

PilatesEquip™ - The Joint Workshop Pty Limited

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High/ Ladder Barrel – Post 2013

This document must be read before using the equipment.

All of the following points and instructions should be common knowledge to all instructors and to anyone that exercises on this equipment.

If you don't understand an instruction, please contact Pilatesequip™ for a clarification.

Improper use of this equipment may cause serious bodily harm. Please read the following:

- Before starting any program, consult a physician; read and follow the instruction manual; and obtain thorough instructions from a qualified Pilates instructor.
- All pre-existing injuries must be disclosed to your physician and Pilates instructor.
- Use equipment only for intended exercises
- Equipment is only to be adjusted by, or with the guidance of, a trained Pilates instructor.
- Use equipment only when it is properly adjusted for your size and ability.
- Stop exercising if you experience any pain or discomfort.
- Keep clothing, body parts and hair clear of all moving parts.
- Do not use if equipment appears worn, broken or damaged.
- Do not allow children to use or be around equipment without adult supervision

High/ Ladder Barrel Assembling Instructions.

1. Place the Barrel onto Ladder Frame.
2. Place a Nylon Washer onto the threaded shaft of each Hand Knob.
3. To fit the Hand Knobs, locate the holes in the Ladder Frame, that you should be able to see through the Metal Slot of the Barrel Sides. Place Hand Knobs, from the outside of the Barrel, into the holes. Slowly hand tighten the Hand Knobs until you can feel its thread go into the nut. Repeat to all Hand Knobs.

Instructions

Check that the Barrel is adjusted correctly for the exercise, and that all the Hand Knobs are tighten before use.

Maintenance.

- Get equipment serviced regularly. See www.pilatesequip.com/instructions for a to most up-to-date service checklist.
- Clean all vinyl upholstery daily, as a minimum. Use a mixture of water and some ordinary mild "Sunlight Pure Soap", cut into little flakes and placed in a spray bottle. Clean with a towel, cloth or paper towel. NOTE: Don't use other products such as chemicals, bleach, tea tree or eucalyptus oils, alcohol wipes or methylated spirits, or detergents- as they deteriorate vinyl. Human sweat also causes vinyl deterioration. The vinyl has an antibacterial coating and doesn't need harsh cleaners.
- Check machine regularly for any worn parts or problems. Bolts and nuts that may vibrate lose should be addressed, without delay.

Packing List.

- Barrel
- Ladder Frame
- Hand Knobs x 4
- Nylon Washers x 4