

# GRATZ™ PILATES

STUDIO WALL UNIT

ASSEMBLY INSTRUCTIONS

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**GRATZ INDUSTRIES, LLC**

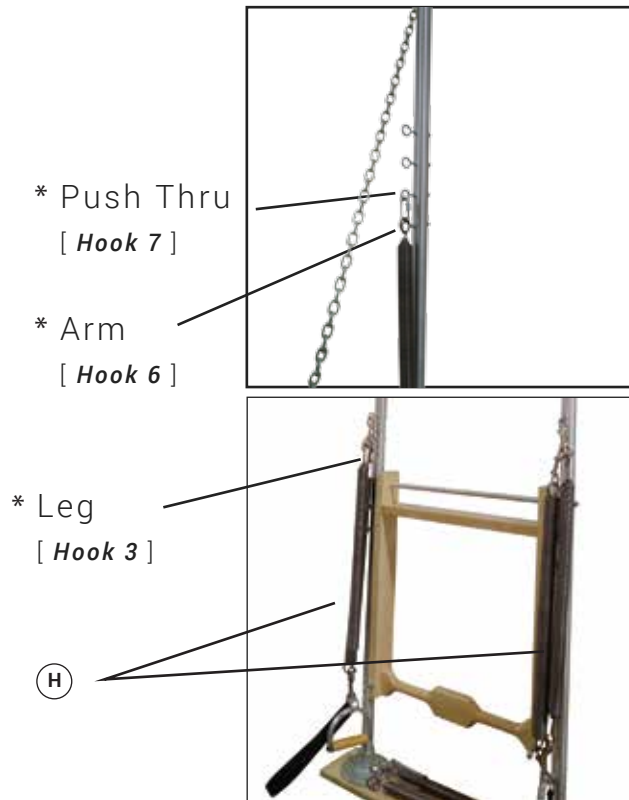
1108 SHACKAMAXON STREET  
PHILADELPHIA, PENNSYLVANIA, 19125  
215.739.7373 or 1.800.930.9900

## Assembling Your Studio Wall Unit

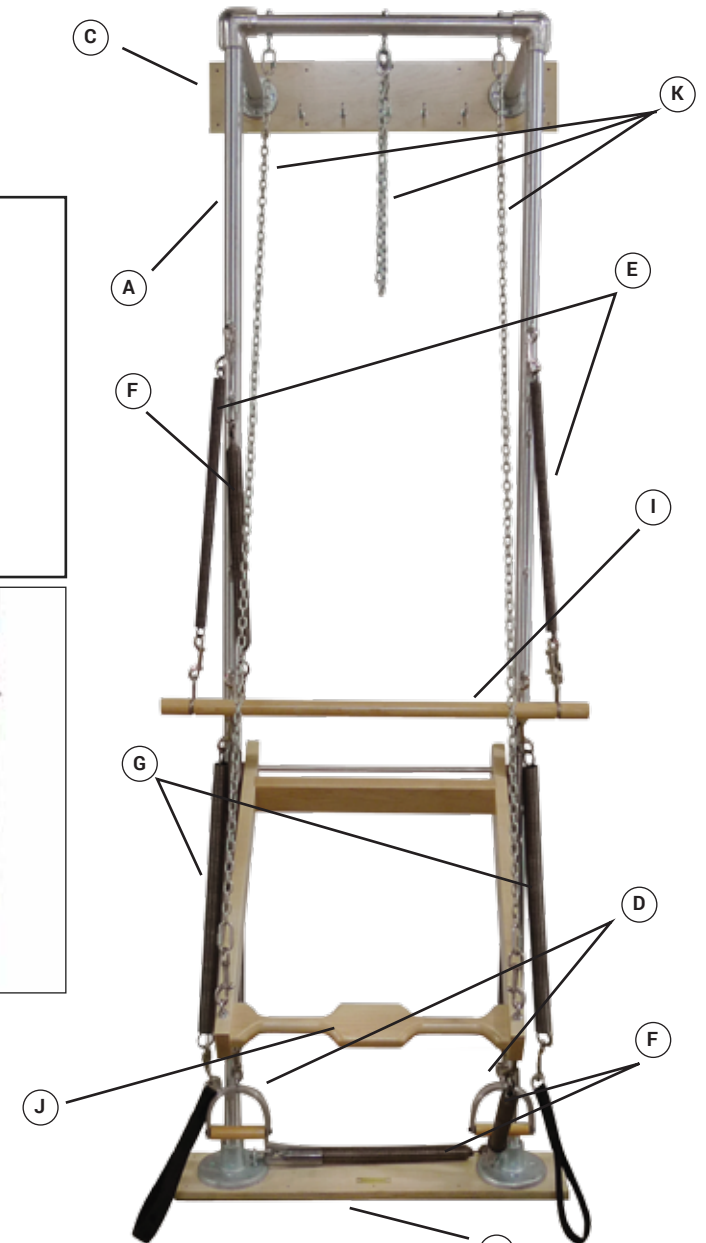
These instructions will show you how to assemble and set up your studio wall unit. Please make sure you have all the items out of the box listed below and you will need the items listed on the following page to complete assembly.

### What Comes In The Box

- (A) 1 Main Vertical Assembly
- (B) 1 Floor Mount Assembly
- (C) 1 Wall Mount Assembly
- (D) 2 Metal Handles
- (E) 2 Roll Back Arm Springs
- (F) 3 Push Thru Springs
- (G) 2 Leg Springs
- (H) 2 New Cadillac Arm Springs
- (I) 1 Roll Bar
- (J) 1 Push Thru Bar
- (K) 3 Chain
- (L) 13 Double Hooks
- (M) 9 Quicklinks



\* Positions are based on actual Cadillac dimensions



**IMPORTANT:** Two people are required to set up your Studio Wall Unit. Gratz Industries is not responsible for any damages to the Studio Wall Unit that is caused by improper set up or installation.

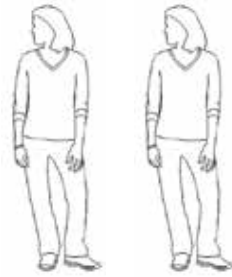
## What You Will Need



Drill



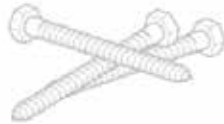
Box Cutter



Two People



Leveling  
Square



Screws



Anchor



Adjustable  
Wrench



Allen Key  
3/16



Allen Key  
1/4

**These tools are included**

## Dry Wall Surface

- If you have a wood surface, then no plugs are needed
- The thickness of your wall surface will determine the length of screws to use. (i.e. 3/4" wood wall = 1- 1/2" to 2" inch screw needed)

## Drill Bit

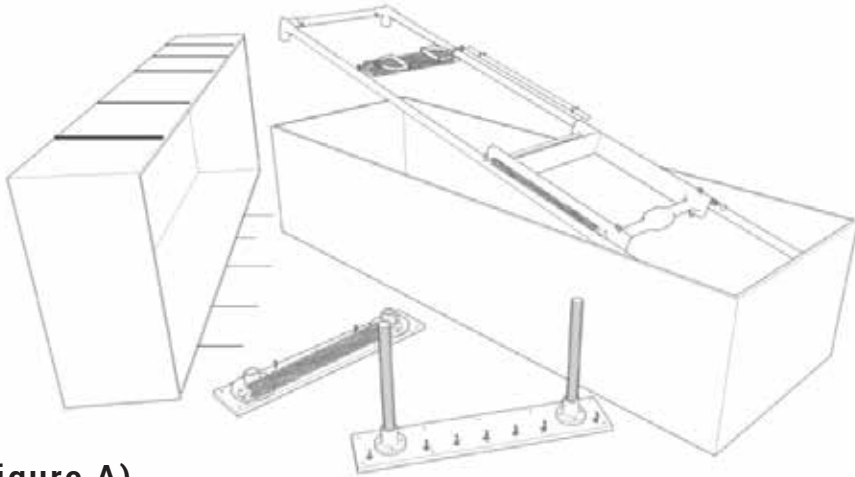
- (1) 1/4" drill bit to be used for a dry wall
- (1) 3/8" concrete drill is needed for concrete surfaces and #12 pan head screw w/plastic anchors (wall plugs)

## Attention!

For your safety reason you may want to use a ladder when mounting the studio wall unit to your vertical surface.

## STEP 1 - Remove Contents From The Box

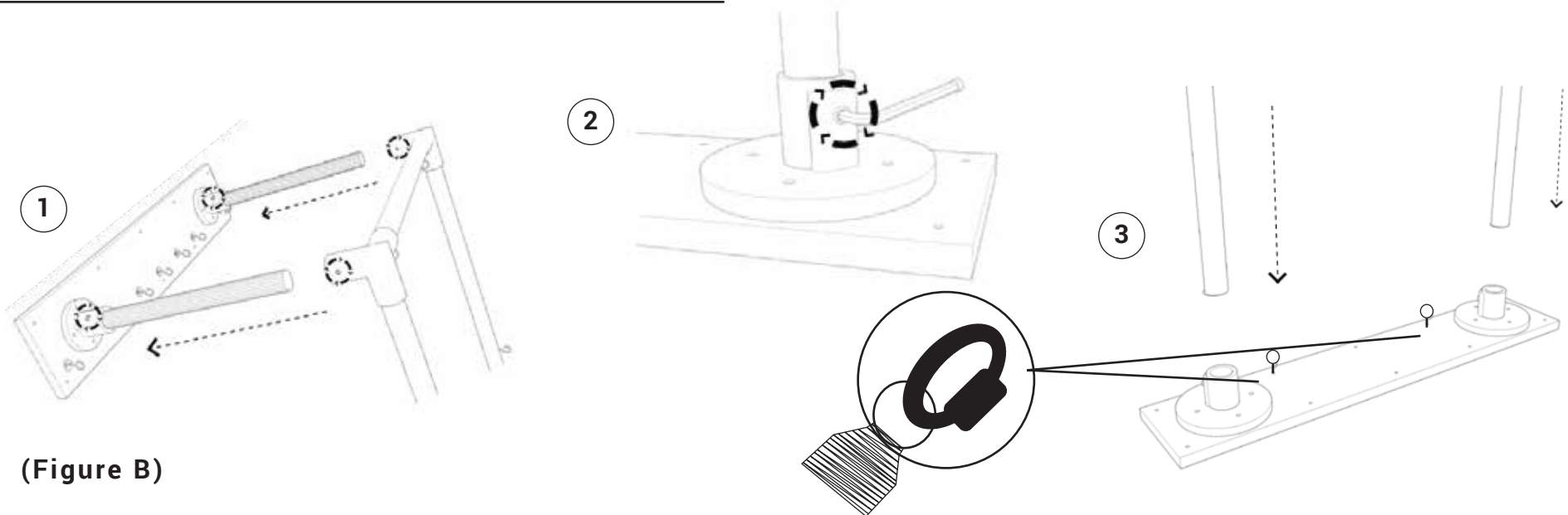
Place the box long side down. Use the box cutter to carefully cut the ties. Note: Allen Keys are attached to the vertical assembly. (Figure A)



(Figure A)

## STEP 2 - Connect Main Piece to Wall & Floor Mount

Locate the three pieces. (1) Slide the wall mount's two rods into the open slots of the main vertical unit. (2) Once in place tighten with the provided allen keys as shown. (3) Then slide the main vertical unit's two rods into the open slots of the floor mount. Once in place tighten with the provided allen keys as shown. (Figure B)



(Figure B)

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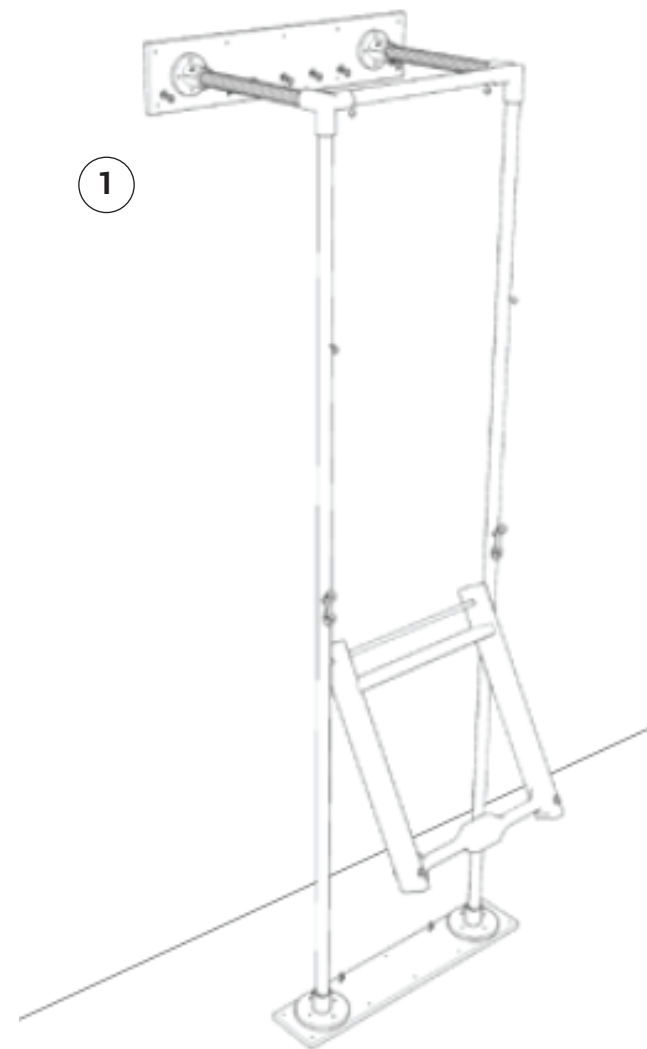
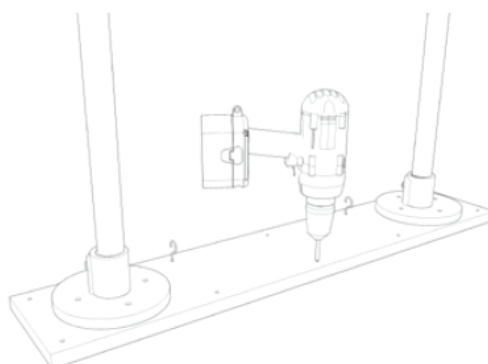
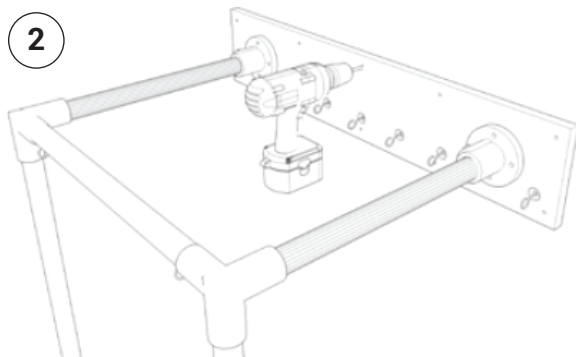
## STEP 3 - Install Connected Unit In Place

(1) Find a flat vertical and ground surface. Try to locate the studs if you have a dry wall surface. Then place the assembled unit directly against desired location.

Prior to installing use the leveling square to make sure the ground and vertical surfaces are level.

(2) Depending on the surface material you have in your environment you may have to use anchors when screwing the each mount down. Use a drill to tighten the screws through the appropriate holes along the perimeter of the mounts onto the ground then vertical surface.

(3) If anchors are needed, mark the holes with pencil / drill / insert anchors / and screw down the mounts. (See Figure A).



**Figure A**

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## STEP 4 - Prep For Use

Prior to using make sure all the springs are in place to your liking and are properly attached.

If you purchased a high mat place it adjacent to the assembly for proper use.

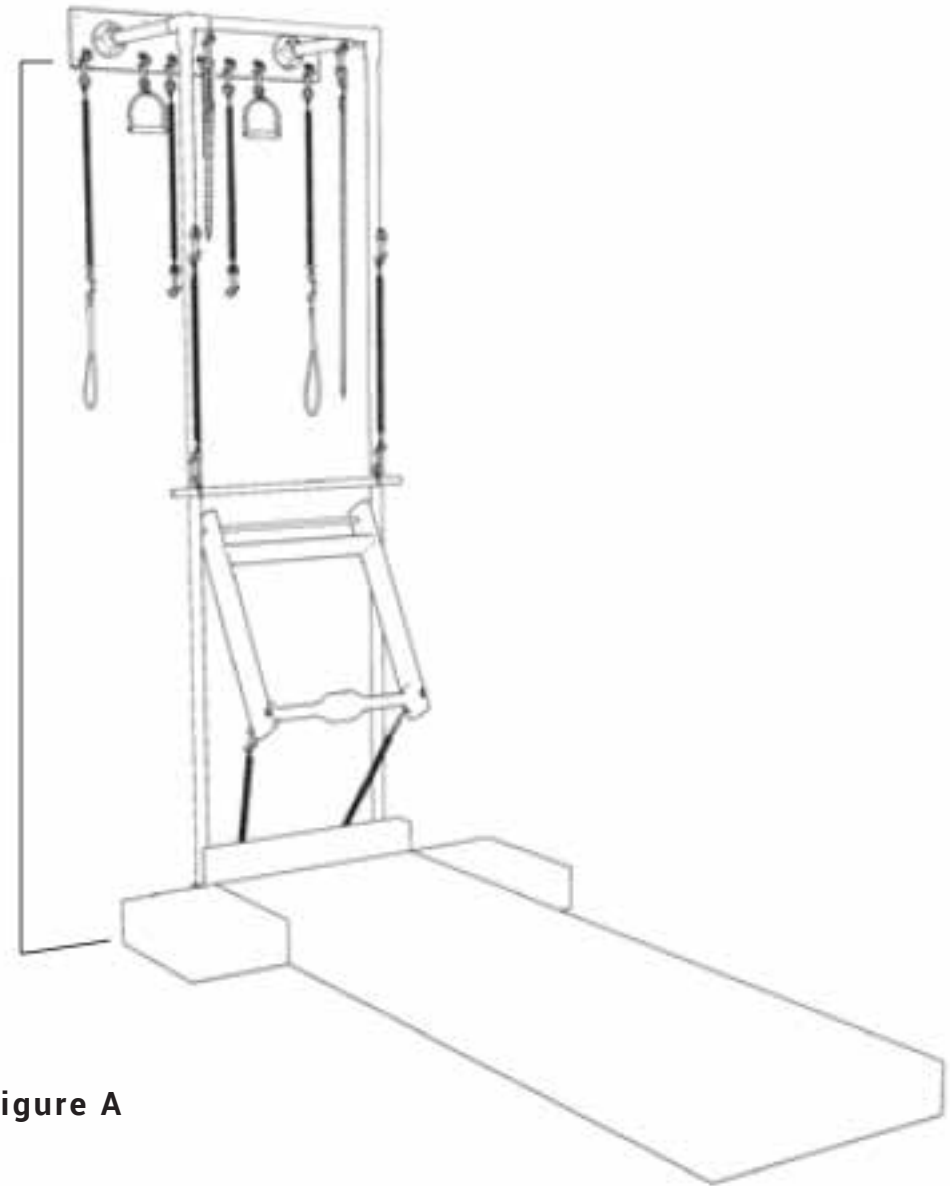
(See Figure A).

Enjoy your Gratz Studio Wall Unit.

Note: 83 inches from the bottom of the wall mounted board to the floor.

83"

Figure A



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