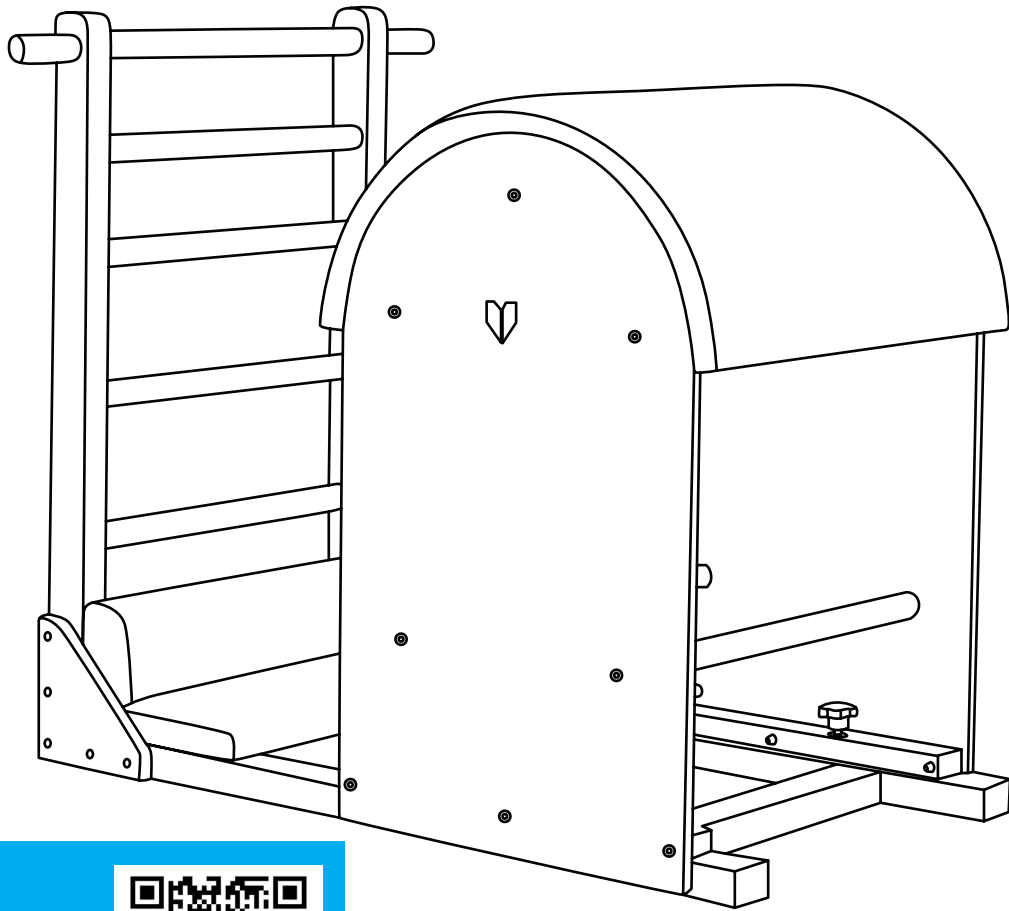




Pilates Ladder Barrel (Black)

USER MANUAL



Product may vary slightly from the item pictured due to model upgrades.



**Read all instructions carefully before using this product.
Retain this owner's manual for future reference.**

NOTE:

This manual should not be used to guide your purchasing decision. Your product, and the contents inside its carton, may vary from what is listed in this manual. This manual may also be subject to updates or changes. Updated manuals are available through our website at www.lifespanfitness.com.au



TABLE OF CONTENTS

- I. Important Safety Instructions 03
- II. Maintenance Guide 04
- III. Parts List 05
- IV. Assembly Instructions 08
- V. Exercise Guide 07
- VI. Warranty 09

I. IMPORTANT SAFETY INSTRUCTIONS

IMPORTANT

Retain this manual for future reference for maintenance and safety guidelines.

This equipment is designed for in home use only.

General Safety Precautions

1. Before starting any new exercise regimen, consult your physician to ensure the Pilates Ladder Barrel is appropriate for your fitness level and health condition.
2. Beginners should use the Ladder Barrel under the supervision of a certified Pilates instructor to ensure proper technique and avoid injury.
3. Ensure there is sufficient space around the Ladder Barrel to move freely and safely during exercises.
4. Check the Ladder Barrel for any signs of damage, loose parts, or instability before each use.
5. Adhere to the manufacturer's weight limit specifications.
6. Avoid loose-fitting clothes that could get caught in the equipment. Bare feet or non-slip grip socks are recommended for stability.
7. Tie back long hair and remove jewellery to prevent entanglement.
8. Stop immediately if you feel pain, dizziness, or discomfort during exercises.
9. Keep children away from the equipment unless they are supervised and actively participating in age appropriate exercises.

Setup and Usage

1. Place the Ladder Barrel on a flat, non-slippery surface to prevent tipping or sliding.
2. Ensure all adjustable components, such as the barrel height or step positions, are securely locked in place before use.
3. Follow proper form and exercise instructions to avoid strain or injury.
4. Start with simple exercises and gradually progress to advanced movements as your strength and flexibility improve.
5. For advanced exercises, consider having a spotter to assist and ensure safety.

Cleaning and Hygiene

1. Wipe down the barrel and ladder with a damp cloth and mild detergent after each use to remove sweat and dirt.
2. Use a non-abrasive disinfectant spray to sanitize surfaces, especially if the equipment is shared.
3. Do not use bleach or abrasive cleaners that can damage the equipment.

II. MAINTENANCE GUIDE

Routine Maintenance

1. Check for signs of wear, such as cracks, loose screws, or frayed straps, on a weekly basis.
2. Use the appropriate tools to tighten any loose bolts or screws to maintain stability.
3. Ensure the barrel's padding is intact, firm, and securely attached. Replace if necessary.
4. Apply a silicone-based lubricant to any adjustable or moving parts as needed to ensure smooth operation.

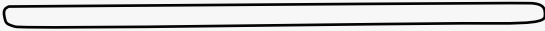
Storage

1. Store the Ladder Barrel in a dry, indoor environment away from direct sunlight and moisture to prevent material degradation.
2. Use a dust cover when not in use to keep the equipment clean and free from debris.
3. Do not place heavy objects on the equipment during storage to prevent damage.

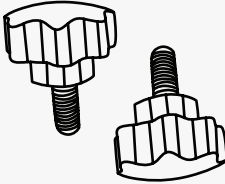
Repairs and Replacements

1. Use only manufacturer-approved parts for repairs or replacements.
2. For significant damage or repairs beyond basic maintenance, contact a professional or the manufacturer's support team. Warranty does not cover wear and tear of parts.
3. Refer to the warranty guidelines for repair or replacement terms.

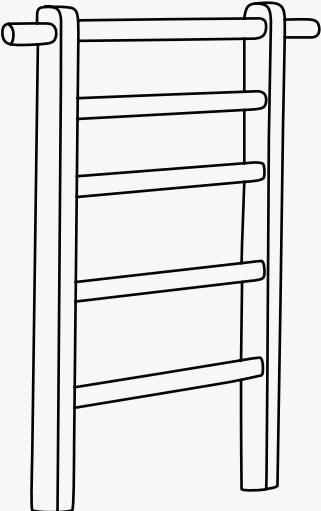
III. PARTS LIST



Wooden Stick (1x)



Plum Screws (2x)



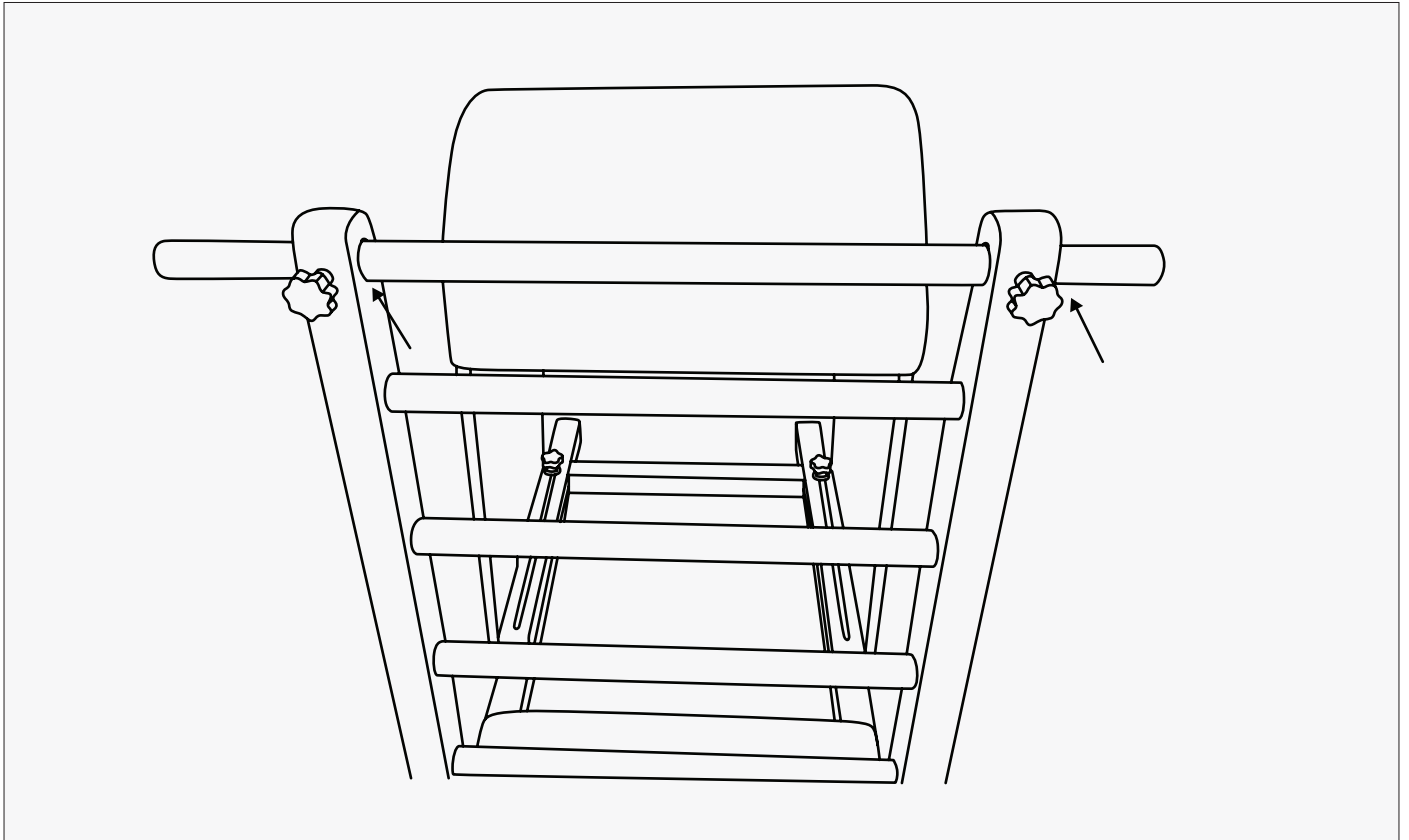
Ladder Barrel Frame (1x)

IV. ASSEMBLY INSTRUCTIONS

UNPACKING THE BOX

1. Remove the parts from the box, ensure you have enough space. You may need assistance to take the frame out.

INSTALL THE WOODEN STICK



2. Insert the stick into the position indicated by the arrow in the above picture and tighten with the 2x plum screws.

V. EXERCISE GUIDE

! PLEASE NOTE:

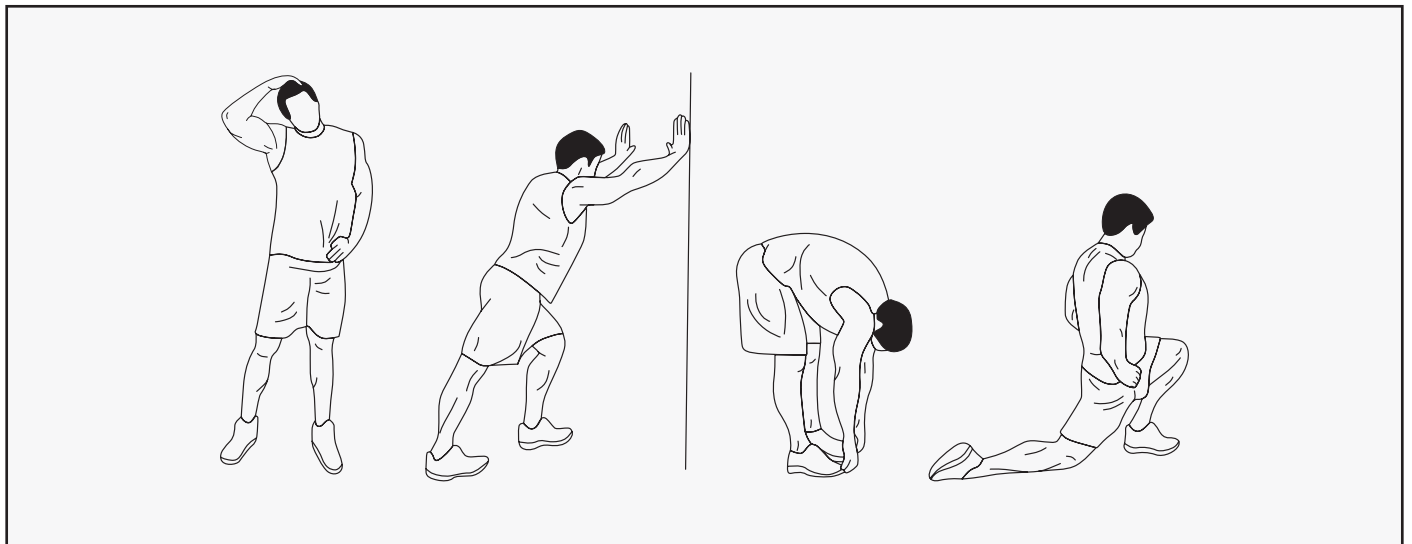
Before beginning any exercise program, consult your physician. This is important especially if you are over the age of 45 or individuals with pre-existing health problems.

The pulse sensors are not medical devices. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensors are intended only as an exercise aid in determining heart rate trends in general.

Exercising is great way to control your weight, improving your fitness and reduce the effect of aging and stress. The key to success is to make exercise a regular and enjoyable part of your everyday life.

The condition of your heart and lungs and how efficient they are in delivering oxygen via your blood to your muscles is an important factor to your fitness. Your muscles use this oxygen to provide enough energy for daily activity. This is called aerobic activity. When you are fit, your heart will not have to work so hard. It will pump a lot fewer times per minute, reducing the wear and tear of your heart.

So as you can see, the fitter you are, the healthier and greater you will feel.



WARM UP

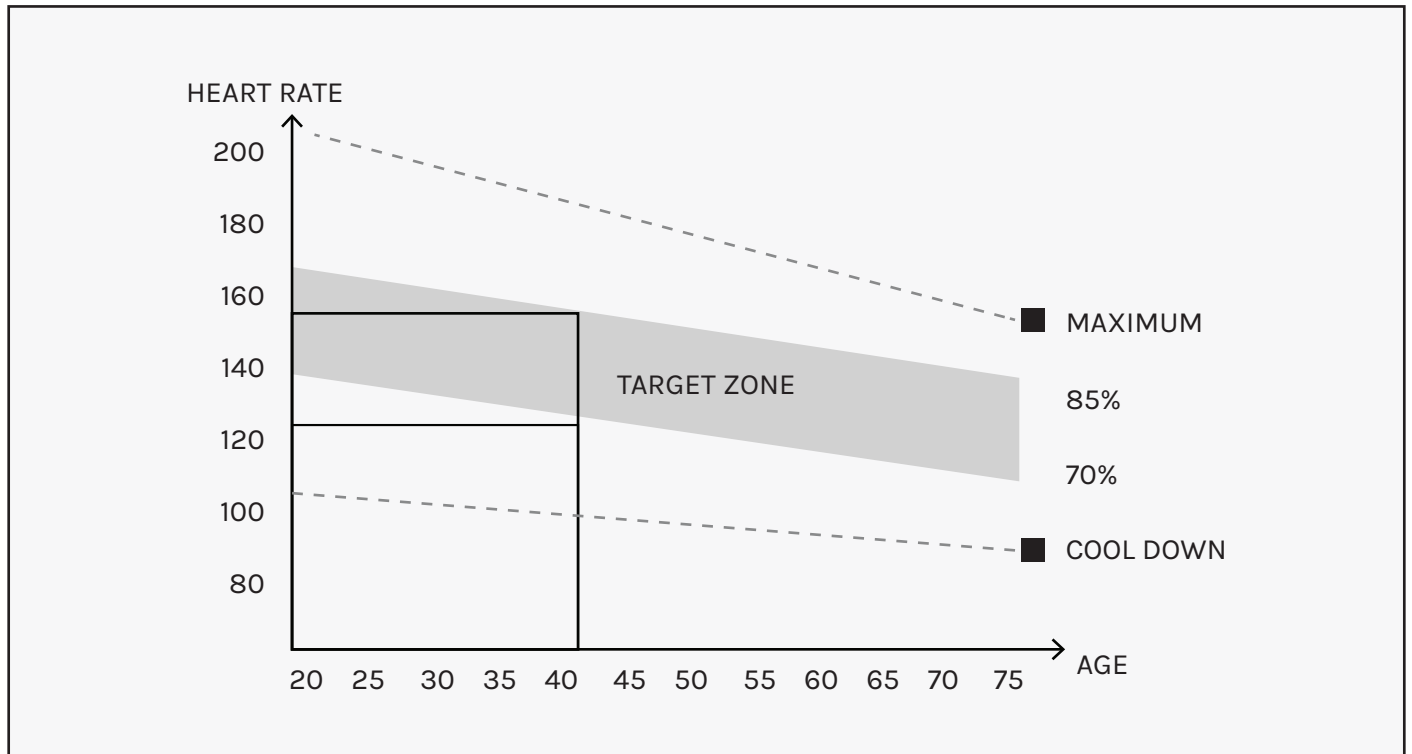
Start each workout with 5 to 10 minutes of stretching and some light exercises. A proper warm-up increases your body temperature, heart rate and circulation in preparation for exercise. Ease into your exercise.

After warming up, increase the intensity to your desired exercise program. Be sure to maintain your intensity for maximum performance. Breathe regularly and deeply as you exercise.

COOL DOWN

Finish each workout with a light jog or walk for at least 1 minute. Then complete 5 to 10 minutes of stretching to cool down. This will increase the flexibility of your muscles and will help prevent post-exercise problems.

WORKOUT GUIDELINES



! This is how your pulse should behave during general fitness exercise. Remember to warm up and cool down for a few minutes.

VI. WARRANTY

AUSTRALIAN CONSUMER LAW

Many of our products come with a guarantee or warranty from the manufacturer. In addition, they come with guarantees that cannot be excluded under the Australian Consumer Law. You are entitled to a replacement or refund for a major failure and compensation for any other reasonably foreseeable loss or damage.

You are entitled to have the goods repaired or replaced if the goods fail to be of acceptable quality and the failure does not amount to a major failure. Full details of your consumer rights may be found at www.consumerlaw.gov.au.

Please visit our website to view our full warranty terms and conditions:
<http://www.lifespanfitness.com.au/warranty-repairs>

WARRANTY AND SUPPORT

Any claim against this warranty must be made through your original place of purchase. Proof of purchase is required before a warranty claim may be processed.

If you have purchased this product from the Official Lifespan Fitness website, please visit <https://lifespanfitness.com.au/warranty-form>

For support outside of warranty, if you wish to purchase replacement parts or request a repair or service, please visit <https://lifespanfitness.com.au/warranty-form> and fill in our Repair/Service Request Form or Parts Purchase Form.

Scan this QR code with your device to go to lifespanfitness.com.au/warranty-form





WWW.LIFESPANFITNESS.COM.AU