

Pilates Master®

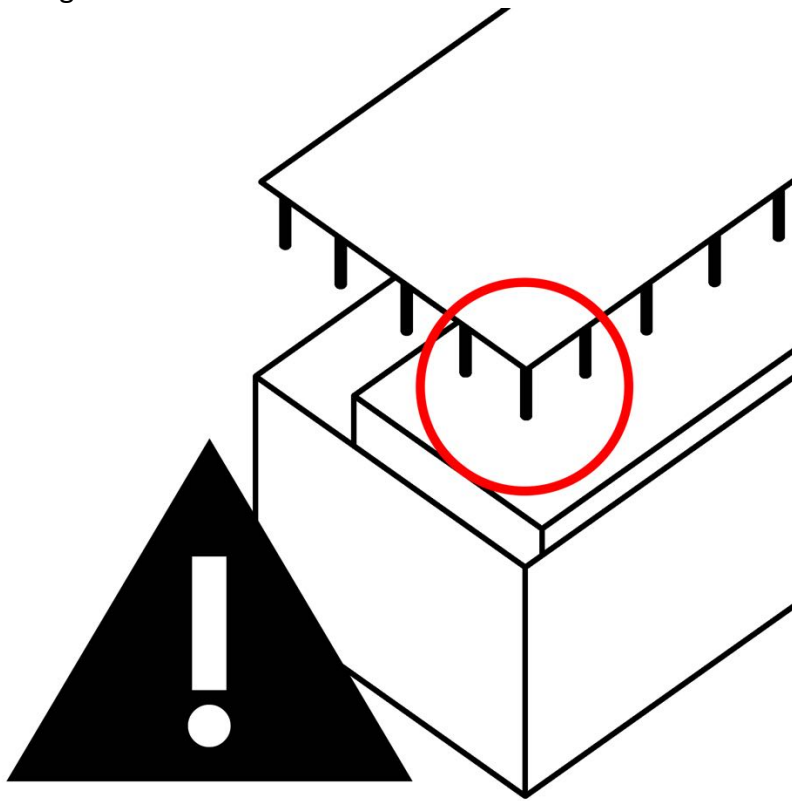


# SETUP MANUAL

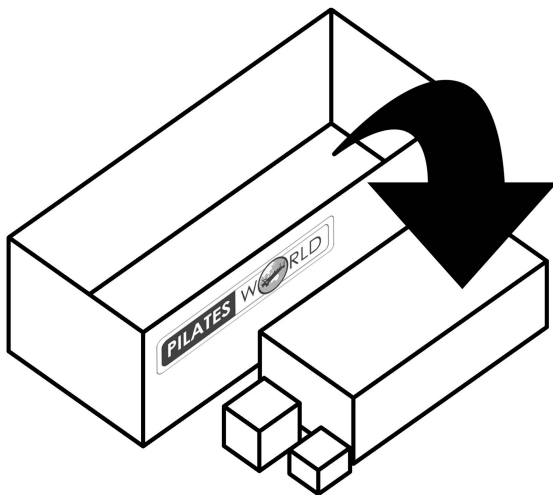
PM-Fold-02



Open the crate. Take care, the small nails present are a danger to you and to the vinyl carriage.



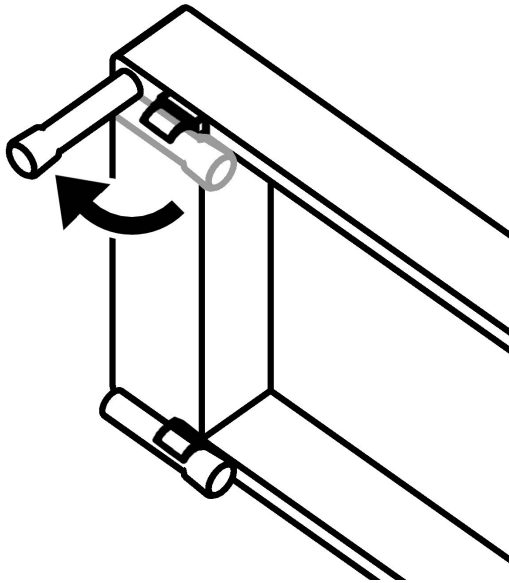
Lift out the smaller packages. Next, lift out the frame with 2 people taking care not to bend the frame.



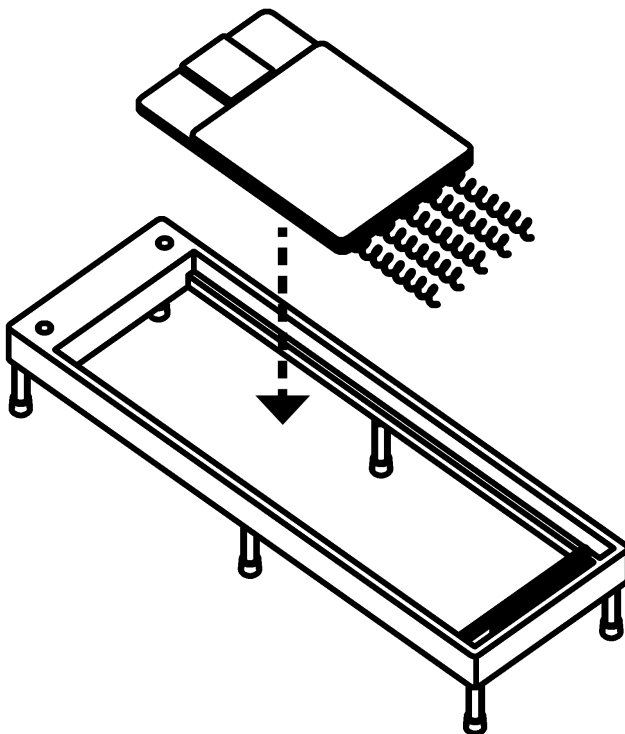
Contents checklist:

- 1x Frame
- 1x Carriage
- 2x Pulley Riser Poles (approx. 35cm long)
- 2x Shoulder Rests
- 2x Shoulder Rest Securing Poles (approx. 15cm long)
- 2x Ropes
- 2x Dual Function Hand and Foot Straps
- 2x Bull Clips for securing hand straps to ropes
- 1x Padded Footbar
- 2x Washers (for Footbar)
- 1x Standing platform
- 1x Jumpboard
- 4x Wheels
- 8x Bolts

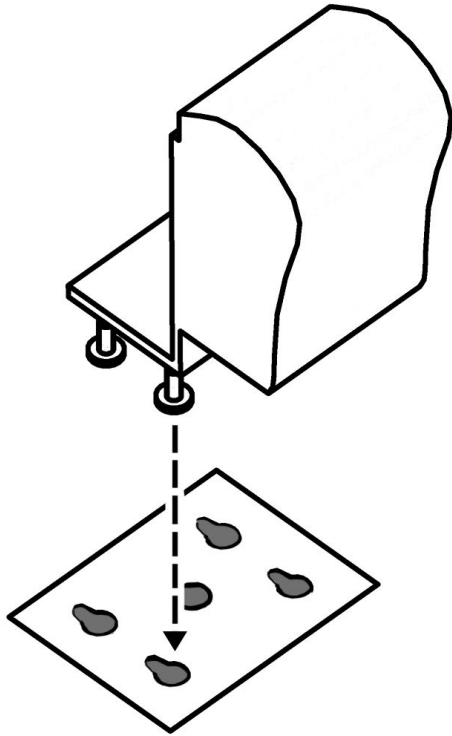
Place the frame on its side on a carpet or towel and carefully pull out the 6, spring loaded legs. Be careful not to break the bracket.



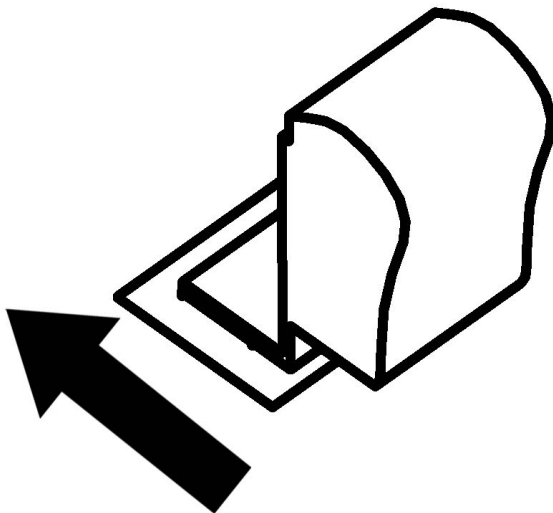
Place frame upright, wipe the rails with a dry cloth to remove any debris or dust and place the carriage on the frame, with the springs facing the spring bar.



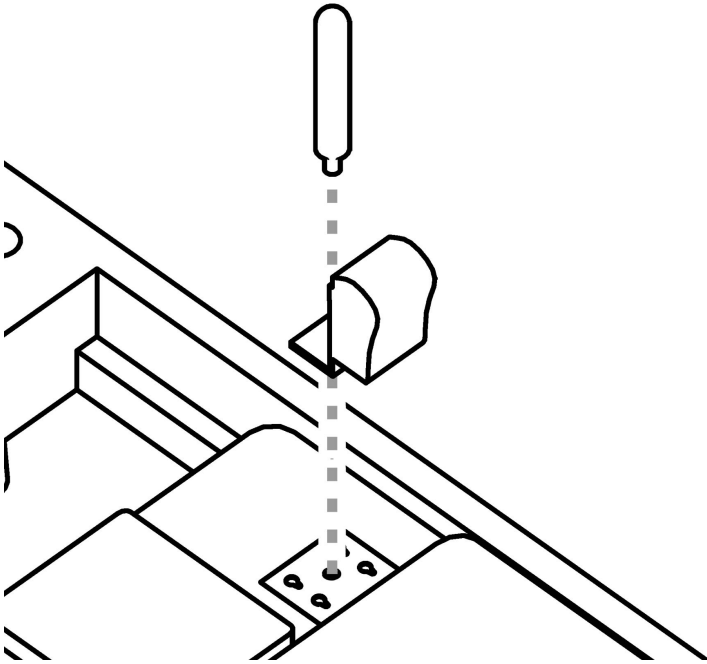
Line shoulder rests up with their plates, aiming for the bigger side of the hole.



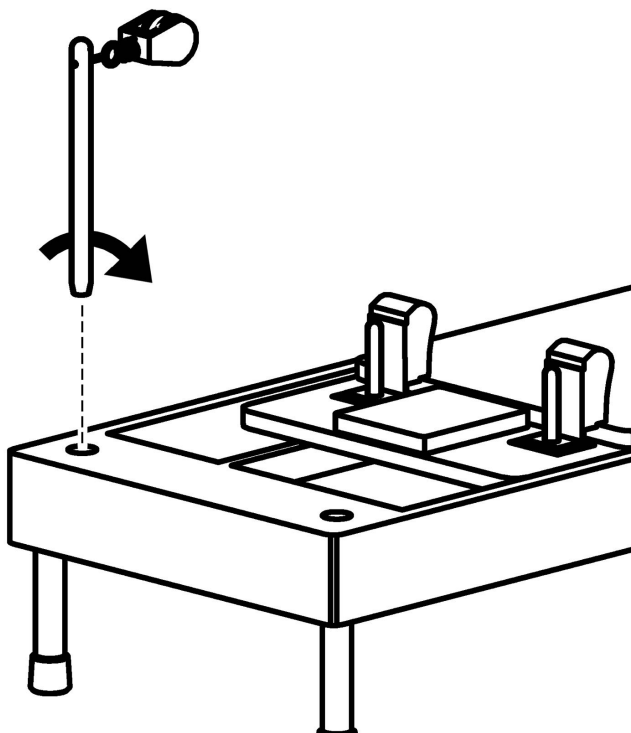
Push forward gently to lock in place



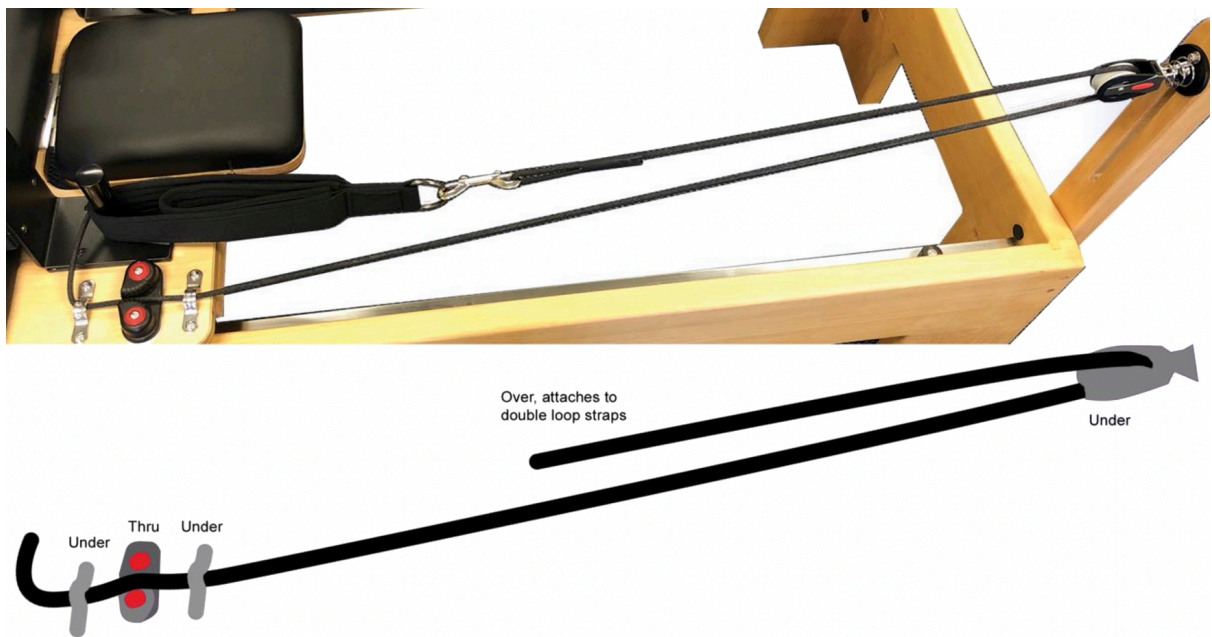
Secure shoulder rests with the small poles (screw in)



Insert pulley riser pole into the pulley riser hole in the frame, turn approximately 15° to lock.



Attach ropes to hand straps using bull clips (carabiners) provided. Feed the ropes through the pulley risers and through the cleats.



With an extra person to help, attach the footbar taking care not to scrape the wood. Using the bolt already attached to the frame, remove it and place it through the footbar to secure it. Put a washer in between the two metal surfaces.

