

# PilatesEquip™- The Joint Workshop Pty Limited

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## **Evolution 1 Half Trapeze Tower Instructions – Post 2021**

**This 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.

### **Instructions**

- Get equipment serviced regularly. See [www.pilatesequip.com/instructions](http://www.pilatesequip.com/instructions) for a to most up-to-date service checklist.

### **Springs**

- Never let go of expanded Springs. This is dangerous to people using the machine, or to others in the vicinity of the machine. It will also immediately shorten the Spring life.
- Always remove Springs from the Push Through Bar, before adjusting its height or removing the Safety Strap.
- Fit Springs to the appropriate areas.
  - Short Springs - 550mm: attached from the Push Through Bar to, the top of the Short Rail, and bottom loaded from internal Upright Eyebolts.
  - Long length Springs - 750mm: leg, arm and Roll-down Bar exercises from the Upright Eyebolts and Short Rail
- When using Springs from the bottom of the Frame to the Push Through Bar (Tower):
  - i. Assure the Safety Strap is attached correctly first. Use the Safety Strap by wrapping the clip end around the Push Through Bar and clipping it to any of the loops to achieve the correct bar height. Do this adjusting first, before attaching the Springs.
  - ii. The Springs should also be set at initial tension or with tension. Springs are NOT to have any slack when the Push Through Bar is sitting in the rest position.
  - iii. Make sure Spring Clips are not tangled before uses.
- Avoid leaving Spring expanded when the Tower is not in use. Expanded Springs will reduce the life of the Springs.
- Check all Springs weekly – as per maintenance instructions below.

### **Spring Tensions**

- Black Trapeze Bar - Super Heavy - not to be used.
- Green - Heavy
- Red - Medium
- Purple Leg - Medium Light
- Blue - Light
- Yellow - Extra light

### **Other**

- When adjusting the height of the Push Through Bar, assure that each Pin locates itself in the Height Adjustment Holes properly.
- Do NOT hang off with full body weight, from the Half Trapeze Tower.

## **Evolution Half Trapeze Tower Installation Instructions.**

Tools needed – 1(one) x 13mm spanner or socket wrench

1. Remove all items carefully from packaging. Do not cut through the tape and/or boxes with any sharp-knife like devices, due to upholstery and polished timber surfaces. Lay all contents flat on floor. Clear floor from all packaging materials.
2. On the Reformer, position the Carriage at the Foot Bar End, so it's out of the way. Make sure a Spring is attached to the Spring Bar.
3. Find the 4 threaded Attachment Points located on the outside of the Tracks, at the Head End of the Reformer.

4. Prepare the 4 Bolts. Place onto each Bolt a M8 spring washers (Small with split). Then the M8 x 32mm washer (Large) and then the M8 x 16mm washer (Medium). Place Bolts near the Attachment Points so they're ready to insert.
5. This step requires 2 people. Each person is to hold either side of the Half Trapeze Tower frame. Lower the frame onto the Reformer, at the Attachment Points. Pull the Trap Frame Uprights apart slightly so it doesn't touch or damage the Reformer Tracks. Align the holes at the base of the Trapeze Frame Bracket, over the Attachments Points (you should see no gap between the Bracket and the Reformer Rail. Insert all bolts. Make sure that the bolts are threaded properly by fingers first, so you don't not cross thread the Bolts).
6. Tighten all Bolts with spanner or socket wrench before releasing Trapeze Frame.
7. Clean down all surfaces:
  - Remove all fingerprints with a cloth lightly dampened with methylated spirits. Be careful not to get it on vinyl.
  - Fit the Safety Strap around the Top Rail. Hang the Safety Strap over the Top Rail. Make sure that the 2 ends of the Safety Strap are at a level height. Now feed the end with the Clip, through the loop located on the other end. Pull the Clip and the rest of the strap through that loop. It should now be fastened around the Top Rail.

### **Maintenance**

- Get equipment serviced regularly. See [www.pilatesequip.com/instructions](http://www.pilatesequip.com/instructions) for a to most up-to-date service checklist.
- Check all Springs weekly. Note: If any of the below issues occur, replace Springs immediately.
  - i. Check springs by slightly stretching the Spring from the Spring's Loops or Clips at the end of the Spring, until the coils just start to open. If a small section of the Spring Barrel separates while the rest of the coils remain close, the Spring is faulty.
  - ii. Look for obvious bend/kinks in the Spring's barrel.
  - iii. Make sure that Spring's Loops haven't travelled up the Spring's coned coils.
  - iv. Check all spring clip arms are closing properly.
  - v. Check age of springs. It's recommended to replace Trapeze Springs that are older than 4 years.
- 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.
- Clean metal with a cloth lightly dampened with methylated spirits. Be careful not to get on vinyl.
- Check equipment regularly for any worn parts or problems. Bolts and nuts that may vibrate loose should be addressed, without delay.
- Immediately replace worn, rusted or damaged springs or parts.

### **Packing List.**

- Metal frame
- Conversion Mat
- Springs x 2 pairs –Red Short , Blue Long
- Roll-down Bar
- Hand Straps x 2
- Safety Strap
- M8 x 35mm bolts x 4
- M8 spring washers (Small with split) x 4
- M8 x 32mm washer (Large) x 4
- M8 x 16mm washer (Medium) x 4