

## PilatesEquip™- The Joint Workshop Pty Limited

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### ***Trapeze Instructions- dismantling***

1. Clear Trapeze Table from all Springs, Safety Straps and all other accessories.
2. Stand on top of table. Go to the 3-way Corner Brackets that holds the Uprights and Long Rails and Short Rails together.
3. **IMPORTANT.** Remove only the 4 black Grub Screws that **holds the Long Rails in place**. Don't touch any other Grub Screws.
4. This next step is a two-person job. Stand on the Table and position yourselves at the opposite ends of the Long Rails. One person holds the Long Rails at one end from accidentally drop out. The other person removes the Long Rails- one end at a time. The end may need to be forced outwards to give you room to get the Long Rails out.
5. You should be left with the Metal Ends in place. Remove the black Grub Screws that hold the Metal Ends to the Timber Frame. There should be 16 Grub Screws all up.
6. Place all Grub Screws in a bag, for safe keeping.
7. You can now remove the Metal Ends by lift up.
8. Place the Slide Bar from the Long Rails onto the Push Through Bar Uprights. Pull Slide Bar up until it hits the little Pins. Tighten Knobs. This will protect the Push Through Bar Uprights during transport.
9. There is no need to remove any more parts.

Use Trapeze Table Instruction to reassemble.

For instructions and checklist see [www.pilatesequip.com/instructions](http://www.pilatesequip.com/instructions) for a to most up-to-date documents.