

# Pilotech Spring Unit “Home” and “PRO”

## Assembly and Maintenance Manual



### Introduction

Pilotech: the excellence in Pilates Equipment

- Pilotech 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.

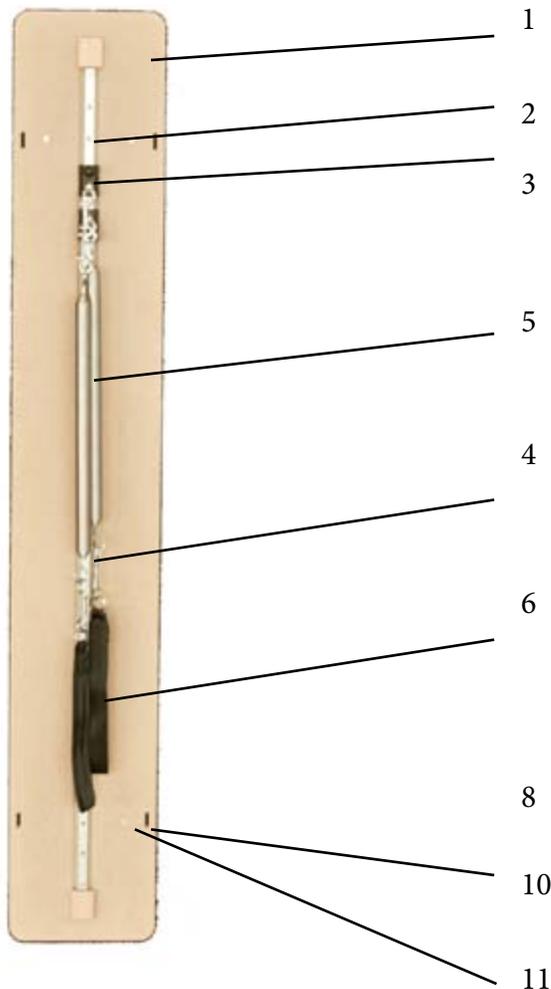
*This product datasheet complies with the requirements of law No. 126 of the 10 April 1991 “Consumer’s information Standards”  
and with law decree No. 101 of 8 February 1997 “Enforcement standards”*

*All the Pilotech line product datasheets can be viewed and downloaded from our site [www.pilotech.com](http://www.pilotech.com)*

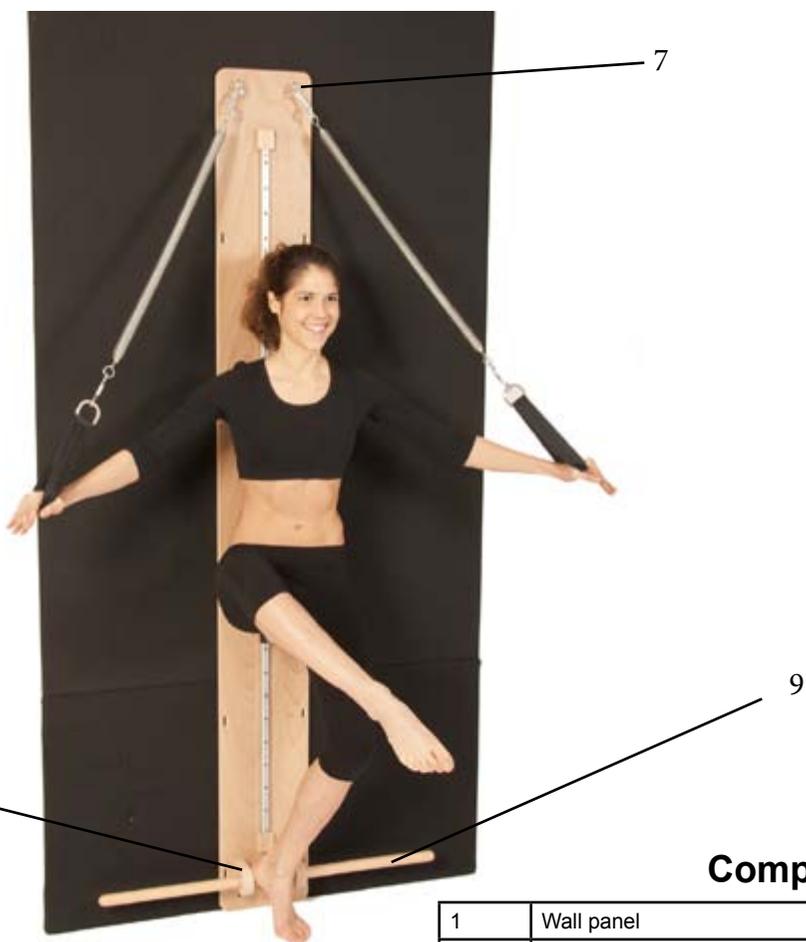
## Pilotech Spring Unit “Home” and “PRO”

- The Spring Unit Home and Spring Unit PRO are pieces of equipment that allow users to perform a wide range of exercises originally designed for the Cadillac.
- They can be used to exercise on a mat on the floor, standing up or sitting on a ball.
- They are interesting space-saving, stable and safe solutions.
- **They consist of a wooden panel fixed to a wall or a column, with a metal rail with moving sliders, provided to attach the springs supplied:  
with a simple action the position can be changed in order to adjust the height of the anchor bar to the exercise to be performed.**
- The **Spring Unit PRO 210 cm**, designed for professional use, is fitted with an anchor bar in the bottom section near the floor, provided to insert a **pole** to hold on to with your hands. The top section is fitted with additional hooks provided to attach the accessories that can be used with this piece of equipment.
- 
- This device allows it to be **used as the “ped-o- pull”**, another small piece of equipment designed by J. Pilates.
- The **Spring Unit Home**, on the other hand, is designed for the professional market, and features a more basic structure, **150cm** high and has no anchor bars or pole.
- It can be anchored to a wall or a column, like the PRO, but can also be anchored to a door, by using the fabric tapes supplied. Once completed the exercises, it can quickly be taken apart, stored in a wardrobe or under the bed.
- Both pieces of equipment are supplied as standard with a pair of Super-Light springs with 4 bronze snap-hooks and one pair of Stirrup straps, used as handles or ankle strap.
- Other accessories typical of the Cadillac can also be used: different types of springs and handles, as well as the Rolling Back bar.

### Pilatesch Spring Unit HOME



### Pilatesch Spring Unit PRO



### Components

|    |                                |
|----|--------------------------------|
| 1  | Wall panel                     |
| 2  | Metal rail                     |
| 3  | Runner (for spring attachment) |
| 4  | Bronze snap-hooks              |
| 5  | Super-Light springs            |
| 6  | Stirrup straps                 |
| 7  | High hooks (Only PRO)          |
| 8  | Pole mountings (Only PRO)      |
| 9  | Pole (Only PRO)                |
| 10 | Tape fixing eyelets            |
| 11 | Fixing holes with rawl plugs   |

**All Pilatesch pieces of equipment are individually pre-assembled and the functional and aesthetic features are thoroughly checked in order to maintain the excellence we have achieved 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 wall to be used to fix the piece of equipment to must be solid and able to withstand its weight.
- If not, the Spring Unit could become detached and become a hazard.
- 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 its frame and negatively affect its functionality and safety.
- Check the sizes: the wall must be large enough and the position of installation must allow users to fully stretch their limbs when carrying out their exercises without bumping into walls or objects located nearby.  
(See “Enclosure B”).
- 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.



www.tuv.com  
ID 0000018665

**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.

**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**

| <b>GS Mark</b>  | <b>CE Marking</b>   |
|---|---|
| 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            |

## 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.

## 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](http://www.tuv.com) home page to view all test results.



- Sicurezza Verificata
- Production controlled
- Durable

## 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.

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**

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 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**

To view examples of exercises you can carry out with the Spring Unit, as well as the posture exercises you can carry out on various piece 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.
- 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 for 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 operations 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.
- **Screws:** periodically check that all the screws are securely tightened, i.e. the screws used to assemble the piece of equipment 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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Tel: +39 031 766599 – Fax +39 031 768691 - email: [assistenza@pilatech.com](mailto:assistenza@pilatech.com)

## 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 Spring Unit PRO and HOME pieces of equipment must only be wall mounted by using rawl plugs (or mounted to a column by using a fabric tape) and do not require to be assembled. They are ready for use.



**1) Remove the contents from the box.**

**2) Choose the position where to wall mount the Spring Units**



**3) Mark the position of the fixing holes**

**4) After making sure that the wooden panel is in the best position and perfectly vertical;**





### 5) Drill the holes and insert the rawl plugs

**NB: The rawl plugs used must withstand a load of at least 25kg each.**

**These instructions must be followed to ensure users' safety whilst they exercise with the springs extended and with other people nearby.**



### 6) Positioning the Spring Unit

Insert the screws supplied and fix the wooden panel by using a Phillips head screwdriver.

### 7) Attaching the springs

Position the springs, by using the snap-hooks, to the slider rings.

You are now ready to go!



## Enclosure A: Metal Specifications

|               |  |
|---------------|--|
| Bearing frame | <p>Beech plywood</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>   |
| 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>  |
| 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 |    | HOME | PRO |
|---------------------------------|----|------|-----|
| Max height                      | cm | 150  | 210 |
| Width                           | cm | 24   | 24  |
| Weight (frame only)             | kg | 7    | 10  |

Design and Ufficio Tecnico Pilatech

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**Enclosure C: List of all parts subject to wear:****Intervals of inspection and replacement (if required)**

|                            |          |
|----------------------------|----------|
| Components subject to wear | Check    |
| Spring anchoring sliders   | 3 months |
| Springs and snap-hooks     | 3 months |
| Fixing screws              | 3 months |

**Enclosure D: Content list Box****Box content list (HOME):**

| Item               | Description                      | Quantity |
|--------------------|----------------------------------|----------|
| Wall mounted panel | Wall anchored panel (h 150cm)    | 1        |
| Springs            | 1 kit with 2 Superlight springs  | 1        |
| Snap-hooks         | 4 dual snap-hooks in navy bronze | 4        |
| Handles            | 1 kit with 2 "Stirrup" handles   | 1        |
| Assembly kit       | 4 screws + rawl plugs            | 4        |

**Box content list (PRO):**

| Item         | Description                        | Quantity |
|--------------|------------------------------------|----------|
| Wall panel   | Wall mounting panel (h 210cm)      | 1        |
| Springs      | 1 kits of 2 Superlight springs     | 1        |
| Snap-hooks   | 4 double snap-hooks in navy bronze | 4        |
| Handles      | 1 kit of 2 "Stirrup" handles       | 1        |
| Pole         | 1 off 90cm pole                    | 1        |
| Assembly kit | 6 screws + rawl plugs              | 6        |

## Summary

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