to end. The other 4 are situated horizontally and their function is to keep the carriage centered and stable within the frame. All wheels are coated with aero engineering rubber, a material that offers excellent shock absorption and durability.



Shoulder rest pads

Adjustable pads that can also be removed altogether in one quick motion.



Adjustable head rest (0° to 45°)

Choose between 5 available positions for extra comfort.



FOOTBAR

Our carefully designed Footbar provides unparalleled comfort and safety.

Materials

Top of the line high density padding combined with sewn by hand upholstery.



Greater versatility

Choose between 6 angles ranging from 0° to 100° depending on the exercise. Adjusting the footbar is now easier than ever thanks to the external mechanisms on both sides of the front legs.



RETRACTING ROPES

Automatic release system.

A pair of convenient levers located on both sides of the head rest allow the user to adjust the length of both ropes seamlessly with optimal precision. By simply pulling the levers forward, the smart mechanism will automatically bring the ropes to the desired length. Each lever can function separately if needed.



Durability

High performance ropes that can endure more than 800kg of force.

Double/single loop straps & customizable options

All of our handles are made by hand in a variety of colors from high-quality materials to combine maximum performance with comfort.



S-TYPE ROPE ARMS

The removable arms add versatility and customisation to your workouts.

Choose between **6 settings** in order to find an optimal angle and add to the range of motion. This patented mechanism is guaranteed to significantly enhance the overall experience when using our reformer.



ROPE CONVEYOR

A set of vertical and horizontal rollers around the main pulley allow the ropes to run smoothly, preventing any unwanted friction which is the main cause of wear and could potentially disrupt your exercise. In addition the revolving heads can rotate 360° in real time.



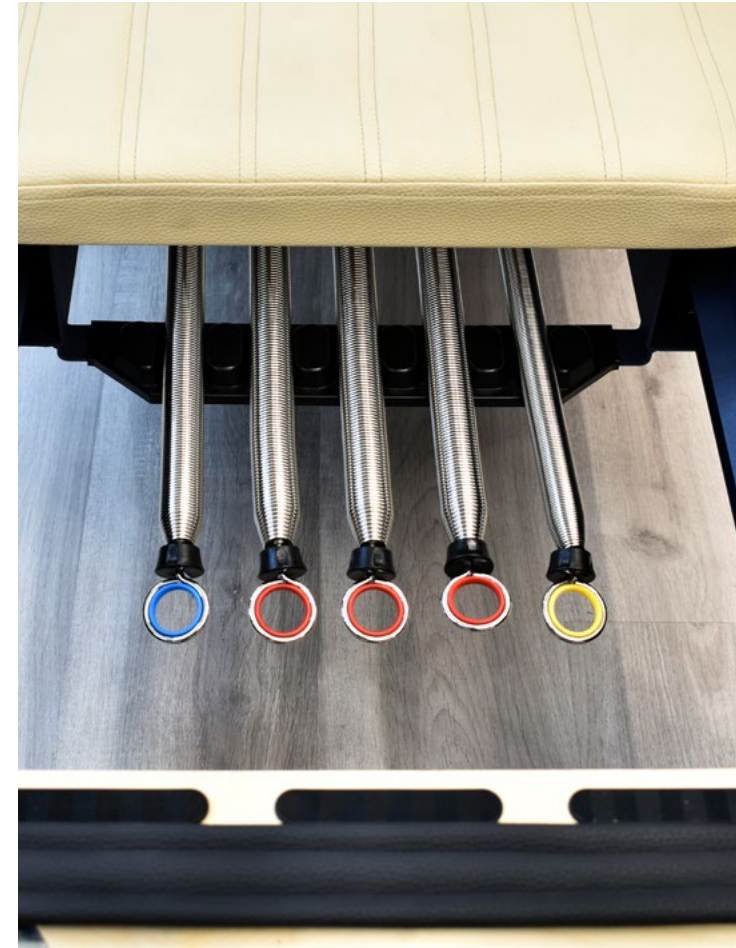
FOOTSTRAP

The adjustable Footstrap featured on TALMA 62 adds flexibility to your workouts and can be used in combination with other accessories. Thanks to a multi-point patented mechanism, users can quickly alter the length of the strap in no time.



SPRINGS

Our High-quality custom-made springs come in three different colors that indicate different resistance levels. (3 red, 1 blue, 1 yellow). Combined with a 2-tier locking system and a noise reduction sleeve, users will find the ideal balance between strength and stability.



WALL STAND & ACCESSORIES

Our handmade wall mounted stand will help you maintain your work area organised by storing all of the accessories in one place when they are not being used.



STABILITY BAR

The Pilates method emphasises on core strengthening through a series of exercises that aim to improve body posture, mobility, balance and the overall strength of the human body. Always looking for ways to make these training techniques more accessible to everyone, we created an adjustable Stability Bar that allows users to perform countless standing exercises on the Reformer, such as side and front splits, safely and without fear.

By combining the Stability Bar with an extra set of springs, we can add resistance to upper body workouts whether we choose to be on or off the Reformer, essentially using it as a mini Pilates Tower.

It's easy to install and offers various adjustment options in order to find the most suitable position. This unique and must-have accessory for your Pilates Reformer TALMA 62 emulates successfully a traditional ballet barre and it is guaranteed to add a whole new dimension to your Pilates training experience. It can be safely stored on the Stability Bar wall stand.





PLANK HANDLES

Improve your workouts with this multi-grip add-on. Discover a wider range of movements and target specific muscle areas in a more effective way.



JUMPBOARD

A Jumpboard that stands out for its size and steadiness. Designed to guarantee safety by removing tension from the joints. Easy to install and remove like the rest of our add-ons thanks to the hexagonal pockets on the front end.



BOX

Our uniquely designed high-end box offers unparalleled comfort and support. Enrich your workout routine with this must have accessory.



MAT CONVERTER

Place this custom made extension on our TALMA 62 to convert your reformer into a large and comfortable mat surface.



BLACK ELEGANCE

At HEGREN Fitness the inspiration never stops. Introducing an alternative version of TALMA 62, with all parts in total black, providing unmatched luxury and elegance to your space.



CONVERTIBLE TOWER TALMA 62CT

*"There is always a more efficient way to do your job,
you just need to find it"*

The newly introduced Convertible Tower 62CT has proven to be a game changing addition to our collection. Thanks to its ground-breaking design and the smart mechanisms built on it, we provide extra stability and more versatility.

Moreover, it is now a lot faster to switch between settings, saving yourself valuable time and energy.

Custom coating option available to mimic the appearance of real wood.



- TALMA 62 – Convertible Tower combo.



- Wall mounted edition.

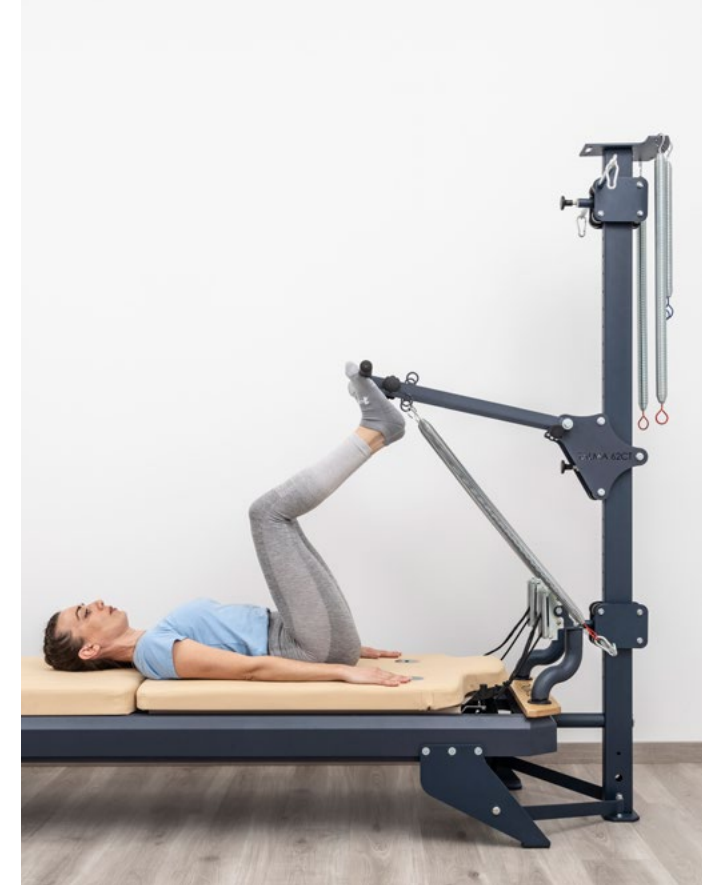
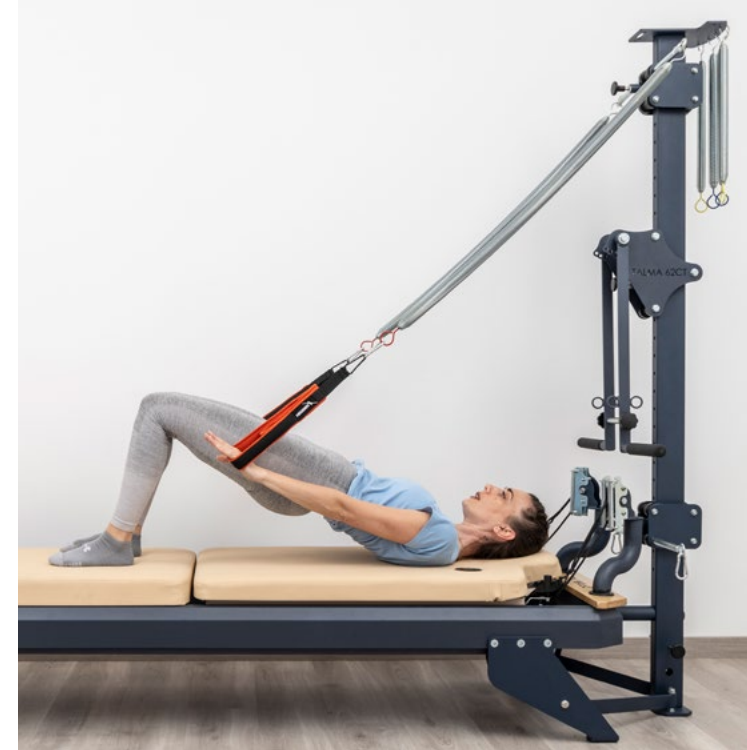


- Built-in storage for 6 springs.

Adaptive Split Bar offering simultaneous or isolated motion.

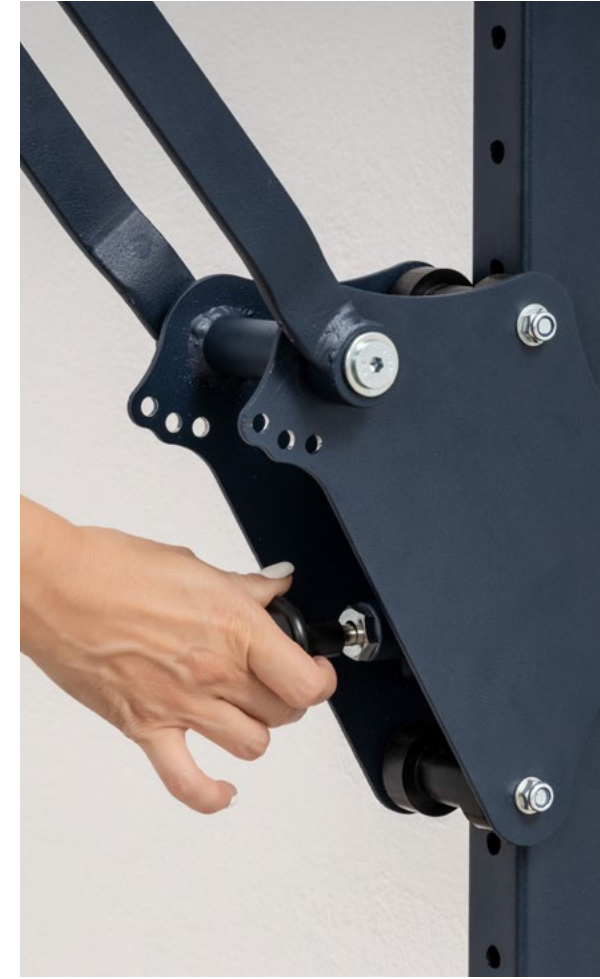


Compatible with Tower Springs, double and single loop straps, Pilates stick, loop bands and other attachments.



ADJUSTABLE ARMS TALMA 62CT

3 adjustable mechanisms with retractable levers. It's never been easier to find the right angle.



CADILLAC REFORMER TALMA 62CR

The Cadillac Reformer TALMA 62CR is the combination of our Reformer TALMA 62 and the Cadillac Trapeze TALMA 62TRC. This professional combo apparatus is ideal for studios with space limitations as it allows users to perform all kind of Pilates exercises on a single structure. Like the rest of our products, the TALMA 62CR is made of steel ensuring absolute sturdiness, safety and comfort even when performing the most difficult of acrobatic exercises. Available in 2 different leg heights (platform height 42/60cm), and you can choose the one that suits your needs.



CADILLAC TRAPEZE TALMA TRC

Our Cadillac Trapeze enables you to carry out an extensive range of strength/flexibility exercises with safety. It is suitable for injury rehabilitation, beginners, athletes and even professional dancers/acrobats.

The Pilates Cadillac Trapeze TALMA TRC's frame, is made of high-quality steel ensuring structural strength, safety and comfort even when performing the most challenging of acrobatic exercises.

The cage system is made of steel & it's painted to mimic the appearance of wood in order provide a warmer aesthetic result.



PILATES CHAIR TALMA 62CH

The TALMA 62CH Pilates Chair is made of high-quality steel for greater stability and safety. It features 2 adaptable arm handles with retractable levers for quicker adjustments between different heights. The upholstered pedals can either work independently or simultaneously, depending on your preferences and the type of exercise.

Experiment with different resistance levels simply by pulling the retractable levers on each pedal in order to change the position of each spring. Manage and find the ideal spot for this portable chair by using the 2 wheels situated at its base. All of the high-quality raw materials are once again carefully selected in order to provide the ultimate user experience. The TALMA 62CH offers a variety of new and exciting set of exercises and is certain to become a great addition to your Pilates equipment collection.



PRODUCTION

All products are designed and manufactured in house by our experienced staff, guaranteeing high-quality results.



SUPPORT & SERVICE

Customer Service

- Dedicated Account Manager
- Space Consultation Service
- UK Based Customer Support
- Educational Seminars
- Product Showroom

Delivery & Install

- Delivery available nationwide
- Install Service Available

WARRANTY

- 10-Year Warranty on All Metal Components
- 2-Year Warranty on Platform Wheels and Wooden Surfaces
- 1-Year Warranty on Handles, Ropes, Springs, and Synthetic Leather



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