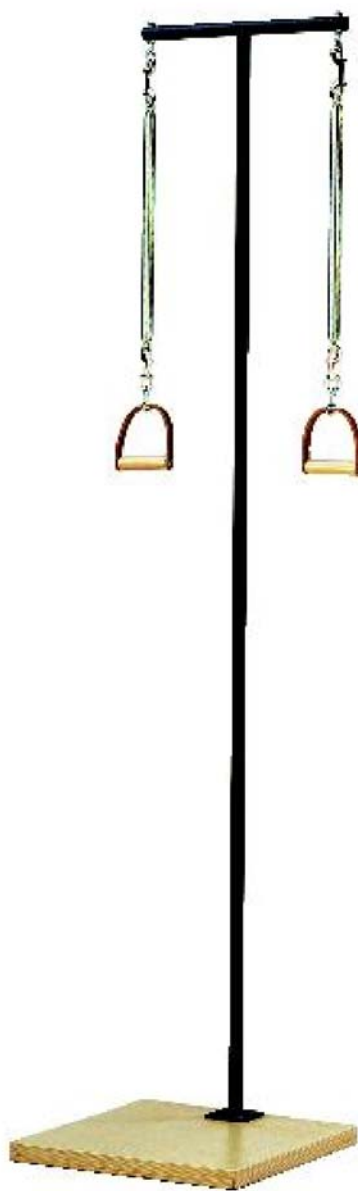


Ped-o-Pul



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 Ped-o-Pul. 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 Ped-o-Pul, 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 Ped-o-Pul 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. Verify that no excessive wear is evident on the handles. If there is, the handle(s) must be immediately replaced.
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 Ped-o-Pul. 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

TOOLS

#3 Phillips Head Screwdriver

PARTS LIST

- 1 T-bar
- 1 Base plate
- 2 Handles
- 2 Arm Springs
- 4 Double-ended Clips
- 4 Phillips Flat Head Screws, 1/4 - 20 x 1 1/2" long



1.



2.

ASSEMBLY INSTRUCTIONS

1. Orient the "T" Bar so that the arms of the T are parallel with the back edge of the base plate and then fasten the T-bar to the base plate with the 4 bolts provided.
2. Connect the handles to the springs using the double-ended clips, and then clip the springs to the eyebolts in the T-Bar.

The assembly of your Ped-o-Pul is now complete. Please do not hesitate to contact us with any questions. 1-800-925-3674 or info@peakpilates.com.



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