

High/Low Combination Chair



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 High/Low Combination Chair. 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 High/Low Combination Chair, 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 High/Low Combination Chair 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 the springs, verify that both ends are securely attached to respective spring post mounts.
4. Do not tip the machine during use.
5. Children must not be allowed near this machine. Teenagers and/or physically challenged individuals require supervision.
6. Keep hair, clothing, jewelry and other loose items clear of moving parts at all times.
7. It is the purchaser's sole responsibility to instruct end users and supervising personnel on the proper operating procedures of the Wunda or Low Chair. 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 Peak Pilates personnel.

Warranty

We warrant your purchase to be free of manufacturing defects. Please contact customer service or refer to the written warranty accompanying these instructions.

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Assembly Instructions



Parts List

- A. Chair
- B. 2 springs (heavy)
- C. Split Pedal model includes dowel
- Shipping dowels (Split-Pedal only - throw away)
- D. High Back
- E. Star Plate
- D. Removable Seat Pad
- F. 4 Tension Knobs
- G. 2 Cotter Pins (on handle brackets)

Assembly Instructions



1. Each spring has one end which is a “closed loop” and one which is “open”. Attach the “closed loop” of each spring over one of the spring posts mounted on each side of the inside rear of the chair.

2. Hook the “open hook” end of the spring into an eyebolt on the chair pedal.

You can adjust the position of the chair pedal by moving the spring to another spring post. If you use both springs, set them to the same tension (attachment location).



LOW CHAIR WITH HANDLES MODE

1. Insert the handles into the metal sleeves mounted on the sides of the low chair.

2. Screw the tensioning knobs into the threaded hole located in each of the sleeves; tighten firmly against the handles.

3. To adjust the height of the Handles, loosen the Locking Knobs and remove the Handles. Withdraw the Cotter Pin (pre-installed in the bottom-most adjustment hole) and insert in any of the adjustment holes located in the sides of the Handle Sleeves. Check to be sure that the Cotter Pins on both sides of the Chair are set at the same height.



HIGH CHAIR MODE

1. Lower the high back onto the slider bars.

These slider bars, along with the groove in the side arms of the high back, have been “pre-waxed” with paraffin to ensure ease of installation and removal.

2. To install the foot alignment apparatus, first place it on the Chair cushion. Lift the High Back until the Foot Alignment Apparatus can be slid underneath. Slide the Foot Alignment Apparatus further back on the chair seat until its slot is under the High Back. Lower the High Back into the slot in the apparatus.

3. To sit on the high chair, place the removable seat pad on top of the foot alignment apparatus.

The assembly of your High/Low Combination Chair is now complete. Please do not hesitate to contact us with any questions at 1-800.847.7746 or info@peakpilates.com.

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