

PEAK PILATES®



casa™ reformer

ASSEMBLY GUIDE AND OWNER'S MANUAL

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ABOUT THE PEAK PILATES® Casa™ reformer

Thank you for purchasing the Peak Pilates® casa™ reformer. The casa™ reformer is an affordable, lightweight piece of Pilates equipment that was designed specifically to be used in the home. The casa, like all Peak Pilates® reformers, is “studio height” and has a number of features used on our studio equipment including a locking footbar, a four position one-hand gear bar, one-touch rope adjusters and graphic treatments for alignment and proper adjustments. As with all Peak Pilates® equipment, the casa™ reformer is constructed of the highest quality materials and is engineered for the utmost performance for the home.

This manual provides valuable information concerning the safe and proper use of your casa™ reformer. The entire guide should be read before beginning any exercise. All manufacturer’s recommendations, cautions and/or warnings must be followed at all times. Failure to adhere to the content provided in this manual could lead to damage to your machine and/or bodily injury.

The remainder of this chapter will provide safety and contact information should your machine require service or should you need to ask functional questions. Subsequent chapters include information on: machine specifications, recommendations for basic use, instructions for unpacking and assembly, how to operate the machine safely and maintenance and common replacement parts. If at any time you have questions concerning any part of this manual, please contact Peak Pilates®.

There are a great number of exercises that can be done on the casa™ reformer where correct form is imperative. We strongly advise that the casa™ reformer be used only by or under the supervision of a Peak Pilates® Certified Instructor. Peak Pilates® offers education programs and can provide live and online certification training.

Visit www.peakpilates.com or call 800.847.7746 (or +31 (0) 10.590.4508) for international customers) for more information or assistance.

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Recommended Use

Peak Pilates® strongly recommends consulting a physician for a complete medical exam before beginning an 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, they must stop immediately.

Important: This manual contains important safety and usage information. Before beginning an exercise program on the Peak Pilates® casa™ reformer, read the entire manual, paying specific attention to all cautions and warnings. Use only for the intended exercises in the Peak Pilates® educational system. Do not modify the machine in any way as it will nullify your warranty. This machine is designed to be used indoors. Keep this guide handy for future reference.



WARNING

UNSAFE OR IMPROPER USE OF THIS EQUIPMENT RESULTING FROM 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 Casa™ REFORMER, WE MAKE NO REPRESENTATION CONCERNING THE SAFETY OF THIS EQUIPMENT. THERE ARE RISKS ASSOCIATED WITH THE USE OF ANY EXERCISE EQUIPMENT. THE USER ASSUMES ALL RESPONSIBILITY FOR THOSE RISKS.

Safety Statement

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

Inspect the machine including all structural and mechanical components, hardware, springs and accessories before each 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. Notify Peak Pilates® immediately regarding any defects.

DO NOT remove labels for any reason as they contain important information. If the labels are illegible or missing, contact Peak Pilates® for replacements.

Visit **www.peakpilates.com** for more information.

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

Proper Use

This equipment is only to be used as outlined in the Owner's manual. It is imperative that the casa™ reformer be used properly to avoid injury or damage to the unit. 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®. Keep a three-foot area (about one meter) around the equipment clear of any obstructions. Make sure that the machine is used on a level surface.

Specific Operating Warnings

Be certain that all hardware is fully tightened before beginning to exercise.

Verify that no gaps exist between the coils or other defects are evident in the springs. If any defects are seen, the springs must be immediately replaced.

Verify that no tears or excessive wear are evident in the ropes, foot loops, foot strap, or double loops. If excessive wear is evident, the ropes, strap or loops must be immediately replaced.

Do not tip the machine during use.

Children must not be allowed near this machine. Teenagers and/or physically challenged individuals require supervision while using the equipment.

It is the purchaser's sole responsibility to instruct end users and others using the equipment on the proper operating procedures for the casa™ reformer.

Verify that all adjustable components are properly engaged in the exercise and not in any storage positions before beginning to exercise.

We strongly recommend that the end user's physical condition be evaluated by a physician prior to beginning any exercise program.

Before each use, inspect the hardware that connects the foot bar and support bar to the foot bar. The hardware should be snugly tightened so it creates friction at the pivot point and thus ensures proper function of the self-locking feature.

Do not ever use the foot bar as a handle when lifting or moving the casa™ reformer.

NOTE Understanding each and every warning to the fullest is critical. If any of these warnings are unclear, contact Peak Pilates® for clarification.

PEAK PILATES®

LIMITED METAL LINE WARRANTY

Peak Pilates® warrants to the original purchaser that our equipment will be free from defects in workmanship and materials. This warranty does not cover labor charges associated with replacing covered components. Part(s) repaired or replaced under the terms of this warranty will be warranted for the remainder of the original warranty period only. This warranty becomes effective upon the invoice date of the original purchase from an authorized Peak Pilates® dealer only. Peak Pilates® retains the right to either repair, replace, or refund the price of any defective components under this warranty.

The casa™ reformer carries a two-year limited warranty on the structural components. All other components, with the exception of wear components like the upholstery, ropes, foot strap and double loops are covered by a one-year limited warranty. If a failure due to workmanship and/or materials occurs, we will, at our discretion, repair or replace the defective components. Upholstery, ropes, foot straps and double loops are warranted against defects in workmanship and/or materials for 60 days.

Limitations and exclusions.

This limited warranty does not apply to normal wear and tear, cosmetic damage, imperfections that are within design specifications or that do not materially alter functionality, or damage due to acts of God, accident, abuse, misuse, negligence, lack of normal maintenance, abnormal service or handling that differs from that specified for the casa™ reformer, improper installation or improper operation. In addition, alteration or modification of the product will void the warranty and is not covered.

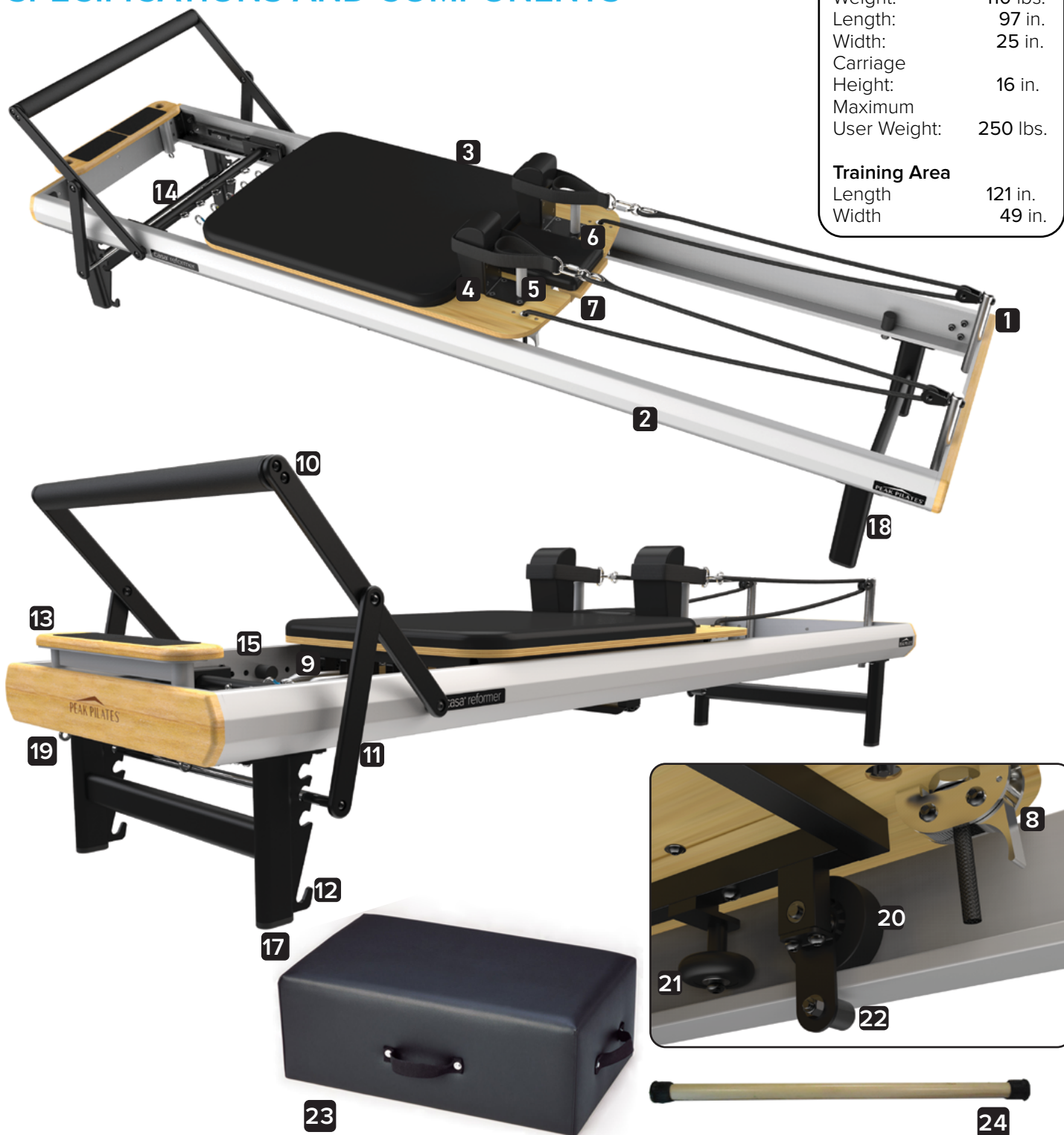
To order replacement part(s), the original purchaser may contact Peak Pilates® product support at (800) 847.7746. Proof of purchase may be needed in order for Peak Pilates® to verify warranty coverage and issue a return materials authorization (RMA) number. Parts being returned to Peak Pilates® for warranty credit must be shipped prepaid, accompanied by a packing list or tag bearing the RMA number and the customer name and contact info. No credit will be issued for parts returned without prior authorization from Peak Pilates®. You must report damages that occurred during shipping within 48 hours of receipt of goods.

Peak Pilates® reserves the right to review defective part(s). All costs of shipping defective part(s) to and from Peak Pilates® for inspection shall be borne solely by the original purchaser. Any repair or modification of defective part(s) by anyone other than a Peak Pilates® technical representative or authorized service provider will void this warranty. If Peak Pilates® determines, in its sole discretion, that it is impractical to ship defective parts back to Peak Pilates, Peak Pilates® may designate, in its sole discretion, a repair facility to inspect and estimate the cost of repair the defective part(s). The cost, if any, of shipping defective part(s) to and from such repair facility and cost of the estimate shall be borne solely by the original purchaser. Defective part(s) must remain available for inspection until the claim is finalized. Whenever claims are settled, Peak Pilates® reserves the right to be subrogated under any existing insurance policies that the claimant may have.

Disclaimer of warranties. Limitation of liability.

This warranty is in lieu of all other warranties, expressed or implied, including without limitation, the implied warranties of merchantability and fitness for a particular purpose. Repair or replacement as provided above shall be the sole and exclusive remedy available to the purchaser. Correction of defects, in the manner and for the period of time described above, shall constitute complete fulfillment of all liabilities and responsibilities of Peak Pilates® to the purchaser with respect to contract, negligence, any incidental or consequential damages based upon breach of express or implied warranty on this product or otherwise. Some states do not allow the exclusion or limitation of implied warranties or incidental or consequential damages, so the above exclusions and limitations may not apply to you. This warranty gives you specific legal rights, and you may also have other rights which may vary from state to state. Warranties outside of the US may vary.

SPECIFICATIONS AND COMPONENTS



| | |
|----------------------|----------|
| Weight: | 110 lbs. |
| Length: | 97 in. |
| Width: | 25 in. |
| Carriage Height: | 16 in. |
| Maximum User Weight: | 250 lbs. |

| | |
|----------------------|---------|
| Training Area | |
| Length | 121 in. |
| Width | 49 in. |

Glossary of Parts

Many other parts are shown and described in other sections of this manual.

- | | | | |
|----------------------|----------------------------|------------------------------|-------------------------------|
| 1. Riser Assembly | 7. Head Rest Support Block | 13. Standing Platform | 19. Footbar Positioning Plate |
| 2. Rail | 8. Rope Cleat | 14. Gear Change Bar | 20. Carriage Riding Wheels |
| 3. Carriage | 9. Reformer Springs | 15. Gear Block (inside rail) | 21. Carriage Tracking Wheels |
| 4. Shoulder Pad | 10. Foot Bar | 16. Foot End Leg | 22. Anti-tip mechanism |
| 5. Shoulder Pad Post | 11. Foot Bar Support Bar | 17. Head End Leg | 23. Long/Short Box |
| 6. Headrest | 12. Storage Bracket | 18. Eye Bolts for Foot Strap | 24. Short Box 30" |

PACKAGE CONTENTS

| Description | Quantity |
|---|--|
| casa™ reformer frame | 1 |
| foot end leg with integral footbar positioning plate | 1 |
| head end leg | 1 |
| button head screws (for mounting the legs to the frame) | 16 |
| washers (for mounting the legs to the frame) | 16 |
| 5mm allen wrench / 4mm allen wrench | 1 ea |
| springs | <div>Heavy - Red</div> <div>Medium - Yellow</div> <div>Light - Blue</div> <div>1</div> <div>2</div> <div>2</div> |
| fixed riser assemblies | 2 |
| head end wood panel | 1 |
| flat head hex screws (for mounting the wood end panel to the frame) | 6 |
| rope assemblies | 2 |
| double loop handles | 2 |
| standard long/short box | 1 |
| foot strap with 2 safety links | 1 |
| non-slip pad | 1 |
| shoulder pad assemblies (with L brackets and posts) | 2 |
| flat head hex screws (for mounting the shoulder pads to the carriage) | 8 |

UNPACK THE CARTON

- 1 Open the box. Carefully remove all parts and verify that all components and accessories are included.
- 2 Place protective cover on the floor (so the aluminum frame will not be scratched). With one person at each end of the reformer, lift the unit out of the box and place on the floor.



WARNING

SINCE NO SPRINGS ARE ATTACHED, THE CARRIAGE IS NOT LOCKED IN POSITION AND MAY START TO ROLL, BE EXTRA CAUTIOUS WHEN MOVING THE UNIT.

- 3 Tip the reformer onto its side, exposing the underside of the frame.

ASSEMBLE THE LEGS

- 4 Attach the foot end leg to the reformer frame with the footbar positioning plates towards the inside. Use 8 button head screws with washers and hand tighten them to the frame.
- 5 Repeat the process for head end leg (as shown).
- 6 Go back and fully tighten all screws (torque to 12 ft-lbs or 16 N-m) with the provided 4mm allen wrench.



button head screws and washers
(8 each per leg assembly)



ATTACH THE SPRINGS

7

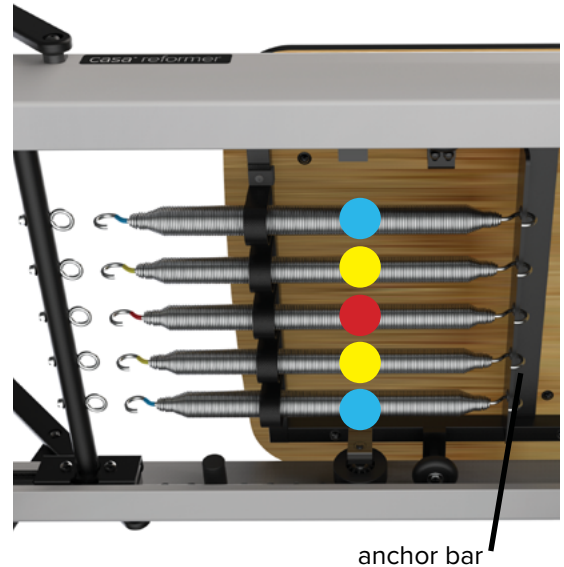
Attach the reformer springs to the anchor bar on the underside of the carriage. The open part of the hook should be facing away from the carriage (down). Install the springs by color as shown.

8

Remove the shipping spacers located between the frame of the carriage and the aluminum rails.

9

With two people holding the reformer, turn the unit over onto its legs.



ASSEMBLE THE SHOULDER PADS

10

Place the shoulder blocks into position, aligning the mounting holes. Secure using Flat Head Socket Screws. Partially tighten all four screws. Once all four are partially tightened, go back and fully tighten with the provided 5mm allen wrench.

flat head socket screws
4 per shoulder block



INSTALL THE RISERS

11

Align the fixed riser on the inside of the reformer to the holes on the head end panel. Hand thread the flat head screws from the outside in to the riser. Go back and fully tighten the screws. Install the second riser the same way.

flat head socket screws
2 per riser



INSTALL THE END PANEL

12

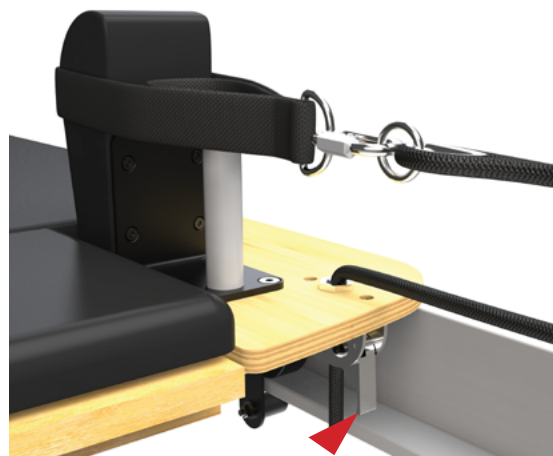
Align the wood end panel with the aluminum end panel. make sure that the Peak Pilates® logo is reading correctly. Install the 6 small flathead screws from inside the reformer.



INSTALL THE ROPES

13

Feed the free end of each rope through the pulley on the riser. Now locate the cleat and pull the lever towards the head end. Take the end of the rope and feed it downward through the chrome hole guide. Drape the double loops over the shoulder blocks. Now pull on the end of the rope to take out the slack. Repeat for the other side.



NOTE: MAKE SURE THAT THE ROPES ARE ADJUSTED TO EQUAL LENGTHS AND THE ROPE LOCK IS ENGAGED BEFORE USE.

ATTACH THE FOOT STRAP

14

To attach the foot strap, fasten one safety link to each of the eye bolts located under the foot end cross member.

15

Tighten the safety link locking nuts.



WORKING WITH THE SPRINGS AND ADJUSTMENTS

The casa™ reformer comes with 5 springs of different resistance levels as shown.

- RED - heavy. One center spring
- YELLOW - medium. Two middle springs
- BLUE - light. Two outside springs

1

To attach a spring to an eye bolt on the gear bar, lift the end of the spring and insert the spring hook through the respective eye bolt on the gear bar.



WARNING

AT LEAST ONE SPRING MUST BE ATTACHED TO THE GEAR BAR AT ALL TIMES EXCEPT DURING GEAR BAR ADJUSTMENTS. MAKE SURE THAT THE GEAR BAR IS FULLY ENGAGED IN ONE OF THE FOUR POSITIONS BEFORE ATTACHING A SPRING OR BEGINNING AN EXERCISE. INSURE THAT THE GEAR BLOCK IS LOCATED IN THE CORRESPONDING NUMBERED POSITION. FAILURE TO DO SO COULD RESULT IN INJURY TO THE USER OR DAMAGE TO THE REFORMER.

GEAR BAR AND GEAR BLOCK ADJUSTMENTS

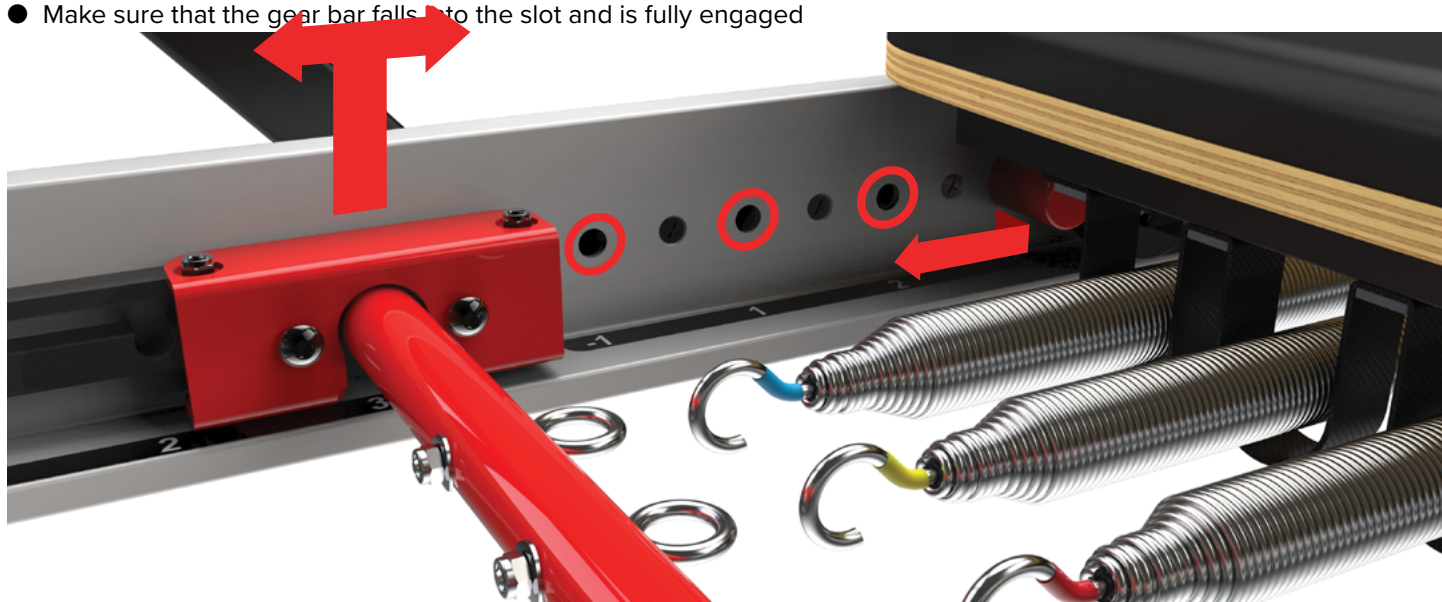
The gear bar and gear block positioning allow for the adjustment of movement of the carriage for different body sizes and different exercises. The gear bar and gear block should **always** be adjusted together and should always be located in the same corresponding numbered position. There are 4 positions for the gear bar and gear block; -1, 1, 2 and 3.

TO ADJUST THE GEAR BAR:

- Remove all of the springs from the gear bar
- Lift the center of the gear bar up and out of the position
- Slide the bar forward or backward to the desired position
- Make sure that the gear bar falls into the slot and is fully engaged

TO ADJUST THE GEAR BLOCK:

- Pull out the gear block and place it in the corresponding gear bar position
- Make sure that the block is pushed all the way into the hole

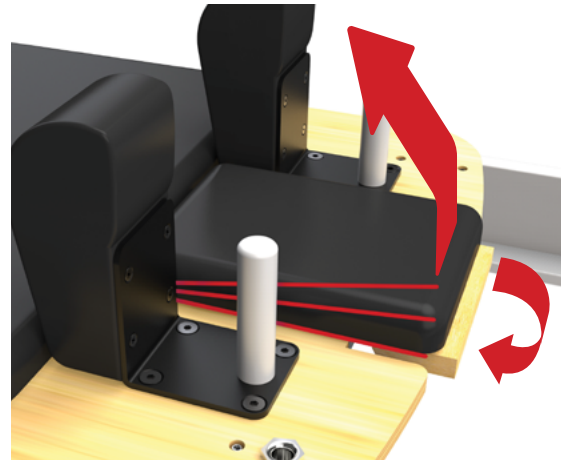


ADJUSTING THE HEADREST

Your casa™ reformer has a headrest that adjusts to 3 different positions.

Use the adjustment block at the top of the headrest to change it to flat (as shown), half raised and fully raised. To change the position from flat to the half or fully raised position:

- Lift the top of the headrest to the desired position
- Push in the headrest block so that it is fully engaged



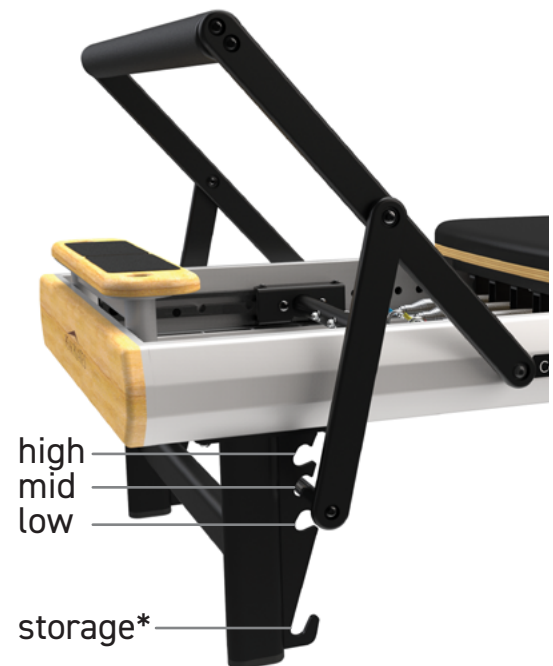
WARNING

VERIFY THAT THE HEADREST SUPPORT BLOCK IS PROPERLY SET BEFORE BEGINNING ANY EXERCISE.

ADJUSTING THE FOOTBAR

Your casa™ reformer has a footbar that adjusts to 1 storage and 3 working positions (4 in total). To change the position of the footbar:

- Pull up slightly on the footbar with one hand. With the second hand, pull the support bar out of the position.
 - Move the footbar to the desired position and slide the support bar into the corresponding notch.
- ⚠ Do NOT attempt to move or lift the reformer by using the footbar as a handle or a place to grab in ANY position. This is unsafe and could cause injury or damage the footbar. Do not ever use the footbar during an exercise while it is in the storage position.



WARNING

ENSURE THAT THE ROD OF THE FOOT BAR SUPPORT BAR IS FULLY ENGAGED ON BOTH THE LEFT AND RIGHT SIDE POSITIONING SLOT BEFORE BEGINNING ANY EXERCISE. FAILURE TO DO SO COULD RESULT IN SERIOUS INJURY. DO NOT USE THE FOOT BAR AS A HANDLE TO LIFT THE Casa™ reformer. INSTEAD PLEASE LIFT THE REFORMER BY GRASPING THE UNDERSIDE OF THE FRAME MEMBERS OR UNDER THE WOOD END PANELS.

USING THE LONG/SHORT BOX

Use the Long/Short box by following the directions below.

To use as a Long box:

1 Place the headrest in the flat position and the footbar and footbar support bar in the storage position

2 Place the box lengthwise on the carriage cushion, butting one end against the shoulder pads.

To use as a Short box:

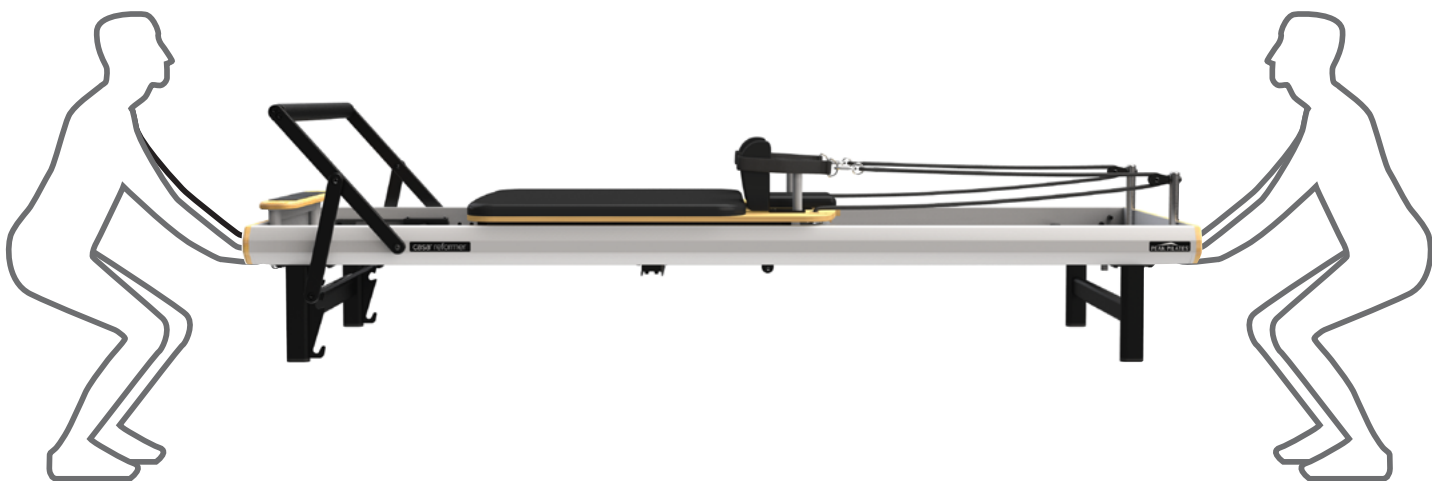
1 Place the headrest in the flat position and the footbar and footbar support bar in the storage position

2 Place the box on the carriage cushion with one of the long sides resting against the cushioned surface of the shoulder pads.

MOVING THE Casa™ reformer

IMPORTANT. Before moving the casa™ reformer, make sure that there is at least ONE spring attached to the gear bar.

- NEVER hold onto or use the footbar to move the reformer (in ANY position)
- Invite your friend to help you. Always move the reformer with at least 2 people (one at each end).
- Hold the reformer under the aluminum and wood end panels, lift with the legs and move to the desired place. Keep the reformer on a level surface while using.



MAINTAINING THE Casa™ reformer

You have purchased a high-quality piece of equipment that is constructed of the finest components and materials. Proper care requires only a small, but very important investment of time in a regular, routine maintenance program.

| Part | Daily | Weekly | Bi-Monthly | Annually | As Needed |
|------------------------------|-------|--------|------------|----------|-----------|
| Inspect: | | | | | |
| Overall Machine | ✓ | | | | |
| Springs | ✓ | | | | |
| Tracking System | | ✓ | | | |
| Hardware | | | ✓ | | |
| Footbar Support Bar Hardware | ✓ | | | | |
| Clean: | | | | | |
| Frame | | | | | ✓ |
| Upholstery | ✓ | | | | |
| Tracking System | | ✓ | | | |
| Replace: | | | | | |
| Springs | | | | ✓ | |
| Ropes | | | | ✓ | |
| Double Loops | | | | | ✓ |
| Safety Clips | | | | | ✓ |

INSPECT

☐ overall machine ☐ springs ☐ tracking system ☐ hardware ☐ foot bar and foot bar support bar

Overall Machine: We highly recommend that you visually inspect the machine daily.

Springs: Even with extensive pre-testing and rigorous quality inspections, the possibility of spring failure exists. In addition, severe nicks or abrasions may develop as a result of misuse and could lead to springs breaking prematurely. Not replacing springs in a timely manner could also lead to failure. While breaking or deformation of a spring and the resulting potential for injury is a remote possibility, a daily inspection is critical. If, at any time, a gap between the coil of a spring becomes evident, that spring needs to be replaced immediately. The springs are plated to prevent rust or corrosion from perspiration, condensation and/or humidity. Minor variations in the brightness of the finish are the result of different plating batches and do not affect the performance of the springs.

Tracking System: The protected bearings in the carriage wheels are permanently lubricated and require no further service. You should inspect the axles and hardware weekly. Remove any debris that might be trapped between the wheel and the carriage frame and tighten the axles if any wheel “play” is evident.

Hardware: All hardware should be checked at least every 2 months to insure that every nut, bolt and fastener is secure. If at any time a component exhibits free play, the hardware needs to be properly re-tightened immediately.

Foot Bar and Foot Bar Support Bar: The hardware that connects the foot bar support bar to the foot bar should be inspected daily or after each use. The bolts should be sufficiently tight to create friction at the pivot point and prevent the foot bar support bar from swinging freely.

MAINTAINING THE Casa™ reformer (continued)

CLEAN

☐ frame ☐ upholstery ☐ tracking system

Frame: The frame and the wood components should be cleaned with a mild, soapy solution. Thoroughly dry your casa reformer after cleaning. A good furniture polish can also be used on the wood components.

Upholstery: We recommend wiping down the vinyl upholstery with a mild cleaning solution after each use. A good example of this would be a solution of one part Simple Green and 12 parts of water. Never directly spray solution into components or assemblies. Spray a soft cloth with solution, wipe the equipment, and then towel dry.

Tracking System: The tracks upon which your carriage rides are powder coated to be sealed against oxidation. Clean them on an as-needed basis using a mild cleaning solution as mentioned above and dry thoroughly with a soft cloth.

REPLACE

☐ springs ☐ ropes ☐ double loops ☐ safety clips

Springs: All springs should be replaced each year. Any spring that exhibits early signs of fatigue (separation of coils, kinks, etc.) needs to be replaced immediately. High usage dictates replacement of springs more often.

Ropes: Over time, the ropes may exhibit some minor “fraying”. Light fraying is completely normal and to be expected. Any ropes with excess fraying, tearing, or other problems need to be replaced immediately.

Double loops and Safety Clips: This hardware can wear over time. Ensure that they operate properly and replace them as required to insure safe operation of the reformer.

SUPPLEMENTAL INFORMATION

The casa™ reformer is in compliance with EN 957-2 Class S (studio) standard. Please ensure that the casa™ reformer is always used in supervised areas where access and control is specifically regulated by the owner or user. Please keep pets and small children away from the reformer at all times. The casa™ reformer should also only be used by persons that have been trained and/or are being trained by Peak Pilates® Certified Instructors or equivalent.

The casa™ reformer should always be used in a safe manner and has a user weight limit that should not exceed 275 pounds. Please refer to the Peak Pilates® training methods learned during instruction for all exercise modalities on the casa™ reformer. Peak Pilates® education and programming provide comprehensive training in all aspects of exercises that can be achieved on this reformer. Training is imperative to safe and quality operation of this reformer.

Exercise should always be achieved in a deliberate and controlled manner that is consistent with the Peak Pilates® program.

The casa™ reformer is classified as a speed-independent piece of training equipment (meaning that the resistance can also be adjusted by other means than speed; eg: an adjustable braking mechanism)

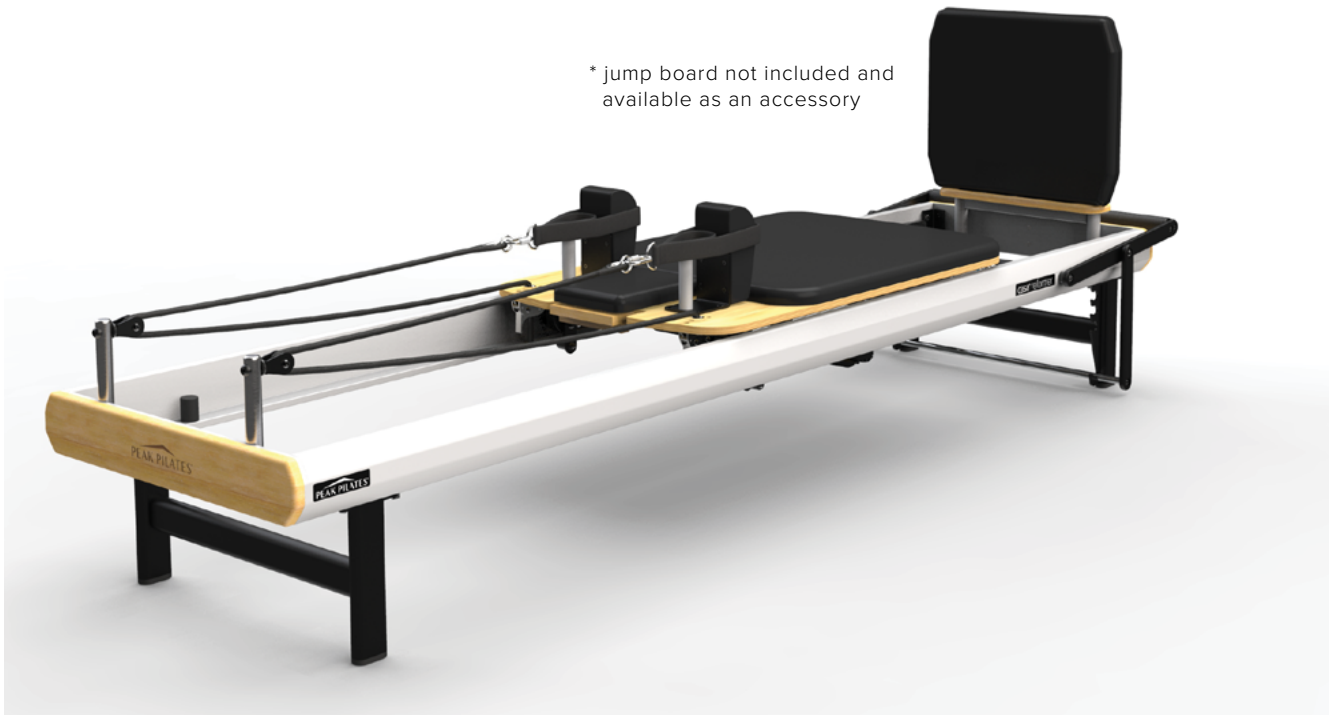


WARNING

ENSURE AND VERIFY THAT ANY PERSON(S) MAKING ADJUSTMENTS, PERFORMING MAINTENANCE OR MAKING REPAIRS OF ANY KIND TO THE Casa™ reformer IS QUALIFIED TO DO SO.

ACCESSORIES AND ENHANCEMENTS

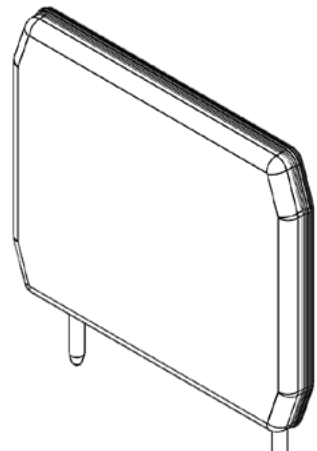
Visit www.peakpilates.com to see a complete list of training accessories and reformer enhancements (like the jump board pictured below)*. Only use Peak Pilates® original equipment accessories for the casa™ reformer.



Installing a Jump Board (Optional Accessory)

Install the Jump Board as follows:

1. Lower the Footbar and Support Bar
2. Slide the Jump Board pegs into the holes located on the Standing Platform with the padded end facing the carriage



WARNING

PLEASE NOTE THAT ANY ADJUSTMENT FEATURES LEFT PROTRUDING CAN POSSIBLY INTERFERE WITH THE USER'S MOVEMENT ON OR AROUND THE Casa™ reformer.



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