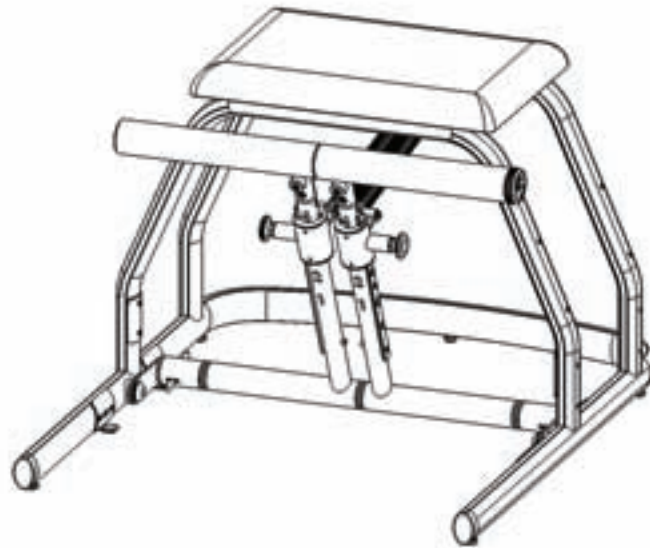


# MVe<sup>®</sup> Chair Split Pedal Upgrade Kit

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Split Pedal



## Congratulations on the purchase of your MVe® Chair Split Pedal Upgrade Kit



The Peak Pilates MVe Chair is one of the most versatile pieces of exercise equipment available today. Upgrading a Single Pedal Chair by adding the Split Pedal feature opens a whole new realm of exercise patterns. The Split Pedal can be easily linked to function as a Single Pedal or disengaged to allow the user to articulate each side of the Pedal independently. The Split Pedal also offers 10 resistance levels adding even more variety. Verify that the locking pin is fully engaged whenever the Split Pedal is in Single Pedal mode.

### Recommended Use

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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 faint, dizzy, pain, or is short of breath, he or she must stop immediately.

**Important:** This manual contains important safety and usage information. Before beginning exercise, read the entire manual paying specific attention to all cautions and warnings. Obtain qualified instruction on the use of the Peak Pilates MVe Chair. 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 MVe Chair, 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.

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## Safety Statement

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

Inspect the machine including Springs, Pull Pin, and Release Pins before use. DO NOT exercise on the machine if signs of excessive wear or other defects are evident. DO NOT attempt to fix a defective machine. Instead, notify Peak Pilates immediately.

DO NOT remove labels for any reason. They contain important information. If the labels are illegible or missing, contact your service representative for replacements.

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

## Proper Use

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1. This equipment is only to be used as described by the manufacturer. It is imperative that the MVe<sup>®</sup> Chair 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.
5. DO NOT use the machine with the Foot Pedal in the stacking position (base of Foot Pedal rotated toward the front of the Chair. See the instructions for stacking/unstacking). Only use the machine when the Foot Pedal is in the functional (exercise) position (base of the Foot Pedal rotated toward the rear of the Chair).

## Specific Operating Warnings

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1. Keep your body and loose items such as clothing, hair, and jewelry away from moving parts.
2. Be certain that the Pull Pin for the Spring Adjustment Slider and the Release Pins for the Foot Pedal are fully engaged before beginning to exercise. If you are not sure how to verify proper engagement, seek assistance.
3. Do not tip the machine during use.
4. Children must not be allowed near this machine. Teenagers and/or physically challenged individuals require supervision.
5. It is the purchaser's sole responsibility to instruct end users and supervising personnel on the proper operating procedures of the MVe<sup>®</sup> Chair. 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 personnel.**

## Warranty

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Congratulations on the purchase of your new MVe<sup>®</sup> Chair Split Pedal Upgrade Kit. We warrant this kit to be free of manufacturing defects. Any parts that are repaired or replaced under the terms of this agreement will be warranted for the remainder of the term of the original warranty.

This product carries a two year limited warranty on the frame structural components effective as of the invoice date of the original purchase.

All other components, with the exception of the Foot Pedal foam and cover are covered by a one year limited warranty effective as of the invoice date of the original purchase. If a failure due to workmanship and/or materials occurs, we will, at our discretion, repair or replace the defective components. The Foot Pedal foam and cover are warranted against defects in workmanship and/or materials for 60 days effective as of the invoice date of the original purchase.

This warranty refers to the Peak Pilates MVe<sup>®</sup> Chair Split Pedal Upgrade Kit and covers materials only. It remains in effect only under the following conditions:

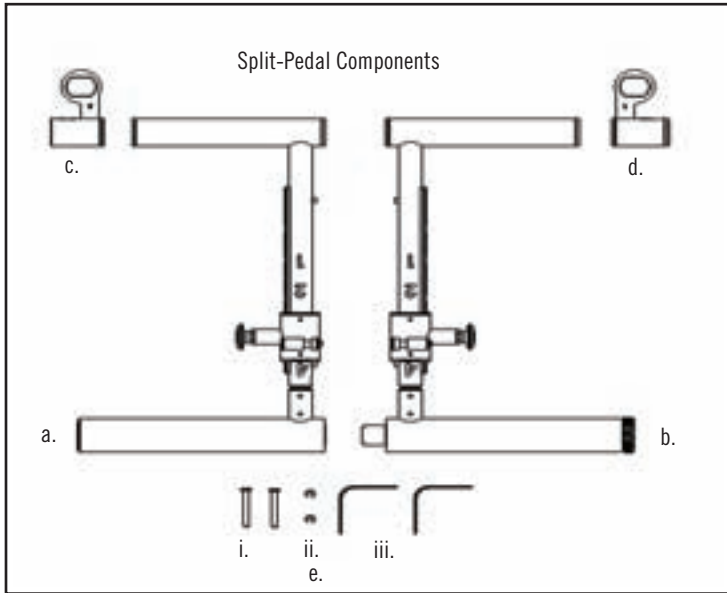
1. This machine is not modified in any way.
2. The machine is only used as specified in the manual and in accordance with generally accepted Pilates exercise practices. Accidents, abuse, misuse or improper service will not be covered under the provisions of this warranty.

This warranty only applies to the original purchaser of this equipment and is not transferable. All claims must be made within the relevant warranty period specified above. **Warranties outside the U.S. may vary.**

# Assembly Instructions

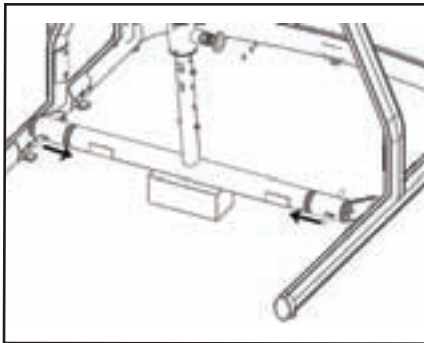
1. Carefully unpack and inspect the contents of the box. Use extreme care when cutting away the packing materials as the cutting tool/tools can scratch the surface of the parts.

2. Verify that you have received all parts and hardware by checking what is included in the box against the packing list below.



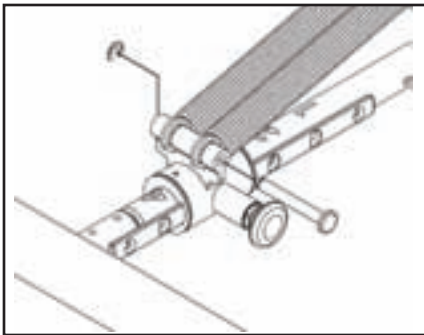
## Package Contents:

- a. Right Side Pedal
- b. Left Side Pedal
- c. Right Handle Support Flange
- d. Left Handle Support Flange
- e. Hardware Pack including:
  - i. (2) Short Retaining Pins
  - ii. (2) E-Clips
  - iii. (2) Allen Wrenches

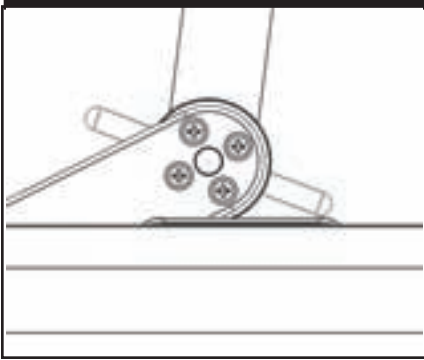


3. Locate a support block of some type – could be a box or similar support – that is approximately 4 - 5 inches tall.

4. Pull the Release Levers for the MVE Chair Foot Pedal toward the center of the unit and rotate the base of the Pedal until it rests on the support block as shown.

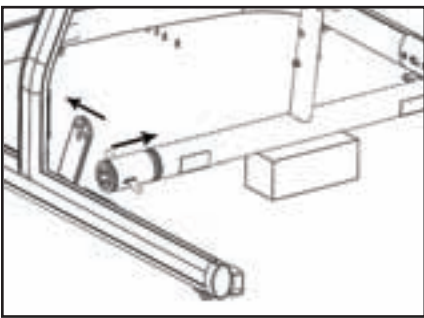


5. Using a flat blade screwdriver or other tool pry the E-clip which retains the Spring Pin to the Spring Adjustment Slider from its groove in the Spring Pin. Withdraw the Pin and allow the Springs to drop to a resting position.

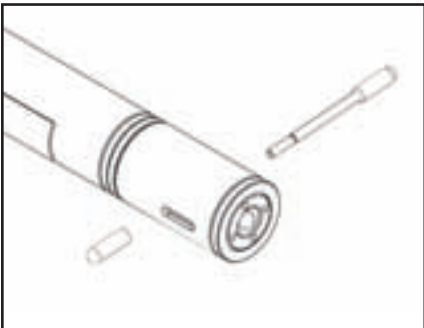


6. Unscrew the four fasteners that assemble the right side, black plastic Swing Arm to the Foot Pedal Pivot Bar.

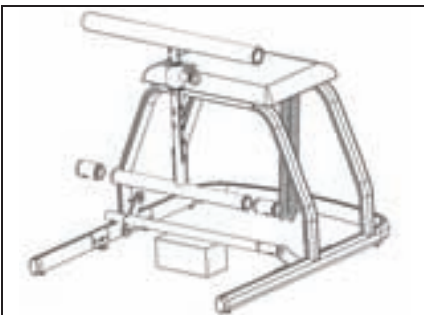
NOTE: “Left” and “Right” are defined as the user’s left or right when sitting on the Chair with feet on the Foot Pedal.



7. Withdraw the Release Pin on the same side by pulling back on the Release Lever. Once the tip of the Pin is clear of the black plastic Swing Arm, rotate the Swing Arm out of the way.

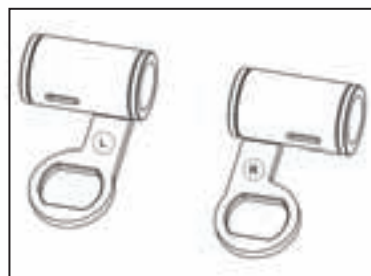


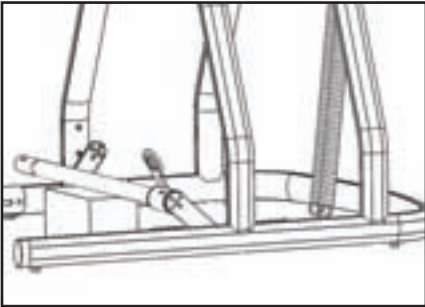
8. Unscrew one of the black plastic knobs located at either end of the Release Lever on both the left and right sides of the Pivot Bar and withdraw the pins from their aluminum cylinders.



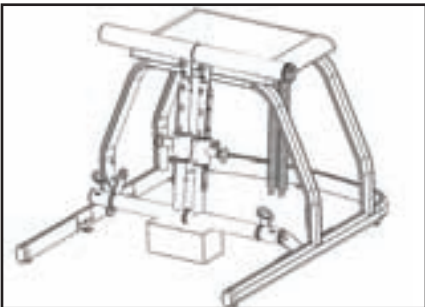
9. Slide the right side, aluminum cylinder off of the Pivot Bar followed by the entire Foot Pedal Assembly and then the left side aluminum cylinder.

10. Identify the right and left Handle Support Flange by locating the ‘R’ or ‘L’ graphic.

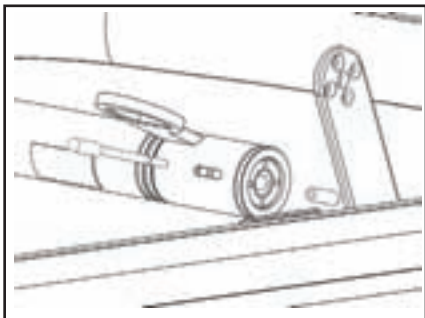




11. Slide the new, left side Handle Support Flange over the Foot Pedal Pivot Bar in the orientation shown.

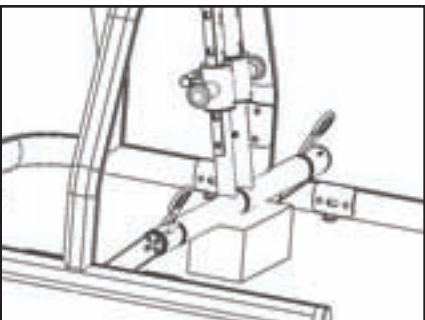


12. Then slide the new Split Pedal Assembly and right side Handle Support Flange over the Foot Pedal Pivot Bar. Verify the orientation of all parts per the illustration to the left.



13. Insert the Pins of the Release Levers through the slot in the Handle Support Flanges, slots in the Pivot Bar and holes in the Release Pins. Once the Pins have been fully inserted, reassemble the black plastic knobs and tighten.

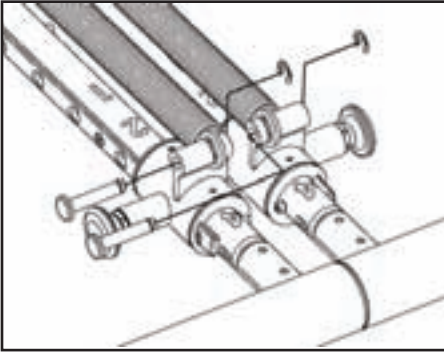
14. Verify that the Release Levers can be moved freely before continuing.



15. Pull the right side Release Lever toward the center of the machine withdrawing the Release Lever Pin. Rotate the Swing Arm such that the Pin will extend through the center hole in the Swing Arm.

16. Align the four holes of the Swing Arm with the holes in the Foot Pedal Pivot Bar and reassemble the mounting screws.

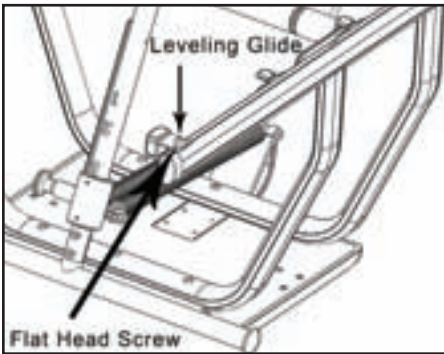
17. Remove the block under the Foot Pedal assembly lower tube and rotate the Foot Pedal to the exercise position.



18. Slide the end of one Spring into its notch at the end of the flange of one of the Spring Adjustment Sliders. Insert the Spring Retaining Pin.

19. Place an E-Clip so its legs engage the groove in the Spring Retaining Pin and either push or tap down with the end of a tool until it snaps into place. Repeat for the other Spring and Spring Adjustment Slider.

20. Place a piece of cardboard or other protective material on the floor and place the Chair on its Seat.



21. Remove the Leveling Glides assembled to the Base through the bracket for the Foot Pedal Bumpers.

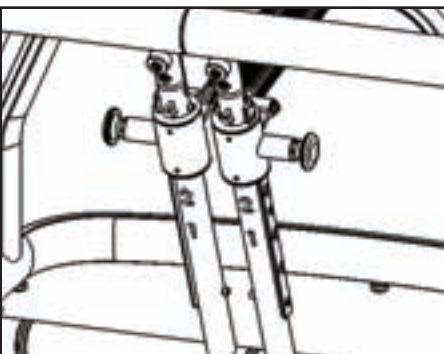
22. Remove both Foot Pedal Bumpers by unscrewing the flat head screws which fasten the brackets to the Base.

23. Replace the Leveling Glides.

24. Stand the Chair back on its Base.

**Note:** The new Split-Pedal includes a Bumper assembled to the vertical support for the Foot Bar.

25. Once completely reassembled, verify that the Foot Pedal can be moved from the Stacking to the Exercise position and that the Release Pins fully engage the slots in the Striker Plates.

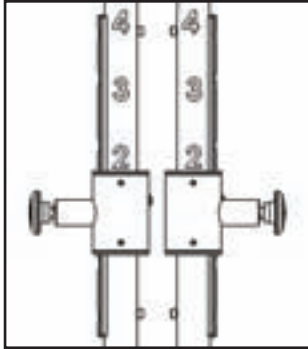


**CAUTION:** Never exercise with the Foot Pedal in the stacking position.

**WARNING:** Do not exercise on the Chair unless the Release Lever Pins are fully engaged in the slots of the Striker Plates



# User Guide



**Note:** Stacking and unstacking the Split-Pedal Chair is done in the same manner as the Single Pedal Chair. Before stacking the Split Pedal Chair verify that the pin connecting the two halves of the Split Pedal is fully engaged (see “TO ENGAGE SINGLE PEDAL MODE” immediately below).

## **TO ENGAGE SINGLE PEDAL MODE** (acts as a Single Pedal):

**Note:** “Right” and “Left” are defined as the user’s right or left when sitting on the Chair with feet on the Foot Pedal.

1. Make sure that the two exercise springs are adjusted to the same position 1, 2, 3, or 4.
2. Completely withdraw the gray knob located on the left side of the Foot Pedal.
3. Rotate Clockwise (when facing the knob) as far as possible and release the knob.

**Caution:** Verify that the pin connecting the 2 halves of the Split-Pedal is fully engaged before beginning exercise.

## **TO DISENGAGE SINGLE PEDAL MODE** (Split-Pedal mode):

1. Completely withdraw the gray knob located on the left side of the Foot Pedal.

2. Rotate counterclockwise (when facing the knob) as far as possible and release knob.

**Caution:** Verify that the pin connecting the 2 halves of the Split-Pedal is fully retracted into the left side of the Foot Pedal before beginning exercise.



## **Contact Information:**

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