

AeroPILATES®

Performer 695



Assembly & User Manual

model: SPPP-AE695

reference no. 55-4695U

Introduction



Dear AeroPilates Customer

Congratulations on your smart decision to include a fitness regime into your life. Not only have you chosen the most sensible way to exercise, but you have made a wonderful commitment to your health and well-being that will make you proud. Incorporating my AeroPilates routine into your life, at least three days a week and more if possible, will change your life as it has dramatically changed mine.

Consistent use, attention to the quality of each movement and dedication to the belief that your body is capable of healing itself, in-particular, that your body is able to correct imbalanced movement patterns, will help bring you the freedom from pain and injury that we all hope for as we age.

Allowing our bodies to weaken and fall into disrepair is a condition that a regular AeroPilates discipline will help prevent.

Join me, and the hundreds of thousands of AeroPilates users worldwide, in enjoying the ease of movement and youthfulness that comes with this simple and enjoyable 20 minute a day system that tones and strengthens your body, calms your mind and rejuvenates and enlivens your spirit so that you may easily live a life filled with vitality, beauty and grace.

Give yourself this small gift every day and watch your body become the most beautiful body, designed to move with freedom and without pain. Watch the aches and stiffness disappear and enjoy the compliments that everyone around you will give as they too begin to notice your shape improve and your energy level soar.

I wish you well on your journey to becoming your most beautiful you.

Much love and motivation,

Marjolien Brugman

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General Information

quality

This exercise product has been designed and manufactured to comply with the latest British and European Safety Standards.

questions and customer care

If you have any difficulty with assembling or using this product, please DO NOT return it to your retailer. Our Customer Care helpline will be more than happy to answer all your queries and arrange for missing parts to be sent to you. Customer Care is open from 9.00am–5.00pm Monday to Friday.

Please have the product model and number ready for Customer Care staff.

Before You Start

tools

This product is supplied with the basic tools required for assembly.

assembly

Assemble in a clean, clear area. Give yourself plenty of space to easily move around the product, as this will reduce your chance of getting injured while assembling. You might also find it quicker and safer if you work with a friend when handling large parts.

check you have everything

Carefully unpack each component and check that you have all the parts against the Parts List before starting to assemble your product. Remember, a number of parts will be factory fitted to the larger component. If any are missing, please contact our Customer Care staff for assistance.

safety

Before you begin any programme of exercise, please be sure to consult with your doctor. Proper use of your product is also essential. Please read this manual carefully before starting assembly of your product or starting to exercise.

- Use this product only as described in this manual (or on video).
- Refer to illustrations or video for any complicated manoeuvres.
- Make sure that all nuts, bolts, screws, and knobs are tight prior to each use.
- Do not exercise at an intensity that causes the product to move. This could result in damage to joints and the product.
- Setup on a level surface. Do not position on loose rugs or uneven surfaces.
- Tighten/replace loose or worn components prior to use.
- Choose a workout which best fits your physical strength/flexibility level. Use common sense while exercising.
- Injuries may result from incorrect or excessive exercise.
- Wear appropriate clothing when exercising; do not wear loose clothing that could become caught or trapped. Keep hands clear of any folding or pinch points.
- Keep all children and pets away from the product at all times including while using or while assembling.
- Be careful to maintain your balance while using, mounting, dismounting, or assembling the product. Loss of balance may result in a fall and serious bodily injury.
- Please use this product one person at a time.
- Ensure a free space of 3.5m x 2.0m is available before use
- Make sure all adjustment devices are not left protruding where they may be accidentally changed or caught upon.




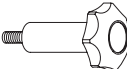


storage and use

This product is designed for indoor use in clean dry conditions. Do not store in cold or damp conditions as this may cause corrosion. It is recommended that two people move the AeroPilates. Attach one of the TENSION CORDS(10) in the slot on the FRONT FRAME(1) to prevent the CARRIAGE(7) from moving. Lift from the REAR FRAME(2) and use the Wheels(27) on the FRONT FRAME(1).

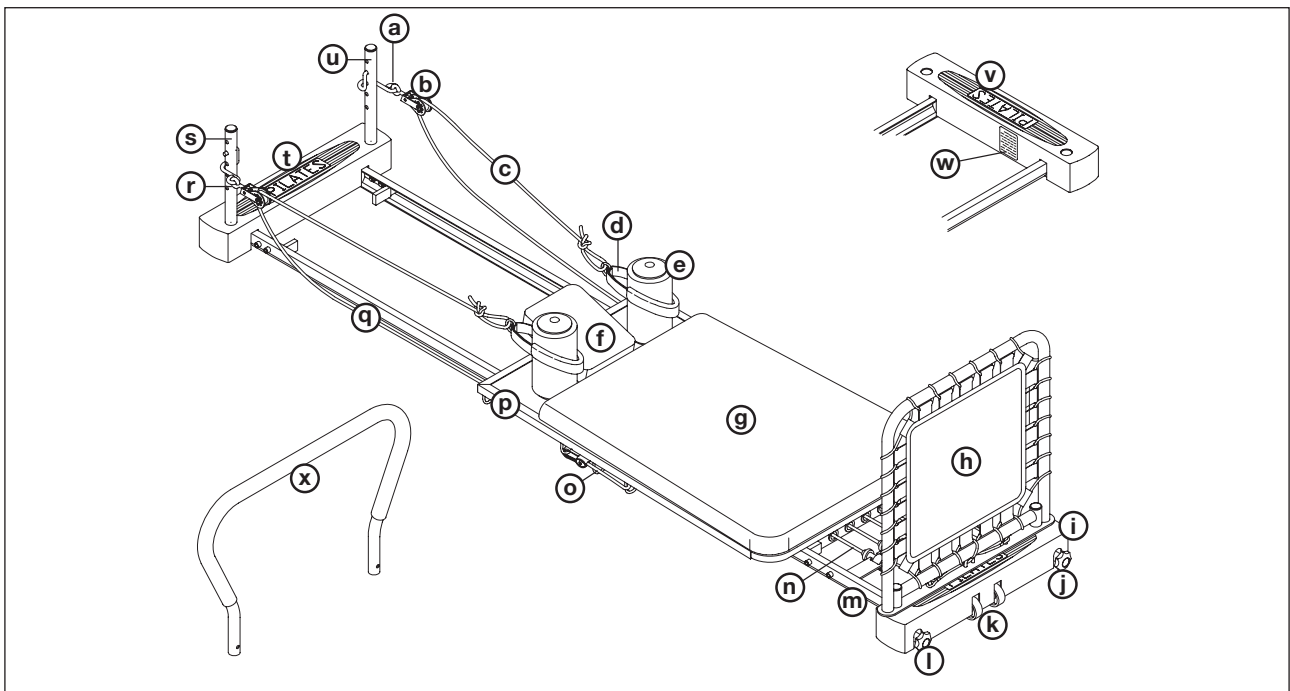
weight limit

This product is suitable for users weighing 300lbs/21.5 stones/136kg or less.

Parts Identification

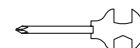
	Part no.	Description	Qty
	38	Screw, Round Head (M5 x 0.8 x 35mm)	4
	42	Nylock Nut (M8 x 1.25)	2
	47	Washer (M8)	6
	26	Locking Knob	4
	27	Plastic Wheel	2
	62	Rubber Foot	4

Components

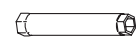


- | | | | |
|---------------------------|---------------------|----------------------|------------------|
| a. Left Pulley Hook | g. Cushion | m. Front Frame | s. Pulley Riser |
| b. Pulley Set | h. Cardio Rebounder | n. Tension Cord | t. Rear Cover |
| c. Rope | i. Front Cover | o. Plastic Snap Hook | u. Pulley Riser |
| d. Hand Strap | j. Locking Knob | p. Carriage | v. Front Cover |
| e. Foam Shoulder Pad Ass. | k. Wheels | q. Rear Frame | w. Warning Label |
| f. Headrest | l. Locking Knob | r. Right Pulley Hook | x. Footbar |

The following tools are required for assembly:

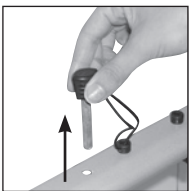
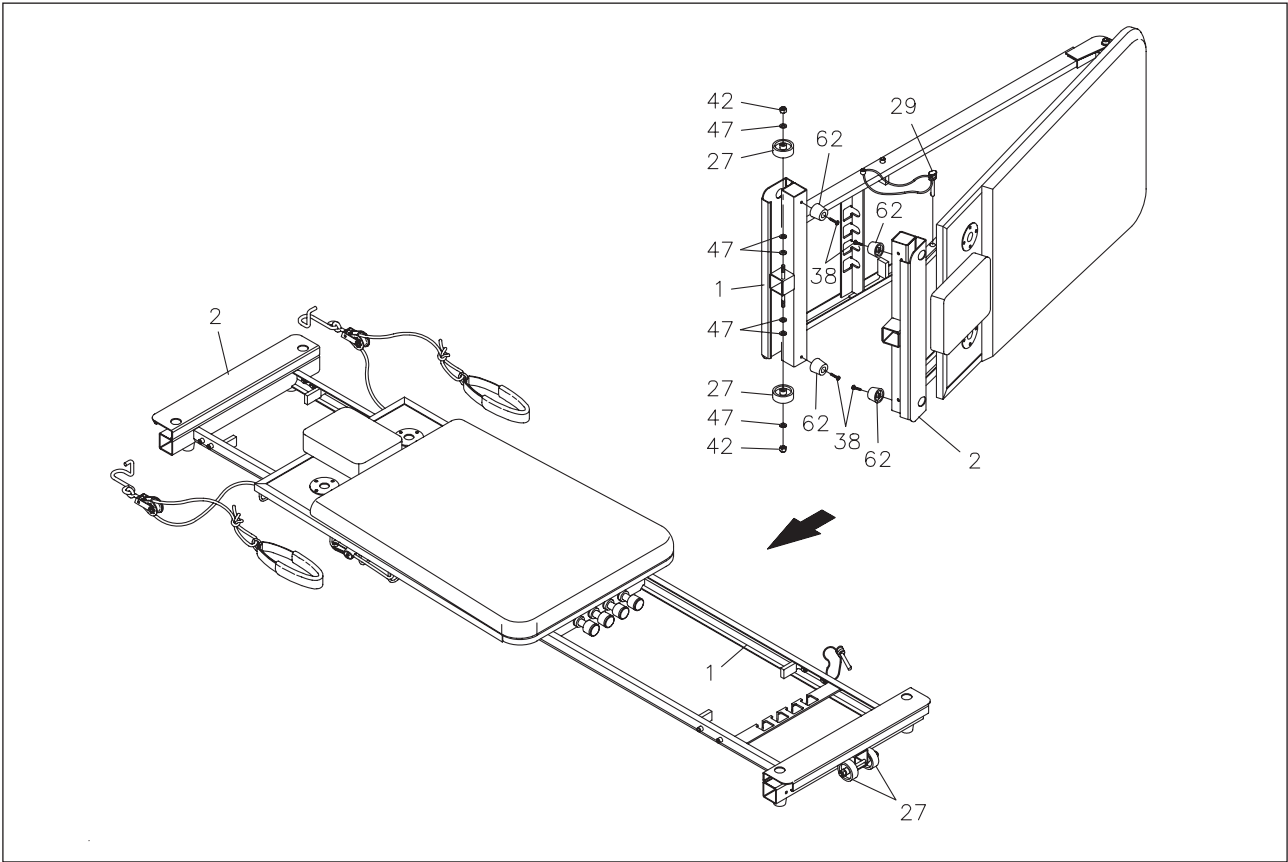


Combination Wrench



Socket Wrench

Assembly



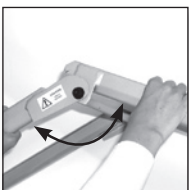
Step 1

Remove your AeroPilates from its packaging placing the product on its side, with the LOCKING PIN(29) side upward. Remove the LOCKING PIN(29) and unfold the MAIN FRAME ASSEMBLY separating the half that has the attached LOCKING PIN(29). When completed, the frame should be separated approximately 3 feet at the end.



Step 2

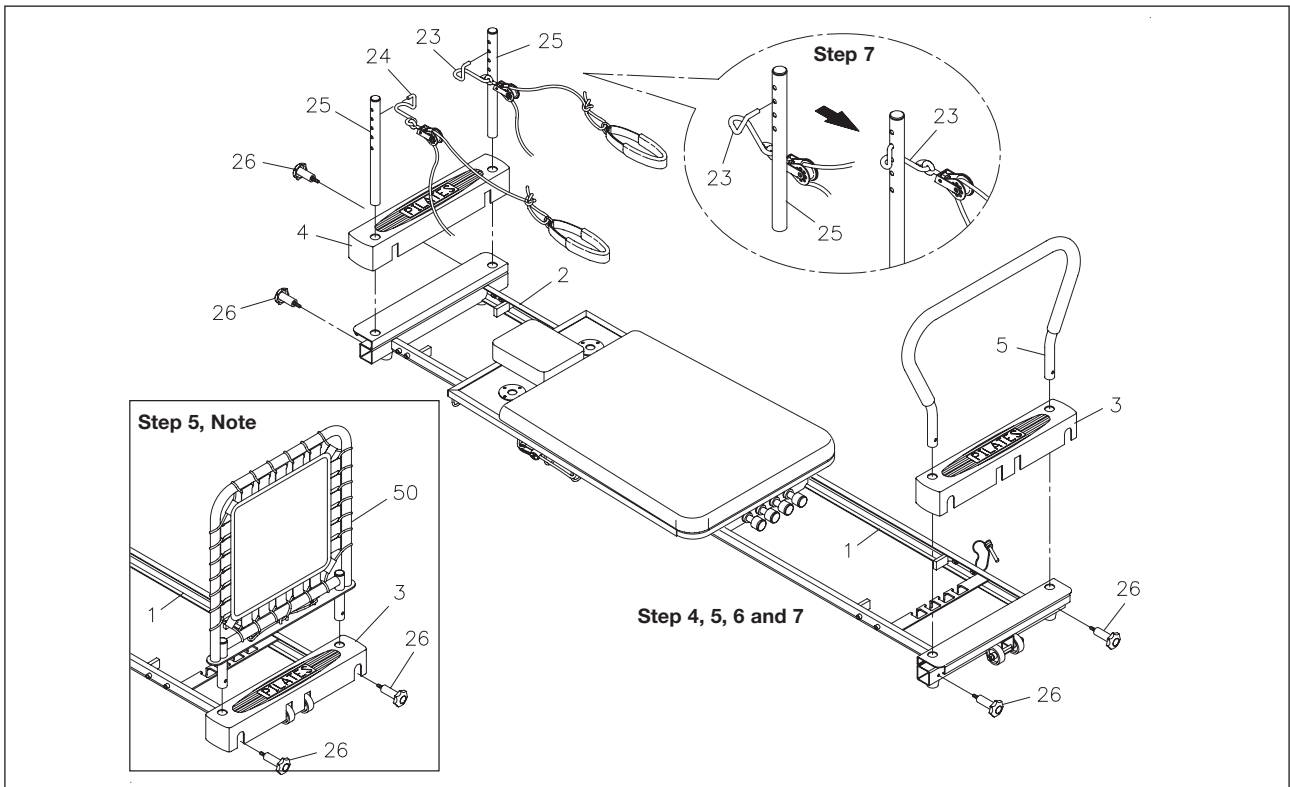
Attach the four RUBBER FEET(62) to the FRONT FRAME(1) and REAR FRAME(2) with ROUND HEAD SCREWS (M5 x 0.8 X 35mm)(38). Attach the WHEELS(27) to the FRONT FRAME (1) with WASHERS (M8)(47) and NYLOCK NUTS (M8 X 1.25)(42).



Step 3

Unfold your AeroPilates to a flat position by moving the FRONT FRAME(1) away from the platform end of the product in a clockwise position until fully extended.

Assembly



Step 4

Remove the paper covering from the foam tape inside the FRONT COVER(3) and REAR COVER(4). Place the FRONT COVER(3) over the FRONT FRAME(1). Place the REAR COVER(4) over the REAR FRAME(2). Press the covers securely in place.



Step 5

Insert the FOOTBAR(5) into the mounting holes located in the FRONT COVER(3) and FRONT FRAME(1). Lock in place with the LOCKING KNOBS(26).

Note: You can choose to insert the CARdio REBOUNDER(50) into the FRONT FRAME(1) and lock in position with the LOCKING KNOBS(26). Refer to the inset drawing.



Step 6

Insert the PULLEY RISERS(25) into the mounting holes located on the REAR COVER(4) and REAR FRAME(2) and lock in position with the LOCKING KNOBS(26).

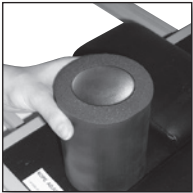
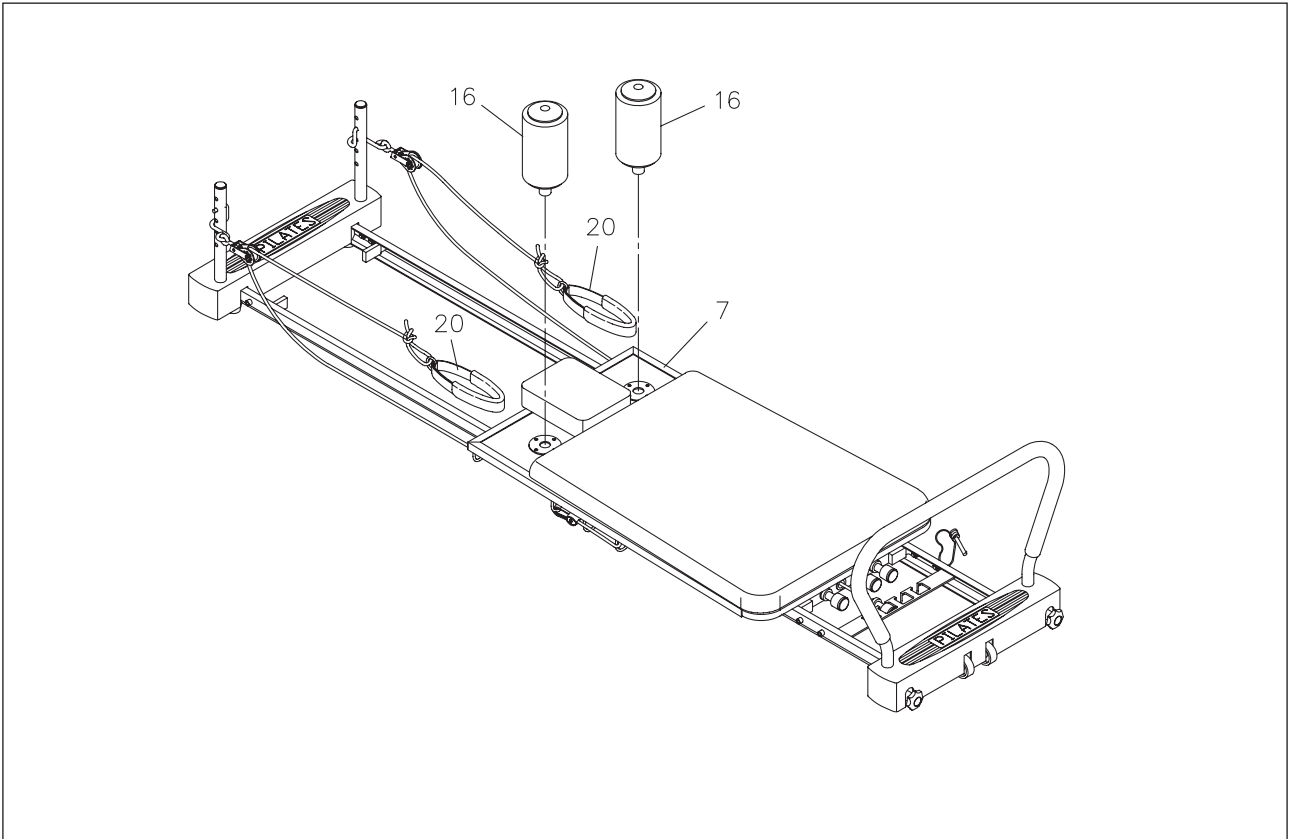


Step 7

(see illustration)

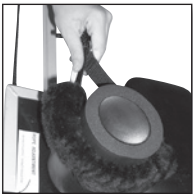
Hook the LEFT PULLEY HOOK(23) into one of the five attachment holes on the PULLEY RISER(25) at left side. Hook the RIGHT PULLEY HOOK(24) into one of the five attachment holes on the PULLEY RISER(25) at right side.

Assembly



Step 8

Insert the FOAM SHOULDER PAD ASSEMBLIES(16) into the holes located on the CARRIAGE(7).



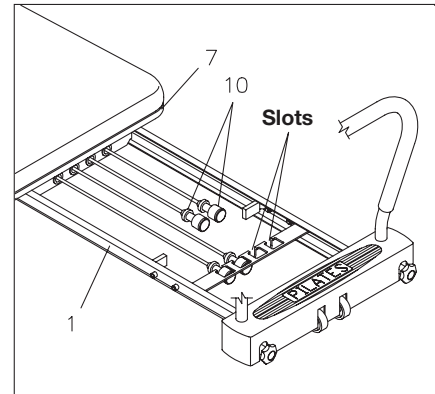
Place the HAND STRAPS(20) onto the FOAM SHOULDER PAD ASSEMBLIES(16) for storage.

Operation

load adjustment

The resistance of the CARRIAGE(7) can be adjusted by securing the TENSION CORDS(10) in the slots located on the FRONT FRAME(1). You can achieve various levels of resistance by securing different numbers of the TENSION CORDS(10) in the slots.

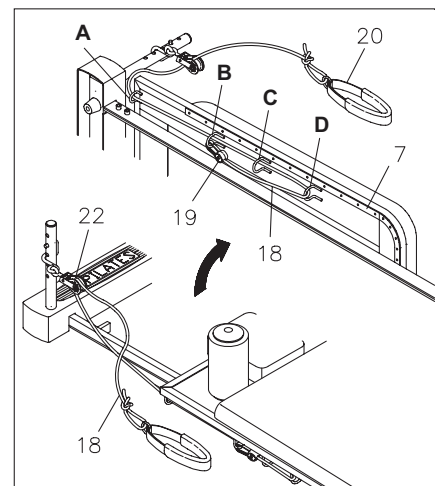
Note: Over time your TENSION CORDS(10) will relax. To increase resistance in the TENSION CORDS(10), stretch and re-tie the tension cords in a more taut position.



rope length adjustment

The ROPES(18) feed through the PULLEY SETS(22) then thread through the loops on the underside of both outer edges of the CARRIAGE(7). PLASTIC SNAP HOOKS(19) on the end of each rope are used to adjust the ROPE(18) length. If more length is needed, attach the PLASTIC SNAP HOOKS(19) to loop D. To shorten, bring the ROPES(18) around the last loop D and secure to loops A, B or C with the PLASTIC SNAP HOOKS(19). Wrap ROPES(18) through the loops and attach where needed to shorten ROPES(18) even more.

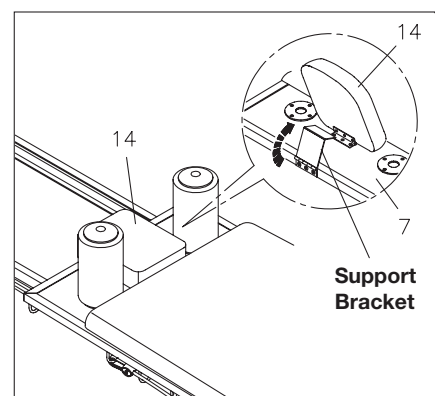
Both ropes should be set to an equal length. This is best achieved by placing the HAND STRAP (20) over the FOAM SHOULDER PAD ASSEMBLIES (16) and adjusting the length so the rope is taut.



head rest adjustment

The HEAD REST(14) on the CARRIAGE(7) can be positioned at an incline by simply pivoting the Support Bracket onto the flat surface of the CARRIAGE(7) and then the HEAD REST(14) can be hinged onto the Support Bracket.

You are now ready to exercise! Follow the exercise chart or DVD.



Storage

To store simply keep in a clean dry place. The AeroPilates can be folded as illustrated for easy storage.

Step 1

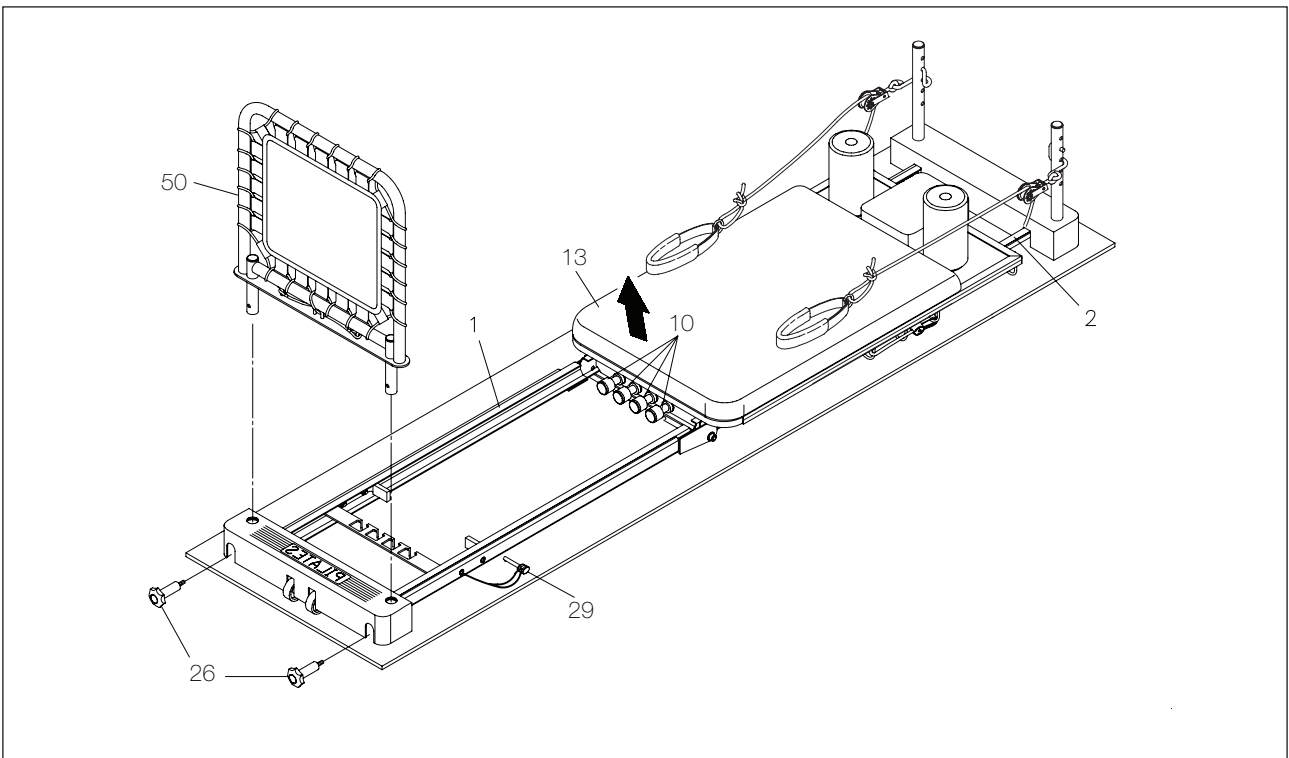
Remove the LOCKING KNOBS(26) and CARDIO REBOUNDER(50), or the FOOTBAR(5), from the FRONT FRAME(1).

Step 2

Remove the TENSION CORDS(10) from the slots on the FRONT FRAME(1). Move the CARRIAGE(7) back to the REAR FRAME(2).

Step 3

Fold the AeroPilates up from the FRONT FRAME(1).



Step 4

Insert the LOCKING PIN(26) into the hole in the REAR FRAME(2) to lock the frames in folded position.

Warning: When folding or unfolding the AeroPilates, keep all children away and make sure your hands are clear of any folding or pinch point.

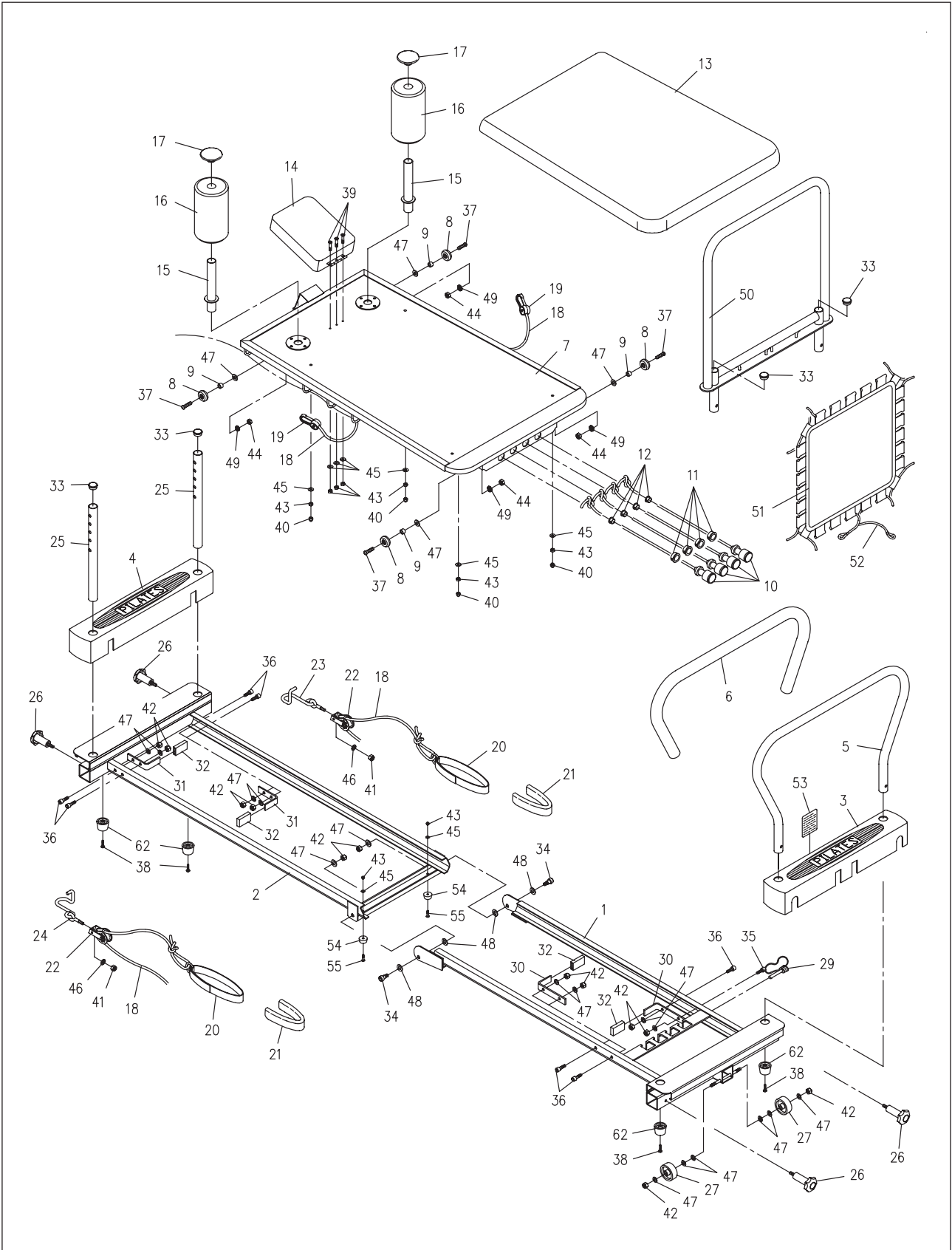


Maintenance

The safety and integrity designed into the AeroPilates can only be maintained when regularly examined for damage and wear. Special attention should be given to the following:

1. It is the sole responsibility of the user/owner to ensure that regular maintenance is performed.
2. Worn or damaged components shall be replaced immediately or the AeroPilates removed from service until repair is made.
3. Verify that the ROPES(18) are properly installed on the PULLEY SETS(22).
4. Check the condition of the ROPES(18). Replace the Rope if it is frayed or worn.
5. Check the PLASTIC SNAP HOOKS(19) on the ends of the ROPES(18). Replace the ROPES(18) if PLASTIC SNAP HOOKS(19) are damaged or deformed.
6. Check the TENSION CORDS(10). If a TENSION CORD(10) is stretched and loose, re-tie the knot on the end of the cord. Replace TENSION CORDS(10) that are frayed or worn.
7. Check the BUNGEE CORD(52) on the CARDIO REBOUNDER(50) for wear. Replace the CARDIO REBOUNDER(50) if the BUNGEE CORD(52) is frayed or worn.
8. Check the PULLEY SETS(22) for excessive wear. Replace worn PULLEY SETS(22).
9. Check the HAND STRAPS(20) for damage. Replace damaged parts.
10. Check the FOAM SLEEVE(6) and FOAM SHOULDER PADS(16) and replace if damaged or worn.
11. Check the STOP PLATES(30, 31) for looseness or damage and replace any damaged parts.
12. Check the CUSHION(13) and replace if it is damaged or worn.
13. Check and clean the ROLLERS(8) and the rolling surfaces on the rails. Clean by wiping with a dry cloth.
14. Keep clean by wiping with an absorbent cloth after use.

Parts Drawing



Parts List

1	Front Frame.....	1
2	Rear Frame	1
3	Front Cover	1
4	Rear Cover	1
5	Footbar	1
6	Foam Sleeve	1
7	Carriage	1
8	Roller.....	4
9	Roller Spacer.....	4
10	Tension Cord.....	4
11	Support Bushing	4
12	Stop Bushing	4
13	Cushion.....	1
14	Headrest	1
15	Foam Shoulder Pad Tube.....	2
16	Foam Shoulder Pad	2
17	Foam Cap	2
18	Rope.....	2
19	Plastic Snap Hook.....	2
20	Hand Strap.....	2
21	Grip Pad.....	2
22	Pulley Set.....	2
23	Left Pulley Hook	1
24	Right Pulley Hook.....	1
25	Pulley Riser	2
26	Locking Knob.....	4
27	Wheels	2
29	Locking Pin	1
30	Stop Plate	2
31	Small Stop Plate.....	2
32	Stop Pad.....	4
33	Round Plug (25mm)	4
34	Shaft Bolt, Socket Head (M8 x 1.25 x 20mm).....	2
35	Bolt, Socket Head/w hole (M8 x 1.25 x 20mm)	1
36	Bolt, Socket Head (M8 x 1.25 x 20mm).....	7
37	Bolt, Round Head (M8 x 1.25 x 25mm)	4
38	Screw, Round Head (M5 x 0.8 x 35mm).....	4
39	Screw, Flat Head (M5 x 0.8 x 25mm).....	3
40	Acorn Nut (M5 x 0.8).....	4
41	Nylock Nut (M6 x 1).....	2
42	Nylock Nut (M8 x 1.25).....	12
43	Nylock Nut (M5 x 0.8).....	9
44	Nut (M8 x 1.25)	4
45	Washer (M5).....	9
46	Washer (M6).....	2
47	Washer (M8).....	20
48	Washer (M10).....	4
49	Lock Washer (M8)	4
50	Cardio Rebounder.....	1
51	Mat	1
52	Bungee Cord.....	1
53	Warning Label	1
54	Rubber Stand.....	2
55	Screw, Flat Head (M5 x 0.8 x 16mm).....	2
56	Combination Wrench (not shown).....	1
57	Socket Wrench (not shown).....	1
58	Manual (not shown)	1
59	Workout Chart (not shown).....	1
60	AeroPilates Level 1 Workout DVD (not shown).....	1
61	AeroPilates Cardio Workout DVD (not shown).....	1
62	Rubber Foot.....	4

Order Form

Please do not return the product. For your convenience, The Dezac Group Limited has a Customer Service Department. Should a part be missing or a defective part found, please call **+44 (0)1242 702360** between 9.00am and 5.00pm on Monday to Friday or fill out the fax sheet ordering form below and fax it to +44 (0)1242 702301. Our Customer Service Department will be able to assist you with your problem and the part will be mailed directly to your house.



TELEPHONE
CUSTOMER SERVICE
Tel: +44 (0)1242 702360



FAX
CUSTOMER SERVICE
Fax: +44 (0)1242 702301



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www.bodi-tek.co.uk



MAIL
BODI-TEK
The Dezac Group Ltd
P.O. Box 17, Cheltenham
Glos. GL53 7ET

Detach and Mail or Fax the Form Below

THE DEZAC GROUP LTD P.O. BOX 17, CHELTENHAM, GLOUCESTERSHIRE GL53 7ET

Name:

Address:

..... Post Code:

IMPORTANT: We must have your phone number in order to process the order!

Daytime number:..... Evening number:

Date Purchased: Model number:

Purchased From:

**IMPORTANT: Before filling out the form below make sure you have the right information.
Refer to the 'Parts List' to make sure you're ordering the right parts!**

PART #	DESCRIPTION	QUANTITY
EXAMPLE: 1	Rear Unit Assembly	

YOUR TWO YEAR GUARANTEE

On receipt of the completed guarantee registration slip below, The Dezac Group Limited will guarantee this product for two years against failure due to faulty workmanship or components. Please complete in block capitals.

Model: AeroPilates Premier 695 Date of purchase: _____ Purchased from: _____

Name: _____

Address: _____

Country: _____ Post Code: _____

Email: _____

Cut out and send completed form to: The Dezac Group Ltd, PO Box 17, Cheltenham, Glos, GL53 7ET, England