



PPS™ DELUXE REFORMER

ASSEMBLY GUIDE AND OWNER'S MANUAL



Table of Contents

Chapter 1: About the Peak PilateSystem®	1
Safety Statement	2
Proper Use	2
Specific Operating Warnings	2
Warranty.....	3
Contact Information.....	3
 Chapter 2: Getting Started	4
Specifications	4
Glossary of Parts	5
Reformer Base Model	5
Deluxe Model	6
Mat Mode	6
Recommended Use	7
 Chapter 3: Unpacking and Assembling the Peak PilateSystem®	8
Identifying the Package Contents	8
Unpacking and Assembling the Peak PilateSystem	10
Unpacking the Machine and Parts	11
Unfolding the Machine	13
Assembling the Tower	15
Assembling the Leg Springs	15
Assembling the Arm Springs.....	16
Assembling the Push Through Bar Spring	16
Assembling the Safety Chain	16
Assembling the Ropes.....	17
Assembling the Short Box Foot Strap Assembly	18





Chapter 4: Operating the Peak PilateSystem®	19
Folding the Peak PilateSystem	19
Unfolding the Peak PilateSystem	21
Adjusting the Footbar	23
Attaching the Reformer Springs	24
Adjusting the Gear Change Bar	24
Adjusting the Head Rest	25
Adjusting the Risers	26
Installing the Jump Board (If Available)	26
Installing the Long/Short Box	26
Converting to the Mat	27
 Chapter 5: Maintaining the Peak PilateSystem®	 30
Inspect	30
Clean	31
Replace	31
Replacement Parts	32



Chapter 1: About the Peak PilateSystem®

Thank you for purchasing the Peak PilateSystem® (PPS). The PPS Deluxe Reformer is the most versatile and innovative piece of portable Pilates equipment. The PPS Deluxe combines three essential pieces of equipment, the Reformer, Cadillac (Tower End) and Mat, into one compact, space saving unit. One person can easily fold and roll to store with out removing any parts. The PPS machine is constructed of the highest quality, commercial grade materials and is engineered for utmost performance and durability. It requires little maintenance and will provide you with years of satisfied use.

This manual provides valuable information concerning the safe and proper use of your PPS machine. The entire guide should be read before beginning any exercise. All manufacturer's recommendations, cautions and/or warnings must be adhered to at all times. Failure to adhere to the content provided in this manual could lead to damage to your machine and/or injury to you or your clients. 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 machine specifications and basic recommendations for use (Chapter 2: Getting Started), unpacking and assembling instructions (Chapter 3: Unpacking and Assembling the Peak PilateSystem), operating the machine (Chapter 4: Operating the Peak PilateSystem®), examples of basic patterns of Pilates exercise (Chapter 5: Using the Peak PilateSystem®) and maintenance and common replacement parts (Chapter 6: Maintaining the Peak PilateSystem®). If, at any time, you have questions concerning any part of this manual please contact us using the information found on page 3.

We strongly advise that the PPS be used only by or under the supervision of a Certified Pilates Instructor. Peak Pilates® offers Education Programs and can provide training leading to certification. Visit the Peak Pilates® website at www.peakpilates.com or call 800.925.3674 for more information.

Safety Statement

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

Inspect the machine, including the springs, ropes, clips and straps, 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. We recommend that all users of Peak Pilates exercise equipment be informed of the following information prior to use.

Proper Use

1. This equipment is only to be used as described by the manufacturer. It is imperative that the Peak PilateSystem® 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 (approx. one meter) around the equipment clear of any obstructions.
4. Make sure that the machine is used on a level surface.
5. Make sure that the path is clear of obstacles prior to rolling the machine. Do not roll the machine on an incline.
6. Do not attempt to fold or roll the machine on thick pile or heavily padded carpet.

Specific Operating Warnings

1. Keep your body and loose items, such as clothing, hair, and jewelry, away from moving parts. Keep your body and all other items clear of the hinge when unfolding the machine.
2. Always keep one hand on the Lift Handle and the other hand on the Release Knob when unfolding the machine.
3. Be certain that the Gear Change Bar Locating Pins, Footbar Support Bar, Riser Pull Pins, Push Through Bar Quick Release Pins and Head Rest Support Block (as required for any specific training pattern) are fully and properly engaged before starting any exercise on this machine. If you are not sure how to verify proper engagement, seek assistance.
4. Be certain that all Double Ended Clips, Safety Links and Snap Clips (as required for any specific training pattern) are properly locked before starting to exercise.
5. Always make sure that the Head End Locking mechanism is engaged before beginning to exercise. If you are not sure how to verify proper engagement, seek assistance.
6. Do not tip the machine on its side during operation.
7. Children must not be allowed near this machine. Supervise teenagers or physically challenged persons.
8. It is the purchaser's sole responsibility to instruct end users and supervising personnel on the proper operating procedures of the Peak PilateSystem®. 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

Congratulations on the purchase of your new Peak PilateSystem® Deluxe machine. We warrant this machine 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 five year limited warranty on the frame structural components, rails and tower extrusions, effective as of the invoice date of the original purchase. All other components, with the exception of the upholstery, ropes and straps, are covered by a two 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. Upholstery, ropes and straps 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 PilateSystem® Deluxe model and covers material 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 this 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 the equipment and is not transferable. All claims must be made within the relevant warranty period specified above. Warranties outside the U.S. may vary.

If you have any questions or need additional assistance, please contact our Peak Pilates® Customer Service Team.



Chapter 2: Getting Started

Specifications

Deluxe	
Weight	341 pounds (138.1 kg)
Folded:	
Length	25.5 inches (64.8 cm)
Width	29.0 inches (73.7 cm)
Height	76.5 inches (193.0 cm)
Unfolded:	
Length	102.5 inches (260.4 cm)
Width	29.5 inches (75.0 cm)
Carriage Height	15.5 inches (39.4 cm)
Other:	
Tower Assembly Height	76.5 inches (194.3 cm)
Required Folding Effort	Less than 25 pounds (11.4 kg)

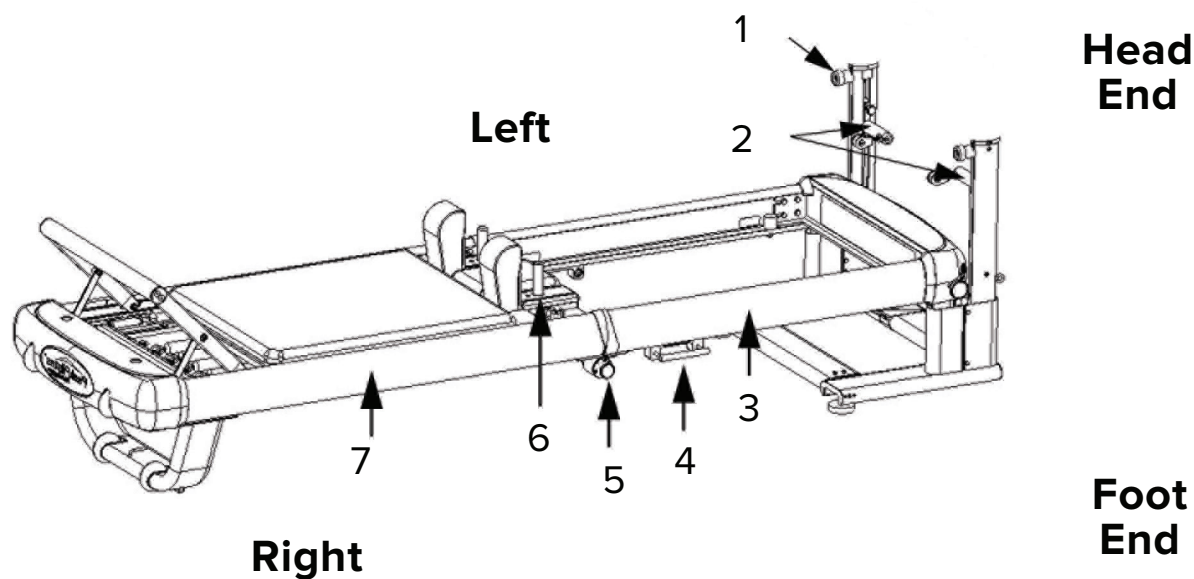


Glossary of Parts

The following is a list of the major components of the Peak PilateSystem. The numbers indicate where they are located in the following three figures. Many other parts are shown and described in other sections of the manual.

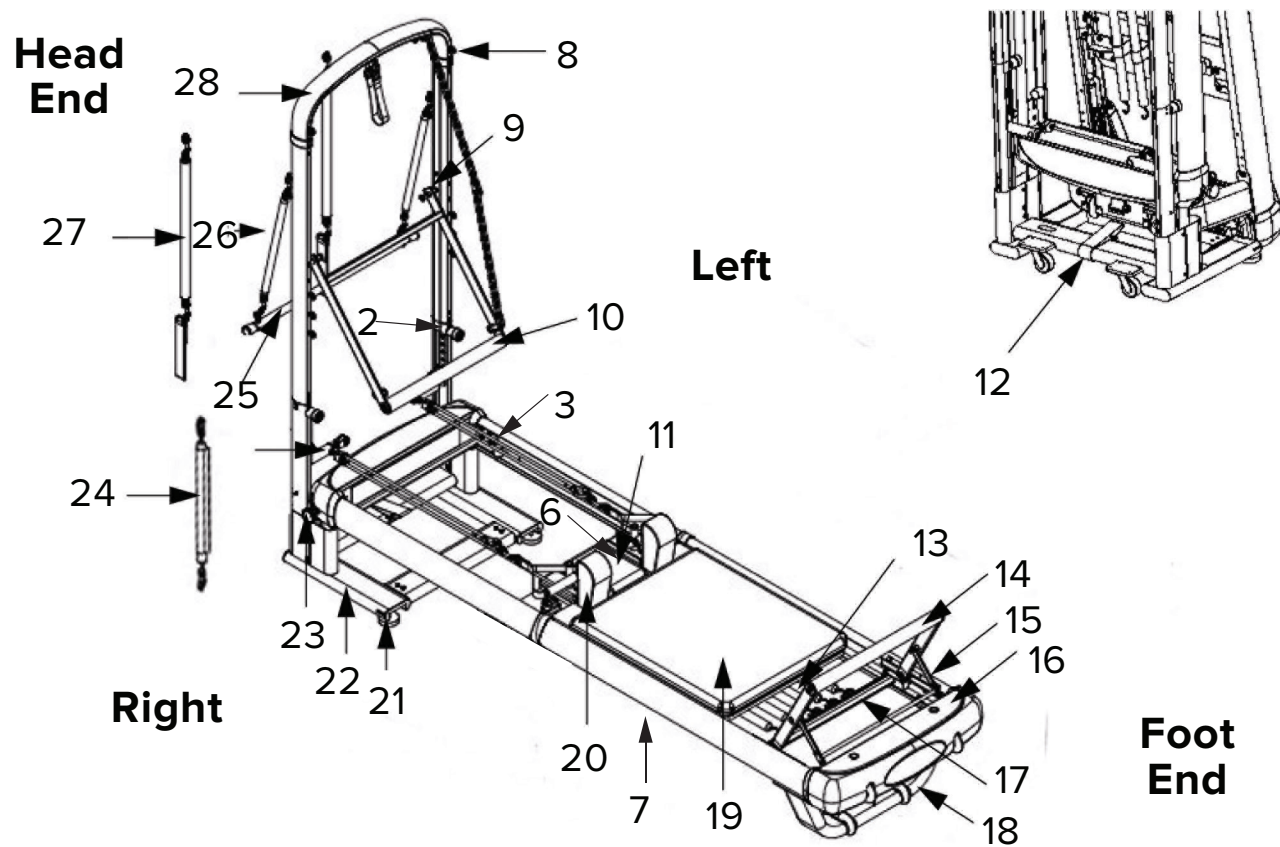
- | | |
|--|--|
| 1. Folding Bumper | 18. Foot End Base |
| 2. Riser Assemblies | 19. Carriage |
| 3. Head End Rail | 20. Shoulder Pad |
| 4. Lift Handle | 21. Leveling Glide |
| 5. Release Knob | 22. Head End Base |
| 6. Shoulder Pad Post | 23. Lock Knob |
| 7. Foot End Rail | 24. Push Through Bar Spring |
| 8. Eye Bolt for the Exercises Using Arm Spring | 25. Roll Down Bar |
| 9. Quick Release Pin for Push Through Bar | 26. Arm Spring |
| 10. Push Through Bar | 27. Leg Spring Assembly (including Foot Loop) |
| 11. Head Rest | 28. Tower Assembly |
| 12. Lock Strap | 29. Eye Bolts for the Exercises Using Leg Spring |
| 13. Reformer Springs | 30. Head End Mat |
| 14. Footbar | 31. Foot End Mat with built in foot strap |
| 15. Footbar Support Bar | |
| 16. Standing Platform | |
| 17. Gear Change Bar | |

Base





Deluxe Model



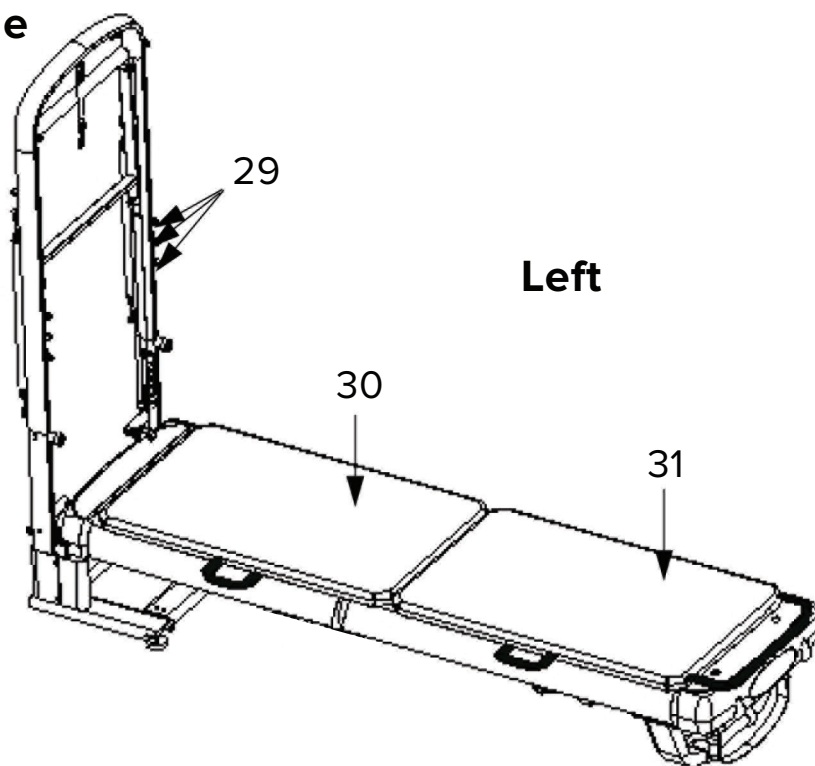
Mat Mode

Head
End

Right

Left

Foot
End





Recommended Use

Peak Pilates® strongly recommend 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, smokes, has high cholesterol, is obese, or has not exercised regularly in the past year. If, at any time while exercising, the user experiences faintness, dizziness, pain, or shortness of breath, he or she must stop immediately.

Important: This manual contains important safety and usage information. Before beginning exercise, read this entire manual, paying specific attention to all cautions and warnings, and obtain qualified instruction on the use of the Peak PilateSystem®. Use only for intended exercise. Do not modify the machine. Keep this manual 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 which can occur while using the Peak PilateSystem®, they 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.



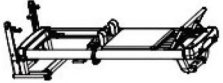



Chapter 3: Unpacking and Assembling the Peak PilateSystem®

Identifying the Package Contents







Important: Do not use any sharp cutting tools when unpacking the Peak PilateSystem! Doing so can damage this equipment.

When you open the packaging you will find the following items:

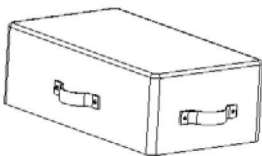


Package Contents

	Description	Part Number	Quantity
	Peak PilateSystem Base Machine	N/A	1
	Tower Assembly with Push Through Bar, Quick Release Pins, and Storage Strap	N/A	1
	Screw - M6 x 35 mm	804-021	8
	Double Loops	830-120	2

Package Contents

	Description	Part Number	Quantity
	Roll Down Bar	830-300	1
	Short Box Foot Strap Assembly (with 2 Safety Links)	830-400	1
	Leg Spring Assembly	830-003	2
	Arm Spring Assembly	830-801	2
	Push Through Bar Spring Assembly (with 1 Snap Clip, 1 Safety Link, and Cover)	805-026-2A	1
	Safety Chain Assembly (with 2 Safety Links)	830-600	1
	Foot Loop	830-110	2
	Rope Assembly (with Double Ended Clip)	830-500	2
	Jump Board	PPS06	1

Package Contents

	Description	Part Number	Quantity
	Long/Short Box	PPS04	1
	Non-Slip Pad	830-007	1
	Mat Set (2 mats)	PPS05 R1	1

Unpacking and Assembling the Peak PilateSystem®

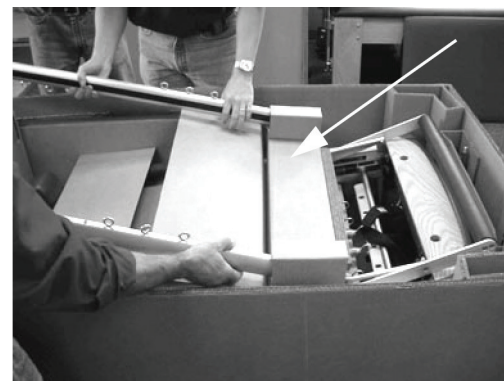
Note: You will need a 5 mm Allen wrench to assemble the equipment.

Unpacking the Machine and Parts

To unpack the machine:

1. Cut the banding and remove the box lid.
2. Lift and pull the Tower

Assembly (also called Tower) out of its cardboard sleeves.





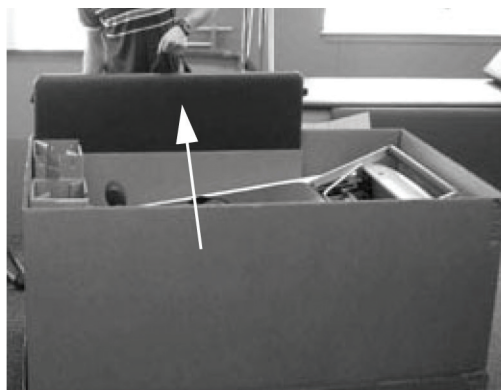
3. Remove the Jump Board and its cardboard sleeve.



4. Remove the support pillars.

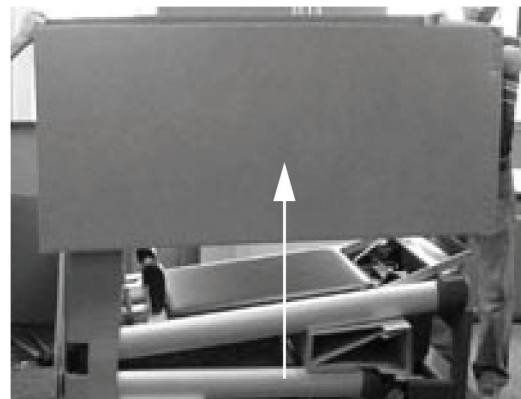


5. Remove the Mat set

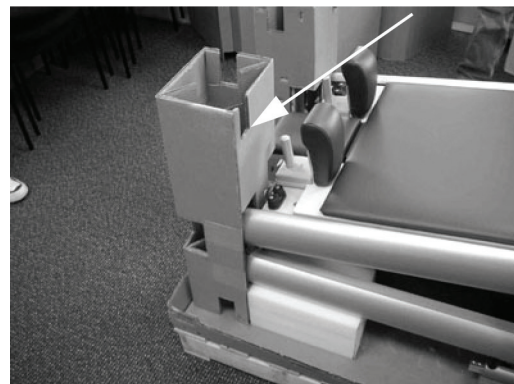




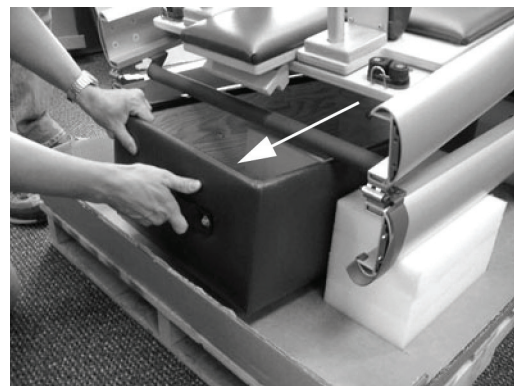
6. Remove the outer sleeve of the package exposing the machine.



7. Remove the remaining corner support pillars.



8. Remove the Long/Short Box from under the machine.
The accessories for the machine are in the Long/Short Box.



9. Lift up the machine and place it upright on the floor.

Caution: A minimum of 2 people are required to lift up the machine. Make sure that the area around the package is clear. Lift carefully using proper lifting techniques.





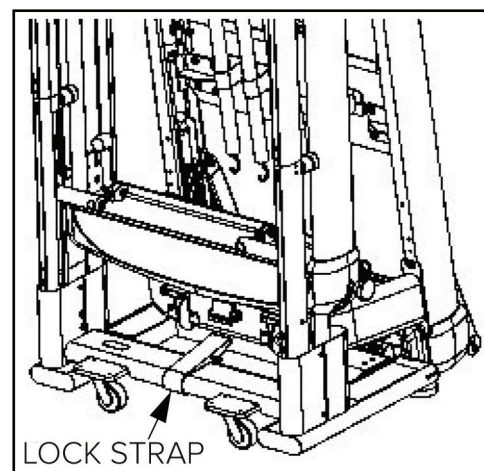
Unfolding the Machine

When you have removed the Peak PilateSystem from the packaging, it will look like the photo below with a nylon band wrapped horizontally around the machine.

Note: The unfolding process can be performed from left side of the machine.



1. Roll the machine to the desired location. Do not roll the machine on an incline or on thick pile or heavily padded carpet.
2. Stand at the back of the machine and undo the Lock Strap. The shipping band will prevent the machine from unfolding.
3. Place one hand on the Foot End Rail to prevent it from unfolding when the shipping band is cut. Cut the band and remove the triangular cardboard shown in the photo above.
4. The machine is shipped with the Head End Locking Mechanism unlocked. The rails can now unfold. Allow the rails to slowly unfold until the safety feature engages.



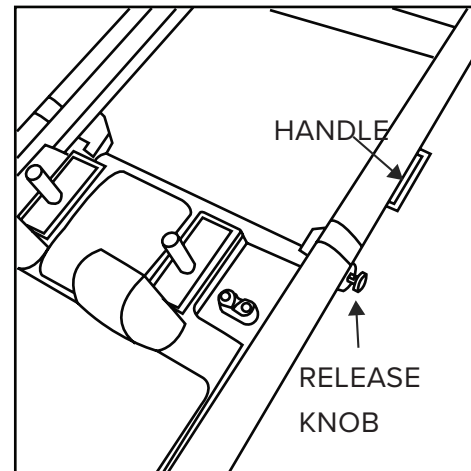
Caution: When you undo the Lock Strap, the rails may begin to unfold.





Warning: Keep hands, loose clothing, jewelry, hair, towels, and ALL loose articles away from the hinge at ALL times.

5. To continue unfolding, use one hand on the Lift Handle and lift the Head End Rail toward the Tower. Using the other hand, pull the Release Knob until the safety feature is fully disengaged.

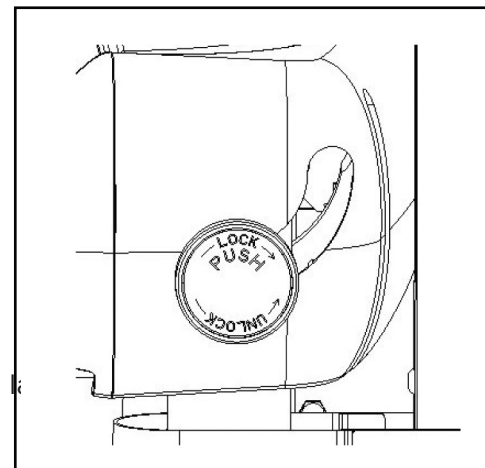


Warning: Always keep one hand on the Release Knob and the other hand on the Lift Handle when unfolding.

6. While holding the Release Knob in the retracted position, use the Lift Handle to lower the machine to the fully unfolded position.

Note: A safety feature will cause the machine to stop unfolding if the Release Knob is let go at any time. To continue unfolding, slightly lift using the Lift Handle and pull on the Release Knob.

7. Release the knob and the handle.
8. To lock, turn the Lock Knob as indicated on the attached lock.

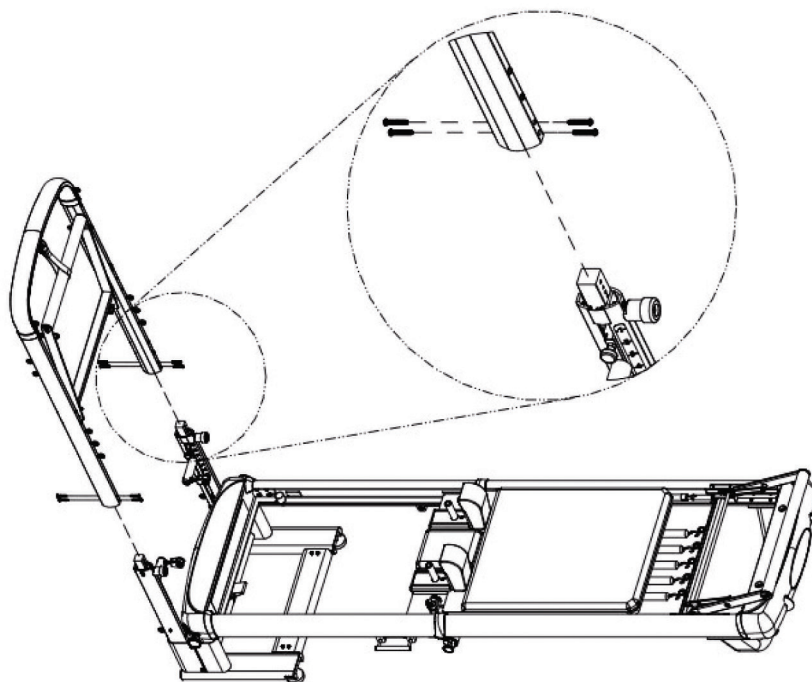


Caution: The machine must be locked prior to use.



Assembling the Tower

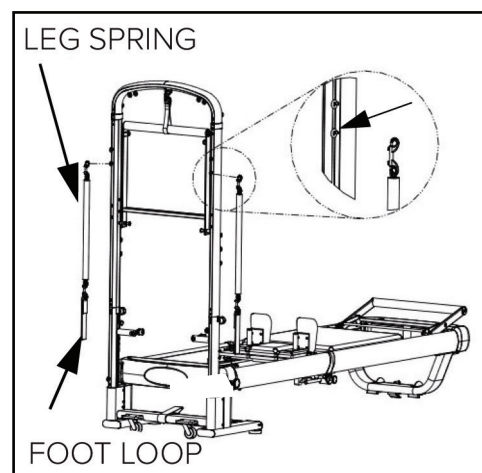
1. Place the Tower on the Head End of the machine.
 2. The side of the Tower with the 3 lower eye bolts should face the Foot End of the machine.
- Assemble the Tower with 8 M6 x 35 mm screws using a 5 mm Allen wrench.



Assembling the Leg Springs

To assemble the Leg Springs (544 mm (21.4 in) long):

1. Attach the open end of the Double Ended Clip to the ring on the Foot Loop.
2. Store the Leg Spring by hooking it to the lower eye bolt located in the back of the Tower.
3. Repeat for the second spring.

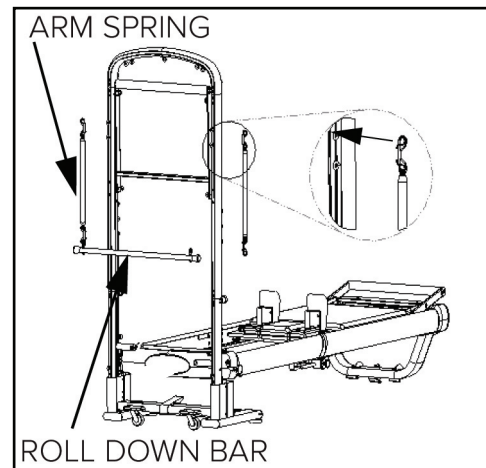




Assembling the Arm Springs

To assemble the Arm Springs (444 mm (17.5 in) long):

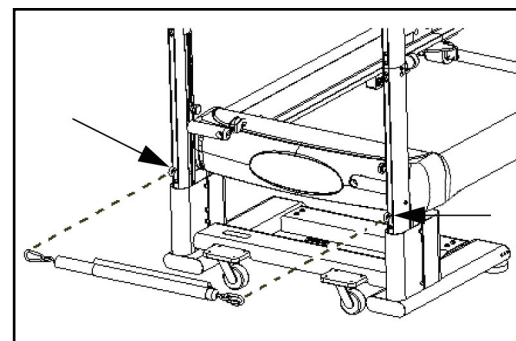
1. Using the Double Ended Clips, attach Arm Spring to each side of the Roll Down Bar.
2. Store the Arm Springs by hooking them to the upper eye bolts located in the back of the Tower.



Assembling the Push Through Bar Spring

To assemble the Push Through Bar Spring:

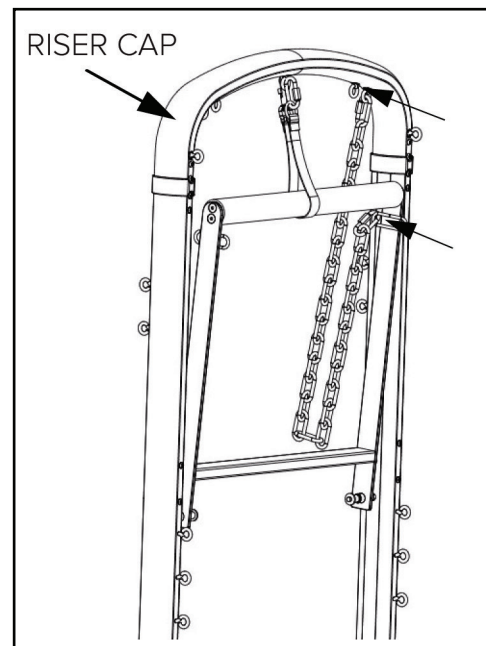
1. The Push Through Bar Spring is covered with a vinyl sleeve. It is stored stretched between the two eye bolts that are located at the bottom of the Tower.



Assembling the Safety Chain

To assemble the Safety Chain:

1. Using the Safety Link, attach one end of the chain to the outside eyebolt on one side of the Riser Cap.
2. Attach the other end to the ring on the Push Through Bar.



Warning: Tighten the Safety Link locks. The Safety Chain is to remain attached to the Riser Cap and the Push Through Bar at all times. Do not remove the Safety Chain under any circumstances.





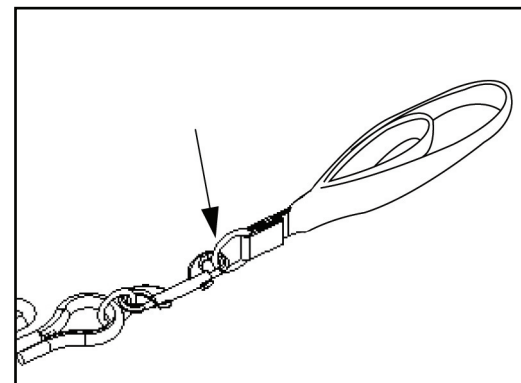
Assembling the Ropes

To assemble the Ropes:

1. Hook the Double Ended Clip on the rope to the ring

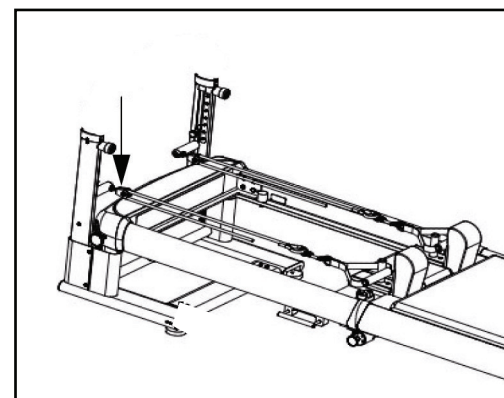
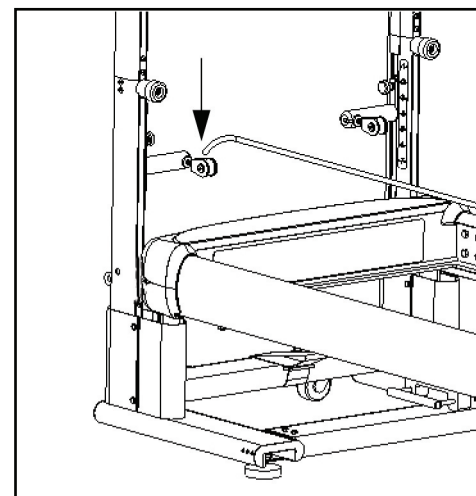
2. Feed the other end of the rope through the Pulley on the Riser Assembly (also called Riser).

Note: Make sure both of the Risers are in the same of the 7 preset positions.



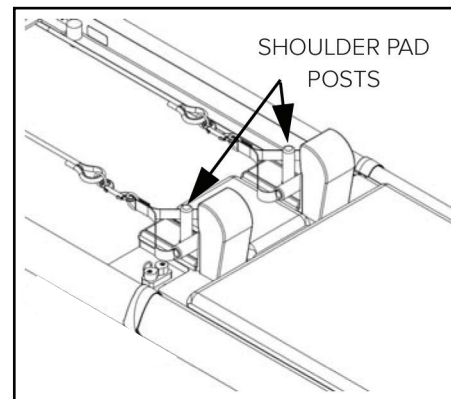
3. Feed the rope through the metal loop and cam of the cleat, adjusting to the desired length.
4. Drop the excess length of rope into the hole next to the cleat.
5. Repeat this procedure for the rope on the other side.

Note: Make sure both ropes are adjusted to equal lengths when the Risers are at the same height.





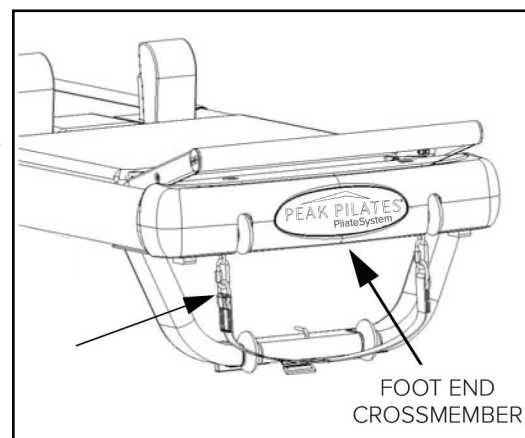
6. To store the Ropes, place the handles on the Shoulder Pad Posts.



Assembling the Short Box Foot Strap Assembly

To assemble the Short Box Foot Strap Assembly:

1. Attach the Safety Links to the 2 eye bolts on the Foot End Cross-member.
2. Tighten the Safety Link locks.



Chapter 4: Operating the Peak PilateSystem®]

The following describes how to:

- Fold and unfold the machine
- Adjust the Footbar, Gear Change Bar, Head Rest, and Risers
- Attach the Reformer Springs
- Install the Jump Board and the Long/Short Box
- Convert to the Mat mode

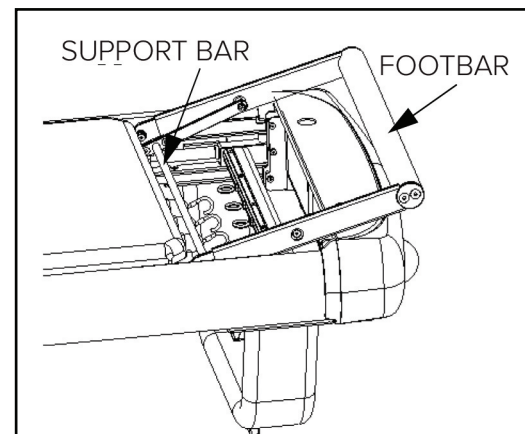
Folding the Peak PilateSystem®

The Peak PilateSystem must be in the Reformer configuration (unfolded, no mats) before unfolding.

Caution: Do not attempt to fold or roll the machine on thick pile or heavily padded carpet.

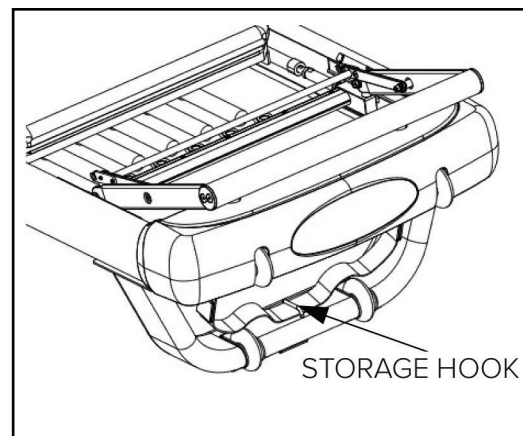
To fold the machine:

1. Make sure that at least the center Reformer Spring is attached.
2. Place the Gear Bar in position -1 (see “Adjusting the Gear Change Bar” on page 25).
3. Fold the Footbar and the Support Bar (see “Adjusting the Footbar” on page 24).
4. Place the Foot Loops (whichever is attached to the Rope Assembly) on the Shoulder Pad Posts.

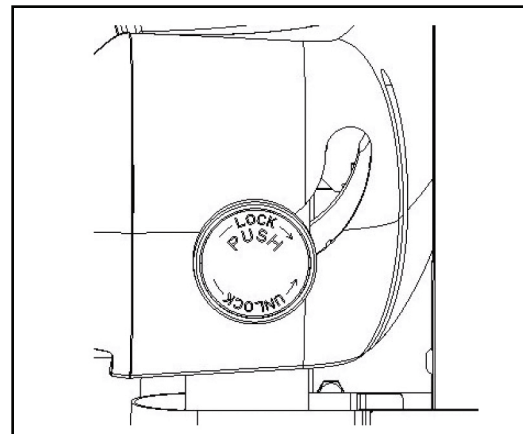




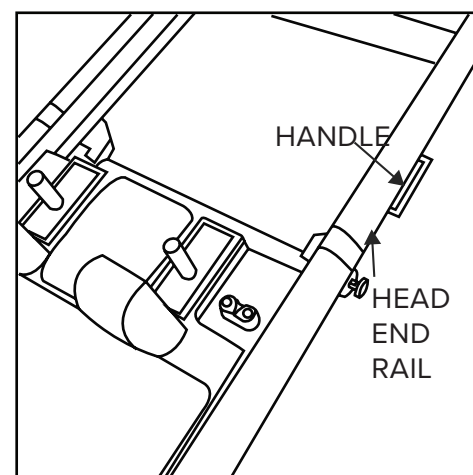
5. Store the Short Box Foot Strap, placing it on the storage hook located on the Foot End Base.



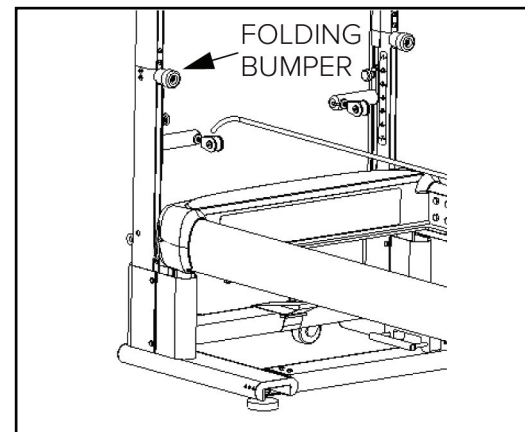
6. To unlock, turn the Lock Knob as shown on the attached label. When the knob is disengaged, a spring will pop it free.



7. Using the Lift Handle, lift the Head End Rail toward the Tower.

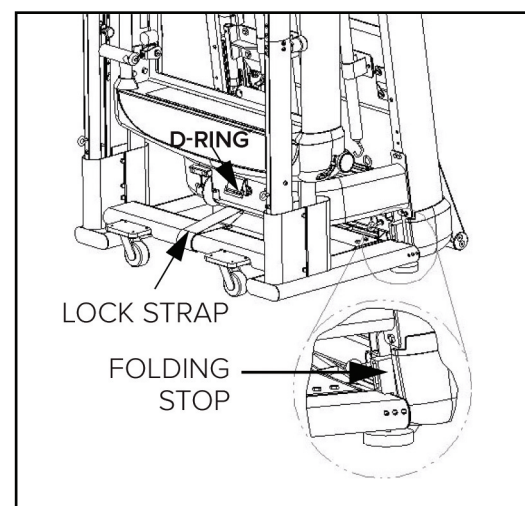


8. When the Head End Rail contacts the Folding Bumper, grasp the Foot End Rail with your free hand. Lock the machine in the storage position by turning the Lock Knob as indicated on the attached label.



Caution: Make sure the Head End Locking Mechanism is engaged before completing the unfolding procedure.

9. At the Head End of the machine, insert the Lock Strap through the D-ring. Pull tightly causing the Folding Stop, attached to the Foot End Crossmember, to butt up against the leading edge of the Head End Base.
10. Once the Folding Stop butts up against the Head End Base secure the Velcro. Now the machine can be rolled away for storage.

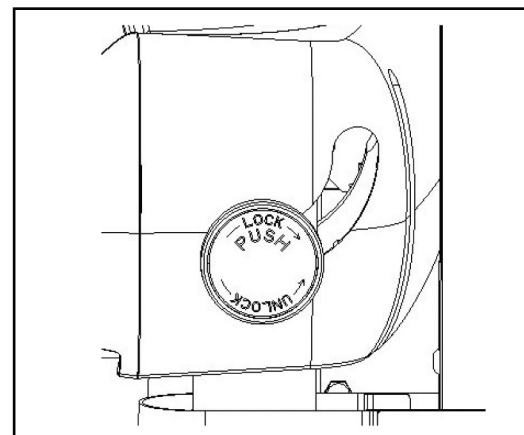


Note: If you do not pull the Lock Strap tightly, the machine will not roll. Do not fold or roll the machine on thick pile or heavily padded carpet. Do not roll the machine on an incline.

Unfolding the Peak PilateSystem®

To unfold the machine:

1. Roll the machine to the desired location. Do not roll the machine on an incline or on thick pile or heavily padded carpet.





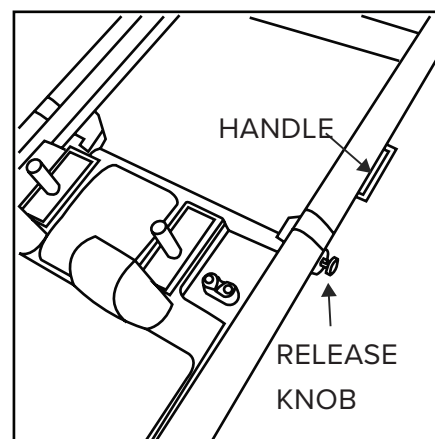
Caution: Check to make sure the machine is locked. If the machine is not locked and you undo the Lock Strap, it may begin to unfold.

2. Undo the Lock Strap.
3. To unlock, place one hand on the Foot End Rail and use the other hand to turn the Lock Knob as indicated on the attached label.



Warning: Keep hands, loose clothing, jewelry, hair, towels, and ALL loose articles away from the hinge at ALL times.

4. To unfold, put one hand on the Lift Handle. Using the other hand, pull the Release Knob until the safety feature is fully disengaged.
5. While holding the Release Knob in the retracted position, use the Lift Handle to lower and fully unfold the machine.



Warning: Always keep one hand on the Release Knob and the other hand on the Lift Handle when unfolding.

Note: A safety feature will cause the machine to stop unfolding if the Release Knob is let go at any time. To continue unfolding, slightly lift using the Lift Handle and pull on the Release Knob.





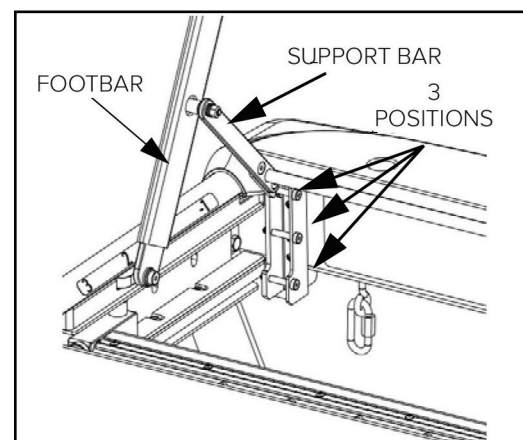
6. Release the knob and the handle.
7. To lock, turn the Lock Knob as indicated on the attached label.

Caution: The machine must be locked prior to use.

Adjusting the Footbar

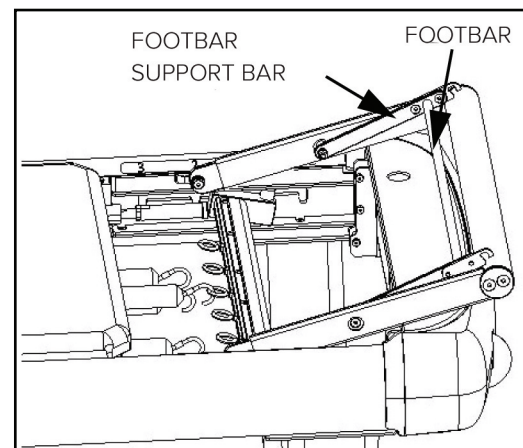
The Footbar has 3 positions. To disengage and change positions perform the following:

1. Gently pull the Footbar toward the Carriage while pushing the Support Bar toward the Foot End of the machine, disengaging the slot at the end of the Support Bar.
2. Re-engage the slot to any of the 3 positions.



Warning: Make sure that the slot at the end of the Support Bar is fully engaged before continuing to exercise.

Note: The Footbar can be stored as shown in the figure.





Attaching the Reformer Springs

The Peak PilateSystem comes with 5 Reformer Springs attached to the Carriage.

There are 3 types of springs described below.

- Light - There are 2 light springs marked with a blue tab.
- Medium - There are 2 medium springs marked with a yellow tab.
- Heavy - There is 1 heavy spring marked with a red tab.



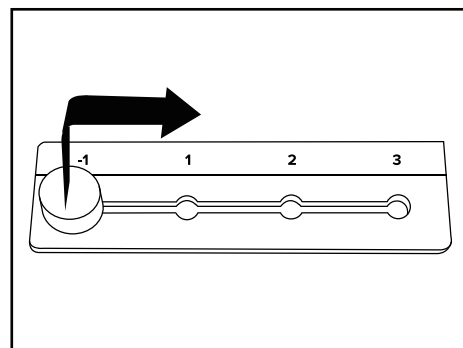
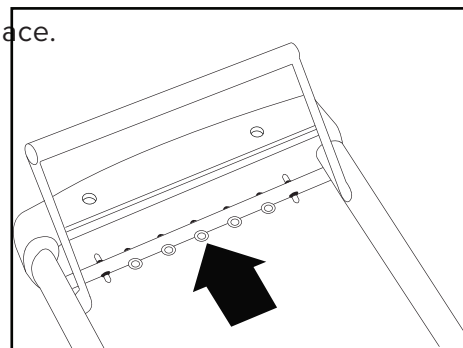
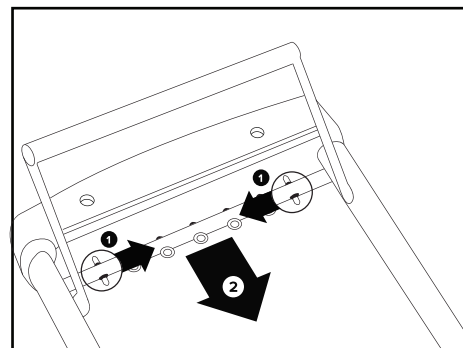
Warning: At least one spring must be attached at all times while the Peak PilateSystem is in the Reformer mode.

To attach the spring to the eye bolt on the Gear Change Bar:

1. Pull and lift the spring.
2. Insert the spring hook through the respective eye bolt.

Adjusting the Gear Change Bar

1. Remove all springs from the Gear Bar.
2. If moving the Gear Bar toward the Carriage, pull the Release Levers toward the center of the unit and slide the Gear Bar to the desired positions.
3. If moving the Gear Bar toward the Foot Bar, simply push the Bar into Place.
4. Roll the Carriage toward the Head End of the machine exposing the Gear Block.
5. Pull the Gear Block upward as far as possible and slide to the location commensurate with the Gear Bar. The Gear Block will automatically engage when properly positioned.
6. Re-engage the springs as required.



Caution: Make sure that Gear Change Bar locating pins are securely engaged in one of the 4 positions before exercising.

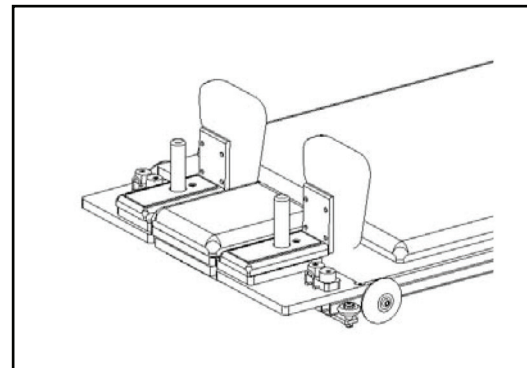




Adjusting the Head Rest

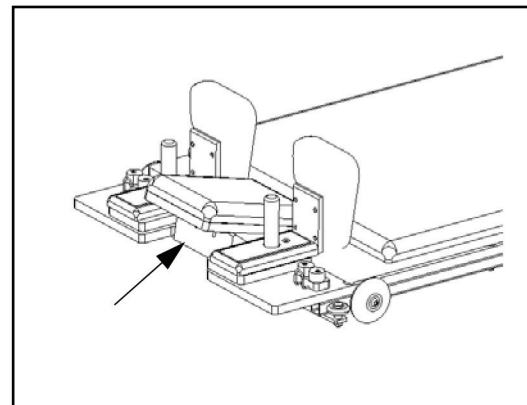
The Head Rest has 3 positions:

- Flat (shown in figure on the right)
- Half Raised
- Fully Raised



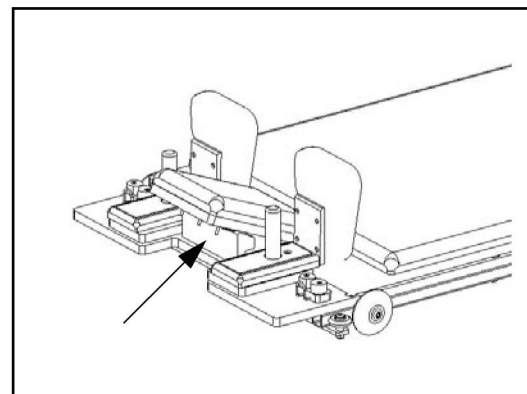
To change the Head Rest from the Flat position to the Half Raised position:

1. Lift and push in on the Head Rest Support Block until it rests on the first ledge of the Head Rest Support Block.



To change the Head Rest to the Fully Raised position:

1. Lift the Head Rest higher and push in on the Head Rest Support Block.



Caution: Make sure that the Head Rest is fully seated on the Head Rest Support Block before exercising.



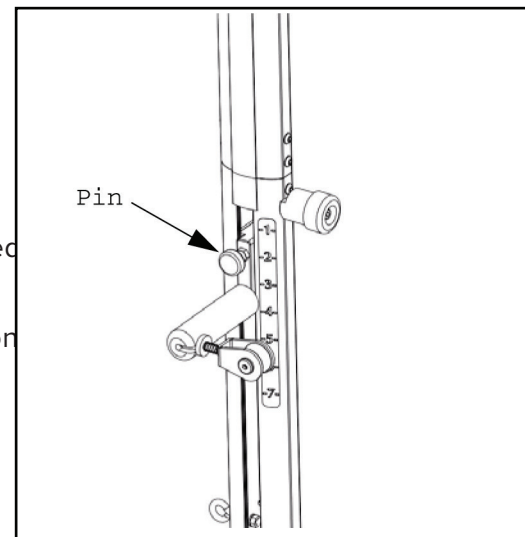


Adjusting the Risers

The Risers have 7 scaled and 1 stored positions. The Riser positions are scaled so that both Risers can be easily adjusted to the same height.

To adjust the Risers:

1. Pull the Riser Pull Pin and move the Riser up or down to the desired position.
2. Release the Riser Pull Pin to lock.
3. Set the Riser on the other side of the machine to the same position.

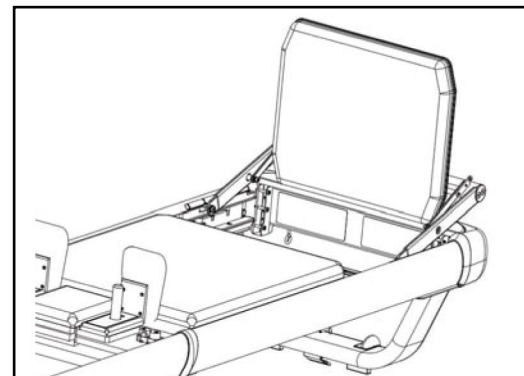


Caution: Make sure that the Riser Pull Pin is engaged before beginning any exercises.

Installing the Jump Board

To install the Jump Board perform the following:

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.

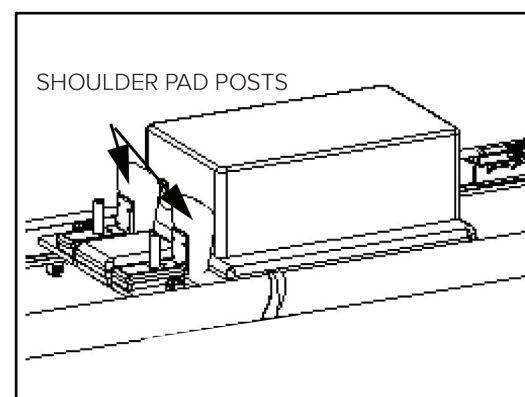


Installing the Long/Short Box

Install the Long/Short Box as follows:

To use it as a Long Box:

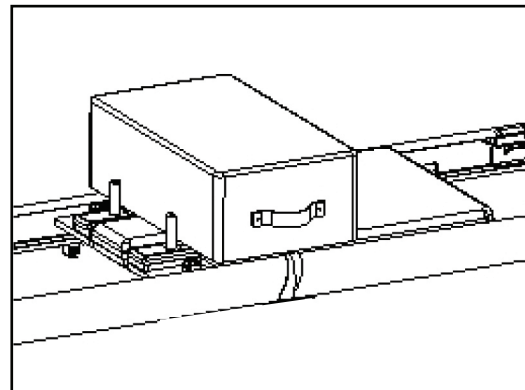
1. Place the Head Rest in the Flat position and rest the Footbar and Support Bar on the Standing Platform.
2. Place the box lengthwise on the Carriage surface, butting one end against the Shoulder Pads.



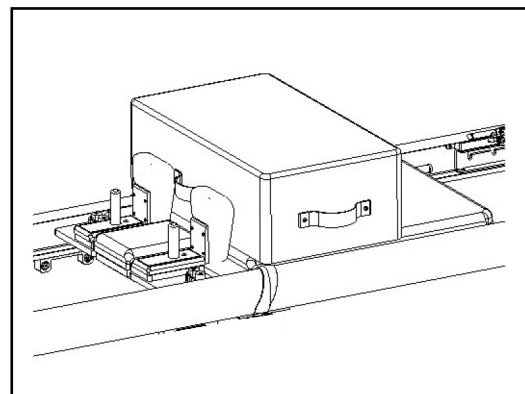


To use it as a Short Box:

1. Place the Head Rest in the flat position and rest the Footbar and Support Bar on the Standing Platform.



2. Place the long side of the box across the machine, locating the box between the Shoulder Pad Posts (see figure on page 30) and the Shoulder Pads or butting up against the Shoulder Pads (see figure on the right), depending on the height of the user.



Converting to the Mat

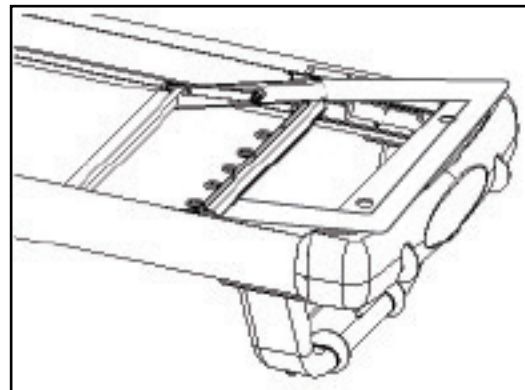
To convert from Reformer to Mat:

1. Place the Gear Change Bar into position -1.
2. Drop the Foot Loops (whichever is attached to Ropes) down into the well.
You do not have to remove the Ropes from the cleats.
3. Remove the Reformer Springs from the Gear Change Bar and push the Carriage toward the Head End of the machine.

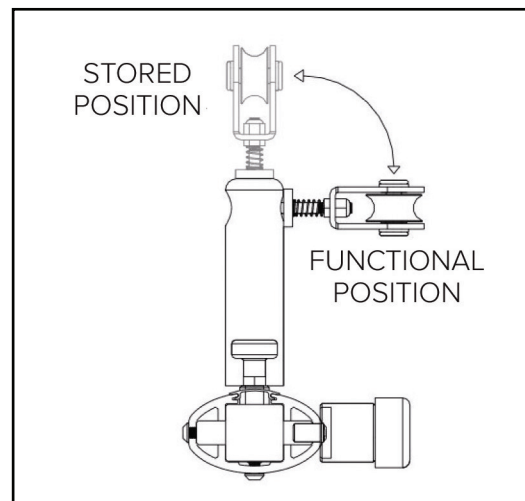




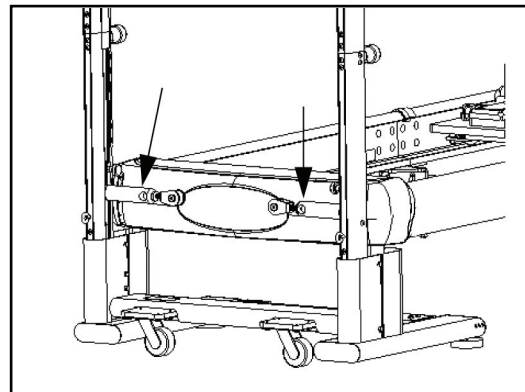
4. Temporarily Fold the footbar towards the end of the machine.



5. Flip the Pulleys into the stored position.

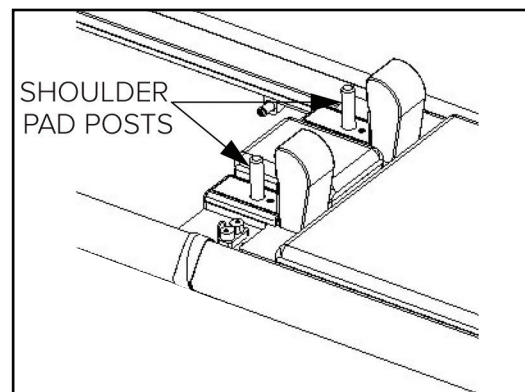


6. Pull on the Riser Pull Pin and lower the Risers as far as they will go.

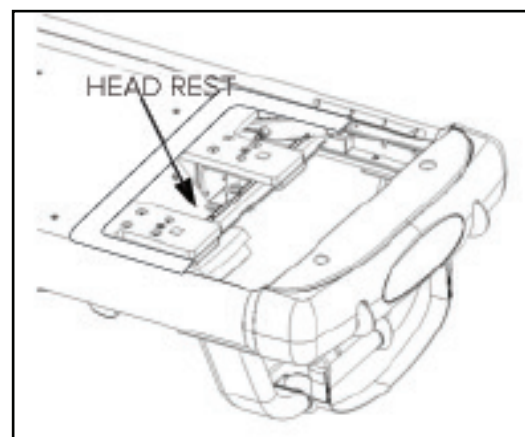




7. Lift the Carriage by the Shoulder Pad Posts.

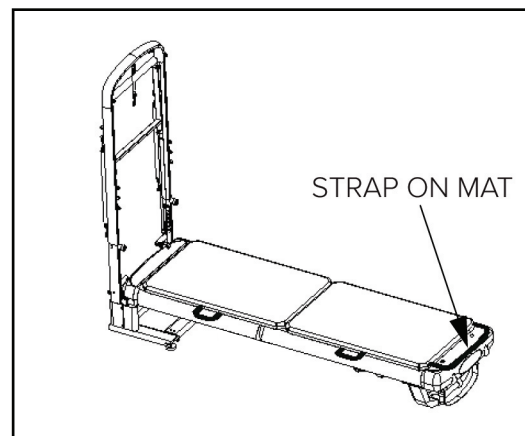


8. Unfold the Carriage, angling the Head Rest downward.
Swing the foot bar back towards the carriage and rest it on top of the carriage wood.



9. Place the mat with the Foot Strap onto the rails at the Foot End of the machine. Make sure that the strap on the bottom of this mat is resting on the Standing Platform.

10. Place the other mat onto the rails.



Chapter 5: Maintaining the Peak PilateSystem®

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

The following assortment of basic tools is required to service our equipment:

- Allen Wrench sizes 2 mm, 2.5 mm, 3 mm, 4 mm, 5 mm, and 6 mm
- Open End Wrench sizes 7 mm, 10 mm, 12 mm, 13 mm, and 15 mm
- Standard size Philips Head screwdriver

If you are using the equipment in a studio or club environment, we strongly suggest the following maintenance program.

Part	Daily	Weekly	Bi- Monthly	Biannu-ally	As Needed
INSPECT					
Overall Machine	✓				
Springs		✓			
Safety Chain and Clips		✓			
Tracking System (Carriage rollers and inside of rails)			✓		
CLEAN					
Frame					✓
Upholstery	✓				
Tracking System	✓				
REPLACE					
Springs				✓	
Ropes					✓
Foot Loops					✓
Handles					✓
Safety Clips					✓

Inspect

- Overall machine – We highly recommend that you visually inspect the machine daily and that you thoroughly inspect all the hardware to make sure every nut, bolt and fastener is secure every 2 months.
- Springs, Safety Chain and Clips – We strongly recommend that you inspect all springs, safety chain and clips weekly. Even with extensive pre-testing and rigorous quality inspection, the possibility of failure exists. In addition, severe nicks or abrasions may develop as a result of misuse and could lead to premature spring breakage. Not replacing springs in a timely manner will also lead to failure. While the breakage or deformation of a spring and the resulting potential for serious injury is a remote possibility, periodic inspection of your springs is critical. The springs are zinc-plated to prevent rust or corrosion from perspiration, condensation and humidity. Variation in the brightness of the finish is the result of different plating batches and does not affect the superb performance of our springs.
- Tracking System – The sealed bearings in the Carriage Wheels are permanently lubricated and require no



further lubrication. You should inspect the Wheel Axles every 2 months. Remove any debris that might be entwined between the wheel and steel carriage frame, and tighten the axles if any wheel “play” is evident. Wheel “play” is unlikely but worth a periodic check.

Clean

- Framework – The wooden components on this equipment are finished with a non-toxic, waterbased lacquer. Other than an occasional wipe down using a mild soapy solution or furniture polish, no additional cleaning is necessary. The metal framework should be cleaned with a mild soapy solution.
- Upholstery – We recommend wiping down your vinyl upholstery with a mild cleaning solution after each use. Mix 1 part mild cleaning solution and 12 parts water in a spray bottle.
- Tracking System – The tracks upon which your carriage rides are anodized to inhibit the build-up of unsightly aluminum oxide residue. Clean them on an as-needed basis using a warm, mild soapy water solution and dry thoroughly with a soft cloth.

Replace

- Springs – We recommend that you replace all of the springs every two years, minimum. Any spring that exhibits early signs of fatigue (for example, separation in coils, even if slight) should be replaced immediately.
- Ropes – You may experience some minor “fraying” or “pilling” on the cotton rope. “Fraying” or “pilling” is completely normal and to be expected. Any ropes that tear or otherwise fail should be replaced immediately. The ropes can be used until the “fraying” affects their function.
- Foot Loops, Handles and Safety Clips – These parts wear over time. Replace them as needed.





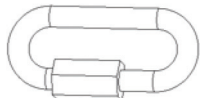
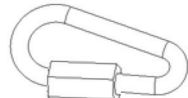





Warning: Ensure that any person(s) making adjustments or performing maintenance or repair of any kind is qualified to do so.



Replacement Parts


You can order replacement parts for your Peak PilateSystem as shown in the table below.

Replacement Parts

Replacement Parts	Description	Part Number
	Reformer Springs: • Light • Medium • Heavy	805-026-4 805-026-5 805-026-6 805-026-7
	Double End Clip	4910-3551
	Safety Link	4910-3553
	Snap Clip	830-602
	M6 x 35 mm Screws	804-021
	Quick Release Pins	805-018
	Push Through Bar Spring	805-026-2A
	Push Through Bar Spring Cover	830-701
	Leg Spring Assembly	830-003



Replacement Parts

Replacement Parts	Description	Part Number
	Arm Spring Assembly (each with 2 Double Ended Clips) 544 mm (17.5 in) long	830-801
	Double Loops	830-120
	Rope Assembly (with Double Ended Clip)	830-500
	Short Box Foot Strap Assembly (with 2 Safety Links)	830-400
	Non-Slip Pad	830-007
	Foot Loop	830-110
	Push Through Bar Storage Strap (with 1 Safety Clip)	804-700

Contact Peak Pilates® for parts not listed







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