



PEAK PILATES®



THE ARTISTRY™ COLLECTION
ASSEMBLY GUIDE AND OWNER'S MANUAL
INCLUDES REFORMER & TWS / FWS TOWERS

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▲ Artistry™, Oak, Vegan Straps

ARTISTRY™ REFORMERS

Created nearly 25 years ago in Boulder, Colorado, Peak Pilates® is world renowned for artisan craftsmanship and science-driven ergonomic innovation. Inspired by the designs, principles and movement founded by Joseph Pilates, this collection embodies our continuing aspiration toward balance in mind, body and spirit. In collaboration with a team of Peak Pilates® Master Instructors, we seized the opportunity to create something classical, beautiful and inviting to the human eye as it is beneficial to the human body.

Introducing The Artistry™ Studio Collection, hand-crafted with the passionate commitment to excellence that has made Peak Pilates® equipment the preferred choice of Pilates studios worldwide.

This manual provides valuable information concerning the safe and proper use of your reformer. The entire guide should be read before beginning any exercise. All manufacturer's recommendations, cautions and/or warnings must be adhered to at all times. Failure to adhere to the content provided in this manual could lead to damage to your machine and/or injury to you or your clients. The remainder of this chapter will provide safety and contact information should your machine require service or should you need to ask functional questions. If, at any time, you have questions concerning any part of this manual please contact us using the information found on page 6.

We strongly advise that Artistry™ Reformers be used only by or under the supervision of a Certified Pilates Instructor. Peak Pilates® offers education programs and can provide training leading to certification. Visit the Peak Pilates® website at www.peakpilates.com or call 800.925.3674 (310.823.7008 if outside the US) for more information.

RECOMMENDED USE

Peak Pilates® strongly recommends consulting a physician before beginning any exercise program. Having a complete medical exam is particularly important if the user has a family history of high blood pressure or heart disease, is over the age of 45, smokes, has high cholesterol, 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 Artistry™ Reformers. Use only for the intended exercises. 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 apparatus, 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 each use. Do not exercise on the machine if signs of excessive wear, loose hardware, or other defects are evident. Do not attempt to fix defective equipment. Instead, notify Peak Pilates® immediately.

Note: We strongly recommend that all users of Peak Pilates® 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 Artistry™ Reformers 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 Operation Warnings

1. Be certain that all hardware is fully tightened before beginning to exercise. This is especially important for the retractable risers. **Ensure they are fully tightened and secure before use to prevent injury and/or damage to the equipment.**
2. Verify that no gaps between the coils or other defects (such as kinks or hairline cracks) are evident in the springs. If any defects are visible, the spring must be immediately replaced.
3. Before using either of the push-through bar springs, verify that the end with the safety link is connected to either the frame or the tower—bottom or top push-through bar spring respectively—and the end with the quick snap clip with thumbscrew is connected to the push-through bar. The thumbscrews must be tightened on all connecting clips.
4. Verify that no tears or excessive wear are evident in the synthetic vegan straps, leather straps, ropes, handles or loops. If excessive wear is evident, the strap, handle or loop must be immediately replaced.
Note: A slight separation at the seams of the leather straps is normal, straps do not have to be replaced unless that separation exceeds 1/16".
5. Do not tip the equipment during use.
6. Children and/or pets must not be allowed near any Peak Pilates® equipment. Teenagers and/or physically challenged individuals require supervision.
7. Keep hair, clothing, jewelry and other loose items clear of moving parts at all times.
8. It is the purchaser's sole responsibility to instruct end users and supervising personnel on the proper operating procedures of Artistry™ Reformers. We strongly recommend that the end user's physical condition be evaluated prior to beginning any exercise program.

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 at 800.925.3674 (310.823.7008 if outside the US).

MAD DOGG ATHLETICS, INC. LIMITED STUDIO LINE WARRANTY

MAD DOGG ATHLETICS, INC. WARRANTS TO THE ORIGINAL PURCHASER THAT OUR EQUIPMENT WILL BE FREE FROM DEFECTS IN WORKMANSHIP AND MATERIALS. THIS WARRANTY DOES NOT COVER LABOR CHARGES ASSOCIATED WITH REPLACING COVERED COMPONENTS. PART(S) REPAIRED OR REPLACED UNDER THE TERMS OF THIS WARRANTY WILL BE WARRANTIED FOR THE REMAINDER OF THE ORIGINAL WARRANTY PERIOD ONLY. THIS WARRANTY BECOMES EFFECTIVE UPON THE INVOICE DATE OF THE ORIGINAL PURCHASE FROM AN AUTHORIZED PEAK PILATES® DEALER ONLY. PEAK PILATES RETAINS THE RIGHT TO EITHER REPAIR, REPLACE OR REFUND THE PRICE OF ANY DEFECTIVE COMPONENTS UNDER THIS WARRANTY.

THE ARTISTRY™ CARRIES A LIFETIME WARRANTY ON THE REFORMER FRAME

ALL SPRINGS ARE WARRANTIED FOR 1 YEAR.

WE OFFER A 90 DAY WARRANTY FOR THE FOLLOWING:

- UPHOLSTERED PARTS
- ROPES
- STRAPS
- LOOPS

LIMITATIONS AND EXCLUSIONS

THIS LIMITED WARRANTY DOES NOT APPLY TO NORMAL WEAR AND TEAR, COSMETIC DAMAGE, IMPERFECTIONS THAT ARE WITHIN DESIGN SPECIFICATIONS OR THAT DO NOT MATERIALLY ALTER FUNCTIONALITY, OR DAMAGE DUE TO ACTS OF GOD, ACCIDENT, ABUSE, MISUSE, NEGLIGENCE, LACK OF NORMAL MAINTENANCE, ABNORMAL SERVICE OR HANDLING THAT DIFFERS FROM THAT SPECIFIED FOR THE STUDIO LINE OF EQUIPMENT, IMPROPER INSTALLATION OR IMPROPER OPERATION. IN ADDITION, ALTERATION OR MODIFICATION OF THE PRODUCT.

TO ORDER REPLACEMENT PART(S), THE ORIGINAL PURCHASER MAY CONTACT MAD DOGG ATHLETICS, INC. PRODUCT SUPPORT AT 800.925.3674. PROOF OF PURCHASE MAY BE NEEDED IN ORDER FOR MAD DOGG ATHLETICS, INC. TO VERIFY WARRANTY COVERAGE AND ISSUE A RETURN MATERIALS AUTHORIZATION (RMA) NUMBER. PARTS BEING RETURNED TO MAD DOGG ATHLETICS, INC. FOR WARRANTY CREDIT MUST BE SHIPPED PREPAID, ACCOMPANIED BY A PACKING LIST OR TAG BEARING THE RMA NUMBER AND THE CUSTOMER NAME. NO CREDIT WILL BE ISSUED FOR PARTS RETURNED WITHOUT PRIOR AUTHORIZATION FROM MAD DOGG ATHLETICS, INC. TO NOTIFY MAD DOGG ATHLETICS, INC. OF DAMAGES THAT OCCURRED DURING SHIPPING YOU MUST DO SO WITHIN 48 HOURS OF RECEIPT OF GOODS.

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DISCLAIMER OF WARRANTIES; LIMITATION OF LIABILITY

THIS WARRANTY IS IN LIEU OF ALL OTHER WARRANTIES, EXPRESSED OR IMPLIED, INCLUDING WITHOUT LIMITATION, THE IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE. REPAIR OR REPLACEMENT AS PROVIDED ABOVE SHALL BE THE SOLE AND EXCLUSIVE REMEDY AVAILABLE TO THE PURCHASER. CORRECTION OF DEFECTS, IN THE MANNER AND FOR THE PERIOD OF TIME DESCRIBED ABOVE, SHALL CONSTITUTE COMPLETE FULFILLMENT OF ALL LIABILITIES AND RESPONSIBILITIES OF MAD DOGG ATHLETICS, INC. TO THE PURCHASER WITH RESPECT TO CONTRACT, NEGLIGENCE, ANY INCIDENTAL OR CONSEQUENTIAL DAMAGES BASED UPON BREACH OF ANY EXPRESS OR IMPLIED WARRANTY ON THIS PRODUCT OR OTHERWISE. SOME STATES DO NOT ALLOW THE EXCLUSION OR LIMITATION OF IMPLIED WARRANTIES OR INCIDENTAL OR CONSEQUENTIAL DAMAGES, SO THE ABOVE EXCLUSIONS AND LIMITATIONS MAY NOT APPLY TO YOU. THIS WARRANTY GIVES YOU SPECIFIC LEGAL RIGHTS, AND YOU MAY ALSO HAVE OTHER RIGHTS WHICH MAY VARY FROM STATE TO STATE. WARRANTIES OUTSIDE OF THE US MAY VARY.

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WHAT'S INSIDE?

Artistry™ Reformers come with all of the following items included:

1.



2.



3.



4.



5.

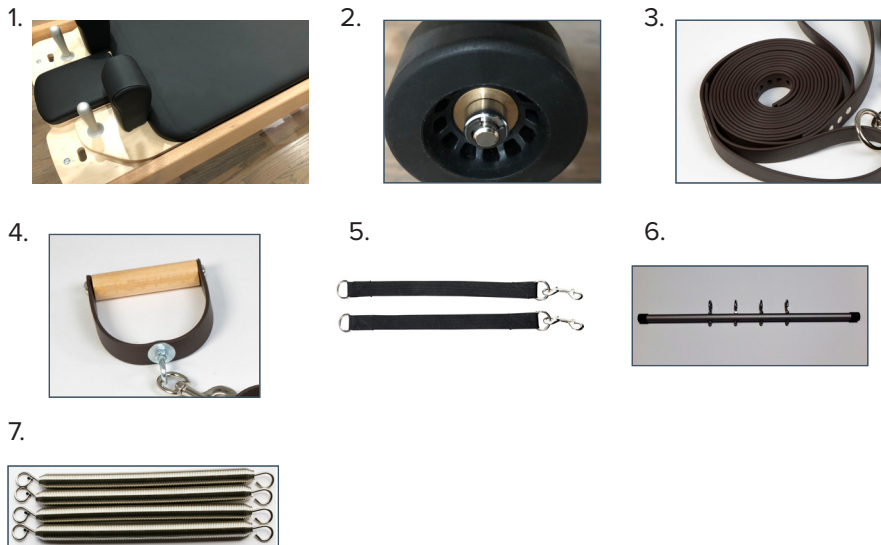


COMPONENT	QUANTITY
1. Reformer Frame	1
2. Standard Long/Short Box	1
3. Foot Strap (preinstalled on frame with 2 Safety Links)	1
4. Removable Gear Block & Carriage Stop	2
5. Fixed Carriage Stop (preassembled)	1

Artistry™ Reformers come with different components depending on your order and desired parts. For a complete and comprehensive list on all of the items included in each kit, please see the following pages.

VEGAN STRAPS

The following additional items are included in the Artistry™ with Vegan Straps kit:

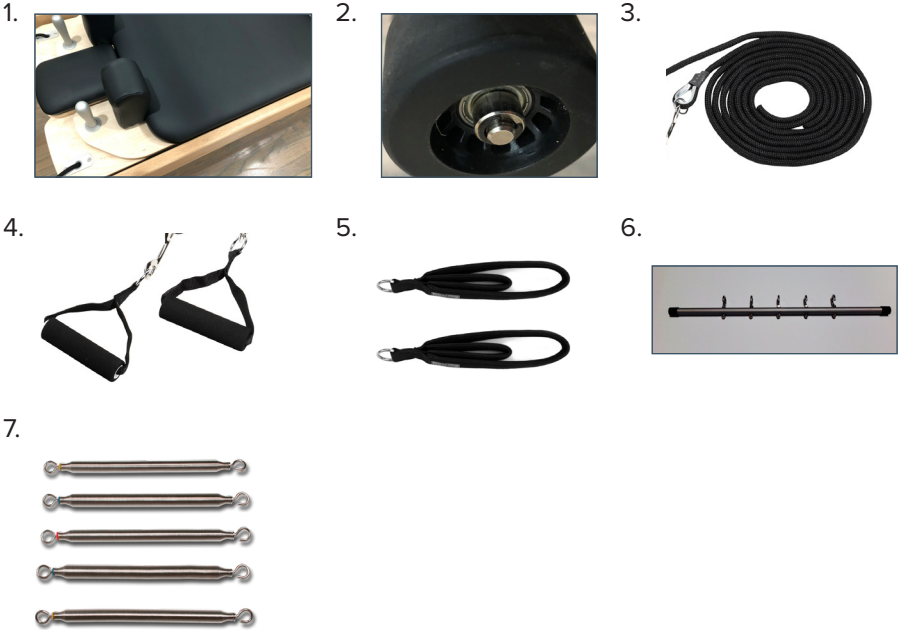


For Assembly instructions please refer to page #17

COMPONENT	QUANTITY
1. Vegan friendly Synthetic Strap Flip Carriage	1
2. Resistance Ride Wheels (preinstalled on carriage)	4
3. Vegan friendly Synthetic Strap	2
4. Vegan friendly Synthetic Handle	2
5. Long Spine Strap	2
6. Gear Bar with 4 Eyehooks	1
7. Resistance Ride Springs (Tension: 4 Standard)	4

ROPES AND RISERS

The following additional items are included in the Artistry™ with Ropes kit:

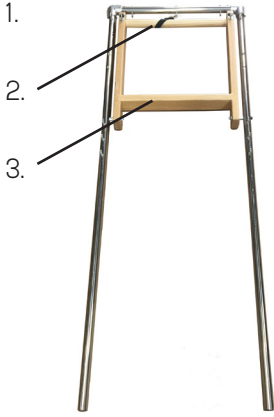


For Assembly instructions please refer to pages #18-19

COMPONENT	QUANTITY
1. Nylon Rope Flip Carriage	1
2. Ball-bearing Wheels (preinstalled on carriage)	4
3. Nylon Rope	2
4. Neoprene Handle	2
5. Double Loops	2
6. Gear Bar with 5 Eyehooks	1
7. Reformer Springs (Tension: 1 Heavy, 2 Standard, 2 Light)	5

TWS TOWER (TOTAL WORKOUT SYSTEM)

The following additional items are included in the TWS Tower kit:



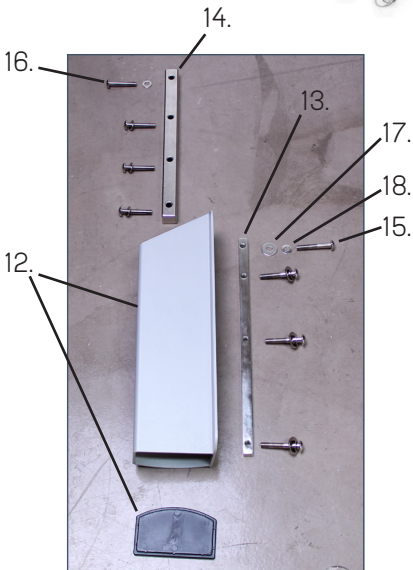
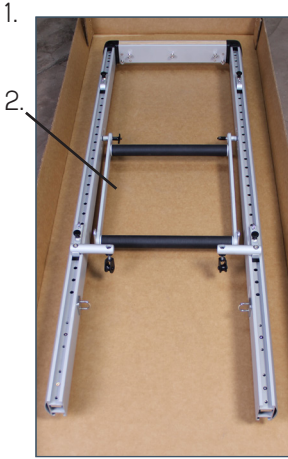
For Assembly instructions please refer to pages #20-21

Tools Needed for Assembly: 3/16 hex key (Provided)

COMPONENT	QUANTITY
1. Tower	1
2. Safety Strap	1
3. Push-Through Bar	1
4. Roll Down Bar	1
5. Safety Chain	1
6. Double-ended Clips (2 on each arm and leg spring)	8
7. Safety Links (2 on each safety chain, 1 on each push-through)	6
8. Quick Snap Clip with thumb lock (1 on each push-through)	2
9. Foot Loops	2
10. Arm Springs	2
11. Leg Springs	2
12. Push-Through Springs	2
13. Twin Mats (1 head end, 1 foot end with strap)	2

FWS TOWER (FUNCTIONAL WORKOUT SYSTEM)

The following additional items are included in the FWS Tower kit:



For Assembly instructions please refer to pages #22-25

Tools Needed for Assembly: 5mm hex key (Provided)

COMPONENT	QUANTITY
1. Tower	1
2. Push-Through Bar	1
3. Roll Down Bar	1
4. Safety Straps	2
5. Double-ended Clips (2 on each arm and leg spring)	8
6. Safety Links (2 on each safety strap, 1 on each push-through)	6
8. Quick Snap Clip with thumb lock (1 on each push-through)	2
8. Foot Loops	2
9. Arm Springs	2
10. Leg Springs	2
11. Push-Through Springs	2
12. Tower Bracket with Plastic Feet	2
13. Threaded Tower Bracket Block	2
14. Tower Bracket Spacer	2
15. 50 mm Screws (for Threaded Tower Bracket Blocks)	8
16. 45 mm Screws (for Tower Bracket Spacers)	8
17. M8 Large (24 mm outer diameter) Washers (for Threaded Tower Brackets Blocks only)	8
18. M8 Small (16 mm outer diameter) Washers	16
19. Short Wooden Trim Blocks	2
20. Long Wooden Trim Blocks	2
21. Tower Caps	4
22. Twin Mats (1 head end, 1 foot end with strap)	1

OPTIONAL ACCESSORIES

The following accessories are popular choices that can also be included with your order of Artistry™ Reformers:

1.



2.



3.



COMPONENT	QUANTITY
1. Jump Board	1
2. Dancer Jump Board	1
3. Side Split Platform	1

INSTALLATION

Artistry™ Reformer frames come preassembled, are hand-crafted in oak and finished with lacquer for a long-lasting shine as well as protection against sweat and water damage. Two or more people should assist with moving and placing the reformer frame in the desired location for use.

Installing Springs

The reformer comes with either four reformer springs that have all the same medium-level tension, or five reformer springs that have varying levels of tension. The five springs of varying levels of tension feature different colors near the eyebolt that denotes the tension rating of each spring.

Blue – Light tension

Yellow – Medium tension

Red – Heavy tension

The eyehooks for attaching the springs come preinstalled on both the carriage and gear bar. To install the springs, please follow the steps below:

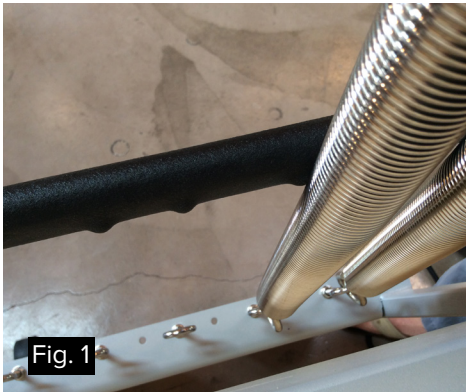


Fig. 1

1. Flip the carriage over and locate the eyehooks.
2. Unpack the springs, being careful not to scratch the coils during the unpacking.
3. Hook the non-color coded ends of each spring to the eyebolts located on the carriage, making sure that they rest against the spring support bar.
Note: The springs should rest between the small grooves found on the bottom of the spring support bar (Fig. 1).

Installing the Carriage

We recommend that the springs be attached to the carriage prior to installing the carriage in the frame.

Please follow the steps for placing the carriage into the frame below. These steps should also be completed by two or more people.



Fig. 2

1. Each person should place their hands on the short side of the carriage to ensure that fingers do not get caught between the carriage and the track. (Fig. 2)



Fig. 3

2. Lift the carriage and carefully place one foot inside the frame. Then step over and place the other foot in the frame before lowering the carriage onto the track. (Fig. 3)



Fig. 4

3. Place the carriage within the inside of the frame by aligning the wheels onto the aluminum track. The head pad and shoulder blocks should face the head end. (opposite the foot bar, as shown in Fig. 4)

4. Roll the carriage back and forth to be sure the wheels are properly aligned and that it slides backward and forward with ease.

Installing the Gear Bar and Carriage Stop

The gear bar, also known as the spring bar, is where the carriage springs hook onto and where the user can make adjustments to the position of the carriage. The gear bar slides easily into any of the four grooves cut into the side of the rails so the user can find the right fit. Be sure that the open ends of the hooks on the bar face up to easily and safely lock the springs into place.

After installing the gear bar, place the color-coded ends of the springs over their respective hooks on the gear bar. The color-coded ends should be attached to the gear bar so that the color is visible when the reformer is in use.

The settings for the gear bar are -1, 1, 2, 3. The desired setting will be determined by the user's height and length, or by the user's hip and knee flexion.

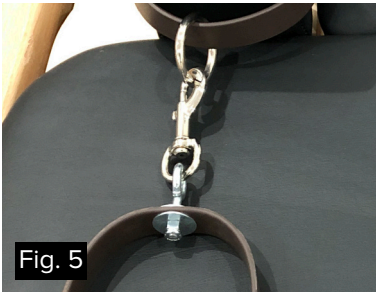
Position -1	Carriage stop removed and placed in the storage hole in the gear Carriage rests against wooden gear
Position 1	Carriage stop in hole position 1 located in the rail
Position 2	Carriage stop in hole position 2 located in the rail
Position 3	Carriage stop in hole position 3 located in the rail

VEGAN STRAP ASSEMBLY GUIDE

For the clients that have chosen synthetic Vegan straps and handles, the head end of the frame will have the pulleys preinstalled for use with the straps. In addition, the handles will have clips attached so they can easily snap on to the end of the synthetic Vegan straps.

All straps and handles must be secured before use. These are moving parts that are frequently interchanged with other accessories and they are essential to providing the fluid movement. Before use, be sure that the straps are not twisted so they can easily move through the pulleys

Installing the Vegan Straps



1. Snap the handles onto the steel rings at the end of the vegan straps. (Fig 5)



2. With the gear bar and carriage stop in the Position 1, place the loop of the vegan strap over the shoulder blocks on the carriage. (Fig 6)



3. Thread the loose ends of the straps through the pulleys mounted at the head end of the reformer frame. Loop the ends of the straps back toward the carriage, ensuring that the strap is not twisted. (Fig 7)

4. Unscrew the black knobs on the underside of the carriage (on each side of the headrest) to reveal the screw post.
Note: If top mounting of the knob is desired, the screw post can be unbolted, flipped and installed in the opposite direction.



Fig. 8

5. Feed the loose ends of the straps through the slots at the head of the carriage. Pull the straps to remove any slack. Align the nearest hole in the straps with each screw post. Slide the selected hole in each strap over each screw post. Note, the straps MUST be fed through the oval holes in the carriage BEFORE being anchored by the post and knob. (Fig 8)



Fig. 9

6. Re-screw the black knobs back onto the screw posts, tightening the knobs against the straps until they are secure. (Fig 9)
7. Thread the loose ends of the straps through the cutouts underneath metal frame on the carriage to prevent the ends of the straps from dragging along the ground.



Fig. 10

8. Finished assembly. (Fig 10)

ROPE ASSEMBLY GUIDE

For the clients that have chosen the reformer equipped with ropes and risers, the head end of the frame will have the retractable risers preinstalled for use with ropes.

All ropes and handles must be secured before use. These are the moving parts that are frequently interchanged with other accessories and they are essential to providing the fluid movement. Before use, be sure that the ropes are not twisted so they can easily move through the pulleys.

Preparing the Retractable Risers for use:

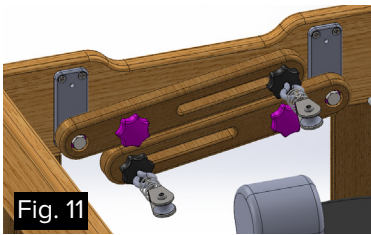


Fig. 11



Fig. 12

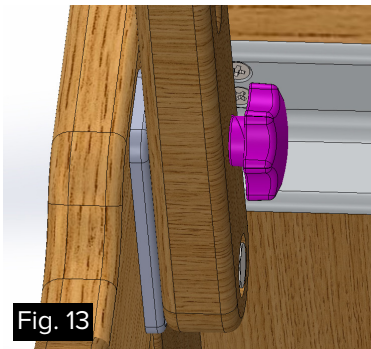


Fig. 13

The retractable risers come preinstalled on the reformer to make installation simple and easy. (Fig 11)

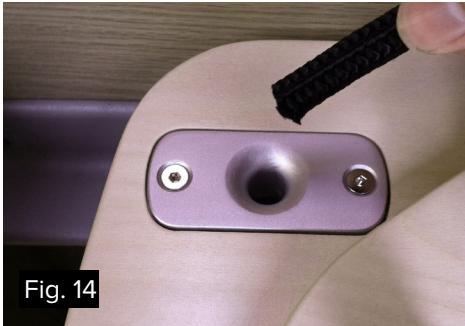
1. Before use, rotate the risers 90 degrees to the vertical position on the frame with the pulleys at the top of the riser. (Fig 12)
2. Secure the riser before use by screwing the knobs completely into the steel plates behind the riser. (Fig 13)
IMPORTANT: You must ensure the knobs are fully tightened and secure before use to prevent injury and/or damage to your equipment.

To change the reformer to mat mode the risers must be folded down.

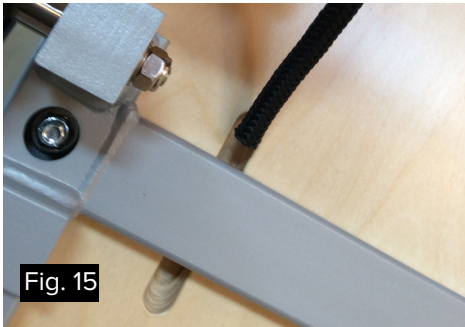
3. Unscrew the knob out of the steel plate until the threads are disengaged. Note that the knob will stay connected to the riser.
4. Rotate the risers towards the center of the reformer to the horizontal position. (See Fig 5 for reference)

See page 27 for twin mat installation.

Installing the Ropes



1. Using the double ended clips, clip the neoprene handles to the ends of the ropes.
2. With the gear bar and carriage stop in position 1, place the handles over the shoulders posts.
3. Thread the loose ends of the ropes through the pulleys mounted on the risers, looping the rope ends back toward the carriage.
4. Thread the ends of those ropes down through the hole and the cleat (near the headrest of the carriage) as shown in (Fig. 14)



5. Thread the excess rope through the cutouts underneath metal frame on the carriage (preventing the end of the ropes from dragging along the ground) as shown in (Figs. 15 and 16)





6. To shorten the rope, simply pull it further through the hole. To lengthen the rope, lift the cleat to release the tension on the rope (Fig. 17)



7. Final Assembly



▲ Artistry, Oak, Ropes and Risers

TWS TOWER ASSEMBLY GUIDE



Your pole system comes preassembled with the push-through bar installed.

Installing the Poles:

1. Before you assemble the pole system to the head end of the frame, make sure that the set screws in the frame's fittings are backed completely out of the center holes and that there are no obstructions present. Doing so will prevent the poles from being scratched during installation. (Fig. 18)
2. This step is best performed by two people. With one person on each side, lift the pole assembly. Orient the assembly such that the series of 3 eyebolts on each of the vertical poles faces toward the foot end of the TWS frame. (Fig. 19)
3. Slide the poles through the fittings. You may need to gently jostle the pole system back and forth for the poles to be able to pass all of the way through. Be sure that the poles rest on the eyebolt located below the bottom fittings. (Fig. 20)
4. Tighten the 8 set screws with the 3/16" hex key provided.

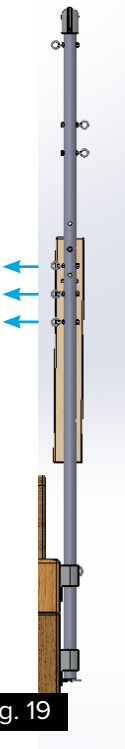


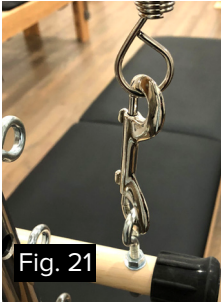
Fig. 19

Fig. 20

Installing the Tower Springs:



Each tower arm and leg spring has two double ended clips (8 total) to attach to the tower.



1. Use one double ended clip to attach to the Arm springs and tower eye bolt. Use a second double ended clip to attach to the roll down bar. Repeat with the other spring. (Fig. 21)



2. Use one double ended clip to attach to the Leg springs and tower eye bolt. Use a second double ended clip to attach to the foot loops. (Fig. 22)



Each push-through spring has one safety link and 1 Quick Snap Clip with thumb lock to attach to the tower.



3. Verify that the end with the safety link is connected to either the frame or the tower and the end with the quick snap clip with thumbscrew is connected to the push-through bar. Be sure to use the push-through spring sleeve to protect the upholstery on your twin mats. (Fig. 23)

FWS TOWER ASSEMBLY GUIDE

If you have ordered an Artistry™ Reformer with the FWS Tower kit, most components for the tower will arrive in a separate box. It contains additional items (detailed in the “What’s Inside” section Pg. 12). The following pages will detail all of these components and the steps required for installation.

Tower Bracket Assembly



Fig. 24

The first step toward assembling the tower is installation of the tower brackets on the head end of the reformer frame. Please find the instructions for installing these mounts below:

1. Place the plastic caps into the bottom of each tower bracket. (Fig. 24)



Fig. 25

2. Align the four holes at the outside end of the reformer frame with the four holes on the long edge of the tower bracket.

Note: the bowed edge of the tower bracket must be on the outside edge of the frame. (Fig. 25)



Fig. 26

3. Insert the tower bracket block into the tower bracket and align it with the four holes (Fig. 26)

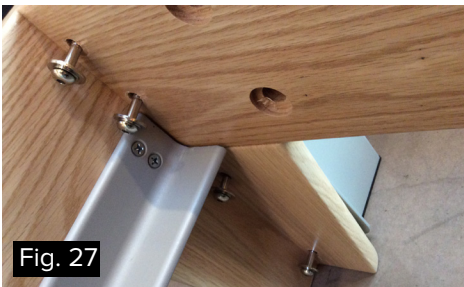


Fig. 27

4. Insert the 50 mm screws with two washers (one small and one large as shown in Fig. 27) per screw into the holes on the inside of the frame to affix the tower bracket and tower bracket block to the frame. Screw in the 50 mm screws until they are finger tight.

Removing the Push-Through Bar

The tower comes with the push-through bar already attached. Because the push through bar swings freely, we recommend removing from the tower before attaching the tower to the reformer frame. To remove the push-through bar from the tower, please follow the instructions below:



1. Locate the two black handles at the pivot end of the push-through bar.

2. Press the circular button at the top of the handle, then pull the handle out to release it from the tower (Fig. 28)

Note: This step requires at least two people. (Fig. 29)

Once the tower brackets have been installed on the frame, you can now attach the tower into the reformer. Two or more people are required to complete these steps.

1. Carefully remove the tower from the box.
2. Grip the tower with two hands, with one hand on the preassembled pulleys. (Fig. 30) Carry it over to the reformer.
3. Still holding onto the pulleys, lift the tower and slide it into the tower brackets until it sits securely against the bottom of both brackets. (Fig. 31)

Note: The preinstalled pulley mounts on the tower must be on the outside of the reformer frame, with the pulleys pointing inward.

Tower Bracket Spacer Installation



The final step for attaching the tower to the frame is the installation of tower bracket spacers. Please find the instructions for installing these spacers below:

1. Take the tower bracket spacer and place it inside the rail of the reformer (Fig. 32)
2. Place the hex key in the top hole of the tower bracket spacer, then gently lower the spacer into the tower bracket. (Fig. 33)
3. Insert the 45mm screws with one small washer per screw into the four holes on the outside of the tower bracket. Screw in the 45mm screws until they are finger tight. (Fig. 34)
Note: Use the hex key to align the holes while the tower bracket spacer sits inside the tower bracket.
4. Now tighten all 16 screws attaching the tower to the reformer frame with the 5mm hex key until they are completely tight and secure.
Note: Be sure to not overtighten. (Fig. 35)



Reinstalling the Push-Through Bar

Now that the tower is attached and secure to the reformer frame, you can now reinstall the push-through bar onto the tower. To re-install the push-through bar, please follow the instructions below (Note: these steps require at least two people):

1. Position the push-through bar at one of the three sets of holes in the tower.
2. Press the circular button at the top of the black handle to release the pins.
3. Insert the pins into the holes until they lock into place.



Fig. 36

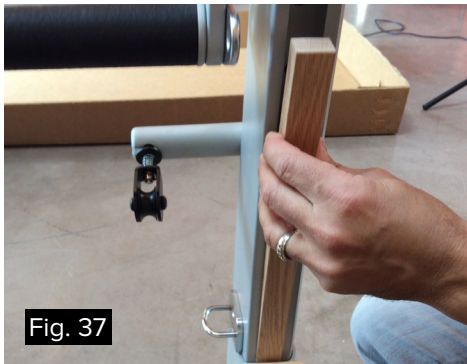


Fig. 37

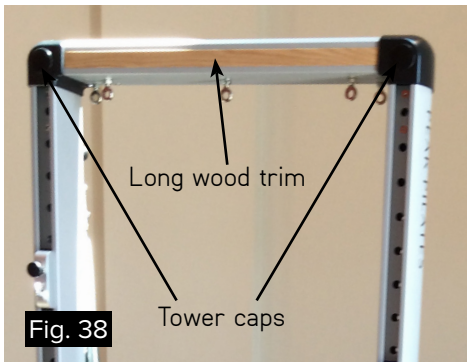


Fig. 38

Installing the Wood Trim

Artistry™ Reformers come with four wood pieces to cosmetically connect the classical wooden frame with the modern metal tower. The instructions for installing this optional wooden trim are below:

1. Take the wooden blocks and remove the protective covering from the double-sided tape. (Fig. 36)
2. Press the wooden blocks into the tower extrusions. (the lower right-hand corner is shown Fig. 37)

The long wood blocks should be inserted in the horizontal extrusions at the top of the tower (on both sides). The short wood pieces should be inserted in the lower right- and left-hand corners of the tower (only on the side that faces the reformer frame).

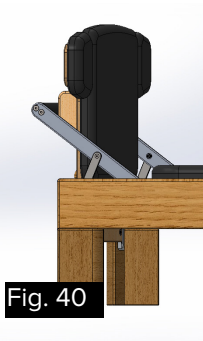
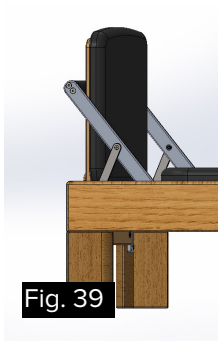
Tower Cap Installation

The tower also comes with four circular plastic tower caps that protect the metal frame when it is un-installed from the reformer and resting against other surfaces like the floor. Simply insert the caps into the four holes on both sides of the top two corners of the tower. (Fig. 38)

ACCESSORY ASSEMBLY GUIDE

Artistry™ Reformers come with metal brackets preinstalled on the frame that allow for easy installation of the optional accessories like a jump board or side split platform. Please find the instructions for installing these two items below:

Installing the Jump Board / Dance Jump Board



1. Place the foot bar in Position 2 for the standard jump board. Ensure that the back of the jump board is touching the foot bar for additional support. (Fig. 39) Place the foot bar in Position 3 for the dancer jump board. (Fig. 40)



2. Slide the nylon edges of the jump board into the metal brackets, with the padded side facing inside the frame. (Fig 41)

Installing the Side Split Platform.



1. Place the foot bar so that it is resting on the outside the frame.
2. Slide the nylon edges of the side split platform into the metal brackets, with the rounded edge facing inside the frame. (Fig. 42)

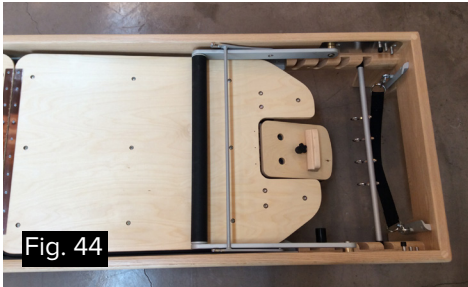
Installing the Side Split Platform. (continued)



3. Ensure that the bottom of the side split platform is touching the frame. (Fig. 43)

TWIN MAT CONVERSION

The carriage can be flipped over to install the twin mats (for exercises with the tower). Please follow the instructions below for using the twin mats on the reformer frame.



1. Unlock all springs from the gear bar.
2. Slide the carriage toward the head end of the reformer frame.
3. Lift the carriage near the headrest and fold it into the reformer frame.
4. Fold the foot bar into the frame so that it rests on the flipped-over side of the carriage. (Fig. 44)
5. Place the mats on top of the reformer frame, with the foot strap set against the foot end of the frame. (Fig. 45a)

NOTE: The mats are built to stay secure in the frame during use. If they do not easily drop into the frame simply place the ends of the mats at either end of the frame with the inside edges forming a triangle. Gently push down on both pads at the same time. (Fig. 45b)

MAINTAINING ARTISTRY™ REFORMERS

The Artistry™ Reformer is constructed from the finest components and materials. Proper maintenance requires only a small, but very important investment of your time in a regular routine maintenance program.

If you are using the equipment in a studio or club environment, we strongly suggest the following maintenance program:

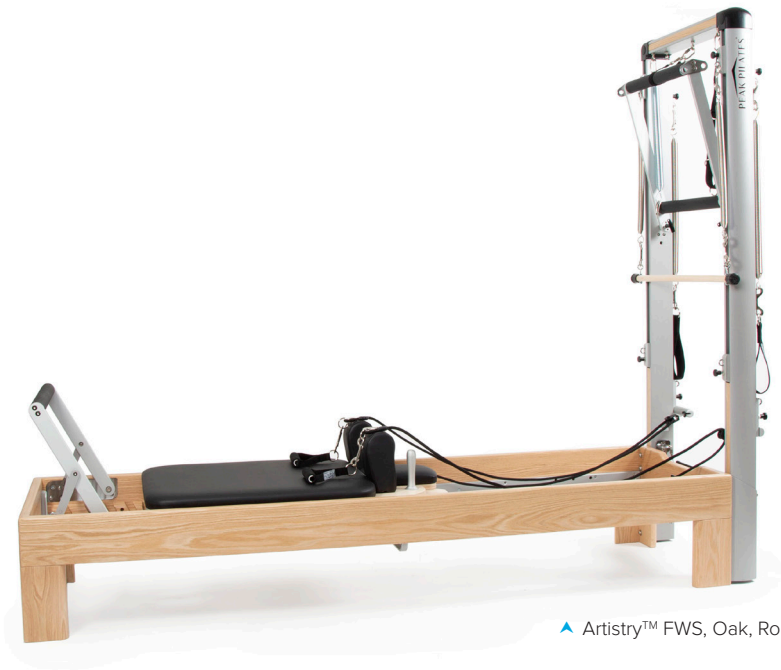
Part	Daily	Weekly	Bi-monthly	Bi-annually	As Needed
INSPECT					
Overall Machine	•				
Springs	•				
Safety Chain and Clips		•			
Tracking System (Carriage Rollers)			•		
Leather Straps (Option)					•
CLEAN					
Frame		•			
Upholstery	•				
Tracking System (Carriage Rollers)	•				
REPLACE					
Springs				•	
Ropes					•
Vegan Straps					•
Leather Straps (Option)					•
Foot Loops					•
Handles					•
Safety Clips					•
LUBRICATE					
Riser Pulley Adj Knobs				•	

Inspect

- Overall machine – We highly recommend that you visually inspect the machine daily and that you thoroughly inspect all the hardware to make sure every nut, bolt and fastener is secure every 2 months.
- Springs, Safety Chain and Clips – We strongly recommend that you inspect all springs, safety chain and clips weekly. Severe nicks, abrasions or metal fatigue may develop as a result of frequent use and could lead to premature spring breakage. Not replacing springs in a timely manner increases the risk of failure. While the breakage or deformation of a spring and the resulting potential for serious injury is a remote possibility, periodic inspection of your springs is critical. The springs are zinc- and nickel-plated to prevent rust or corrosion from perspiration, condensation and humidity. Variation in the brightness of the finish is the result of different plating batches and does not affect the superb performance of our springs.
- Tracking System – The sealed bearings in the Carriage Wheels are permanently lubricated and require no further lubrication. You should inspect the Wheel Axles every 2 months.
- Retractable Risers – Be sure to inspect both the steel plate and the retractable riser knob for wear on the thread. **Failure to secure this part fully during exercise could result in injury and/or damage to your equipment.**
- Primary Leather Straps – Inspect as needed depending upon your environment. Apply a coat of leather conditioner to your primary straps as it will prevent them from drying out and cracking. Leather straps naturally stretch a bit through use; sometimes the stretching will occur unevenly from strap to strap. You may find that you adjust one strap for length and not the other. Multiple holes allow you to adjust the length of your straps to suit your preference. Generally, after a month or two the straps will stabilize.

Clean

- Framework – The wooden components on this equipment are finished with a non-toxic, water-based lacquer. Other than an occasional wipe down using a mild soapy solution and drying, no additional cleaning is necessary. The metal framework should be cleaned with a mild soapy solution.
- Upholstery – We recommend wiping down your vinyl upholstery with a mild cleaning solution such as ArmorAll® Multi-Purpose Cleaner diluted with water in a 50/50 solution after each use.
- Tracking System – The tracks upon which your carriage rides are powder coated to inhibit the build-up of unsightly aluminum oxide residue. Clean them on an as-needed basis using a warm, mild soapy water solution and dry thoroughly with a soft cloth.



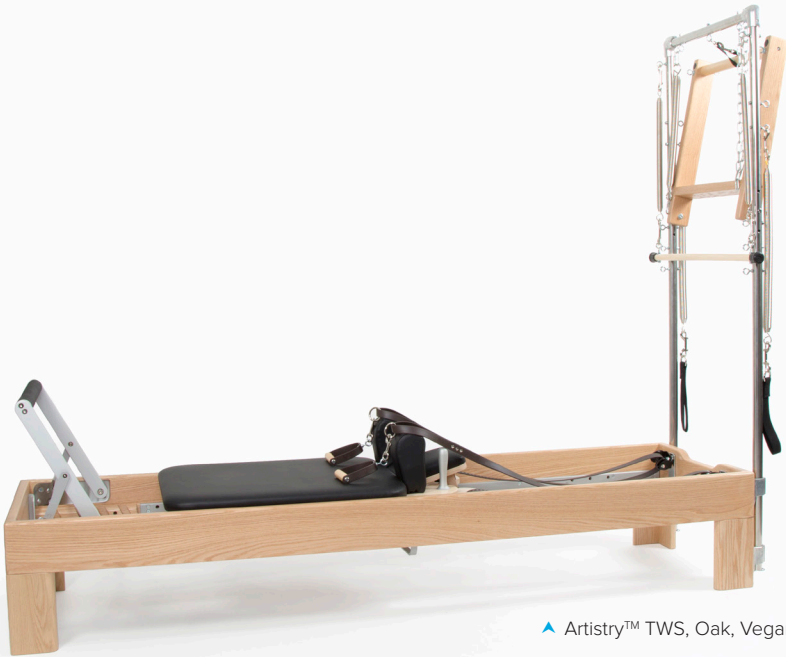
▲ Artistry™ FWS, Oak, Rope

Replace

- Springs – We recommend that you replace all of the springs every two years. Any spring that exhibits early signs of fatigue (for example, separation in coils, even if slight) should be replaced immediately.
- Ropes – You may experience some minor “fraying” or “pilling” on the nylon rope. “Fraying” or “pilling” is completely normal and to be expected. Any ropes that tear or otherwise fail should be replaced immediately. The ropes can be used until the “fraying” affects their function.
- Vegan Straps, Leather Straps, Foot Loops, Handles and Safety Clips – These parts wear out over time. Please replace them as needed.

Lubricate

- Riser Pully Adjustment Knobs – Lubricate threads every six months (or more frequently as needed) with white lithium grease.



▲ Artistry™ TWS, Oak, Vegan Straps



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