

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

Wunda Chair – Post Jan 2010

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.

Also, note that you should:

- Get equipment serviced regularly. See www.pilatesequip.com/instructions for a to most up-to-date service checklist.
- Never let go of expanded Springs. This is dangerous for people using the equipment, or to others in the vicinity of the equipment, and will immediately shorten the Spring life.
- Make sure the Locking Pin to the Sliding Spring Mount is fully inserted into the Track holes before using the chair.
- Always remove or attach springs when the user is off the Pedals.
- Always adjust spring tension when the user is off the Pedals.
- Fit the Spring's Clip to the eye of the appropriate Eynut, located on the side the Pedal Arms.

Instructions. Read fully before you start.

If using equipment on timber floors, please place protective felt on the feet of each leg. Purchase from a hardware.

Spring tension

- Black - full tension heavy (the outer mounted springs)
- Green - half tension light (the inner mounted springs)
- Adjustment: 1-5, from lightest to strongest

Spring adjustment by the sliding spring mount and track.

The Sliding Spring Mount has a Locking Pin that can be flicked or pulled, to allow it to travel up and down the Track, to change the spring tension. Position 1 being the lightest and 5 being the strongest. The Locking Pin is spring loaded so when it's aligned with a hole in the Track (represented by the numbers 1-5), the Locking Pin inserts itself into the hole and locks the Sliding Spring Mount into position. Make sure the Locking Pin is fully inserted before using the chair. Always adjust spring tension when the user is off the Pedals.

Pedal Rod

- Insert the Pedal Rod through the centre of both Pedals to convert it to a single pedal chair. Have the same amount of rod exposed on each side of the Pedal, before use.
- Remove the Pedal Rod completely to use it as a split pedal chair.

Spring attachment

- Fit the Spring's Clip to the eye of the appropriate Eyenut, located on the side the Pedal Arms.
- Make sure Spring Clips are not tangled before uses.

Combo Chair Handles

The Indexing Locking Knobs is double actioned.

1. Turn the Indexing Locking Knobs clockwise to give a positive lock to the Handle and anti-clockwise to unlock. To unlock, just rotate ½ a turn. Always lock both Indexing Locking Knobs before use.
2. When Indexing Locking Knob is unlocked, pull the spring-loaded Indexing Locking Knobs to index the Handles to the desired height. Then turn clockwise to lock.

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 Wunda Chair Springs that are older than 8 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.
- Check equipment regularly for any worn parts or problems. Bolts and nuts that may vibrate lose should be addressed, without delay.
- Clean metal with a cloth lightly dampened with Methylated Spirits. Be careful not to get on vinyl.

Packing List

- Chair
- Pedal Rod
- Springs (attached)
 - Black - full tension heavy x 1 pair
 - Green - half tension light x 1 pair

Combo Chair

- Handles – left and right
- Indexing Locking Knobs