Pilatech Split Reformer

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 <u>www.pilatech.com</u>

Pilatech Split Reformer

Pilatech is proud to present SPLIT, its latest Reformer, the new benchmark for its versatility, safety and outstanding postural performance.

It simply moulds to your body, fulfilling your

requirements and following you movements during your workout.

Its multiple adjustments make it virtually suitable for everyone!

After an endless number of tests on prototypes, and taking into account all possible scenarios occurring during its daily professional use, we designed SPLIT: the Reformer as you want it.

Its revolutionary, single rope traction patented system ensures symmetry of movements and unparalleled customer satisfaction!

Posture control has been achieved by actively balancing traction management, which is no longer restricted by blocked ropes, of uneven length, which could cause an asymmetric use of limbs.

By naturally setting the movement, in addition to automatically controlling symmetry of the ropes, you will

no longer need to adjust their length, and will be amazed by how simple it is to adjust its length and their use. In addition, use will be able to use a single rope with a single action.

By choosing Split you will finally be able to adapt the piece of equipment to your Patient and will no longer need to force your Patient to adapt to the piece of equipment!

The Split can be used by Patients with heights ranging from 140cm to 215cm and can safely withstand Patients' weights of up to 150kg.

It is also aesthetically pleasing and boasts captivating lines; in addition, it allows buyers to select the colour of their choice both for the frame and the upholstery!



SPLIT: its unique features and its capability to adapt to your requirements make it an unparalleled piece of equipment:

- Its revolutionary single rope traction system ensures an unbeatable postural control!
- You can set up the natural movement, as well as enjoy the automatically symmetry rope control and adjust their length
- If you so wish, you can **use a single rope** with a single action.
- The footbar can be set to 7 different heights
- The Footbar moves along the entire length of the piece of equipment
- The spring tension can be independently adjusted, and the spring carrier can be set to 10 different positions
- The Footbar and the Spring carrier can be independently adjusted
- The seat can be set to different heights and can be replaced with a wide range of accessories
- The carriage boasts a totally smooth sliding action and a quiet operation
- · The shoulder rests width can be adjusted or they can be removed
- The head can be set to 4 different positions
- The typical comfort of the Pilatech padded frame has been further improved
- The legendary Pilatech equipment reliability and long life is still featured in this latest product
- Like the life warranty offered for all Pilatech products!





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.

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 tests 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 TUVdotCOM 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.



Pilatech 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.

Uy 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

Pilatech 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 Pilatech 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 is defective, damaged or not matching with what was ordered must be notified it 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 of by product defects.

Field of Application

Pilatech fitness equipment is 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 professional with the qualifications required by the country they operate in.

To view examples of exercises you can carry out with the SPLIT Reformer, its Tower Unit, as well as the posture exercises you can carry out on our pieces of equipment, go to <u>http://pilatech.com/it/prodotti/esercizi-e-postura.html</u>

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 they 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. Use a brush to remove any dust collected in the recessed parts.
- **Metal and fibreglass parts**: The metal parts do not normally require any maintenance. Clean them with the same cloth used for the wooden frame.
- Sliders and moving parts: These components do not normally require any lubrication. If required, only use dry PTFE based lubricants.

Using oils and greases will only cause more dust and dirt build-up, which negatively affects the operations of the various components.

Keep the runners 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 the brush.

- **Tower bar pivots**: Lubrication of these components is not required. Make sure the pivots securely tightened and there is no excessive play during exercises.
- Straps: great attention must be paid to the condition of the safety straps, to all handles supplied and to their stitching. If unsure about their effectiveness, replace them.
- Upholstery: The 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's protective film, turning into a porous surface, which would trap more dirt.
- Screws: periodically check that all the screws are securely tightened, i.e. both the screws used to assemble the chair and those used to fix it to the wall.

If thy 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.

Opening the packaging:

The Split is shipped pre-assembled and ready for use.

A few simple operations are required before it can be used.

The packaging can be opened by cutting the plastic straps that secure it.

Remove the top and side cartons, as shown in the following pages.

Also remove the polystyrene corners and the other corners provided to protect all parts of the equipment.

Now open the box with the yellow label, which contains this instruction manual, the long box, the risers, the seat and the springs.

Move the piece of equipment to its final location. (If the piece of equipment is too large to be moved to its final location and needs to be disassembled, follow the special instructions shown in the following pages).

BOX # 2 Aprire per prima questa scatola – Istruzioni Öffnen Sie diese Schachtel als Erste – Anweisungen Open this Box First – Instructions Inside

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 Split is delivered to the Customer already assembled and ready to use. Only a few items and accessories need to be added. 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.





3) Now remove box no. 2 (with the yellow label) containing the long box, the risers, the seat and the springs.



4) Move the Split to its final location with the assistance for other people.(If the product to be move is too large and needs to be taken apart, read the relevant instructions in the following pages)



5) Take the Risers unit and move them to the rear section of the Split.



Assembling the Risers:

6) Unscrew the blind nuts located on the base of the rear support and the nuts with the associated bolts from the top section.



7) Insert the risers unit feet in the bolts and move the unit until the holes are lined up with the holes located in the housings where the bolts were previously removed from.

8) Refit the bolts in their housing and fix the risers unit at the same time. Partly tighten the top nuts.



9) Tighten the bottom nuts as well, then fully tighten all the nuts.



Inserting the ropes

10-11) Insert the ropes, each in its own block, the handles ring, the rope holding ball and make a simple knot at the end of the rope.



Seat

12-13) Insert the seat in its housing.

NB: to insert it, unscrew the front stop knob (**A**) and face the internal lever upwards (**B**).

After inserting the seat, face lever B downwards and lift the seat until it clicks into place. This is its normal position of use.

To prevent vibrations, slightly tighten stop A.

<image>

В





14-15) Position the springs:

Latch the springs inside their housings under the carriage; insert the safety rubber stops (*) add rest them onto the front spring carrier rod mounting. Then latch the desired springs to the spring carrier.

You are now ready to enjoy your newly purchased Split!

Customising the Split to your requirements only takes a few seconds:

Adjusting the footbar:

16) By using both hands, press the levers located on the base of the bar, as shown in the picture, and move the bar to the desired position. Release the levers until a click is heard, which

confirms that the bar is correctly located and locked in your desired position.

Adjusting the spring carrier:

17-18) For safety reason, all the springs must be detached from the spring carrier before moving it. Use both hands to lift both stops from the yellow balls located at both ends.

When the stops have been lifted, the spring carrier will be able to move along the width of the Reformer. Select the most comfortable position, then lower the stops again until they click into place and are securely fixed.

Now the springs can be reattached.









Adjusting the length of the rope:

As you know, the Split is **the only Reformer in the world with a revolutionary single rope system**, which ensures the most suitable conditions for a correct exercising posture, ensured by dynamically and actively balancing your body.

It is a simple yet effective system. Its adjustment is also very simple:



19) To adjust the ropes to the desired length, hold them both with your right hand and horizontally move the lever located to the left of the carriage (C), towards your feet, as shown in the picture.

Move your right hand to select the desired length and release the lever that will immediately lock the ropes in the desired position, if they are still free to slide together.



Locking the rope in position:

20-21) If you want or need to use the Split with the ropes locked in position, as in traditional Reformers, horizontally move the lever located to the right of the carriage (**D**) until a click is heard and the signal is displayed (**E**).

(Tip: do not pull the ropes too much whilst you are locking them, otherwise the operation could be difficult to perform).

To release the system, lift the stop $({\bf F})$ and the ropes will be free to move again.





Disassembling the Split for ease of transport:

If you need to disassemble the Split to move it inside a building through tight and awkward areas, follow these simple instructions. You will need a Phillips screwdriver and an Allen key no. 5.

Do not assemble the Risers unit yet. You will need to assemble it later into its final location.

22) Unscrew the front wooden covers, on the right and left beams.

23-24) Apply pressure with your fingers and remove the top wooden slats with great care to prevent any damages.





25) Unscrew the bolts on the top sections of the guards.

26) Remove the guards from the beams by carefully pulling them width-wise and place them on a safe and level surface, away from rough and sharp parts that could damage them.

rod by unscrewing the right and left bolts.







29) Remove the carriage and place it in a safe and level surface, taking care not to damage it.

30) The Split frame is now much lighter and easier to transport.



After positioning the Split in its final location, reassemble the parts by carrying out the procedure in reverse order.

Reposition the carriage and screw the spring carrier rod again.

Reposition the beam guards, taking care to place them with the shaped section facing outwards.

To insert them, check that the metal guide is securely held in the aluminium frame slot.



31) The guard must be pushed all the way so that it is perfectly lined up with the inside of the wooden cover located at the other end and be flush with the front end.



32) Now tighten the bolts on the top section of the guards.

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33) Screw the wooden covers, making sure that the shaped section matches the shape of the guards.





Now complete the procedure by assembling the Risers, the Seat and the Springs, as previously described. Set your Split to the most suitable positions of the Footbar, the Spring carrier ...you are now ready to use your Split!

th





Assembling the Tower Unit

35) If already assembled, remove the Risers unit by following the instructions in paragraphs 6-10, otherwise proceed with the following paragraphs.



36) Unscrew and remove the two rear wooden covers and remove the top wooden slats.





37) Remove the beams



38-39) Unscrew and move the carriage stops, on both sides, from the A position to the B position.

Now refit the guards as described in the previous paragraphs (31-34), screw the anchoring system nuts and cover them with the wooden slats.





40-41) Approach the Tower Unit metal frame and insert the feet holes in the threaded rivets overhanging from the base.



42-43) Now straighten the frame and make sure the holes are lined up with the fixing bolts. Screw the nuts but do not tighten them.







44) Only insert the 4 rear bolts without tightening them before inserting them all.

Make sure that all the 4 bolts (2 on the right and 2 on the left) are inserted in their housings. Now fully tighten them to make sure the frame is securely fastened. Remember to periodically check that these bolts are correctly tightened.

45) Complete the Tower Unit assembly by adding all the accessories – the Rolling Back Bar, the Springs, the Tower safety strap etc.





Position the Mat Converter.

46) Lower the Footbar, release the springs and move the carriage towards the Tower Unit.

47) First position the Split frame front panel, then

insert the metal mountings inside the two housings and check that the feet rest on the top of the beams.

48) Then insert the central panel by fitting it inside the matching shapes.







Enclosure A: Metal Specifications			
Bearing frame	Frame made of anodised aluminium and steel. Cover guard made of fibreglass or aluminium painted with epoxy-based compounds. Carriage made of metal and wood.		
Metal frames	All the metal parts are made of black painted steel or aluminium. All weldings have been carried out with the TIGG techni- que, an advanced technology that ensures a high level of mechanical strength and an aesthetically pleasing finish.		
Special metal frames	Pivots, joints and other components have been specifically designed and manufactured to offer the highest mechanical resistance to different stresses.		
Plastic and rubber parts	All these components have been manufactured with certified materials that do not contain toxic, allergenic or unpleasant to touch components.		
Upholstery	Both leatherette and padding have been selected and designed to offer the highest comfort when carrying out the different exercises. 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.		
Painted parts	The steel parts are powder painted, with black textured finish. The wooden parts are painted with water based, non toxic paints. The quality standards are of a very high level, to ensure that colours do not fade over time. Tests on resistance to wear and tear have been carried out to ensure the highest resistance to scratches.		



Clearance required around the piece of equipment:

SPLIT without Tower Unit: the recommended clearance around the piece of equipment is approximately 1 meter around the front and the sides and 30cm around the back.



SPLIT with Tower Unit: the recommended clearance around the piece of equipment is approximately 1 meter around the front and the sides and at least 150cm around the back.

Enclosure B: Technical Features

Max. Heigth (with Risers)		73.5
Carriage top height	cm	45
Max. Width (foot bar)	cm	83.5
Body width	cm	68
Length	cm	252
Length with lowered foot bar	cm	267
Weight	Kg	111
Max. Load	Kg	150

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Enclosure C: Content list:				
Box 1 content list:				
Item	Description	Quantity		
Split Reformer	Piece of equipment complete and fully assembled	1		
Box 2 content list:				
Split Reformer Box	Long Box	1		
Risers block	Blocco Risers completo di viteria per il montaggio	1		
Set of springs	2 Strong, 2 Medium and 1 Light springs	1		
Set of straps	2 simple handles with stop ball, 1 feet strap	1		

Allegato D: List of all parts subject to wear:			
Intervals of inspection and replacement (if required)			
Components subject to wear	Controllo / Check		
Blocks and anchoring system	3 mesi / 3 months		
Moving parts: wheels, bearings, lubrication	3 mesi / 3 months		
Ropes and straps: stitching, abrasions	3 mesi / 3 months		
Foot bar and moving mechanism	3 mesi / 3 months		
Spring carrier	3 mesi / 3 months		
Base padding	6 mesi / 6 months		
Springs and anchoring ball: distortions, slackening and anchoring ball tightening	1 mese / 1 month		

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