

Pavo Lite

An intelligent foldable Pilates Reformer with adjustable resistance, workout tracking and app-guided classes.

5-second setup · 6 resistance cords · 3 levels · 30+ app classes currently free



About PAVO Fitness

PAVO Fitness is a design-led Pilates brand reimagining Reformer practice for modern life. Its foldable Reformer combines compact storage, adjustable resistance, workout tracking and app-guided classes to help Pilates fit more naturally into everyday spaces and routines. Guided by “Live In. Move Smart.”, PAVO creates products around how people actually live and move.

The product grew from the founding team’s experience of fitting Pilates practice around studio schedules, cost and space. Folding, frame locking and removable shoulder rests were developed together as part of the product architecture.

Development milestones

2023	Product direction
2024	Prototype development
2025	Testing and refinement
2026	Successful market launch
\$1.37M+ Raised on Kickstarter · 979 Kickstarter backers	

What trainers say

“Easy to use, precise and great for daily Pilates.”

Lydie Gougoud · French Pilates Educator
@lgy.pilates

“PAVO is pioneering the at-home Pilates wave.”

Lilli Jankovich · Certified Pilates Instructor
@lifewithlilli

PAVO at Emmys Week

PAVO is participating in Heather Marianna's Celebrity Gift Lounge during Emmys Week on September 10, 2026, at Beverly Hills Marriott in Los Angeles.

Media Contact

Contact the PAVO team to arrange an interview.

For interview scheduling, product information and review-unit requests, contact the PAVO team. Review arrangements are confirmed individually.

PAVO Media Relations
collab@pavofitness.com

[How to Pavo](#)

[Product details & buying information](#)

Product facts

Folded dimensions	131 × 67 × 25.5 cm / 51.6 × 26.4 × 10.0 in
Net weight	26 kg / 57.3 lb
Maximum user weight	100 kg / 220.5 lb
Resistance	6 cords across 3 resistance levels
Footbar	4 positions
Materials	Aluminum alloy, PU and ABS
Connectivity	Bluetooth
Charging port	USB Type-C

Imperial measurements are rounded conversions. See the official product page for current buying and delivery information.