

# Assembling the Contrology Electric Chair

Now that you have opened up the box for your new equipment, please take the time to thoroughly inspect it for shipping damage prior to assembly. If any issues are found, contact our customer service department at 1-800-PILATES or 1-916-388-2838 right away. Please read each step thoroughly and look at the diagrams before doing anything

## PARTS (INCLUDED):

(Please use this list to make sure you have all the parts listed. If you are missing a part, please contact our customer service department at 1-800-PILATES or 1-916-388-2838.)

Description	Part Number	Qty.
Contrology Electric Chair	N/A	1
Contrology Electric Chair Seat Cushion	19274	1
Contrology Electric Chair Springs	19186	2
Contrology Electric Chair Handles (Installed)	19278	2

1. Attach springs as shown in Figure A. Making sure opening on spring is facing the floor. Repeat on other side.

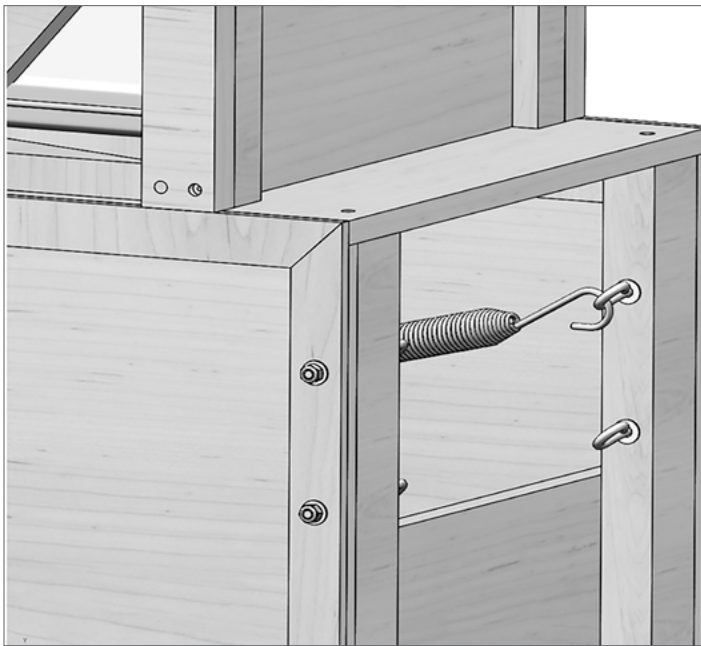
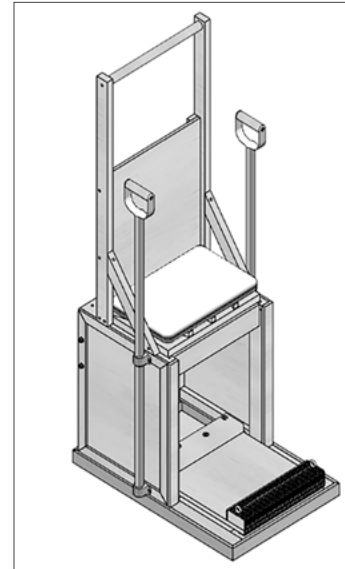


Figure A



2. Attach springs to pedal as showing in Figure B.

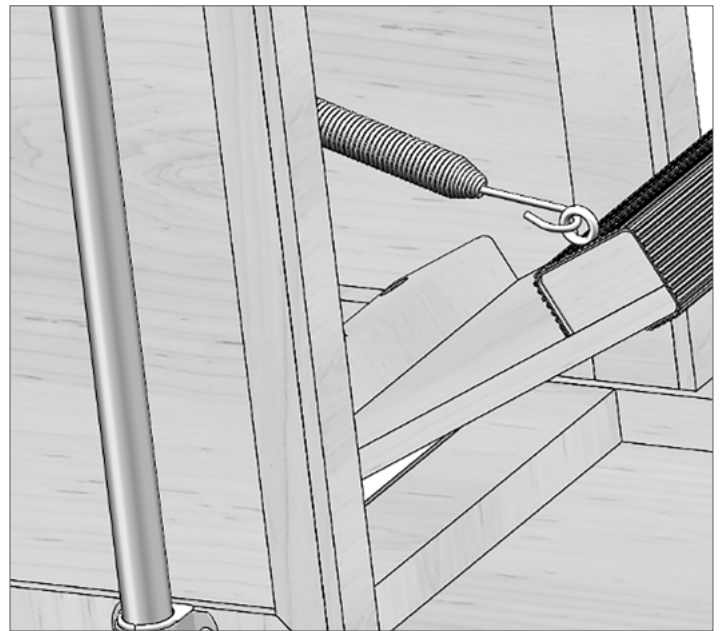


Figure B

3. Your Contrology Electric Chair is now ready to use.

## SAFETY

**Pedal Safety:** Keep both the client's and the instructor's feet out from under the pedal during standing exercises. Press the pedal down slowly to start each exercise.

Don't release the pedal with the springs stretched. Slowly release the pedal from the stretched position until the springs are no longer under tension. The instructor can assist the client by placing their foot on the pedal and controlling the return.

Maintain contact with the pedal throughout the exercise. Do not wear socks or slippery footwear on the Chair.

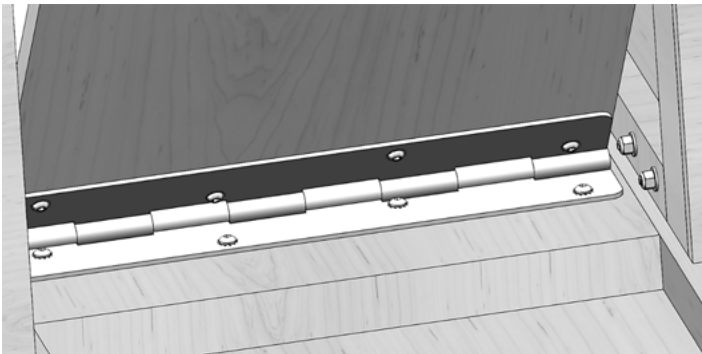
**Chair Stability:** When performing exercises where the Chair could slide, place sticky pads under the Chair or place it against the wall for safety. This includes any exercise where you are not sitting or standing on the Chair.

**Spring Safety:** Make sure the spring loop is fully engaged with the attachment hooks before starting the exercise. Check the springs regularly for wear and replace as needed.

**IMPORTANT NOTE!** There are many exercises on the Electric Chair that both teach and require balance. Most Electric Chair exercises build strength, while, at the same time, require the user to be able to support his or her own body weight during an exercise. To prevent the risk of falling, do not perform any exercise where user skill is required to prevent a fall without a spotter and proper training.

## MAINTENANCE

**Squeaking** The Contrology Electric Chair may make two types of squeaking noises. The first is from the springs. This is normal and can be ignored\*. The second is from the hinges, and that means they require maintenance. To oil your hinges, add a very small drop of household oil like 3-in-1 oil to each separation in the hinge knuckles and then quickly wipe off the excess. Wiping the excess is important because the oil attracts dirt. Do not use sprays because they cause a mess.



**QUESTIONS?** Call Balanced Body Technical Support at 1-916-388-2838 or email: [info@pilates.com](mailto:info@pilates.com).

