

Assembly / User Guide

Total Workout System®




PEAK PILATES®

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 Total Workout System®. 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 Total Workout System, 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.

Do not remove labels for any reason. They contain important information. If the labels are illegible or missing, contact customer service for replacements.

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 Total Workout System 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 (such as kinks or hairline cracks) are evident in the springs. If any defects are seen, the spring 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 thumbscrews 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. NOTE: A slight separation at the seams of the leather straps is normal, straps do not have to be replaced unless that separation exceeds 1/16"
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 Total Workout System. 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 a Peak Pilates representative.

Warranty

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

Adjustable Footbar System



Position 1



Position 2



Position 3



Position 4

Your Total Workout System® (TWS) comes equipped with a 4-position adjustable footbar system. The u-shaped footbar support bar swings between the legs of the footbar. Position-according to preference-the footbar support bar on one of the ledges mounted on the inside of the cross member located at the foot of the TWS.

Optional Jump Board & Removable Sidesplit Platform Installation



1



2



NOTE

The two black knobs in the metal bars located on the inside of the cross member at the foot of the TWS frame are the locking knobs for securing the jump board or sidesplit platform.

Installing the Jump Board:

1. If using a standard jump board, first position the u-shaped footbar support bar (the bar that pivots inside the footbar) so it rests on the 2nd position ledge of the metal bar just in front of the slot into which you will insert the tongue of the jump board.

2. Insert the tongue of the jump board into the slot between the metal bars and the wood of the foot end cross member. Make sure that the side of the tongue of the jump board that has two steel disks is facing the carriage.

NOTE: For safety and warranty reasons the footbar must be used to stabilize the jump board as shown in the photograph.

3. Tighten the black knobs against the steel disks in the tongue. (Remember to loosen the knobs before attempting to remove the jump board to prevent damaging it.)

Installing the Sidesplit Platform:

4. Place the footbar in position 4.

5. Insert the tongue of the sidesplit platform into the slot between the metal bars and the wood of the foot end cross member. Make sure that the side of the tongue of the sidesplit platform that has two steel disks is facing the carriage.

6. Tighten the black knobs against the steel disks in the tongue. (Remember to loosen the knobs before attempting to remove the sidesplit platform to prevent damaging it.)



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User Guide

Twin Mat Conversion with Hinged Carriage



1 & 2



3



4



5

1. Detach the springs from the round spring bar.

2. Fold the foot bar into the frame.

Note regarding units with ropes and risers: be sure the retractable risers are folded before continuing.

3. Slide the carriage to the head end of the TWS® frame as far as possible.

4. Unfold the hinged carriage into the TWS frame, allowing the upper half of the carriage to lie gently on top of the foot bar.

5. Position the twin mats so that the one that has the foot strap attached, faces the foot end of the unit. The foot strap should be located next to the foot end cross member.

To return to Reformer mode, perform the procedure in reverse order.

Gear Block Settings



Your TWS comes equipped with a 4-position gear system. By changing the gear settings, the TWS will accommodate different body types or vary the amount of hip and knee flexion. A gear block, a small wooden block with protruding stem, is included with your accessories. This component is used to maintain the proper initial spring tension when the gear setting is changed.

CAUTION: For safety reasons, you must use the gear block to limit the motion of the carriage. By limiting the motion of the carriage, the gear block prevents the round spring bar from turning too far downward, potentially allowing the springs to become disengaged from their hooks.

Place the gear block in the holes on the aluminum track on the right hand side (when lying on the carriage) of the TWS as follows:

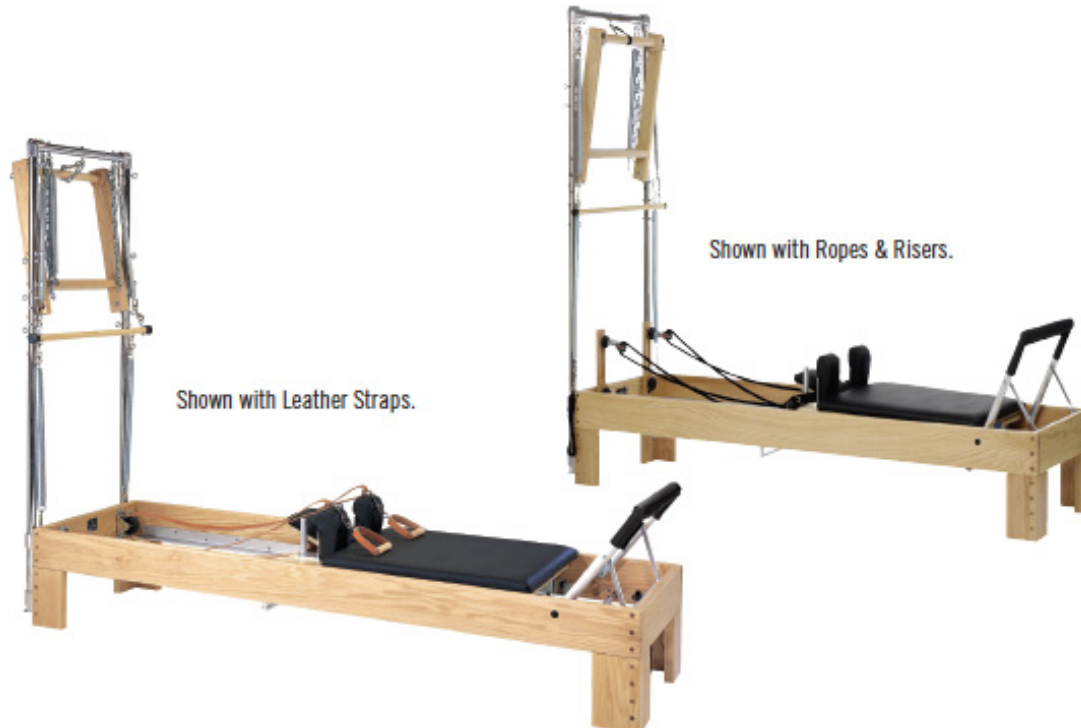
Standard 4-position (negative) gear systems: Negative gear (-1) is the gear slot closest to the foot end of the TWS and does not require the use of the gear block. For 1st, 2nd or 3rd gears, place the round spring bar in the 2nd, 3rd, or 4th slots and place the gear block in the 1st, 2nd or 3rd holes respectively.

Assembly Instructions

The Total Workout System® is offered in two models - TWS with leather straps and TWS with ropes and risers. The differences in assembly are indicated where applicable.

In addition, The TWS can be operated in either the reformer or half-cadillac and mat mode. Please refer to the illustrations below.

Reformer Mode



Half-Cadillac & Mat Mode





TOOLS

3/16" Allen wrench (provided)

PARTS LIST

Following is a list of the standard parts that come with the Total Workout System®.



Standard long/short box



Long spine straps (leather only) and foot loops (ropes only)



Straps or ropes and handles
(Handles do not come preassembled)



Gear block



4 snap clips with thumbscrews



2 double ended clips w/ropes
(preassembled to neoprene handles)
2 double ended clips w/leather
(preassembled to long spine straps)



2 safety links
(preassembled to foot strap)



foot strap
(preassembled to the frame)



Reformer springs set of 5



2 leg springs



2 arm springs



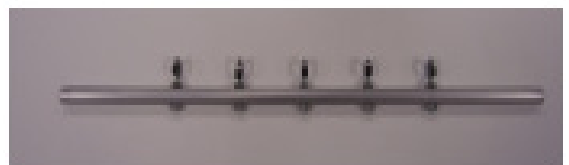
2 push-through springs,
with 1 spring sleeve (not shown)



2 safety chains



Roll down bar



Spring bar



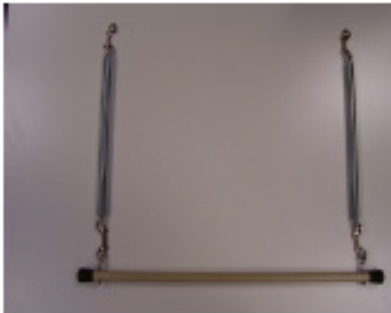
A

2. Assembling the Pole System Springs:

A. Leg springs: The leg springs are the longest springs. Attach a double-ended clip to each end of each spring. Subsequently, attach a foot loop to one of the double ended clips as shown.

B. Arm springs: The arm springs are the smallest in diameter and are attached to the roll down bar. Attach a double ended clip to each end of each spring. Subsequently, attach the roll down bar as shown.

The leg and arm springs are typically stored on the eyebolts located on the back side of the pole assembly. However, they can be stored using any convenient location.



B

C. Push-through bar springs and safety chains: the push-through bar springs are similar to reformer springs in length and diameter but are distinguished by having closed loops at both ends. One of the push-through bar springs includes a vinyl sleeve to protect the mats from being abraded.

i. Hook a safety link to one end and a quick snap clip with thumbscrew to the opposite end of each push-through bar spring.

ii. The push-through bar spring with the vinyl sleeve cover can be stored as shown in the accompanying photo.

iii. The second push-through bar spring is stored by attaching its safety link to one of the outermost eyebolts located on the pole system top cross tube.

iv. The safety chains are stored by hooking their safety links to the eyebolts located on the pole system top cross tube.



i

NOTE: These safety links come preassembled to the safety chains.



ii



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Half-Cadillac & Mat Mode Assembly



Your pole system comes pre-assembled with the push-through bar installed. Before you assemble the pole system to the head end of the frame, make sure that the allen set screws in the frame's fittings are backed completely out of the center holes and that there are no obstructions present. Doing so will prevent the poles from being scratched during installation.

1. Installing the Poles:

A. This step is best performed by two people. With one person on each side, lift the pole assembly. Orient the assembly such that the series of 3 eyebolts on each of the vertical poles faces toward the foot end of the TWS frame.

B. Slide the poles through the fittings. You may need to gently jostle the pole system back and forth for the poles to be able to pass all of the way through. Be sure that the poles rest on the eyebolt located below the bottom fittings.

C. Tighten the 8 Allen Screws with the 3/16" Allen wrench provided.



Reformer Mode Assembly

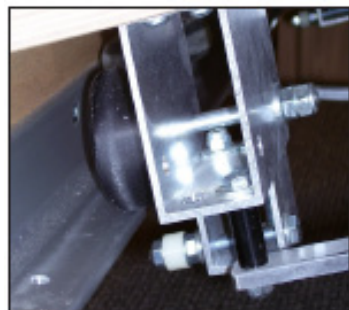
Place the Total Workout System® frame in the location where it will be used.



1. Installing the Carriage:

This step is best performed by two people. The carriage is outfitted with a carriage stabilization block that is mounted on the back/right wheel bracket on the underside of the carriage. The carriage stabilization block has a safety roller which will prevent the carriage from tilting upward within the frame should the front part of the carriage be subjected to excessive weight.

Standing to the right side of the reformer frame, tilt the carriage (the side on which the carriage stabilization block is mounted) toward the left side of aluminum track. Place the tilted edges of the wider wheels on the track, with the nylon safety roller below the track; now, lower the other side of the carriage into the frame. The nylon safety roller should automatically slide into place underneath the aluminum track. If the safety roller ends up on top of the track, remove the carriage and reinstall.



2. Installing the Spring Bar:

Your TWS has a 4 gear system: -1, 1, 2 and 3. The -1 location is the slot closest to the foot end of the frame. Place the round spring bar into 1st gear - the second slot from the foot end - and insert the gear block into the first hole in the right side track. Make sure that the hooks assembled to the spring bar are oriented as shown in the photo.

Note: The gear block is not used when the spring bar is in position -1.



Reformer Mode Assembly (continued)



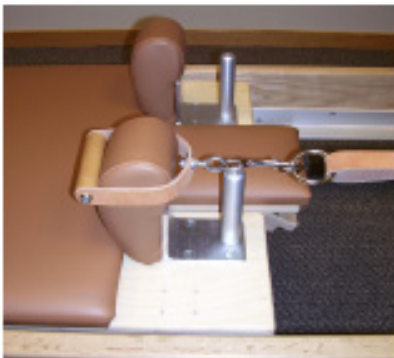
A



B



C



A & B



C



D-G

3. Installing the Carriage Springs:

A. Engage the end of each of the springs which is not color coded to its respective eyebolt located on the spring anchor under the carriage. If you have purchased a standard spring set the springs are best arranged in the following order:

Blue (Light), Yellow (Medium), Blue, Red (Heavy) and then Yellow

B. Verify that the springs rest on top of the spring support bar as shown.

C. Place the closed ends of the springs over their respective hooks on the round spring bar.

4. Installing the Leather Straps (if applicable):

A. Using the clips attached, snap the leather swivel handles onto the steel rings at the end of the straps.

B. With the spring bar in first gear and the gear block in the first hole in the track, place the handles over the shoulder blocks.

C. Thread the loose ends of the straps down through the pulleys mounted on the cross member at the head end of the TWS frame (end opposite the foot bar) looping the ends back toward the carriage. Verify that the strap is not twisted.

D. Unscrew the black knobs on the underside of the carriage (one on each side of the head rest).

E. Note the holes located near the end of the leather strap. We suggest that you select a hole that eliminates the slack in the leather strap. If you prefer a different setting simply select the commensurate hole.

F. Slide the selected holes over the protruding studs (see photo).

G. Re-assemble the black knobs.



A & B



C



D



3. Installing the Ropes (if applicable):

Your rope TWS® comes equipped with ropes and pulleys mounted to retractable risers. Verify that the risers are locked in the upright position prior to proceeding.

A. Using the double-ended clips, clip the neoprene handles to the ends of the ropes.

B. With the spring bar in first gear and the gear block in the first hole in the track, place the handles over the shoulder posts.

C. Thread the loose ends of the ropes down through the pulleys mounted on the risers at the head end of the TWS frame (end opposite the footbar) looping the ends back toward the carriage.

D. Thread the ends of the ropes through the wire loops and rope cleats (mounted to the head of the carriage) and through the hole in the carriage board (immediately in front of the cleat).

E. Let the excess rope hang freely under the carriage.

F. To shorten or lengthen, withdraw the ropes from the cleats, adjust to the desired length, and press back into the cleats. Push any slack rope down through the hole in the carriage board.

Folding the Retractable Risers for Half-Cadillac Mode:

To fold the retractable risers, first loosen the black knobs that lock the risers to the chrome plates at the head end of the frame. Turn the knobs counterclockwise until the springs push the knob away from the wood. Once both knobs are released, fold the left side ('left' is defined as the operator's left when he or she is lying on the carriage) riser down until it rests on the aluminum plate located just below the right riser. Subsequently, the right side riser can be folded. Once the risers are in their folded position, rotate the pulleys so they are parallel to the head end of the TWS.

To return to their functional position, rotate each riser to its upright position making sure that the sides are directly in line with the sides of the chrome plates. Push the respective black knob in - compressing its spring - and turn clockwise. Tighten each knob until there is no free play in the riser.



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