

PilatesEquip™- The Joint Workshop Pty Limited

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Trapeze Instructions – Pre 2014

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 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 Chain/Strap.
- Fit Springs to the appropriate areas.
 - Short Springs from the top of the Metal Frame to the Push Through Bar.
 - Medium length Springs from the Timber Frame to the Push Through Bar, using the Vinyl Flap to protect the Bed's upholstery
 - Long length Springs: arm, leg and Rolldown Bar exercises, from the Slide Bar End.
- When attaching Springs from the Timber Frame to the Push Through Bar:
 - i. Assure firstly, the Safety Chain/Strap is attached correctly first. Use the Safety Chain by clipping it to the Push Through Bar's Eyelets. Adjust to correct height by moving the Clip to different links in the Chain. If it's a Safety Strap, use by wrapping the clip end around the Push Through Bar and clipping it to any of the loops to achieve the correct bar height. In both cases, 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

- Green- Heavy
- Red- Medium
- Blue- Light
- Yellow- Extra light

Others

- When adjusting the height of the Push Through Bar, assure that each Pin locates itself in the Height Adjustment Holes properly.
- When adjusting the Horizontal Slide Bar or Vertical Slide Bar, tighten the all Hand Knobs, before use.

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.

