

GRATZ™ PILATES

PEDI POLE

ASSEMBLY INSTRUCTIONS

MADE IN THE U.S.A. | PILATES-GRATZ.COM



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Assembling Your Combination Wunda / Electric Chair

These instructions will show you how to assemble and set up your Pedi Pole. 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.

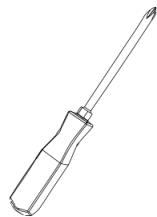
What Comes In The Box

- (A) 1 Wood Base
- (B) 1 Vertical Pipe with 2 flanges
- (C) 1 Horizontal pipe with 2 eye-hooks
- (D) 2 Pedi Pole Springs
- (E) 2 Aluminum and wood handles

What You Will Need



Scissors



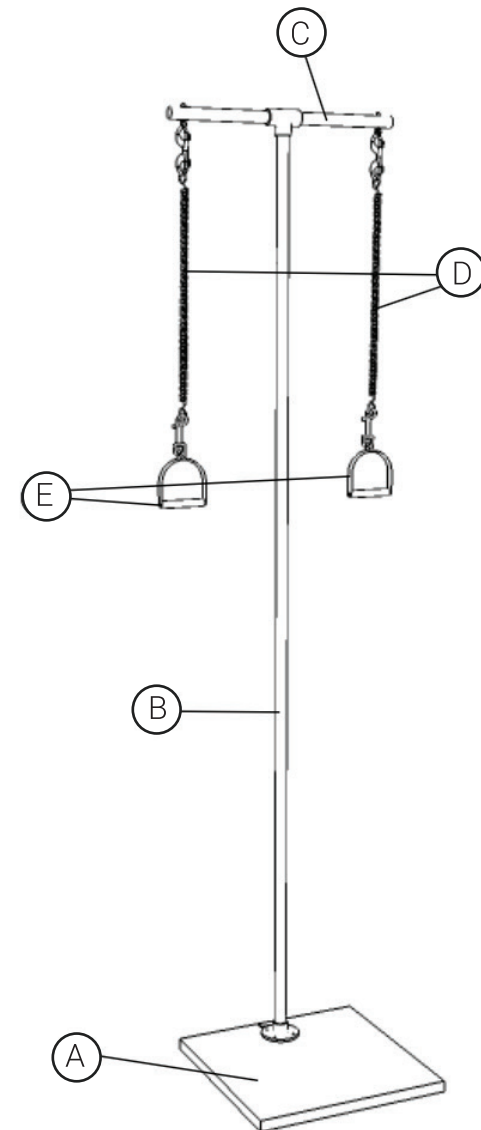
Phillips
Screwdriver



Adjustable
Wrench

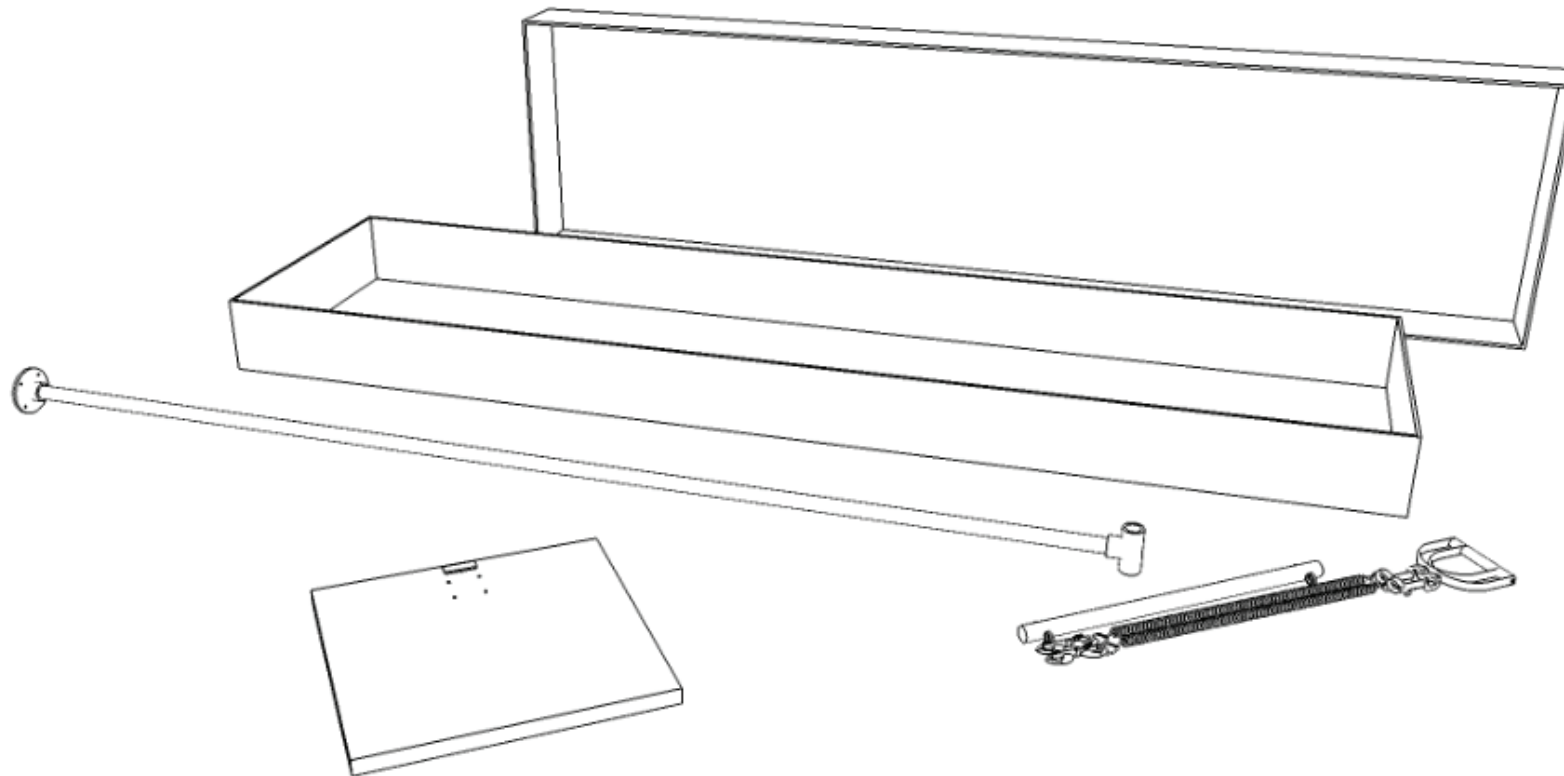


Allen Key



STEP 1 - Remove Contents From Box

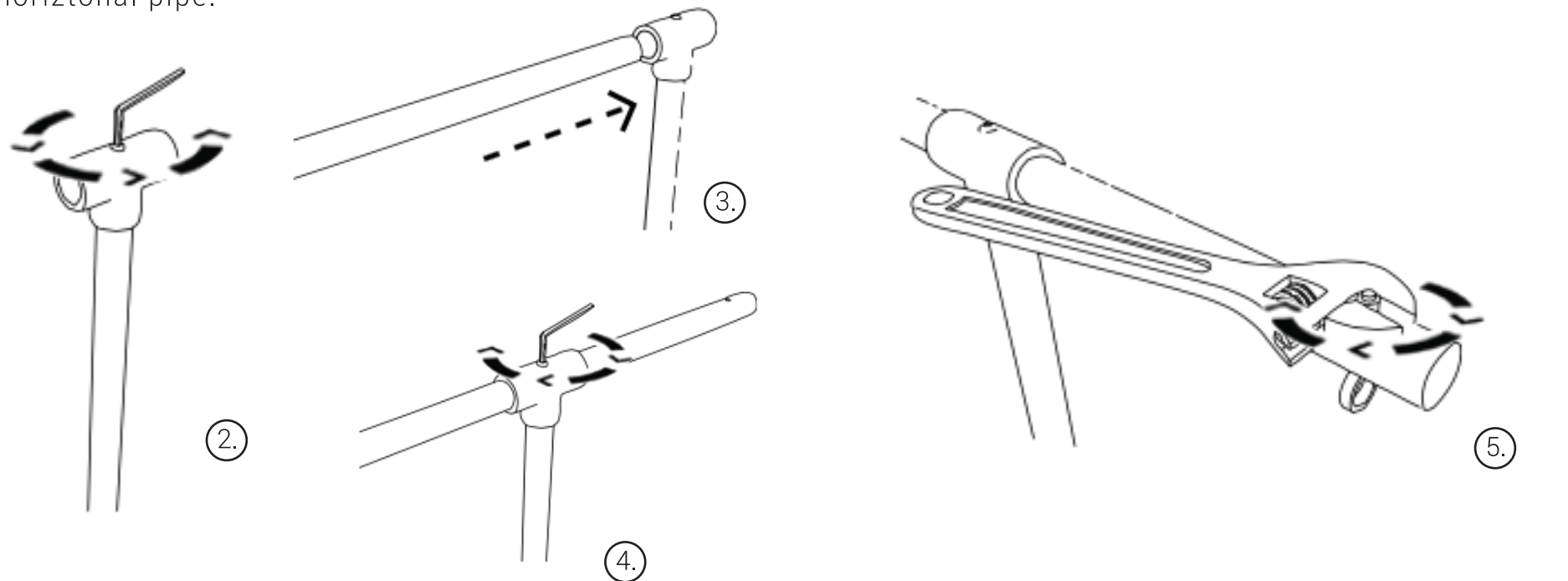
Place the box long-side down. Use the scissors to carefully cut ties. The packed bundles should be in box with everything shown page 2. If there is anything missing or damaged from your box please let us know right way so that a remedy can be made.



STEP 2 - Attaching The Horizontal Spring Bar

Locate the allen key and horizontal pipe. Use the Adjustable Wrench to loosen and remove the eye-hook on one end of the horizontal pipe. Then use the allen key to unscrew the allen key at the top of the vertical pipe's top flange.

Carefully insert the horizontal pipe through the top flange of vertical pipe and align the hole of the pipe with that of the flange. Use the Allen Key to screw the horizontal pipe securely to the flange. Then insert the eye-hook back through the end of the horizontal pipe and use the adjustable wrench to securely fasten eye-hook to the horizontal pipe.



STEP 3 - Attach The Vertical Pipe To Wood Base

Locate the vertical pipe and wooden base. Align the holes of the bottom flange and the holes of the wooden base. Then use the phillips screw driver to tighten the screws until the vertical pipe is firmly secure. **Figure A.**

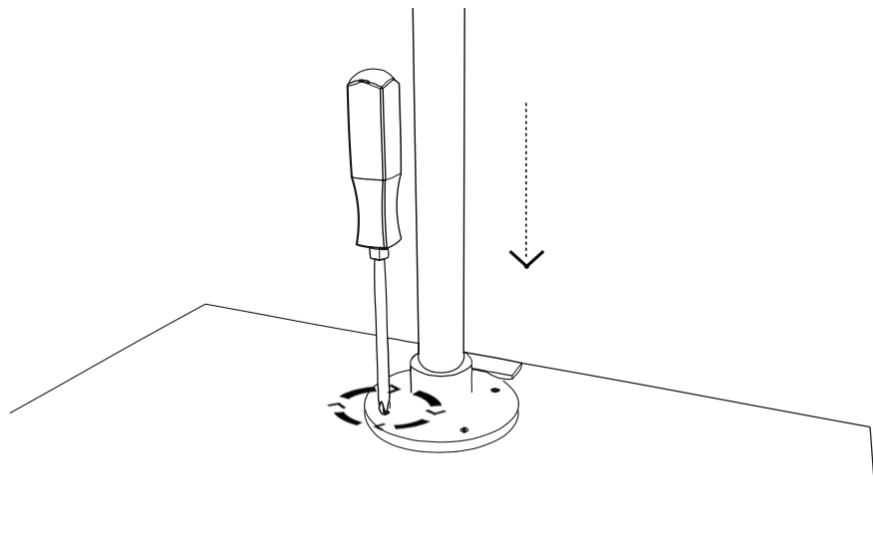


Figure A

STEP 4 - Prep For Use

Prior to using make sure all the springs are in place to your liking and properly attached. Then makes sure all the screws and the eye-hooks are firmly secure.

Figure B.

Enjoy Your Gratz Padi Pole

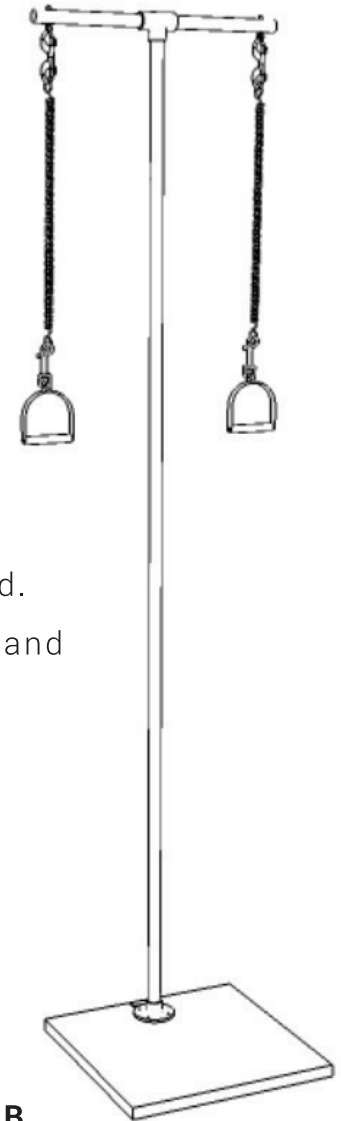


Figure B