

Assembly / User Guide

Cadillac (Convertible)



PeakPilates®

Recommended Use

Peak Pilates strongly recommends consulting a physician for a complete medical exam before beginning any exercise program. Having a complete medical exam is particularly important if the user has a family history of high blood pressure, has heart disease, is over the age of 45, smokes, has high cholesterol, is obese, or has not exercised regularly in the past year.

If, at any time while exercising, the user feels faintness, dizziness, pain, or shortness of breath, he or she must stop immediately.

Important: This manual contains safety and usage information. Before beginning exercise, read the entire manual paying specific attention to all cautions and warnings and obtain qualified instruction on the use of the Peak Pilates Cadillac Convertible. Use only for the intended exercise. Do not modify the machine. Modifying the machine in any way will nullify your warranty. Keep this guide handy for future reference.

Unsafe or improper use of this equipment due to failure to read and comply with all requirements and warnings could result in serious injury. Because Peak Pilates cannot anticipate every situation and condition that can occur while using the Peak Pilates Cadillacs, we make no representation concerning the safety of this equipment.

There are risks associated with the use of any exercise equipment. The user assumes the responsibility for those risks.

Safety Statement

It is the responsibility of the purchaser of the products to instruct all individuals, whether they are end users or supervising personnel, on the proper use of the equipment.

Inspect the machine including all hardware, wood and fabric components before use. Do not exercise on the machine if signs of excessive wear, loose hardware, or other defects are evident. Do not attempt to fix a defective machine. Instead, notify Peak Pilates immediately.

NOTE: We strongly recommend that all users of Peak Pilates exercise equipment be informed of the following prior to use:

Proper Use

1. This equipment is only to be used as described by the manufacturer. It is imperative that the Cadillac Convertible be used properly to avoid injury.
2. Use only components provided by the manufacturer. Do not use parts or accessories or modify the machine in any way not approved by Peak Pilates.
3. Keep a three foot area (about one meter) around the equipment clear of obstructions.
4. Make sure the machine is used on a level surface.

Specific Operating Warnings

1. Be certain that all hardware is fully tightened before beginning to exercise.
2. Verify that no gaps between the coils or other defects (such as kinks or hairline cracks) are evident in the springs. If any defects are seen, the spring must be immediately replaced.
4. Verify that no tears or excessive wear are evident in the leather straps, ropes, handles, or loops. If excessive wear is evident the strap, handle or loop must be immediately replaced. NOTE: A slight separation at the seams of the leather straps is normal, straps do not have to be replaced unless that separation exceeds 1/8"
5. Do not tip the machine during use.
6. Children must not be allowed near this machine. Teenagers and/or physically challenged individuals require supervision.
7. Keep hair, clothing, jewelry and other loose items clear of moving parts at all times.
8. It is the purchaser's sole responsibility to instruct end users and supervising personnel on the proper operating procedures of the Cadillac Convertible. We strongly recommend that the end user's physical condition be evaluated prior to beginning any exercise program.

Note: Understanding each and every warning to the fullest is critical. If any of these warnings are unclear, ask for clarification from Peak Pilates representative.

Warranty

We warrant your purchase to be free of manufacturing defects. Please contact customer service or visit our website to view our complete warranty policy.

*Please do not hesitate
to contact us with any questions:
1-800-925-3674 or
info@peakpilates.com.
We are here to assist you in
every way possible.*

Adjustable Footbar System



Position 1



Position 2



Position 3



Position 4

Your Cadillac Convertible comes equipped with a 4-position adjustable footbar system. The u-shaped footbar support bar swings between the legs of the footbar. Position - according to preference - the footbar support bar on one of the ledges mounted on the inside of the cross member located at the foot of the Cadillac Convertible.

Optional Jump Board & Removable Sidesplit Platform Installation



1



2



NOTE



5

The two black knobs in the metal component located on the inside of the cross member at the foot of the Cadillac Convertible frame are the locking knobs for securing the jump board or sidesplit platform.

Installing the Jump Board:

1. If using a standard jump board, first position the u-shaped footbar support bar (the bar that pivots inside the footbar) so it rests on the 2nd position ledge of the metal bar just in front of the slot into which you will insert the tongue of the jump board.

2. Insert the tongue of the jump board into the slot between the metal bars and the wood of the foot end cross member. Make sure that the side of the tongue of the jump board that has two steel disks is facing the carriage.

NOTE: For safety and warranty reasons the footbar must be used to stabilize the jump board as shown in the photograph.

3. Tighten the black knobs against the steel disks in the tongue. (Remember to loosen the knobs before attempting to remove the jump board to prevent damaging it.)

Installing the Sidesplit Platform:

4. Place the footbar in position 4.

5. Insert the tongue of the sidesplit platform into the slot between the metal bars and the wood of the foot end cross member. Make sure that the side of the tongue of the sidesplit platform that has two steel disks is facing the carriage.

6. Tighten the black knobs against the steel disks in the tongue. (Remember to loosen the knobs before attempting to remove the sidesplit platform to prevent damaging it.)

Assembly Instructions

The Cadillac Convertible is offered in two models – Cadillac Convertible with leather straps and Cadillac Convertible with ropes and risers. The differences in assembly are indicated where applicable. In addition, the Cadillac Convertible can be operated in either the Reformer or Cadillac and Mat Mode. Please refer to the illustrations below.

Reformer Mode



Shown with Leather Straps.



Shown with Ropes & Risers.

Cadillac & Mat Mode



Cadillac Parts List



TOOLS

- 3/16" Allen wrench (provided)

PARTS LIST

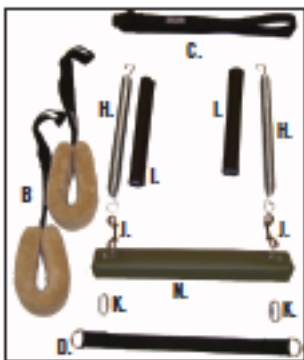
Following is a list of the standard parts that come with the Cadillac Convertible.

1. Push-Through Bar assembly
2. Rolldown Poles (2)
3. Spanner Poles (2)
4. Roll Down Cross Pole
5. Trapeze Slider

COMPONENTS



- A. Foot/hand loops (pair)
- B. Sheepskin hanging straps (pair)
- C. Adjustable wraparound table strap
- D. Trapeze strap
- E. Arm spring (2)
- F. Leg spring (2)
- G. Push-through spring (2)
- H. Trapeze spring (2)
- I. Spring sleeve (3)
- J. Double ended clips (10)
- K. Safety link (4)
- L. Quick snap clip with thumbscrew (2)
- M. Safety Chains with safety link attached (2)
- N. Padded trapeze
- O. Roll down bar



User Guide

Twin Mat Conversion with Hinged Carriage



1 & 2



3



4



5

1. Detach the springs from the round spring bar.

2. Fold the foot bar into the frame.

Note regarding units with ropes and risers: Be sure the retractable risers are folded before continuing.

3. Slide the carriage to the head end of the Cadillac Convertible frame as far as possible.

4. Unfold the hinged carriage into the Cadillac Convertible frame, allowing the upper half of the carriage to lie gently on top of the foot bar.

5. Position the twin mats so that the one that has the foot strap attached, faces the foot end of the unit. The foot strap should be located next to the foot end cross member.

To return to reformer mode, perform the procedure in reverse order.

Gear Block Settings



Your Cadillac Convertible comes equipped with a 4-position gear system. By changing the gear settings, the Cadillac Convertible will accommodate different body types or vary the amount of hip and knee flexion. A gear block, a small wooden block with protruding stem, is included with your accessories. This component is used to maintain the proper initial spring tension when the gear setting is changed.

CAUTION: For safety reasons, you must use the gear block to limit the motion of the carriage. By limiting the motion of the carriage, the gear block prevents the round spring bar from turning too far downward potentially allowing the springs to become disengaged from their hooks.

Place the gear block in the holes on the aluminum track on the right hand side (when lying on the carriage) of the Cadillac Convertible as follows:

Standard 4-position (negative) gear systems: Negative gear (-1) is the gear slot closest to the foot end of the Cadillac Convertible and does not require the use of the gear block. For 1st, 2nd or 3rd gears, place the round spring bar in the 2nd, 3rd, or 4th slots and place the gear block in the 1st, 2nd or 3rd holes respectively.

Storing the Push-Through Bar

1. Rotate the push-through bar Bar back through the upright. Wrap the short black strap attached to the middle eyebolt on the cross pole around the handle of the push-through bar.
2. Re-attach the clip.

Installing the Springs



Leg Springs

The leg springs are the longest springs. Using double ended clips at each end, attach these springs to the eyebolts in the roll down upright poles (opposite the push through bar). If you have the optional leg-spring slider bar, attach the leg springs to its eyebolts using double ended clips. The leg springs can be adjusted between the eyebolts depending on the height and desired tension.

Arm Springs

Arm springs are the smallest in diameter. Use double ended clips to attach these to the roll-down bar (the round wooden bar with eyebolts at each end) and to the eyebolts in the roll-down cross pole. To perform the standing arm exercise series, attach the arm springs to the eyebolts on the back of the upright poles.

Installing the Fleece Hanging Straps



Attach one of the fleece hanging straps to each of the upper spanner poles “luggage tag style”.

1. Hold a strap so that it is centered over and perpendicular with the length of a spanner pole. The black webbing material will be on one side of the pole and the fleece cover on the other.
2. Allow both ends to drop such that black webbing forms a loop below the spanner pole.
3. Insert the fleece cover through the loop formed by the black web and pull down on the strap to tighten the knot.

Reformer Parts List

TOOLS

If you have ordered the rope and pulley system with risers, you will need a medium phillips screwdriver.



**Standard long/
short box**



**Long spine straps (leather only)
and foot loops (ropes only)**



**Straps or ropes and handles
(handles do not come preassembled)**



Gear block



**2 Double ended clips w/ropes
(preassembled to neoprene handles)
2 Double ended clips w/leather
(preassembled to long spine straps)**



**2 Safety links
(preassembled to
foot strap)**



**Foot strap
(preassembled to
the frame)**



Reformer springs



**8 #12 x 1 3/4 Phillips
Pan Head screws and
8 (Rope machine only)
plastic plugs**



Spring bar

Reformer Mode Assembly

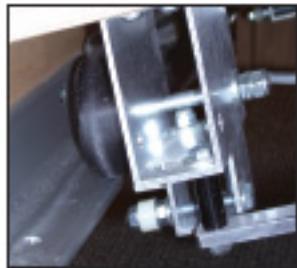
Place the Cadillac Convertible frame in the location where it will be used.

1. Installing the Carriage:

This step is best performed by two people. The carriage is outfitted with a carriage stabilization block that is mounted on the back/right wheel bracket on the underside of the carriage. The carriage stabilization block has a safety roller which will prevent the carriage from tilting upward within the frame should the front part of the carriage be subjected to excessive weight.



Standing to the right side of the reformer frame, tilt the carriage (the side on which the carriage stabilization block is mounted) toward the left side of aluminum track. Place the tilted edges of the wider wheels on the track, with the nylon safety roller below the track; now, lower the other side of the carriage into the frame. The nylon safety roller should automatically slide into place underneath the aluminum track (if the safety roller ends up on top of the track, remove the carriage and reinstall).



2. Installing the Spring Bar:

Your Cadillac Convertible has a 4 gear system: -1, 1, 2 and 3. The -1 location is the slot closest to the foot end of the frame. Place the round spring bar into 1st gear – the second slot from the foot end – and insert the gear block into the first hole in the right side track. Make sure that the hooks assembled to the spring bar are oriented as shown in the photo.



Note: The gear block is not used when the spring bar is in position -1.

Installing the Springs



Push-through Springs

Push-through springs are similar to reformer springs in length and diameter, but are distinguished by having closed loops at both ends. Using a safety link, attach one end of a push-through spring to the second eyebolt from the end of one side of the cross pole of the push-through pole system. Using a quick snap clip with thumbscrew, attach the other end of the push-through spring to the corresponding eyebolt on the arm of the push-through bar. For exercises that require the push-through bar to be spring loaded from the bottom, using a safety link, attach one end of the second push-through spring to an eyebolt on the leg of the cadillac table. Using a quick snap clip with thumbscrew, attach the other end of the push-through spring to the corresponding eyebolt located on the arm of the push-through bar. **Always use the safety chains with safety links when attaching the spring from the bottom.**

Be sure to slip the tube shaped spring cover sleeve completely over the bottom push-through spring to protect your mat from any abrasion when in contact with the spring.

Trapeze Springs and Trapeze Pad

The trapeze springs are the springs with the greatest force and are closed on one end and open on the other. The coils of these springs are very difficult to manually separate. Before you install the springs, slip one of the spring covers over each. These covers protect users from getting pinched when the springs are in use with the trapeze.

Use double ended clips to attach the closed-loop end of the springs to the eyebolts in the trapeze pad. Hook the open end of the springs through the eyebolts in the slider bar. In most cases, users slide the trapeze assembly to one end or the other of the cadillac to move it out of the way. Or, you can remove the trapeze pad and spring if desired



Push-Through Bar Setup

The push-through pole system has two safety chains.

WARNING: You must use the safety chains when the push-through springs are attached to the push-through bar from the bottom. If you do not take this precaution, the user can be seriously injured.

1. Using a safety link, attach a safety chain to the outermost eyebolt(s) on each end of the push-through bar cross pole.
2. Attach a quick snap clip with thumbscrew to the other end of each chain.
3. When the chains are not in use, the quick snap clip should be fastened to its respect cross pole eyebolt so it can hang freely in a loop.
4. The safety chains must be clipped to their respective eye bolts located on the top of each arm of the push-through bar whenever the push-through spring is being used from below.

Installing the Spanner Poles and the Trapeze Slider Bar Assembly



1.



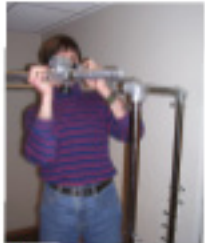
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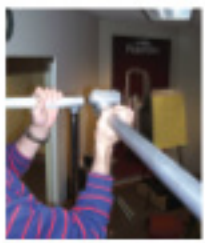
4a.



4b.



6a.



5.



6b.



7.



8.

The spanner poles connect the two sets of upright poles. Both the spanner poles and the fittings on the ends of the cross poles are marked in two ways (see accompanying figure): a) they are marked to indicate which end of each spanner pole goes in to which fitting and b) how far the spanner pole should be inserted into each fitting.

1. Identify the spanner pole that is to be used on each side of the machine as well as its orientation by matching the markings found on the spanner poles and cross pole fittings (A – to – A or 1 – to – 1; B – to – B or 2 – to – 2; and so on). When assembled, the markings should face upward. [NOTE: if a 2nd person is available to support the spanner poles, slide the trapeze assembly onto both spanner poles and insert the proper end of each spanner into its respective fittings so that the black locking knob will end up oriented toward the roll down upright poles. Now skip to step 8.]
2. Loosen the set screws used to retain the trapeze slider fittings to the trapeze cross bar. Slide the fittings off of the bar. [NOTE: The trapeze pipe and fittings are marked like the spanner poles.]
3. Slide one slider fitting onto each spanner pole such that the black locking knob will end up oriented toward the roll down upright poles. The proper end can be identified once the spanner pole markings are matched against the indicators on the 3-way fittings on top of the poles (see step 1).
4. While standing on the cadillac's mat, insert the proper end of each spanner into its respective fitting. Be sure that that markings match.

Note: The push-through and roll down pole systems will have to be pushed slightly apart to be able to get both ends of the spanners into their respective fittings.

Caution: When spreading the pole systems to fit the second spanner pole, care must be taken to insure that the first spanner does not become disengaged from its fittings. If it does, it could fall and tear the cadillac upholstery. Temporarily tighten the first spanner to prevent this.

5. Slide both of the trapeze slider fittings toward one end of the machine. Orient one of the fittings such that the black knob is facing down. Insert one end of the trapeze cross bar into this fitting and slide it as far toward the outside of the machine as it will go (one of the eyebolts will contact the edge of the fitting).
6. Carefully disengage the opposite spanner (with the second slider fitting) from the 3-way fitting on the adjacent pole assembly while at the same time orienting the slider fitting such that the black knob is facing down. Slide the free end of the trapeze cross bar into the slider fitting and replace the spanner into its 3-way fitting.

Caution: When disengaging or replacing the second spanner pole, care must be taken to insure that the first spanner does not become disengaged from its fittings. If it does, it could fall and tear the cadillac upholstery. Temporarily tighten the first spanner to prevent this.

7. Center the trapeze cross bar between its two slider fittings. Be sure that the eyebolts are facing down and the indicators are up and tighten the slider fittings' set screws.
8. Verify that all of the markings on the spanner poles and 3-way fittings are properly aligned. Tighten all fasteners including the set screws as well as the nuts used to assemble the fittings to the cadillac's legs.
9. Verify that the trapeze assembly slides back and forth easily without binding.

Reformer Mode Assembly (continued)



A



B



C

3. Installing the Carriage Springs:

A. Engage the end of each of the springs which is not color coded to its respective eyebolt located on the spring anchor under the carriage. If you have purchased a standard spring set the springs are best arranged in the following order:

Blue (Light), Yellow (Medium), Blue, Red (Heavy) and then Yellow

B. Verify that the springs rest on top of the spring support bar as shown.

C. Place the closed ends of the springs over their respective hooks on the round spring bar.



B

4. Installing the Leather Straps (if applicable):

A. Using the clips attached, snap the leather swivel handles onto the steel rings at the end of the straps.

B. With the spring bar in first gear and the gear block in the first hole in the track, place the handles over the shoulder blocks.

C. Thread the loose ends of the straps down through the pulleys mounted on the cross member at the head end of the Cadillac Convertible frame (end opposite the foot bar) looping the ends back toward the carriage. Verify that the strap is not twisted.

D. Unscrew the black knobs on the underside of the carriage (one on each side of the head rest).

E. Note the holes located near the end of the leather strap. We suggest that you select a hole that eliminates the slack in the leather strap. If you prefer a different setting simply select the commensurate hole.

F. Slide the selected holes over the protruding studs (see photo).

G. Re-assemble the black knobs.



C



D-E



A & B



C



D

3. Installing the Ropes (if applicable):

Your rope Cadillac Convertible comes equipped with ropes and pulleys mounted to retractable risers. Verify that the risers are locked in the upright position prior to proceeding.

A. Using the double ended clips, clip the neoprene handles to the ends of the ropes.

B. With the spring bar in first gear and the gear block in the first hole in the track, place the handles over the shoulder posts.

C. Thread the loose ends of the ropes down through the pulleys mounted on the risers at the head end of the Cadillac Convertible frame (end opposite the footbar) looping the ends back toward the carriage.

D. Thread the ends of the ropes through the wire loops and rope cleats (mounted to the head of the carriage) and through the hole in the carriage board (immediately in front of the cleat).

E. Let the excess rope hang freely under the carriage.

F. To shorten or lengthen, withdraw the ropes from the cleats, adjust to the desired length, and press back into the cleats. Push any slack rope down through the hole in the carriage board.

Folding the Retractable Risers:

To fold the retractable risers, first loosen the black knobs that lock the risers to the chrome plates at the head end of the frame. Turn the knobs counterclockwise until the springs push the knob away from the wood. Once both knobs are released, fold the left side ('left' is defined as the operator's left when he or she is lying on the carriage) riser down until it rests on the aluminum plate located just below the right riser. Subsequently, the right side riser can be folded. Once the risers are in their folded position, rotate the pulleys so they are parallel to the head end of the Cadillac Convertible.

To return to their functional position, rotate each riser to its upright position making sure that the sides are directly in line with the sides of the chrome plates. Push the respective black knob in - compressing its spring - and turn clockwise. Tighten each knob until there is no free play in the riser.



Installing the Push-Through Pole Assembly



BEFORE ASSEMBLY: Flip over hinged carriage and place Twin Mat System on top of frame (see page 13).

The push-through pole assembly comes pre-assembled. Before you install it to the head of the cadillac frame, make sure that the allen screws are backed all the way out of the frame's fittings and that there are no obstructions in the fittings' holes. Doing so prevents the poles from being scratched. If your ceiling is less than 8 1/2' high, tip the cadillac table over on its side.

1. Slide the two push-through upright poles through the fittings mounted on the back of each table leg on the same side as the attached footstrap. The open end of the 3-way fittings located at the top left and right corners of the assembly face toward the center of the cadillac. You may need to gently jostle the pole system back and forth while inserting it through the fittings. The poles rest on the eyebolts located directly under the bottom fitting.
2. Do not tighten the allen screws in the fittings at this time.

Installing the Roll-Down Upright Poles

The roll-down upright pole system comes unassembled and consists of two upright poles and a cross pole. If you have purchased the optional leg-spring slider bar, read below. To install the roll-down upright poles, first make sure that the allen screws are backed all the way out of the fittings located on the far side legs (see Installing the Push-Through Pole Assembly) and that there are no obstructions in the fittings' holes. Doing so protects the poles from being scratched.



2.



1. The roll-down upright poles are outfitted with 6 eyebolts each (4 on one side and 2 on the other). Slide one pole through each pair of fittings mounted to the back of each table leg at the opposite end from the push-through bar. Make sure the poles are oriented so that the side of the poles with the 4 eyebolts faces toward the push-through bar.
2. Insert the roll-down cross pole with its fittings to the top of the roll-down upright poles. The cross pole eyebolts should face down.
3. Do not tighten the allen screws or 1/2" nuts in the fittings at this time.

If you ordered your cadillac with the optional leg-spring slider bar, perform the following steps:

1. Have an assistant hold the optional leg-spring slider bar assembly such that its fittings are directly over the respective fittings mounted to the back of each table leg at the end of the table opposite the push-through bar. Make sure that the side of the slider bar with the eyebolts faces the push-through bar.
2. Slide one of the upright poles through the end fitting of the slider bar and then through the two fittings mounted on one of the table legs. Seat the upright pole against the eye bolt located immediately below the bottom fitting. Repeat with the second upright pole.
3. Slide the leg-spring slider assembly approximately half way up the roll-down upright poles.
4. Insert the cross pole into the fittings at the top of the roll-down upright poles. Make sure the eyebolts are facing down and the open ends of the 3-way fittings face in.
5. Do not tighten the allen screws in the fittings at this time.



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