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INSTALLATION, USE & MAINTENANCE MANUAL



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START PILATES unique handmade Pilates equipment.

START PILATES equipment is of the highest quality, environmentally friendly materials and each piece is handcrafted. We always abide by the principles of Joseph Pilates, the inventor of Pilates, while providing aesthetic and functional integrity by using modern production methods.

This guide ensures how to use the equipment in safe and correctly.

The entire manual should be read before starting any exercise. All recommendations caution and /or warnings of the manufacturer should always be followed.

In this manual Failure to abide by the content provided could damage your machine and/or result in injury to you or your customers. For the remainder of this section, when your machine needs service or if you need to ask functional questions security and contact information will be provided.

At any time, this manual If you have questions about any part of the program, please contact us using the information on page 16.

We strongly recommend that it be used only under the supervision of a Certified Pilates Instructor.

Important....!!!

This manual contains installation, safety, and usage information.
Before you start your exercise, please read the entire manual,
paying particular attention to all warnings.

RECOMMENDED USE

Pilates® recommends consulting a physician before starting any exercise program.
If existing of any condition of those - high blood pressure at family past, over 45 years old, smokes, has high cholesterol,
has not exercised regularly in the past year- the person needs to have a complete medical examination.
If at any time you feel faint, dizzy, in pain or short of breath while doing it, you should stop immediately.

- Use the equipment only for the exercises for which it is intended.
- Do not modify the machine. Any modification of the machine will void your warranty.
- Unsafe or misuse of this equipment may result in serious injury due to failure to read and comply with all requirements and warnings.
- Pilates® does not make any representations regarding the safety of this equipment,
as it cannot predict every situation and condition that may arise.
- There are risks associated with the use of the equipment during exercise. The user assumes responsibility for these risks.

Safety Statement

1. It is the responsibility of the person and/or institution purchasing the products to inform all individuals,
whether end users or supervisory personnel, on the correct use of the equipment.
2. Inspect the machine, including all hardware, wood, and fabric components, before each use.
3. Do not exercise on the machine if there are signs of excessive wear, loose hardware, or other defects.
4. Do not attempt to repair defective equipment. Instead, notify Pilates® immediately.

Correct Usage

1. This equipment should only be used as described by the manufacturer. To prevent injuries
the equipment must be used correctly.
2. Use only materials supplied or recommended by the manufacturer.
3. Do not use or modify any parts or accessories not approved by Pilates®.
4. Do not keep any objects within approximately one meter of the equipment.
5. Make sure the machine is used on a flat surface.

Operation Warnings

1. Before starting the exercise, make sure that all equipment is fully prepared. In particular, this will prevent injury
and / or equipment damage.
2. If any defects appear in the springs such as sagging and/or other defects (such as obvious cracks, breaks, bends,
visible opening of coils) the spring should be replaced immediately.
3. Check the frame connections of the reel towers. Star valves should be tightened.
4. Neoprene grips, ropes, hooks should be replaced immediately if there are any tears and/or excessive wear.
5. Do not start the exercise without equalizing the ropes.
6. Do not overturn the equipment during use.
7. Children and/or pets should not be allowed near the equipment. Elderly and / or physically disabled individuals
require special supervision.
8. Always keep items such as hair, loose clothing, jewelry away from moving parts.
9. It is the buyer's sole responsibility to inform end users and supervisory personnel of the proper operating procedures
of the equipment.
10. We recommend evaluating the physical condition of the end user before starting any exercise program.

SPARE PART LIST

Please see the table below for a complete and comprehensive list of all the different items depending on your order and the parts. In case of need, you can define and order the part in need with the help of this guide.

PARTS NO	IMAGE	DEFINATION	UNIT
0001		WOODEN FRAME	1
0002		SLIDING PIPE	2
0003		YATAY BORU	2
0004		HORIZONTAL PIPE - LONG	4
0005		VERTICAL PIPE (2 pipes with hooks, 2 pipes without hooks)	4
0006		CARABINER	28
0007		EDGE FITTINGS	4
0008		FRAME FITTINGS	8

PARTS NO	IMAGE	DEFINATION	UNIT
0009		TOWER SPRINGS LONG YELLOW & BLUE	4
0010		KULE YAYLARI KISA SARI & MAVI & YEŞİL	6
0011		TOWER SPRINGS SHORT YELLOW & BLUE & GREEN	1
0012		TRAPEZE SPRING BLACK	2
0013		TRAPEZE FOOT BELT	1
0014		PUSH THROUGH BAR	2
0015		FUZZY	2

PARTS NO	IMAGE	DEFINATION	UNIT
0016		ROLL DOWN BAR	1
0017		ROLL DOWN BAR SAFETY BELT	1
0018		MAGNETIC PIM	2
0019		CONVERSION MAT SAFETY BELT	1
0020		FOOT MAT	1
0021		STICK	1
0022		HEADREST	1
0025		SOFT HANDLES	2
0008		NEOPRAEN DOUBLE LOOPS	2

TABLE

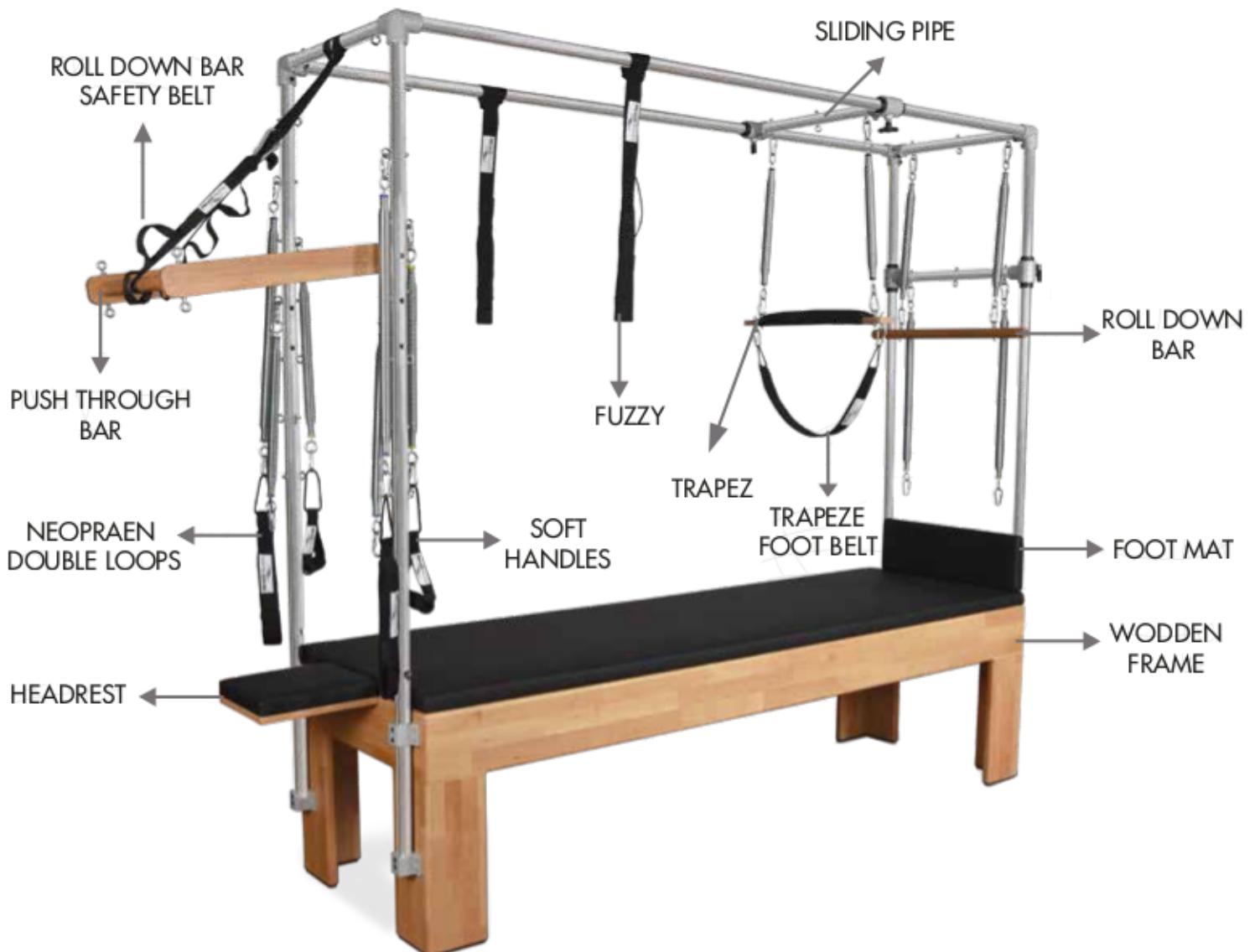


TABLE INSTALLATION**1**

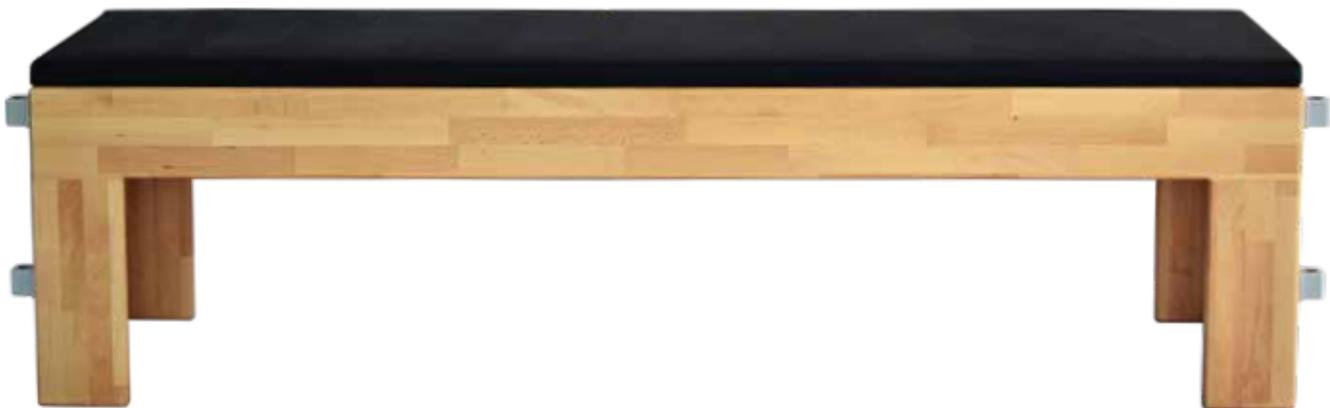
Do not open the box with a cutting tool.

2

Place the packed materials in the carton in a large area.

3

Remove the wooden case from the box and position it in the area where the equipment will be used.

**4**

Installation of side sections.

a

Attach the vertical hooked pipes to the connection fittings on the head part of the chassis. Adjust, so that the hooks at the bottom face out.



b

Insert vertical the pipes (no hooks on) to the connection fittings located on the foot part of the chassis



c

Insert the up and down horizontal sliding pipe (5 hooks on) to the vertical straight pipes with the hooks facing down.

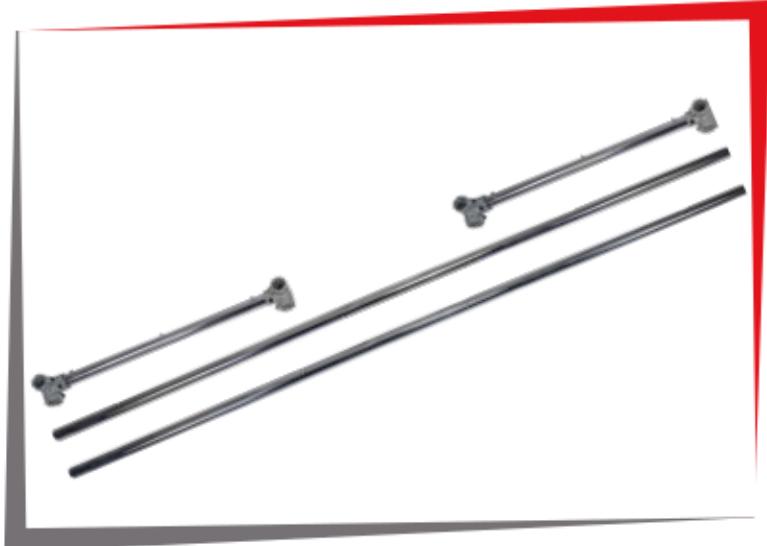


5

Top part installation;

a

Place the straight horizontal pipes on the ground



b

Insert the horizontal sliding pipe with hooks on into straight horizontal pipes



c

Connect 2(two) pipes (horizontal- 3 hooks and triple frame fittings on) with straight horizontal pipes.



d

To complete the section, fasten the triple frame fittings on each side with the hex allen.



e

Carefully insert the installed upper section into the vertical pipes. (with two people)



6

Position the push through bar between the 2 standing pipes and insert the magnetic step pins into the holes on the standing pipe, from the inside of the swing outward.



a

Pass the stepped swing belt first through the upper short pipe and then through the lower stick of the swing and fix it to the desired level with the carabiner at the end.



b

Check the horizontal sliding pipe first and tighten the connection points on the chassis with 6 mm allen

**7**

Tighten the fittings on the pipes
in a controlled manner



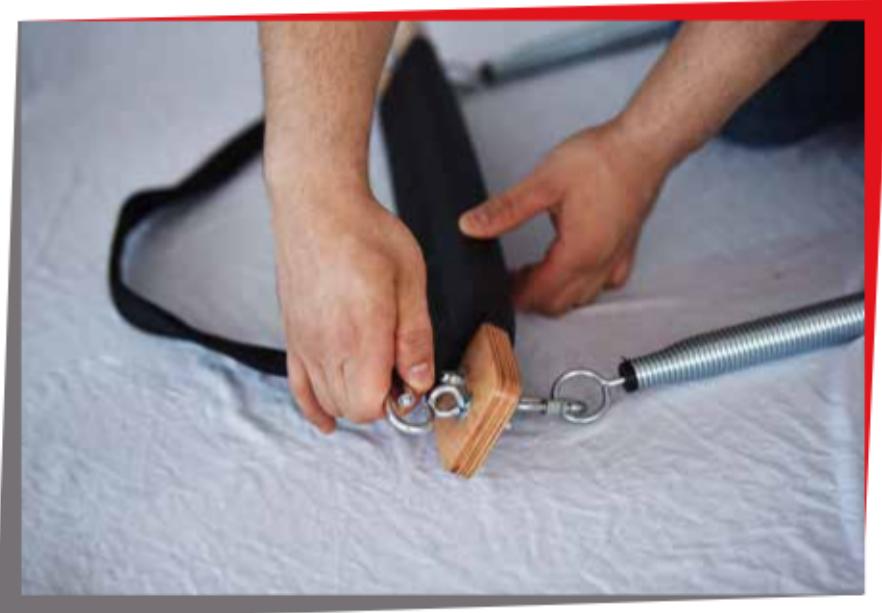


8

Check and fix that the sliding pipe with 5 hooks on the vertical straight pipe works comfortably.

9

Attach the long leg strap to the hooks.
Lightly tighten the carabiner screws.



10

Attach the board to the black springs.
Lightly tighten the carabiner screws.

11

Attach the black springs to the horizontal sliding pipe located at the top



12

Thread the long fuzzy onto the upper pipes.



13

Attach the hooks on the pipe regardless of the direction of the springs.
Lightly tighten the carabiner screws.



14

Rolldown bar installation; Attach the springs to be used to the upper horizontal pipe hooks and the other end to the hooks on the roll down bar. Lightly tighten the carabiner screws.





15

Attach the sponge grip to the end of the spring you will use

16

Place the detachable headrest apparatus into the slot in the head area.



17

For optional use, pass the cushion belt under the wooden frame and lock it on the cushion.

MAINTENANCE & WARRANTY

Pilates equipment is made of the highest quality materials.

With proper and regular routine maintenance, you will prolong the life of your equipment and prevent injury to your members. If you are using the equipment in a studio or club setting, the maintenance schedule below is highly recommended.

SECTION	DAILY	WEEKLY	2/MONTHS	2/EVERY YEAR	IN NEED
CONTROL					
General Equipment	✓				
Springs	✓				
Safety Chain and Clips		✓			
Carrier Rollers			✓		
Loops & handles					✓
CLEANING					
Metal Frame		✓			
Upholstery	✓				
Rails and Carrier Wheel	✓				
REPLACE					
Springs Ropes				✓	
Ropes					✓
Loops & handles					✓
Safety Clips					✓

CONTROL

General Equipment

We recommend checking all equipment daily to make sure the equipment's nuts, bolts and connections are secure and tight.

Springs, Safety Belt and Clips (carabiner):

Check all springs, safety chain and clips weekly.

Failure to replace springs in a timely manner reduces the risk of danger.

Severe nicks, grasses, or metal fatigue can develop because of frequent use, resulting in premature spring breakage.

The potential for breakage or deformation of a spring and the resultant serious injury is low.

But therefore, routine examination is very important.

The springs are zinc and nickel plated to prevent rusting or corrosion from perspiration, condensation and moisture.

Carrier Wheels:

Make sure that the wheels move solidly and uninterruptedly.

Make sure that the left and right rails positioned along the wooden frame are clean.

You should check the wheels every 2 months.

Roller towers:

Make sure the towers are strong and tight. Failure to secure the rigs properly during exercise may result in injury and/or damage to your equipment.

Grabbers and ropes:

Check the attachment of the grips and ropes. Replace immediately in case of damage such as tearing or breaking.

CLEANING

Wood Frame :

The wood components in this equipment are coated with a non-toxic, water-based lacquer. No additional cleaning is required, except occasionally wiping and drying using a mild soap solution.

Upholstery :

We recommend that you wipe your vinyl upholstery with a soft cleaning cloth diluted in 50/50 solution with water after each use.

Rails and Wheels :

Eyes To prevent the build-up of unsightly aluminum oxide residue, the tracks on which your car drives are dust coated. Clean as needed using a warm, mild soapy water solution and dry thoroughly with a soft cloth.

Metal Frame :

Basic (Chrome plated) metal pipes must be wiped with a dry cloth.

REPLACEMENT

Springs:

We recommend replacing all springs every two years. Any spring that shows early signs of fatigue (for example, slight separation in the coils) should be replaced immediately.

Ropes:

You may experience some "wear" or "splitting" on it. This is completely normal and should be expected. Any rope that breaks or is otherwise damaged should be replaced immediately.

Pulls and hooks:

These parts wear out over time. Please change them as needed

WARRANTY

1. WARRANTY PERIOD is 2 years from the date of delivery.

2. Anti-bacterial coated leather upholstery is not covered by the warranty.

Do not use detergents and/or similar chemical products during cleaning. The floors should be wiped with a damp cloth.

3. Wooden case and other wooden components are under warranty.

4. Basic (Chrome plated) metal pipes are not under warranty against oxidation that may occur over time.

Basic (Chrome plated) metal pipes must be wiped with a dry cloth. All pipe components are under warranty against deformations such as breakage and bending.

5. Consumables are not covered by the warranty (spring, grip, fuzzy etc.)

6. Damages caused by user error are excluded from the warranty.

7. It is valid between manufacturer and the purchasing company/person. It cannot be transferred to third parties.