

Installing the Springs



Leg Springs

The leg springs are the longest springs. Using double ended clips at each end, attach these springs to the eyebolts in the roll down upright poles (opposite the push-through bar). If you have the optional leg-spring slider bar, attach the leg springs to its eyebolts using double ended clips. The leg springs can be adjusted between the eyebolts depending on the height and desired tension.

Arm Springs

Arm springs are the smallest in diameter. Use double ended clips to attach these to the roll-down bar (the round wooden bar with eyebolts at each end) and to the eyebolts in the roll-down cross pole. To perform the standing arm exercise series, attach the arm springs to the eyebolts on the back of the upright poles.



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ASSEMBLY GUIDE

Cadillac (Premier & Classic) [Trapeze Table]



Recommended Use

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 faintness, dizziness, pain, or shortness of breath, he or she must stop immediately.

Important: This manual contains safety and usage information. Before beginning exercise, read the entire manual paying specific attention to all cautions and warnings and obtain qualified instruction on the use of the Peak Pilates Premier or Classic Cadillac. 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 Cadillacs, 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.

Safety Statement

It is the responsibility of the purchaser of the products to instruct all individuals, whether they are end users or supervising personnel, on the proper use of the equipment. Inspect the machine including all hardware, wood and fabric components before 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. Instead, notify Peak Pilates immediately.

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

Proper Use

1. This equipment is only to be used as described by the manufacturer. It is imperative that the Cadillac 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.

Specific Operating Warnings

1. Be certain that all hardware is fully tightened before beginning to exercise.
2. Verify that no gaps between the coils or other defects are evident in the springs. If any defects are seen, the spring/springs must be immediately replaced.
3. Before using either of the push-through bar springs, verify that the end with the safety link is connected to either the frame or the tower - bottom or top push-through bar spring respectively - and the end with the quick snap clip with thumbscrew is connected to the push-through bar. The thumbscrew must be tightened on all connecting clips.
4. Verify that no tears or excessive wear are evident in the leather straps, ropes, handles, or loops . If excessive wear is evident the strap, handle or loop must be immediately replaced.
5. Do not tip the machine during use.
6. Children must not be allowed near this machine. Teenagers and/or physically challenged individuals require supervision.
7. Keep hair, clothing, jewelry and other loose items clear of moving parts at all times.
8. It is the purchaser's sole responsibility to instruct end users and supervising personnel on the proper operating procedures of the Cadillac. Peak Pilates strongly recommends 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 representative.

Warranty

Peak Pilates warrants your purchase to be free of manufacturing defects. Please contact customer service or visit our website to view our complete warranty policy.

Storing the Push-Through Bar

1. Rotate the push-through bar back through the upright. Wrap the short black strap attached to the middle eyebolt on the cross pole around the handle of the push-through bar.
2. Re-attach the clip.

Installing the Fleece Hanging Straps

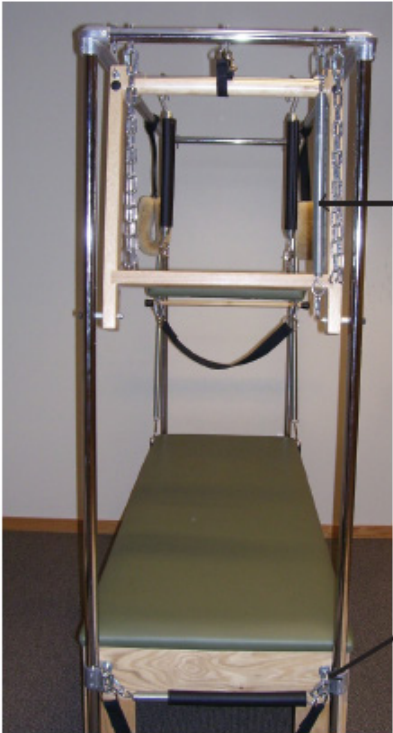


Attach one of the fleece hanging straps to each of the upper spanner poles “luggage tag style”.

1. Hold a strap so that it is centered over and perpendicular to the length of a spanner pole. The black webbing material will be on one side of the pole and the fleece cover on the other.
2. Allow both ends to drop such that black webbing forms a loop below the spanner pole.
3. Insert the fleece cover through the loop formed by the black web and pull down on the strap to tighten the knot.

Please do not hesitate to contact us with any questions: 1-800-925-3674 or info@peakpilates.com. We are here to assist you in every way possible.

Installing the Springs



Push-through Spring

Push-through springs are similar to reformer springs in length and diameter, but are distinguished by having closed loops at both ends. Using a safety link, attach one end of a push-through spring to the second eyebolt from the end of one side of the cross pole of the push-through pole system. Using a quick snap clip with thumbscrew, attach the other end of the push-through spring to the corresponding eyebolt on the arm of the push-through spring. For exercises that require the push-through bar to be spring loaded from the bottom, using a safety link, attach one end of the second push-through spring to an eyebolt on the leg of the cadillac table. Using a quick snap clip with thumbscrew, attach the other end of the push-through spring to the corresponding eyebolt located on the arm of the push-through bar. **Always use the safety chains with safety links when attaching the spring from the bottom.**

Be sure to slip the spring cover sleeve completely over the bottom push-through spring to protect your mat from any abrasion when in contact with the spring.

Trapeze Springs and Trapeze Pad

The trapeze springs are the springs with the greatest force and are closed on one end and open on the other. The coils of these springs are very difficult to manually separate. Before you install the springs, slip one of the spring covers over each. These covers protect users from getting pinched when the springs are in use with the trapeze.

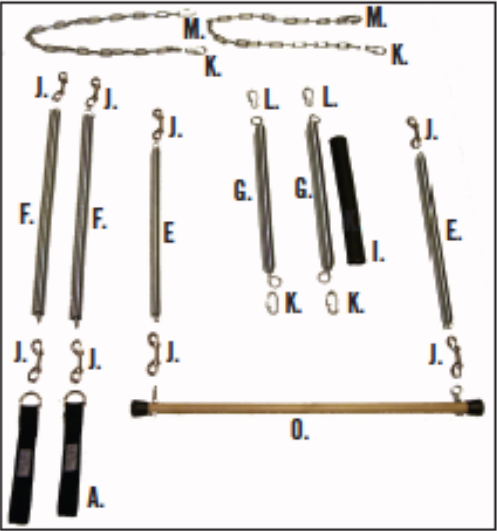
Use double ended clips to attach the closed-loop end of the springs to the eyebolts in the trapeze pad. Hook the open end of the springs through the eyebolts in the slider bar. In most cases, users slide the trapeze assembly to one end or the other of the cadillac table to move it out of the way. Or, you can remove the trapeze pad and springs if desired.

Push-through Bar Setup

The push-through pole system has two safety chains

WARNING: You must use the safety chains when the push-through springs are attached to the push-through bar from the bottom. If you do not take this precaution, the user can be seriously injured.

1. Using a safety link, attach a safety chain to the outermost eyebolt(s) on each end of the push-through bar cross pole.
2. Attach a quick snap clip with thumbscrew to the other end of each chain.
3. When the chains are not in use, the quick snap clip should be fastened to its respected cross pole eyebolt so it can hang freely in a loop.
4. The safety chains must be clipped to their respective eye bolts located on the top of each arm of the push-through bar whenever the push-through spring is being used from below.



TOOLS

- 3/16" Allen wrench (provided)
- 1/2" wrench - for Premier Cadi ONLY
- 1/2" socket wrench - for Premier Cadi ONLY

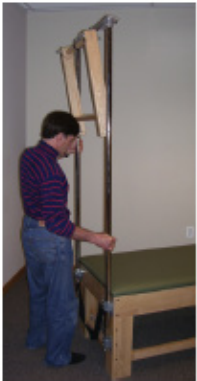
PARTS LIST

1. Push-through bar assembly
2. Roll down Poles (2)
3. Spanner poles (2)
4. Roll down cross pole
5. Trapeze slider

COMPONENTS

- A. Foot loops (pair)
- B. Sheepskin hanging straps (pair)
- C. Adjustable wraparound table strap
- D. Trapeze strap
- E. Arm spring (2)
- F. Leg spring (2)
- G. Push-through spring (2)
- H. Trapeze spring (2)
- I. Spring sleeve (3)
- J. Double ended clips (10)
- K. Safety link with thumbscrew (4)
- L. Quick snap clip with thumbscrew (2)
- M. Safety chains (2)
- N. Padded trapeze
- O. Roll down bar

Installing the Push-through Pole Assembly



The push-through pole assembly comes pre-assembled. Before you install it to the head of the cadillac frame, make sure that the allen screws are backed all the way out of the frame's fittings and that there are no obstructions in the fittings' holes. Doing so prevents the poles from being scratched. If your ceiling is less than 8 1/2' high, tip the cadillac table over on its side.

1. Slide the two push-through upright poles through the fittings mounted on the back of each table leg on the same side as the attached footstrap. [Note: the bottom fitting on the Premier Cadillac requires a 1/2" wrench. Do not tighten yet.] The open end of the 3-way fittings located at the top left and right corners of the assembly face toward the center of the cadillac. You may need to gently jostle the pole system back and forth while inserting it through the fittings. The poles rest on the eyebolts located directly under the bottom fitting.
2. Do not tighten the allen screws in the fittings at this time.

Installing the Roll-Down Upright Poles



2.



The roll-down upright pole system comes unassembled and consists of two upright poles and a cross pole. If you have purchased the optional leg-spring slider bar, read below. To install the roll-down upright poles, first make sure that the allen screws are backed all the way out of the fittings located on the far side legs (see "Installing the push-through pole assembly" above) and that there are no obstructions in the fittings' holes. Doing so protects the poles from being scratched.

1. The roll-down upright poles are outfitted with 6 eyebolts each (4 on one side and 2 on the other). Slide one pole through each pair of fittings mounted to the back of each table leg at the opposite end from the push-through bar. Make sure the poles are oriented so that the side of the poles with the 4 eyebolts faces toward the push-through bar.
2. Insert the roll-down cross pole with its fittings to the top of the roll down upright poles. The cross pole eyebolts should face down.
3. Do not tighten the allen screws or 1/2" nuts [for Premier Cadi ONLY] in the fittings at this time.

If you ordered your cadillac with the optional leg spring slider bar, perform the following steps:

1. Have an assistant hold the optional leg spring slider bar assembly such that its fittings are directly over the respective fittings mounted to the back of each table leg at the end of the table opposite the push-through bar. Make sure that the side of the slider bar with the eyebolts faces the push-through bar.
2. Slide one of the upright poles through the end fitting of the slider bar and then through the two fittings mounted on one of the table legs. Seat the upright pole against the eye bolt located immediately below the bottom fitting. Repeat with the second upright pole.
3. Slide the leg spring slider assembly approximately half way up the roll down upright poles.
4. Insert the cross pole into the fittings at the top of the roll down upright poles. Make sure the eyebolts are facing down and the open ends of the 3-way fittings face in.
5. Do not tighten the allen screws in the fittings at this time.



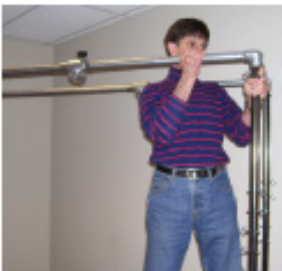
1.



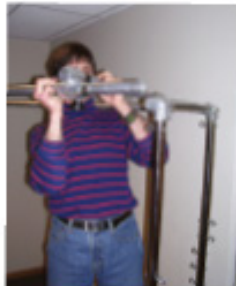
3.



4a.



4b.



6a.



5.



6b.



7



8.

The spanner poles connect the two sets of upright poles. Both the spanner poles and the fittings on the ends of the cross poles are marked in two ways (see accompanying figure): a) they are marked to indicate which end of each spanner pole goes in to which fitting and b) how far the spanner pole should be inserted into each fitting.

1. Identify the spanner pole that is to be used on each side of the Machine as well as its orientation by matching the markings found on the spanner poles and cross pole fittings (A – to – A or 1 – to – 1; B – to – B or 2 – to – 2; and so on). When assembled, the markings should face upward. [NOTE: if a 2nd person is available to support the spanner poles, slide the trapeze assembly onto both spanner poles and insert the proper end of each spanner into its respective fittings so that the black locking knob will end up oriented toward the roll down upright poles. Now skip to step 8.]
2. Loosen the set screws used to retain the trapeze slider fittings to the trapeze cross bar. Slide the fittings off of the bar. [NOTE: The trapeze pipe and fittings are marked like the spanner poles.]
3. Slide one slider fitting onto each spanner pole such that the black locking knob will end up oriented toward the roll down upright poles. The proper end can be identified once the spanner pole markings are matched against the indicators on the 3-way fittings on top of the poles (see step 1).
4. While standing on the cadillac's mat, insert the proper end of each spanner into its respective fitting. Be sure that that markings match.

Note: the push-through and roll-down pole systems will have to be pushed slightly apart to be able to get both ends of the spanners into their respective fittings.

Caution: when spreading the pole systems to fit the second spanner pole, care must be taken to insure that the first spanner does not become disengaged from its fittings. If it does, it could fall and tear the cadillac upholstery. Temporarily tighten the first spanner to prevent this.

5. Slide both of the trapeze slider fittings toward one end of the machine. Orient one of the fittings such that the black knob is facing down. Insert one end of the trapeze cross bar into this fitting and slide it as far toward the outside of the machine as it will go (one of the eyebolts will contact the edge of the fitting).
6. Carefully disengage the opposite spanner (with the second slider fitting) from the 3-way fitting on the adjacent pole assembly while at the same time orienting the slider fitting such that the black knob is facing down. Slide the free end of the trapeze cross bar into the slider fitting and replace the spanner into its 3-way fitting.

Caution: when disengaging or replacing the second spanner pole, care must be taken to insure that the first spanner does not become disengaged from its fittings. If it does, it could fall and tear the cadillac upholstery. Temporarily tighten the first spanner to prevent this.

7. Center the trapeze cross bar between its two slider fittings. Be sure that the eyebolts are facing down and the indicators are up and tighten the slider fittings' set screws.
8. Verify that all of the markings on the spanner poles and 3-way fittings are properly aligned. Tighten all fasteners including the set screws as well as the nuts (Premier Cadillac only) used to assemble the fittings to the cadillac's legs.
9. Verify that the trapeze assembly slides back and forth easily without binding.