

# PILATES STICK®

Thank you for purchasing the Pilatesstick®.

Joseph Pilates left behind a fitness legacy. At the core, he had a passion for connecting people to their bodies and improving their lives, so he developed all of his equipment to accomplish this through a series of resistance, angles and technique.

Pilatesstick was created as an extension of his desire to improve your life. Through ingenuity, we are reaching out to share his work with this new device that makes Pilates more accessible.

Your Pilatesstick comes with several components:

- (1) Pilatesstick
- (1) 5.5 foot sleeved resistance tubing
- (1) Foam safety anchor
- (1) Foot loops
- (1) Pilatesstick bag
- (1) Portable mat
- (1) Exercise Guide Poster
- (1) Online exercise library at [www.peakpilates.com/pilatesstick-online-video-library](http://www.peakpilates.com/pilatesstick-online-video-library)
- (1) Warranty card

## IMPORTANT INFORMATION:

1. Do not mount the Pilatesstick foam anchor in a glass door. It is best secured in a solid door that closes toward you.
2. If you are feeling uneasy about the strength of your door, we have a little trick for you. Shut the foam anchor on the side of the door over the hinge. Open the door all the way and slide the door anchor over the highest hinge. This will keep it at around 6 feet high.
3. You want your Pilatesstick mounted between 4 ½ and 6 feet.
4. It is recommended to consistently check the condition of the foam anchor. If it looks torn or worn, you should replace it.

For a complete library of Pilatesstick content please visit the url below:  
[www.peakpilates.com/pilatesstick-online-video-library](http://www.peakpilates.com/pilatesstick-online-video-library)

**DO NOT USE THE PILATESSTICK® UNTIL YOU HAVE READ THESE INSTRUCTIONS AND SAFETY INFORMATION.**

**PILATESSTICK SAFETY AND USE INSTRUCTIONS:**

- Not all exercise or equipment is suitable for everyone. Consult your doctor or healthcare professional before using this or any other exercise equipment. Improper use of this equipment may result in injury. Any user of equipment assumes the risk of injury resulting from use of the equipment. Pilatesstick is not a toy and is not appropriate for children or outside use.
- For your safety, use the Pilatesstick only as intended and demonstrated in the workouts shown in online introductory workout video.
- Stop and breathe or discontinue workout if you feel any discomfort, dizziness or shortness of breath.
- Make sure that your workout area is an unobstructed space and there are no objects in the immediate area that could cause injury.
- Always check the integrity of your resistance tubing and its attachment to the Pilatesstick prior to each use. Also, be sure to check that the door or attachment point of the Pilatesstick is very stable and able to bear your weight when exercising.

**FOAM ANCHOR INSTRUCTIONS**

When watching the video, you will notice that Susannah loops the foam anchor around the sleeved resistance tubing. This will keep your tubing from sliding when in use. You can also place the clip through the loop of the foam anchor.

For more anchor options, visit [www.peakpilates.com](http://www.peakpilates.com).

**Instructions:**

1. Holding the polypropylene looped strap, put the foam ring on the opposite side of the door.
2. Make sure the door is shut fast and locked if possible.
3. The height of the placement should be between 4 ½ and 6 feet high in the door.
4. Clip or insert exercise device through or on the loop/strap.

- Bare feet are recommended.
- Always work on a slightly padded workout mat.
- Do not stand on the Pilatesstick.
- This product is sold with a one-year manufacturer warranty on anything that is not normal wear and tear. Pilatesstick does not make any guarantees of any kind and the creators, producers, manufacturer, distributors and participants in this program disclaim any liability loss or damage caused by its use.
- Never release the Pilatesstick when there is tension on the sleeved resistance tubing.
- Never use the Pilatesstick in close proximity to other people.
- Be certain that all hardware is fully tightened before beginning to exercise.
- Never release the bar when the elastic bands are elongated even if they only slightly stretched.
- Do not continue to pull on the elastic bands once they are fully extended.
- Always control your movement and limit your exercise to a safe and comfortable range of motion.
- Extra care must be taken in highly humid areas, high perspiration conditions or other conditions that may result in your hands or feet slipping off the bar. If such conditions exist, you must stop exercising immediately.

**Product Care:**

1. Use doors that open away from the areas of exercise.
2. Make sure the door is closed tight and/or locked.
3. Replace foam anchor yearly or when worn.
4. This product can be extremely dangerous if used incorrectly.
5. Read all instructions before use.
6. Neither manufacturer nor distributor assumes liability for accidents or damage that may occur with the use of this product.