

# Assembly Guide

## Wall System (Classic, Deluxe)

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PeakPilates®

# Recommended Use

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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 important 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 Wall Systems. 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 Wall 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 springs, clips, eye bolts, safety chain, and all hardware 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 your service representative for replacements.

**NOTE: We strongly 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 Wall 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.
5. Verify that all clips are properly and fully engaged prior to beginning any exercise.
6. Do not use the push-through bar with the push-through bar spring attached from the bottom without both safety chains properly connected. If you have questions concerning the proper use of the safety chains, contact your Peak Pilates representative.

## Specific Operating Warnings

1. Keep your body and loose items such as clothing, hair, and jewelry away from moving parts.
2. Be certain that all clips for the springs and safety chains are fully engaged before beginning to exercise. If you are not sure how to verify proper engagement, seek assistance.
3. Do not tip the machine during use.
4. Children must not be allowed near this machine. Teenagers and/or physically challenged individuals require supervision.
5. It is the purchaser's sole responsibility to instruct end users and supervising personnel on the proper operating procedures of the Wall 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

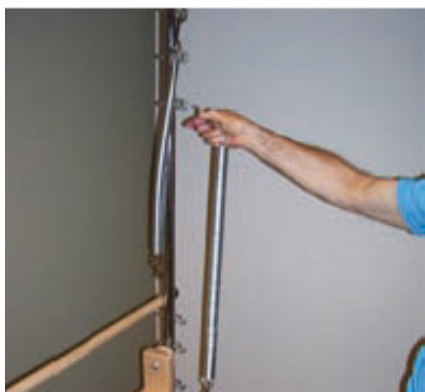
Congratulations on the purchase of your new Wall System. Peak Pilates warrants this machine to be free of manufacturing defects. Any parts that are repaired or replaced under the terms of this agreement will be warranted for the remainder of the term of the original warranty. This warranty becomes effective on the invoice date of the original purchase and extends to the time limits indicated below:

This product carries a two year limited warranty on the frame structural components. All other components, with the exception of the upholstery are covered by a one year limited warranty. If a failure due to workmanship and/or materials occurs, we will, at our discretion, repair or replace the defective components. Upholstery is warranted against defects in workmanship and/or materials for 60 days. This warranty refers to the Peak Pilates Wall System and covers materials 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 the 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 this equipment and is not transferable. All claims must be made within the relevant warranty period specified above. Warranties outside the U.S. may vary.

## Assembling the Springs and Safety Chains



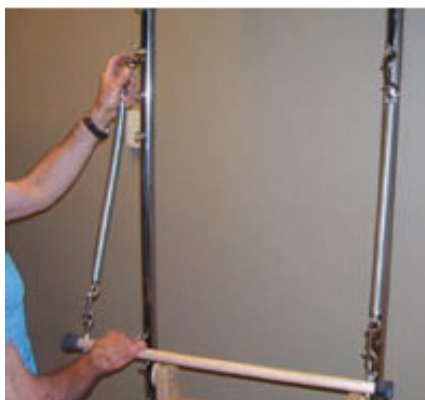
Attach the springs after completing installation of the Wall System structural components.

### Leg Springs

The leg springs are the longest springs. Attach a double ended clip to each end of each spring and then attach the springs to the eyebolts in the upright poles. The leg springs can be adjusted between eyebolts depending on the desired height and tension.

### Arm Springs

The arm springs are the smallest in diameter. Attach a double ended clip to each end of each spring and then attach one end of each spring to an eyebolt on the roll-down bar (the round wooden bar with eyebolts at each end). The opposite end of each spring is then attached to an eyebolt on the upright poles.



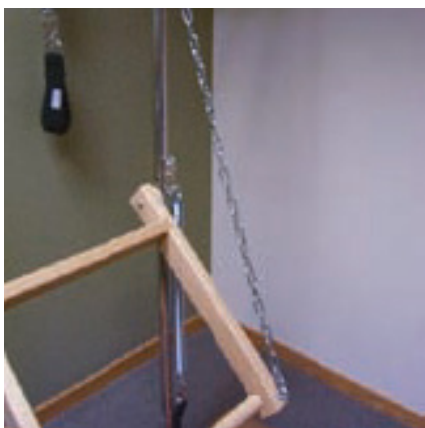
### Push-through Springs

Push-through springs are similar to Reformer springs in length and diameter but are distinguished by having closed loops at both ends. Attach a safety link to the end of each push-through spring that will be hooked to an eyebolt on the pole system. Use a quick snap clip with thumbscrew on the end of each spring that will attach to the push-through bar. The safety link of one spring will attach to the second eyebolt from the top. The opposite end of this spring (with the quick snap clip with thumbscrew) hooks to the eyebolt on the arm of the push-through bar. The safety link of the second push-through bar spring attaches to an eyebolt on the floor plate of the Wall System and the quick snap clip end attaches to the corresponding eyebolt located on the arm of the push-through bar. Be sure to slip the tube-shaped spring cover sleeve completely over the bottom push-through spring before using. The sleeve will protect your mat from abrasion when in contact with the spring.

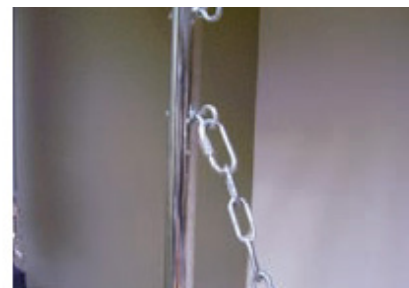


**WARNING:** Always use the safety chains with safety links when using the push-through bar spring from the bottom.

## Assembling the Safety Chains



The push-through pole system has two safety chains. 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 should the push-through bar slip out of the user's grasp.



## Installing the Wall Unit



1. If mounting the Wall System in a facility with pre-existing construction, Peak Pilates highly recommends first installing a backer board. The material for the backer board should be 2" x 6" and it needs to be long enough to span at least three wall studs.

If the Wall System is being installed at a facility with new construction, the backer board can be installed inside of the wall. The photos shown were taken in a facility with new construction.

2. Mount the wall mounting plate to the backer board with the included lag bolts. The center of the plate needs to be 81 1/8" from the floor.

A level should be used to make sure that the plate is parallel to the floor

Once the lag bolts are tightened, cover the heads with the black, plastic plugs provided.

3. Drop a plumb line down from one end of the wall mounting plate. Place the framing square so that one leg is along and one leg is perpendicular to the wall. The leg that is perpendicular to the wall should be placed against the plumb line (see next photo).



4. Using the square as a guide, draw a 3 " long line on the floor starting from 16 3/8" (extending to 19 3/8"). Repeat on the other side of the wall mounting plate. The floor mounting plate is located between these two lines. If the Wall System is being installed using a 2" x 6" external backer board, the line will start at 17 7/8" and extend to 20 7/8".

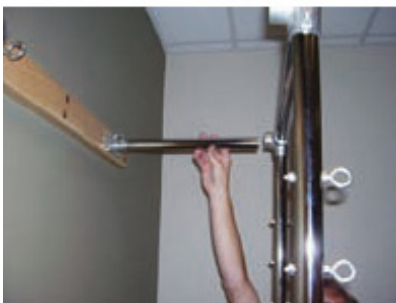


5. Attach the floor mounting plate to the floor, parallel to the wall, using the lag bolts provided or other suitable fastener. Cover the heads with the black, plastic plugs provided.

6. Place the vertical poles into the fittings on the floor plate. The eye bolts are positioned toward the top of the Wall System, away from the floor. Do not tighten the set screws in the fittings at this time.



7. Place the top cross pole (with fittings attached) on the vertical poles.



8. Install the 16" extension pipes between the fittings on the top cross pole and the wall mounting plate.



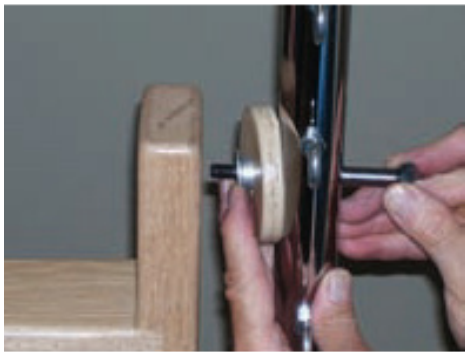
9. Use the 3/16" allen wrench to tighten the set screws for the extension tubes in the fittings in the wall mounting plate so the extension pipes do not fall out.



10. Rotate the vertical poles so that the eyebolts are facing away from the wall. Do not tighten the set screws in the fittings at this time. Leaving the set screws loose will make installation of the push-through bar easier.



11. Install two of the nylon bushings in each side of the push-through bar.



12. Position the push-through bar between the vertical poles such that the bushings are in line with a pair of the (3) 3/8" holes in each of the poles. Multiple hole positions allow the user to select the desired height for the push-through bar — the middle hole is recommended.

13. Insert one of the shoulder bolts through one of the holes of the vertical poles from the outside. Then insert the shoulder bolt through a large (3/4" long) metal spacer, a plywood disc, a large washer; and finally, through the bushing in the push-through bar.



14. Place a small washer and locknut over the threaded end of each bolt. Tighten the locknuts until the bar can no longer swing and then back the nuts off just enough to allow free movement of the push-through bar.

### Hardware assembly sequence.

15. Tighten all set screws in the fittings:



## TOOLS

The tools required for installation of a Wall System depend on the structure and composition of your wall and floor. Minimally, you will need a variable speed drill, a Phillips screwdriver bit and the following:

- 3/16" Allen wrench (provided)
- Two 1/2" socket wrenches or one socket and one open ended, box end or crescent wrench
- Framing level
- Plumb line
- Framing square

## PARTS LIST

### Classic Wall System Standard Features

- Chromed steel pole system (2 upright poles, 1 cross pole, 2 wall anchor poles and fittings)
- 1 push-through bar
- 1 roll-down bar
- 2 safety chains
- Foot loop (pair)
- Springs: 2 push-through springs, 2 leg springs, 2 arm springs
- 1 spring cover (installed on bottom push-through spring)
- Wall mounting plate
- Floor mounting plate

### Deluxe Wall System Standard Features

If you have ordered the Deluxe version of the Classic Wall System, you have also received the following:

- 5" x 24" x 84" mat
- 2 mat boxes
- 1 light mat exercise bar 30"

## HARDWARE

8 double-ended clips	2 small washers
4 safety links (installed on safety chains and push-through bar springs)	12 black plastic caps
4 quick snap clips with thumbscrews	2 metal spacers
4 nylon bushings	2 locknuts
2 shoulder bolts	2 large washers
12 lag screws	2 wooden disks

**Notes:** If considering new construction, we recommend having your contractor install blocking within the wall or, if not possible, externally mounting a 2" x 6" (or other suitable backing board) with the centerline located 8 1/8" from the floor. The backing board needs to span a minimum of three studs and be positioned such that the Wall System, when assembled in the desired location, is approximately centered.

In addition, if your floor is concrete, you will need to get 4 lag shields from your hardware store. Lag shields are anchor fittings inserted into holes drilled into the concrete floor. The lag bolts are screwed into the lag shields.



1. Using a safety link, attach one safety chain to the 2nd eyebolts located on each end of the upright pole.

2. Attach a quick snap clip with thumbscrew to the other end of each chain.

**When not in use, the safety chains should be clipped to their home eyebolts allowing them to hang in a loop.**

### **Storing the Push-through Bar**

To store the push-through bar, rotate it back through the upright poles. Loop the storage strap around the push-through bar and clip it to its eyebolt.



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