



Story

Hi! We're Mariska Breland and Roxanna Hakimi, the brains behind the Fuse Ladder. In 2015, we were sitting in a car outside of a large building that we were considering renting for a second studio space. It was pouring outside. We were thinking about the competitive field of the fitness industry, and we started thinking about new ways to challenge our students. All the Pilates studios were adding barre to the menu. But, that wasn't on brand for us. We ran the popular Fuse Pilates in Washington, D.C.,

and our classes were known for their creativity and unique style, so we wanted something different.

Barre wasn't a terrible place to start, but it was too girly. We wanted functional movements. Hardcore exercises. Mass appeal. More men in classes. Mariska started brainstorming about an apparatus with barres and springs (ultimately, a new style of fitness ladder), exercises for it, and business partner Roxanna Hakimi teamed up with local artisans to build a prototype and, later on, set up distribution networks to get it out beyond their own studio.

The result is a smart and effective total-body workout and an apparatus that is sleek, space-saving, and affordable. It's also insanely fun. The first Fuse Ladder has evolved for ease of use and to add even more exercise options. For sale now is Fuse Ladder version 4.0.

Fuse Ladder classes debuted at Fuse Pilates in DC in 2016. Demand grew quickly thanks to national media coverage touting it as one of the most innovative workouts in America (and Australia... and Europe...)

