

PilatesEquip™- The Joint Workshop Pty Limited

Unit 4 (rear), 6 Gundah Road, Mt Kuring-gai NSW 2080

P: 02 9457 8880

www.pilatesequip.com

E: info@pilatesequip.com

A.B.N. 43 152 175 463

Reformer Half Trapeze Tower Instructions – Post 2022

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- using and adjusting

- Get equipment serviced regularly. See 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 - 550mm: attached from the Push Through Bar to the top Short Rail.
 - Medium - 650mm: attach from the Push Through Bar to the bottom eye nuts – tower exercises.
 - Long - 750mm: leg, arm and Roll-down Bar exercises from the Slide Bar end and Short Rails.
- 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 | • Purple Leg - Medium Light |
| • Green - Heavy | • Blue - Light |
| • Red - Medium | • Yellow - Extra light |

Push Through Bar, Pulley Uprights and Conversion Mat

- When adjusting the height of the Push Through Bar, assure that each Locking Pin locates itself in the Height Adjustment Holes properly.
- When adjusting the Retractable Pulley Uprights, use the Indexing Locking Knobs. To unlock, just rotate 1/2 a turn anti-clockwise. Always lock both Indexing Locking Knobs before use.
- When Indexing Locking Knob is unlocked, pull the spring-loaded Knobs to index the Pulley Upright to the desired height. Make sure the Indexing Knob locate in a hole of the Retractable Pulley Upright. Then turn Indexing Knob clockwise to lock.

- When you need to use the Trapeze Tower, fully lower or remove the Retractable Pulley Uprights. Make sure the ropes are fully outside the reformer's rails to allow the Reformer Carriage to travel all the way to the head end, to allow you to fully insert the Conversion Mat. Insert Conversion Mat so it's level with the Reformer Carriage. Remove Reformer Shoulder Pads and Handle, if removable.

Other

- Do NOT hang off with full body weight, from the Half Trapeze Tower.

Reformer Half Trapeze Tower Installation Instructions.

Tools needed – 2(two) 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. If the reformer's Pulley Uprights are attached, please remove and store them and the fasteners somewhere safe in case you need them again later.
4. Locate the 4 holes on the head end of the reformer. These holes are the Pulley Upright attachment holes.
5. Prepare the 2 bolts M8 x 90mm. Place onto each bolt a M8 washer. Place 2 bolts into the square Top Mounting Rail. Use the holes near the welded hexagonal nuts making sure it goes through the hexagonal nut side of the Top Mounting Rail, first.
6. This step requires 2 people. Each person is to hold either side of the Half Trapeze Tower frame. Move the Trapeze Tower so the 2 bolts can be inserted the top Pulley Upright holes on the back of the reformer. Once the 2 bolts are fully inserted, place the other 2 bolts fully through the Lower Mounting Rail and the reformer.
7. Now place the remaining washers then the nuts to the ends of the bolts, inside the reformer.
8. Tighten all Bolts with spanner or socket wrench.
9. 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 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.

- | | |
|---|--|
| <input type="checkbox"/> Metal frame | <input type="checkbox"/> Hand Straps x 2 |
| <input type="checkbox"/> Conversion Mat | <input type="checkbox"/> Safety Strap |
| <input type="checkbox"/> Springs x 3 pairs - Red Short, Red Medium, Blue Long | <input type="checkbox"/> M8 x 90mm bolts x 4 |
| <input type="checkbox"/> Roll-down Bar | <input type="checkbox"/> M8 washer x 8 |
| <input type="checkbox"/> M8 Nuts x 4 | |
| <input type="checkbox"/> Pulley Uprights x 2 | |
| <input type="checkbox"/> Indexing Knobs x 2 | |