

## PilatesEquip™- The Joint Workshop Pty Limited

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### Trapeze Instructions – Post 2017

#### **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.

#### **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 equipment, or to others in the vicinity of the equipment. 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 timber frame eye nuts – tower exercises.
  - Long - 750mm: leg, arm and Roll-down Bar exercises from the Slide Bar end and Short Rails.
- When attaching Springs from the Timber Frame to the Push Through Bar:
  - I. Assure firstly, 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 Springs 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
- Green - Heavy
- Red - Medium
- Purple Leg - Medium Light
- Blue - Light
- Yellow - Extra light

#### **Weight Limits**

- Table Frame - 500kg maximum.
- Metal Frame - 120kg maximum over both Long Rails.

#### **Other**

- When adjusting the height of the Push Through Bar or Vertical Slide Bar, assure that each Indexing Pin locates itself in the Height Adjustment Holes properly. Push the Indexing Pins inwards when locating them into a hole, to assure secure adjustment.
- When adjusting the Horizontal Slide Bar, tighten the 2 (two) black Hand Knobs, before use.
- Trapeze Bar Kit with Black Springs to be used from the Horizontal Slide Bar.
- Use Vinyl Flap when performing tower exercises to protect the Bed.

#### **Trapeze Table Installation Instructions. Read fully before you start assembling**

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. If using equipment on timber floors, please place protective felt on the Feet of each Leg. Purchase from a hardware.
3. Remove the Slide Bar from the Metal End that has the Push Through Bar attached to it.
4. Roughly position the Timber Frame in its final resting place. Note that the Vinyl Flap on the end of the Timber Frame is the

- Push Through Bar End.
5. Place both Metal Ends into the Upright Holding Brackets, found at each end of the Timber Frame. Make sure that the Push Through Bar End is on the correct side of the Timber Frame (the vinyl flap is on the end), and that the poles are pulled all the way down, so the Height Pins are touching the top of the Upright Holding Brackets.
  6. Place the remaining Slide Bar onto the 2x Long Metal Rails. Keep the black Hand Knobs loose.
  7. This next step is a two-person job. Position yourselves at the opposite ends of the Long Rails. Making sure that the Eyebolts are facing downwards, position the Long Rails into the Top Corner Brackets - one **end** at a time. This is best done while standing on the Timber Frame. The other end may need you to force the Metal Upright End outwards, to give you room to get the Long Rails in.
  8. One corner at a time, make sure the Long Rails are positioned all the way into the Corner Brackets. About 4 centimetres in from the end of the Long Rails, is an Indicator Line. The indicator should be aligned to the **edge** of the Corner Bracket. Gently thread the Black Grub Screw in each hole and tighten with an Allen Key. To tighten, turn the Allen Key until you feel the Grub Screw hit the Long Rails, and turn the Allen Key another ¼ turn. Complete this process to all 4 Corners.
  9. Place the remaining Grub Screws into the Metal Frame Holding Brackets. Lightly tighten.
  10. Making sure the Push Through Bar adjustment works. By pulling the Indexing Pins, slide the Sliding Pivot Unit to each height adjustment hole and see that the Indexing Pins returns into each hole. If it's okay, move on to the next step. If a Indexing Pin doesn't go back, find out which way the Upright needs to be turned by rotating the Sliding Pivot Unit until the Indexing Pin drops. Loosen the bottom and top Grub Screws on the problem Upright, so that said Upright can rotate. By hand, carefully rotate the Upright a small amount in the direction it needs to go and then lightly tighten Grub Screws. Test the Indexing Pins again. When correct, tighten the Grub Screws.
  11. Go around to each Upright Holding Bracket, and tighten all 16x Grub Screws. To tighten, turn the Allen Key until you feel the Grub Screw hit the Upright, and turn the Allen Key another ¼ turn.
  12. Clean down all surfaces:
    - i. Metal Poles. Remove any pen marks and fingerprints. As per maintenance instructions below.
    - ii. Upholstery. As per maintenance instructions below.
    - iii. Timber Frame. Wipe with a dry cloth.
  13. Install Belly Strap. Wrap the Strap around the belly of the Timber Frame and fasten Clip. Test it by pulling the Strap either side of the Clip. Place the Clip under the Table.
  14. Fit the Safety Strap around the Short Rail. Hang the Safety Strap over the Short Rail at the Push Through Bar End. 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 Short 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. Recommend replacing 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.**

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|---|--|
| <input type="checkbox"/> Timber Frame   | <input type="checkbox"/> Handle Straps x 2 |
| <input type="checkbox"/> Metal Ends x 2                                       | <input type="checkbox"/> Belly Strap       |
| <input type="checkbox"/> Long Metal Rails                                     | <input type="checkbox"/> Safety Strap      |
| <input type="checkbox"/> Slide Bars x 2                                       | <input type="checkbox"/> Grub Screw x 20   |
| <input type="checkbox"/> Springs x 3 pairs - Red Short, Red Medium, Blue Long | <input type="checkbox"/> Allen Key         |
| <input type="checkbox"/> Roll-down Bar  |  |