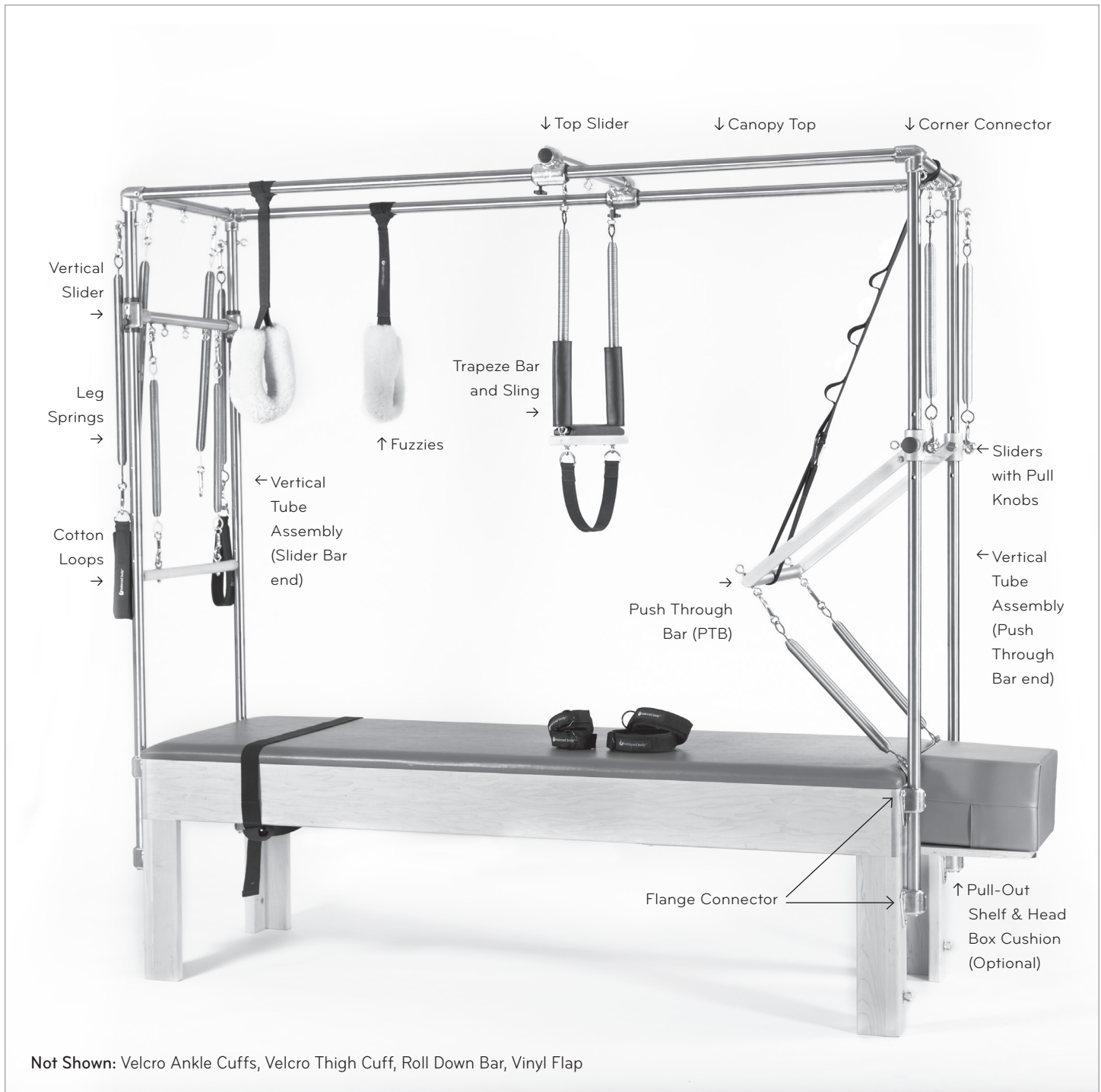


How to Assemble the Trapeze Table (Cadillac)



IMPORTANT:

This manual is intended for medical and fitness professionals, or persons with experience in the use of this equipment. If there is a question regarding appropriateness of a particular movement, please consult a licensed health professional.

Safety Note: Warning – The Trapeze Table contains flammable materials, please keep away from direct heat.

INTRODUCTION

The Balanced Body Trapeze Table (Cadillac) consists of a padded table surrounded by a frame made of metal poles. Eyebolts in the frame provide attachment points for the springs. Loops, handles or a wooden Roll-down Bar can be attached to the springs creating a wide variety of exercises. The Trapeze Table has two moving cross bars or sliders: one between the uprights on one end of the table (vertical slider), and the other between the overhead bars (horizontal slider). The head end of the Trapeze Table holds a hinged wooden or aluminum frame called the Push-through Bar (PTB).

Please see the attached diagram for a listing of the various parts of the Trapeze Table.

FEATURES OF THE TRAPEZE TABLE (CADILLAC)

1. SPRING ATTACHMENT POINTS

Low: Springs are attached from eyebolts in the wood frame at the PTB end of the table. These springs are used for bottom sprung exercises using the PTB.

Middle: Springs are attached to the vertical slider.

High: Springs are attached to eyebolts in the upper corners of the canopy.

Overhead: Springs are attached to the horizontal slider between the overhead bars.

2. TRAPEZE TABLE SPRINGS

The Trapeze Table has the widest variety of springs and the greatest number of possible attachment points of any Pilates equipment. Suggested spring weights and attachment points are included for each exercise.

3. SPRING CODING

The Trapeze Table has two different lengths of springs – long springs and short springs. Each length of spring comes in different resistances. The standard Balanced Body spring coding is as follows:

Short springs

- » Yellow – Light
- » Blue – Medium
- » Red – Heavy
- » Black – Very heavy, usually used on the Trapeze Bar

Long springs

- » Yellow – Light
- » Purple – Medium

4. SAFETY

It is very important that the instructor is present and spotting the client whenever the Push-through Bar is in use. The Push-through Bar should never be adjusted low enough to hit a client who is lying under it. The safety strap must always be used. The safety strap must be adjusted so that the angle of the Push-through Bar, when viewed from the side, is no lower than either the four or eight o'clock position. There are three height positions for the Push-through Bar pivot point. If a client is positioned below the bar, raise the pivot point to avoid the client.

5. UPHOLSTERY CLEANING AND DISINFECTING.

You can extend the life of your upholstery by keeping it clean and free of dirt, oil and perspiration. After each use, wipe down the upholstery with a solution of mild soap and water. Then wipe it down with clean water and dry with a rag.

PARTS LIST (INCLUDED):

DESCRIPTION	PART NUMBER	QTY.
Ankle Velcro (pair)	101-001	1
Cotton Loop (pair)	101-005	1
Long Web (pair)	101-026	1
Thigh Velcro (pair)	101-020	1
Wool Fuzzy (pair)	101-022	1
Roll down bar	710-010	1
Belly Strap	210-034	1
Red Trapeze Spring	SPR9001	2
Yellow Trapeze Spring	SPR9002	2
Blue Trapeze Spring	SPR9004	2
Long Yellow Trapeze Spring	SPR9006	2
Long Purple Trapeze Spring	SPR9461	2
Black Trapeze Spring (attached to trapeze bar)	SPR9005	2
Safety Strap	210-058	1
Trapeze Bar w/Springs and Sling	950-059	1
Vertical Slider	TRP6002	1
Horizontal Slider	TRP6003	1
1/8" Cotter Pin	216-000	4
3/16" Allen Wrench	GEN9280	1
Push Through Bar for Slider Assembly	707-287	1
Push Through Bar Slider Assembly	N/A	2
Push Through Bar Slider Shoulder Bolt	619-202	2
Push Through Bar Slider 4th Side	TRP0108	1
Button Head Screw with Pin End	619-200	2
21mm x 1/2" wrench	ALL0060	1
7/32" Allen wrench	TOL1358	1

ASSEMBLE THE TRAPEZE CANOPY

1. Using the provided 3/16" allen wrench, loosen the set screws in each of the eight flange connectors mounted to the outside of the frame. Remove the two vertical tubes from the box and the sliding push thru bar system. Lay the tubes down so the holes on the sides of the tubes face away from each other. Take the sliders of the Push Through Bar (PTB) and slide them over the tubes opposite the end with the eye bolts, you will need to pull the knobs of the sliders out to move the sliders up the tubes. Continue to move the sliders up the tubes until the pins lock into the bottom set of the three holes in the tube. Make sure both sliders are locked into the same bottom holes. Insert the provided cotter pins into each of the 1/8" holes near the bottom ends of the tube. Pick up this assembled tube set, be careful of the PTB, it may swing; place the assembly in the flanges on the head end of the machine (the end with the vinyl flaps). Be careful of the cotter pins so they do not scratch the vinyl or wooden frame. The cotter pins will automatically set the tubing height.

Insert the provided cotter pins into each of the 1/8" holes near the bottom ends of the other two vertical tubes. Pick up the tube assembly with the vertical slider and place the tube ends into the flanges on the foot end of the frame.

2. Now set the canopy top onto the four vertical tubes. You will need help with this. The end of the canopy frame with the black safety strap goes over the push-through bar. Be certain all four corner fittings fit securely over the tubes.

3. Using the 3/16" allen wrench, tighten the set screws in the corner fittings and in the flanges around the frame. After tightening all set screws in all the corner angles, test the movement of the sliding push thru bar. To do this pull the knobs of the sliders out and start sliding the PTB up or down. This system should move easily and not stick when uniform pressure is applied on each side. If the sliders stick when moving the position, simply loosen the set screws that are holding the vertical poles, rotate the tubes as necessary until the sliders move freely. Be sure to re-tighten all set screws. Remove the cotter pins from the tubes and save for future use.

INSTALLING/REMOVING THE PUSH THROUGH BAR (PTB) 4TH SIDE

Using the provided 7/32" allen wrench and button head screws with pin ends, move the PTB to a 45 degree position. Line up the 4th side opening with the threaded holes in the PTB. Thread in one screw into the side of the PTB, the pin end of the screw will go inside the 4th side. Repeat for the other side. Tighten both screws with the allen wrench. Reverse these instructions to remove the 4th side. Keep these button head screws if needed later.

HOW TO ADJUST YOUR SLIDING PUSH THROUGH BAR

Position your hands on the outside of each slider. Place your middle and/or ring fingers under the silver base of the knob; right where the black body of the knob threads into. Place your index finger and thumb around the knob itself. Pull each of the knobs outwards, away from the vertical tubes, until they stop. Using the same force on each arm, move the slider upwards or downwards to each new location. Once you near a new location slightly release the outward pull of the knobs. The pins will automatically fall into the next position when aligned.

WEEKLY MAINTENANCE

Inspect springs for separations, and replace if needed. Inspect snaps on springs and make sure the retractors operate smoothly. Replace them if worn or do not operate freely. Make sure that there are no indentations on the inside of the hooks.

Inspect all nuts, eyebolts and setscrews for tightness. Tighten or replace if necessary.

It is recommended to check to ensure the pins in the plunger knobs protrude and lock into the vertical tubes. First pull both knobs out and start moving the sliders to a different position. Release the knobs before the next hole and continue to slide the system. Once over a hole the pin of the knob will drop into the opening. Once each slider is in a new position apply a down force on the PTB directly downwards. The pins of the sliders should not come out of the holes. If the pins do not stay in the tube holes, the pull knobs need to be replaced; call Balanced Body for replacement parts.

WARNING: This machine is potentially dangerous, and Balanced Body Inc. assumes no liability towards use or misuse. If you are not fully aware of the safety issues and use of this machine, do not use it. Use only with qualified instructor supervision.

QUESTIONS?

Call Balanced Body at 1-800-PILATES (1-800-745-2837) or +1 916-388-2828.

ASSEMBLY PODCAST

You can also see the Trapeze Table assembly podcast located on the Instructions & Safety page of our Web site, pilates.com.



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