

Pilatech Chair CS and CS2

Assembly and Maintenance Manual



Introduction

Pilatech: the excellence in Pilates Equipment

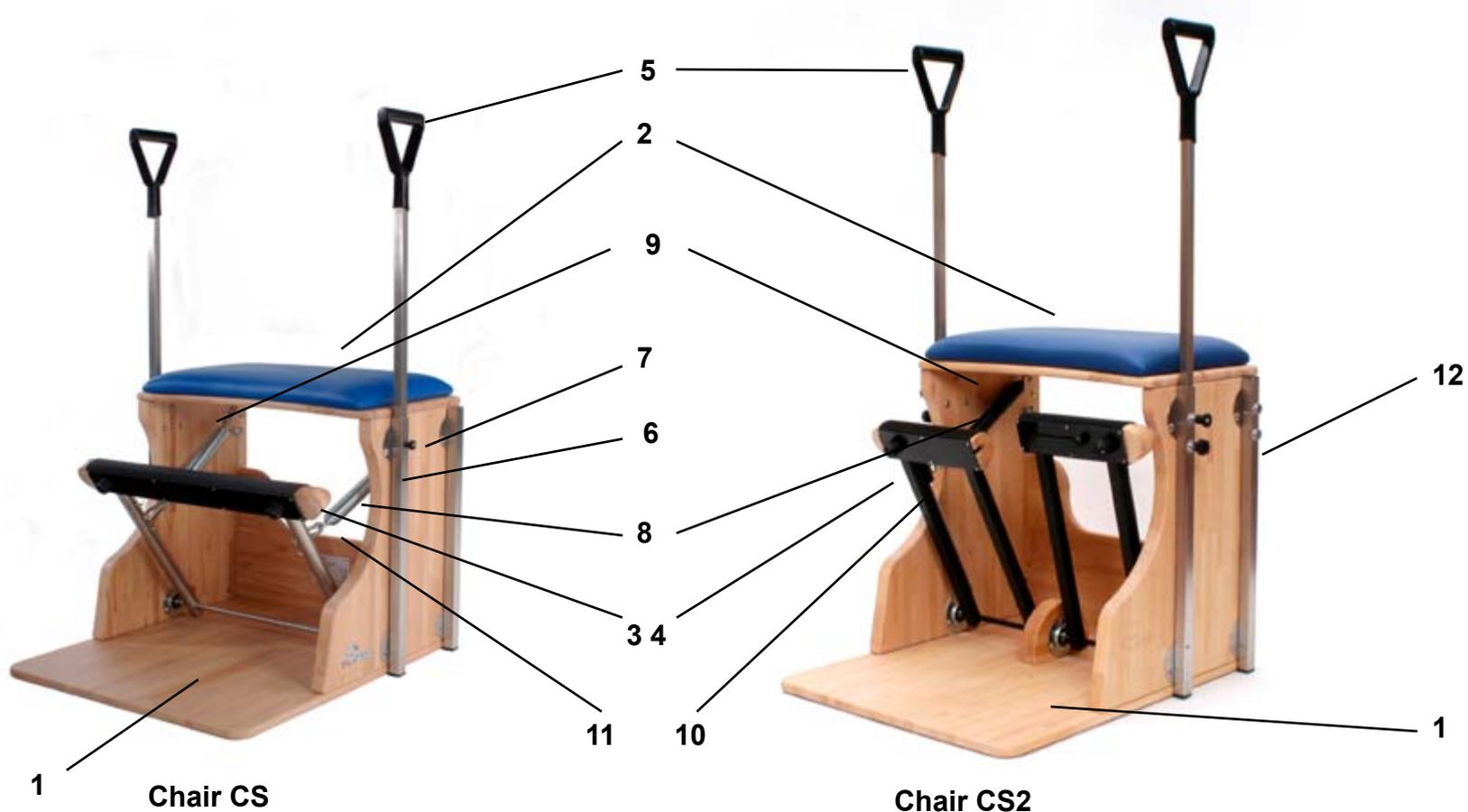
- Pilatech equipment is the best you can find to practice the Pilates method in your Studio
- The materials used are the best available to ensure the required sturdiness and to ensure mechanical efficiency.
- The best of Italian craftsmanship combined with the beauty of wood help create an aesthetically very pleasing product.
- The components are easily assembled and disassembled to make them easier to transport.
- The maintenance and care required are kept to a minimum by the materials selected and the mechanical solutions used.
- Ergonomics: the workout surfaces have been designed, shaped and positioned to ensure the correct posture for every exercise.
- Maximum attention has been paid to the latest health and safety standards. The TÜV-GS certification provides the best assurance for your safety.
- Wide range of colors for the wooden frame and the upholstery.
- The metal used for the different parts of the product has been selected for specific requirements: aluminum for its sturdiness and light weight, stainless steel for its beauty and long life, special highly resistant steels to maintain the mechanical efficiency and withstand the wear caused of intensive use.

***This product datasheet complies with the requirements of law No. 126 of the 10 April 1991 “Consumer’s information Standards”
and with law decree No. 101 of 8 February 1997 “Enforcement standards”***

All the Pilatech line product datasheets can be viewed and downloaded from our site www.pilatech.com

Pilates Chair CS and CS2

- The **Chair** is undoubtedly the **forerunner of home-fitness equipment**.
- The name was given by the fervid imagination and the practical mind of J.H. Pilates, who turned a piece of home furniture in a piece of fitness equipment.
- The original version of Chair, when closed, looked just like an ordinary small armchair but, when turned upside down, revealed its function with its moving footrest and the resistance adjusting springs.
- Today the Chair has been turned into a piece of equipment for Studios and allows users to work on their posture, balance or muscle strength.
- The program includes **exercises in the standing up, sitting down, face down and laying down positions**.
- The Chair is **fitted with two handles** which, when inserted in their supports, can be adjusted at different heights.
- The handles are made of stainless steel, like all other metal parts of our Chair, and feature a soft PVC coating, to ensure a better hand grip during the exercise routine.
- After selecting the position, the knob is automatically locked in position by the snap-action system.
- The **padded covering can be removed** with a simple action, to make it possible to use the hard surface underneath.
- This hard surface has been marked with a few lines at 45 degrees to help users to correctly position their supporting foot.
- Like all other Pilates fitness equipment, the Chair is treated with a water-based, see-through paint with a scratch proof finish.
- The only difference between the Chair CS and CS2 is the foot rest:
- The **Chair CS is fitted with a single footrest**, with tension-adjustable springs in 3 pre-set positions.
- The **Chair CS2, on the other hand, is fitted with independent foot rests** with a latching system similar to a bolt. A quick release slider allows to change the latching positions of the springs, and therefore the resistance, to 10 different positions.



All Pilatech pieces of equipment are individually pre-assembled and tested in our laboratories: this ensures that all the functional and aesthetic features are thoroughly checked in order to maintain the excellence we have been able to achieve over the years.

Components

1	Laminated wood frame
2	Padded seat
3	Swing away foot bar
4	Detachable swing away foot bar
5	Adjustable handle
6	Handles front support
7	Self locking handle stop
8	Spring
9	Fixed housings for springs attachment
10	Quick latching sliders
11	Snap-hook
12	Backrest support

Warning!

Before installing the piece of equipment, the following checks must be made:

- Check the space where the piece of equipment will be used: the floor must be even, level and not slippery, to prevent the piece of equipment it from becoming unstable.
- The piece of equipment must be used or, when not in use, must be stored in a room where humidity and/or temperature do not change greatly (such as outdoors, near sources of heat such as radiators etc.) to prevent damaging the frame and negatively affecting its functionality and safety.
- Check sizes and weight: the floor must be able to withstand the combined weights of the product and of the user (“Enclosure B” on page 27).
- Make sure that there is at least 1 meter of clearance all around the product and that there is enough space to perform any exercise, to prevent the user from bumping into walls or objects nearby.
- Make sure that the area where the piece of equipment will be positioned is always monitored by the owner or by the person in charge of managing the premises.
- This piece of equipment must be used only on premises where its access is constantly monitored by the owner.
- Furthermore, the piece of equipment must never be accessed by children or people who are not qualified or authorised to do so.
- It is the owner’s responsibility to warn users that any exercising apparatus can be potentially dangerous when used without the guide of a qualified trainer, who will be able to recommend suitable exercises and therefore prevent any injuries.
- The maximum load shown on the piece of equipment must never be exceeded and any strenuous exercises must only be performed in the correct manner.
- A Pilates certified trainer is the only qualified person able to show users how to practice the Pilates method in total safety.

Certification

TÜV Rheinland Italia is the Italian branch of TÜV Rheinland Group, the world leader in assessment and inspection of products and management systems.

To be certified, a product has to be successfully tested and approved by a company specialized in certifying product safety and quality. The TÜV Rheinland Group issues a certificate based on the test results.

It certifies the product features and sets out the regulations to be complied with when carrying out the tests.

The certification can be very helpful to customers when making their purchase decision.

These decisions will no longer be based only on the information provided by the manufacturer, but also on the professional opinion of independent and unbiased experts.

First of all, the TÜV Rheinland Group carries out an inspection on a representative sample based on appropriate criteria.

These tests are normally carried out inside TÜV laboratories.

To ensure that the certificate covers the entire product range, TÜV experts regularly monitor production on the company's premises.

This procedure is implemented to check that the products manufactured match the representative sample inspected by the certifier.

By doing so, we can ensure that all certified products can maintain their certification.

The GS mark: quality assurance

End users often find it hard to select the criteria to base their purchase on. After all, who can immediately recognize the inner value of a product?

The GS mark, which has been around for over 20 years, is a widely recognized mark of safety assurance for all finished products.

The GS mark has become increasingly more valuable in the current market, where competing products are being manufactured by most countries in the world.

This mark, issued by an independent party such as TÜV Rheinland, is trusted by customers all over Europe.



TÜV-GS Qualitätszertifizierung
EN 20957-1 / 957-2, Class SC Type 2
Accuracy class C – Usage Class S

Although the GS Mark was first introduced in Germany, “GS” doesn’t literally means “German Safety” but stands for “Certified Safety”. Safety features are normally evaluated, tested and certified in connection with the successful registration of trademarks.

The GS mark is voluntary, it follows the product to highlight that an independent party has checked all its safety issues and annually monitors their entire production.

The GS mark proves that:

- A representative sample of the product has been assessed, inspected and approved in relation to all its safety features.
- Production is inspected on an annual basis
- Being a voluntary mark, the GS mark ensures business and marketing benefits.

CE Marking

Unlike the GS mark, the CE marking is a manufacturer's self-declaration and doesn't prove compliance with all applicable directives. For most products sold in the EU, the CE marking and the declaration of conformity are mandatory.



With the exception of some high risk products, the manufacturer can self declare that their products comply with the directive.

Whilst the CE marking allows products to access the European market, it is not a quality approval marking. The CE marking is only a self declaration of the manufacturer's responsibilities. While enabling products to be sold in the European market, it allows free movement of goods, as well as the withdrawal of non conforming products.

The CE marking is not required for fitness equipment with no electrical components, like the equipment required to practice the Pilates method, and there are no applicable EC directives for this type of equipment.

The TUV marking on Pilatech equipment is not a compulsory certification and shows our customers our will to offer perfectly functional and totally safe products, tested by an independent body.

GS Mark vs. CE marking	
GS Mark	CE Marking
Voluntary	Compulsory
Only appears on approved products	Appears on all products
Proof of testing and certification not proven through an independent third-party test laboratory	Testing is assumed but proven
Continuous product and production surveillance by independent third-party for the life of the certification	No market advantage; simply a manufacturer's self declaration of conformity
GS mark: a symbol of safety and compliance of products	CE marking: a symbol for trade with the assumption of conformity

How are the tests carried out?

A sample of the product is tested by TÜV Rheinland (<http://www.tuvitalia.com>).

The ultimate and crucial purpose of these tests is to prevent customers from being exposed to risks caused by using the product.

Some risks could be sharp corners or overhangs, which could trap or “shear” the user’s fingers, or inadequate grips.

Equally as important is the information provided to our customers – comprehensive user instructions, including warnings when necessary.

Another crucial procedure we offer is monitoring our production processes.

TÜV experts check on site if all the standard requirements and the legal obligations are complied with during the entire production process and if the product inspected during production has the same quality features of the sample tested.

This monitoring procedure is regularly repeated after issuing the certification.

This is the only way to ensure that the Quality certified by the GS marking is maintained at all times.

The TÜVdotCOM service

The TÜVdotCOM ID is the access key to all certificates issued by TÜV Rheinland Group. By using this ten figure number, all the features of products, services or companies checked by the independent certifier can be accessed at any time on the web.

Simply enter the ID in the correct field of the TÜV www.tuv.com home page to view all test results.



- Sicurezza Verificata
- Production controlled
- Durable

Pilotech TUVdotCOM ID: 018665

TUVdotCOM ID is part of the TUVdotCOM brand.

The manufacturers can affix this marking to their certified products and certified companies can print it on their headed papers, catalogues and other documents.

By using the TUVdotCOM ID, customers, wholesalers and retailers can quickly access all the most relevant information on the web site (the ID is also printed on the mark).

By independently carrying out safety and quality issues, customers are ensured peace of mind, communications and purchase decisions are made easier and a common trust is created; furthermore, manufacturers' marketing efforts are supported.

A product or company can be identified in just a few seconds by entering their TUVdotCOM ID.

Customers can also verify if the testing mark is not genuine.

If a product has a false ID, for example, all you need to do to uncover a fraud is to check its description on the web.

Warranty

Pilotech guarantees that all their newly manufactured products are free from manufacturing defects, both as far as the materials used and the assembly procedures.

Each piece of equipment is pre-assembled and individually tested.

The Pilotech warranty becomes effective from the date of purchase and is a lifetime warranty.

The parts subject to wear are covered by a one year warranty.

The upholstery is not covered by the warranty.

Any part of the equipment found to be defective, damaged or not matching with what was ordered must be notified as soon as possible and no later than 8 days after the product is received.

In addition, the warranty does not cover damages like tears, cuts, burns, stains, damages caused by using cleaning products not recommended by Pilatech, damages caused by external agents or by any improper use, without following the cautions provided in this manual.

If repairs or replacements are made under warranty, the new parts will be made of the same materials, if available, as the original parts. If not, they will be made of a very similar material.

The warranty does not cover damages caused by shipping if no insurance has been specifically requested for shipping damages.

“Enclosure D” on page 27 lists all the parts subject to wear, for all our products, as well as the inspection intervals to be implemented to ensure their safety.

The warranty will become void if:

- The piece of equipment has been damaged, neglected, improperly used, misused or deteriorated for causes other than normal wear and tear.
- The product has not been periodically inspected and/or there is no current servicing contract
- The product has been assembled by incompetent people and, in any case, without following the correct instructions.
- Worn parts have been replaced with non genuine parts
- Repairs have been carried out by non Pilatech staff
- The product is no longer owned by the first purchaser.

After the material or workmanship defects have been identified, Pilatech will repair or replace the defective component, or the whole unit, at their own discretion.

The parts repaired or replaced will be warranted for the warranty period remaining on the original product purchased.

The warranty does not cover shipping costs, customs charges, or any expense paid to install the shipped parts.

The warranty does not cover any compensation for direct or indirect damages, caused by people or by product defects.

Field of Application

Pilatech pieces of equipment are designed to practice the Pilates methods, to be used by professionals inside suitable facilities, with the supervision of qualified staff.

The equipment can be used for rehabilitation purposes only by staff that has the professional qualifications required by the country they operate in.

To view examples of exercises you can carry out with the Chair CS and the Chair CS2, as well as the posture exercises you can carry out on various pieces of equipment, go to <http://pilatech.com/it/prodotti/esercizi-e-postura.html>

Maintenance

The level of safety and efficiency of this piece of equipment can be maintained only by regularly checking all its components.

NB: If you find any damaged, broken or worn part, please notify Pilatech Srl as soon as possible to have the part replaced or repaired by one of our service engineers.

In the meantime, do not use the equipment.

More specifically, periodically assess the condition of the components and how the following components are assembled:

- **Frame:** The wooden part must be cleaned with a damp cloth and a small amount of mild soap. Never use alcohol based or harsh cleaning products. If necessary, use a brush to remove any dust collected in all recessed areas.
- **Metal parts:** The metal parts do not normally require any maintenance. Clean the metal parts with the same cloth used to clean the wooden frame.
- **Sliders and moving parts:** These parts do not normally require any lubrication. If required, only use dry lubricants (PTFE, dry Silicone)
Using oils and greases will only cause more dust and dirt build-up, which negatively affects the operation of the various components. Keep the rails and sliders clean by using the same cloth used for the wooden parts, making sure to remove all the dust, hair and other dirt that may have built up. If necessary, also use a brush.
- **Moveable foot bar pins:** Lubrication is not required for these components. Make sure that the foot rests are stable, securely tightened and that the play is not excessive when they move.
- **Upholstery:** Upholstery must also be cleaned with a damp cloth and a small amount of mild soap. Alcohol based and harsh cleaning products must never be used as they could remove the surface protective film, turning into a porous surface, which would trap more dirt.
- **Screws:** periodically check that all the screws are securely tightened, i.e. the screws used to assemble the chair and those used to fix it to the wall.
If they require tightening, use the tools supplied or a Phillips head screwdriver of the correct size.

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Before using the piece of equipment

Carefully read this instruction manual.

Open the boxes in the order shown and follow the instructions shown by the associated pictures.

Make sure that all safety instructions are followed.

Assembly tools required

The tools required to assemble the product are already included in the assembly kit.

Do not open the boxes with sharp tools to avoid damaging their content!

Checking the integrity of packaging

Before signing the Delivery note, carefully check the packaging to make sure it has not been damaged during transport.

Even minor breakages can cause major damages to its contents.

If damages are found, **do not sign the delivery note** or write “**Collected with right to check**” on the courier’s delivery note.

This allows customers to claim compensation from the courier.

Checking the contents

Check the Content list (“Enclosure C” on page 27) and make sure that all the parts shown are actually enclosed.

If not, notify Pilatech as soon as possible.

Disposal of packaging

The material used to package the product must be disposed of in compliance with the purchaser’s local regulations to minimise its impact on the environment.

Warning!

This assembly procedure has already been carried out in a laboratory by Pilatech engineers for each piece of equipment before it is shipped.
All potential assembly problems have already been sorted out.

Assembly

The Chair is delivered to the Customer already assembled and ready to be used. It only requires the addition of a few parts and any accessories.

The Chair does not require to be assembled and is ready to be used.

1) Remove the contents from package 1 (frame) and 2 (handles).



2) Position the handles inside their supports

Insert the handles in the front side supports on the positioning knobs:

by pulling the knob the locking mechanism is released and the handle can slide.

NB: the back housings are only provided to position the back rest!





3) Positioning the side handles

Hold the spring operated knob and pull it outwards.

Select the desired height and fix the position of the handles by releasing the knob, which will click in position in the holes provided on the handle rod.

To reposition it, repeat the operation.



4) Fixing the handles

To avoid annoying vibrations, tighten the second, screw fitted knob.

This operation will allow the handle to move together with the Chair, without any vibrations caused by stresses applied whilst performing the exercises.



5) Positioning or removing the padded seat

The padded seat can easily be removed or positioned by lining up the 4 metal stops with the housings provided in the top section of the chair.

The surface of the hard seat features some reference lines to provide the correct position for the feet whilst performing the exercises.



6) Posizionamento dei rialzi della seduta

La seduta imbottita può essere facilmente rimossa per posizionare i rialzi della seduta.

In questo modo l'altezza della seduta stessa può essere posta ad altezze differenti per variare il range di escursione articolare al paziente o adattarsi a differenti dimensioni somatiche.

I rialzi non sono inclusi nella dotazione standard della Chair.



7) Ruote per un facile spostamento

Le ruote sono facilmente applicabili nella porzione posteriore della Chair per facilitarne lo spostamento all'interno dello Studio.

Le ruote non sono incluse nella dotazione standard della Chair.

8) Schienale

Lo schienale è un importante accessorio della Chair.

Permette lo studio ed il controllo degli appoggi della schiena durante l'esecuzione degli esercizi. Afferrando le varie impugnature ed aperture puoi usarlo come appoggio di stabilizzazione.

Con l'inserimento di bande elastiche nelle aperture hai la possibilità di integrare gli esercizi degli arti inferiori con altri degli arti superiori.

Lo schienale è facilmente inseribile nei supporti posteriori e un pomello ne blocca le eventuali vibrazioni.

Lo schienale non è incluso nella dotazione standard della Chair.



Enclosure A: Metal Specifications

Bearing frame	<p>Solid beech wood.</p> <p>The beech is one of the most resistant Italian noble wood. It is grown in intensive cultivation and its use in our industry does not pauperise Italian natural resources.</p> <p>Other woods are available on demand.</p>
Metal frames	<p>All the metal parts are made of black painted steel or aluminium. All weldings have been carried out with the TIGG technique, an advanced technology that ensures a high level of mechanical strength and an aesthetically pleasing finish.</p>
Special metal frames	<p>Pivots, joints and other components have been specifically designed and manufactured to offer the highest mechanical resistance to different stresses.</p>
Sliders	<p>The sliders are made of aluminum and stainless steel retaining rings.</p> <p>A special nylon insert ensures the smooth scrolling and only occasionally need lubrication with PTFE or dry Silicone.</p>
Plastic and rubber parts	<p>All these components have been manufactured with certified materials that do not contain toxic, allergenic or unpleasant to touch components.</p>
Upholstery	<p>Both leatherette and padding have been selected and designed to offer the highest comfort when carrying out the different exercises.</p> <p>These products fully comply with legal requirements and offer the highest level of resistance to wear and a long life. Polilatex, the material used to make the padding of our pieces of equipment is one of the technologically most advanced synthetic polyurethanes. The material is the outcome of our ongoing research, and its water based, CFC (Chlorofluorocarbons) free, environmentally friendly composition ensures air circulation and the best humidity and temperature level, as well as the correct ergonomic support. It is available in a range of colours.</p>
Painted parts	<p>The steel parts are powder painted, with black textured finish.</p> <p>The wooden parts are painted with water based, non toxic paints.</p> <p>The quality standards are of a very high level, to ensure that colours do not fade over time.</p> <p>Tests on resistance to wear and tear have been carried out to ensure the highest resistance to scratches.</p>

Enclosure B: Technical Features

Height	cm	60
Width	cm	66
Lenght	cm	77
Weight	cm	42.4
Max. load	Kg	120

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Enclosure C: List of all parts subject to wear: Checking intervals and replacement, if required	
Components subject to wear and tear	Check
Padded frame	3 months
Swing away bar pins	3 months
Handles fixing knob	3 months
Springs	3 months
Springs latching rear rings (all models)	3 months
Springs latching rings (Model CS with solid foot bar)	6 months
Springs latching sliders (Model CS2 with two-piece foot bar)	3 months
Support pad	3 months
Assembly bolt	3 months

Enclosure D: Content list		
Box 1 Content list:		
Item	Description	Quantity
Chair	Chair (CS and CS2) main frame	1
Padded seat	Seat padded panel	1
Box 2 Content list:		
Handles	Pair of plastic coated handles	1

Summary

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