

Align-Pilates®

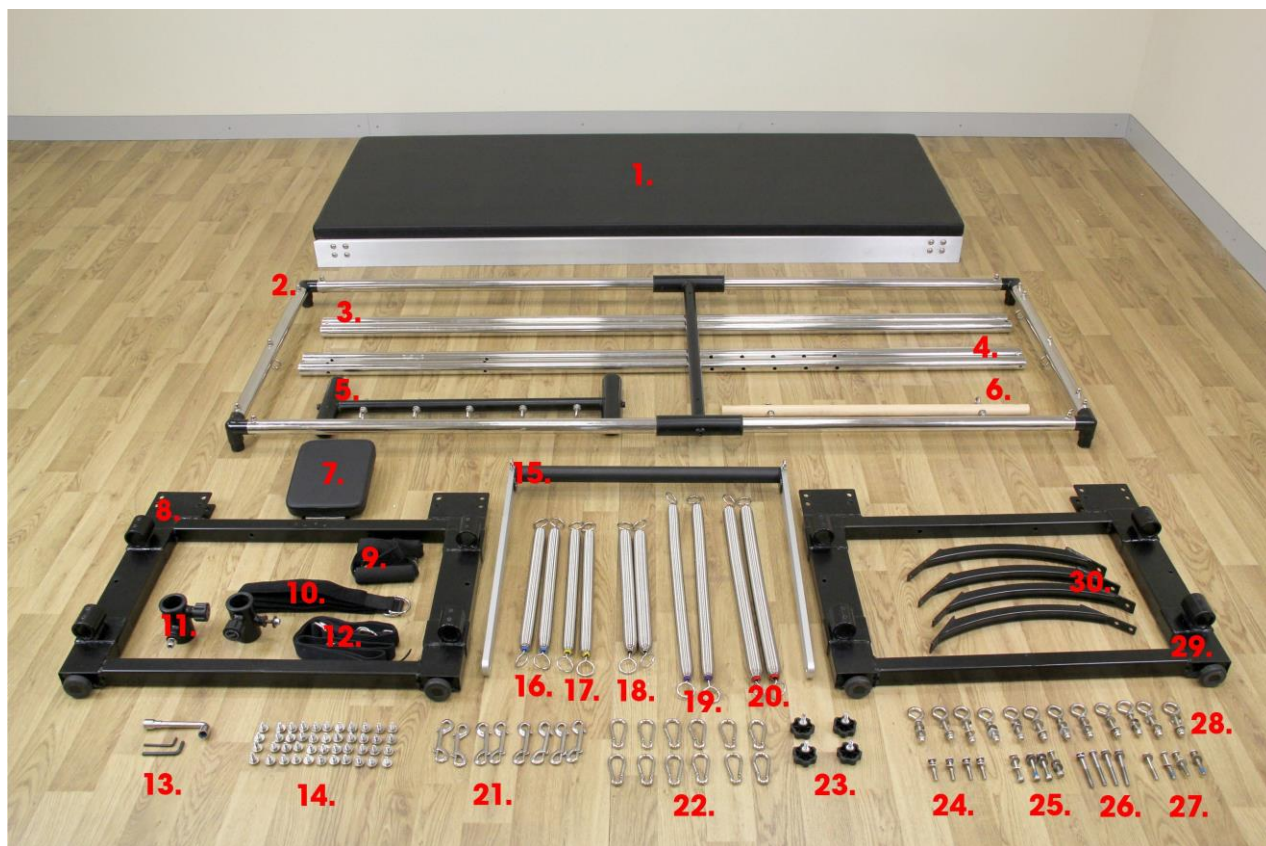


C1 & A2 Full Cadillac Assembly Instructions

A2 Full Cadillac Assembly

1. Box Contents

****IMPORTANT:** Before opening any boxes ensure the serial numbers on the 3 boxes match each other**



1. Bed Frame	11. Push through bar risers	21. x8 Double end dog clips
2. Top frame	12. Safety strap	22. x12 Karabiners
3. Foot end uprights	13. Tools	23. Black screws
4. Head end uprights	14. x44 small bolts & washers	24. x4 Medium bolts & washers
5. Vertical carriage	15. Push through bar	25. x4 Contoured medium bolts & washers
6. Roll down bar	16. x2 Very light springs	26. x4 Long bolt & washers with loctite
7. Head rest	17. x2 Light springs	27. x4 Medium bolts & washers with loctite
8. Head end legs	18. x2 Medium springs	28. x12 Eyelets
9. Handles	19. x2 Long light springs	29. Foot end legs
10. Straps	20. x2 Long strong springs	30. Leg brackets

2. Unpacking the A2 Cadillac

Note: at least two people are required to unpack the equipment. At all times you are responsible for your own safety. Please unpack the equipment in a clear, clean & dry environment on a level floor surface. Remove all strapping using a safety knife and remove the carton lid and remove the contents from the boxes. To build the Cadillac you will need 2.45m height clearance to insert the poles into the frame.

3. Attaching the legs

Begin by inserting the frame into the legs. Ensure that the frame head end and the head end legs are at the same end. These have pre-drilled holes as per Fig.1. Attach them using x32 small nuts and washers provided - x8 per corner, x4 on the outside of the frame (Fig.2) at each corner and x4 on the inside of the frame at each corner (Fig.3).



Fig. 1



Fig. 2



Fig. 3

4. Attaching the leg brackets

Attach the leg brackets using the x4 medium bolts and washers with loctite through the frame, Fig.4. Using x3 small bolts with washers attach the top of the bracket to the underside of the frame with x2 bolts and washers and then into the vertical leg from the inside with the last bolt and washer. Now bolt on the mattress - there are 2 bolt holes though each of the two end cross supports Your frame should now look as below in Fig.5. To secure the legs, use x2 of the x4 long bolts at either end, insert vertically into the frame (Fig.6).



Fig.4



Fig. 5



Fig. 6

5. Attaching the headrest

To attach the headrest, use x4 bolts into the frame in the drilled headrest holes shown in Fig.7.



Fig. 7

6. Inserting the poles

Ensure the grub screws are loose on all four corners to allow the poles to slot into the receptacles, (Fig.8). Once you have done this you can insert the two head end uprights, one at a time, into the receptacles. (Note: The head end uprights have three holes drilled through halfway up). Slide the black quick adjust carriages over the top of each pole and tighten in position, see Fig.9. Be sure that these uprights are installed at the same end of the frame that has the 4 holes for the headrest.



Fig. 8



Fig. 9

Insert the other pair of poles in the opposite end with the drilled holes at the top. Once they are all connected, slide over the roll down bar frame at the foot end as per Fig.10.



Fig. 10

7. Attaching the trapeze carriage

Insert the black corner caps in each upright. (Note: there is only one way they will all slot in correctly, so take your time and align the holes correctly). Next, insert the x2 short end pieces.

Slide the trapeze carriage over each of the horizontal cross bars and insert one end at a time into the corner pieces. Align all the holes ready for the bolts and then use the bolts with the contoured washers and rounded caps, screw each bolt upward through the horizontal frame pieces.

At each corner use the bolts with eyelets to attach the uprights to each black corner piece, Fig.11. Use the x4 black knobs to position the sliding trapeze frame and the roll down bar frame in place. These simply screw in as per Fig.12.



Fig. 11



Fig. 12

8. Attaching push through bar

Insert the push through bar onto the push through bar risers and use the nut and washer on each side as per Fig.13 to attach the push through bar. At the head end, attach the horizontal eyelets for the push through bar using the wrench and tighten securely, as per Fig.14.

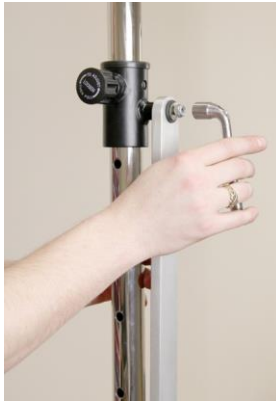


Fig. 13

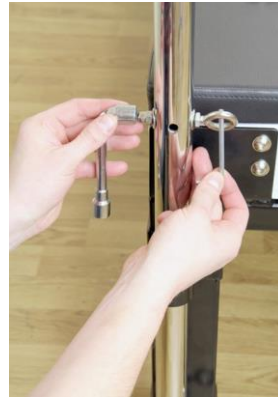


Fig. 14

9. Attaching the trapeze

To attach the trapeze to the runner, insert the eyelets through the bar and tighten with the wrench securely as per Fig.15.

Now begin attaching the springs. Note: there is no set way to do this, with the exception the black springs should be used to attach the frame runner and the trapeze itself using karabiners. Where a spring connects to the frame a karabiner should be employed, where the spring connects to the push through bar, handles or roll down bar please use a double ended dog clip.



Fig. 15

Please attach the safety strap for the push through bar, connecting to the frame, looped over the bar and then connecting back onto itself. Ensure this is supporting the bars weight before first use. Finally attach the 2 fuzzies to the top rail as shown in the cover picture. Congratulations!! You have now completed the assembly of your A2 Cadillac.



1. Installing the Full Cadillac

Installing the Full Cadillac is easy and can be done with the tools provided in the box.

We recommend getting a pair of stable trestles to put the reformer on to enable easy fitting of the legs. Place the trestles 120cm apart and make sure the top of the trestles has something soft on them to avoid scratching the reformer frame. Carefully lift the reformer and place it gently onto the trestles, so one of the trestles is underneath the point where the foot bar attaches to the aluminum runner. Before attaching bolts make sure that the smaller spring washer followed by the larger flat washer are added.

At the riser end of the reformer attach the Full Cadillac base feet to the leg extensions using the Allen key and 4 of the smallest bolts/washers provided, 2 bolts/washers per side, see Fig 1 & 2.



Fig.1



Fig.2

Remove the two black adjustable screw in feet by unscrewing them completely out and then screw these completely into the bottom of the C1-Pro Full Cadillac base bracket. This should result in your reformer looking as per Fig 2.

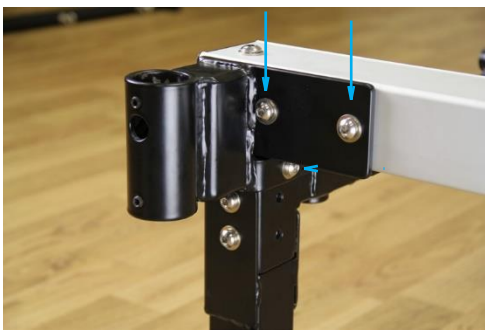


Fig.3

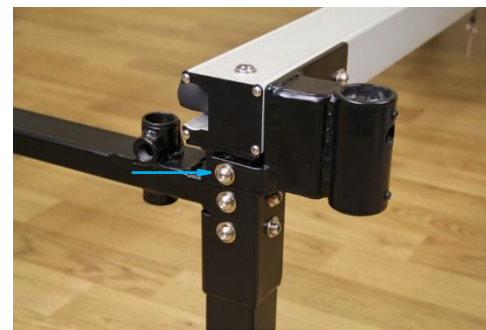


Fig.4

As per the arrows in Fig.3 and 4, there are four bolt positions to attach the Full Cadillac top bracket to the leg extension. Initially attach two of the medium bolts directly onto the runner first, use the Allen key provided to tighten until hand tight, and then attach 2 more medium bolts on the underside and front face of the runner. Once all bolts are inserted, tighten fully. Do this for both sides of the reformer. Finally attach the longest bolt through the hole in the side of the bracket. Now all four brackets are attached securely to the leg extensions, with assistance remove the reformer from the trestle and place in its' final desired situation.

To attach the bottom brackets to the foot end, insert the longest bolt through the lowest hole and the shortest bolt through the top hole then hand tighten with the Allen Key, Fig.5. To attach the top bracket, use the three bolts and washers as indicated below in Fig.6 to attach the bracket to the frame.



Fig.5



Fig.6

Now that the brackets are in place you can insert the upright poles. Please ensure the grub screws on the brackets have all been released to allow the poles to slide in easily. At the head end the two poles with the holes along their length are inserted with the holes at the top and facing outward away from the reformer. At the foot end the poles can be inserted with the holes at the top as shown in Figs. 7 & 8.



Fig.7



Fig.8

Now you can attach the carriage brackets on to the head end poles with one pair of normal brackets going on first, slide these to the bottom, Fig.9. Then slide the two push through bar carriages onto the poles and lock into place (Fig.9) and then finally the third pair of carriage brackets as in the picture below Fig.9.



Fig.9



Fig.10

At the foot end of the reformer, you can now slide over the roll down bar frame. It is held in place by two knobs which you screw into each side of the frame in the holes provided.

The 'halo' or top frame of the Cadillac will arrive already built with the trapeze frame already attached. Lower the Halo onto the top of each of the poles corners and then use the eyelets to secure into place using the tools provided, see Fig.10. Once all four corners are attached the result should be as Figs 11. Once the halo is in place attach 2 x grub screws to each bracket, 16 grub screws in total.



Fig.10



Fig.11

Attach the two knobs into the trapeze frame as in Fig.12.



Fig.12

The trapeze springs will have covers on them, at either end attach a karabiner and then attach these to the frame and the trapeze as shown in Fig.13. You can then attach the sling using the dog clips below the trapeze.



Fig.13



Fig.14

The fuzzies can now be looped over the each of the top bars and folded through itself to attach to the frame as per Fig.14.

You can now attach the springs to the frame in your desired set up. Remember to use a karabiner at the end of each spring where it attaches to the apparatus frame and a dog clip where it attaches to the push through bar, straps, or handles.

The roll down bar is connected at the foot end, attaching karabiners to one end of the spring to the roll down bar frame and then a dog clip to attach to the maple roll down bar itself through the eyelets provided

Your Cadillac should now look similar to Fig15.

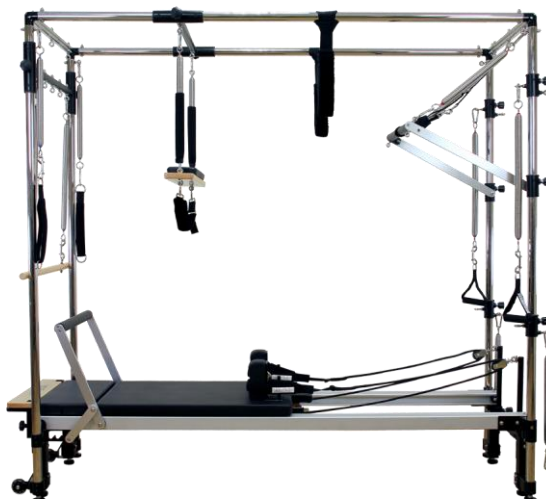


Fig.15

When you wish to insert the mattress insert to make a complete flat bed, unhook the springs from the reformer bed, slide this up to the head end and then insert the mattress converter between the reformer bed and the platform extender as per Fig.16 below.



Fig.16

Adjusting spring positions & the swing through bar height:

Adjusting the spring heights on the Full Cadillac can be adjusted by loosening the rope height adjustment knob and then pulling the knob outwards to release the locking pin. Slide to the desired height and ensure the pin re-engages in one of the holes, then tighten the knob to prevent rattle.

Each Full Cadillac carriage has both forward and backward facing eyelets so that you can choose to attach the springs on either side. Eyelets not in use can be used for hanging spare springs. The swing through bar height can also be adjusted in the same way by pulling out both knobs and changing the height - this is easiest done by 2 people though it is not something that is done frequently.

You can set up your Full Cadillac with many different spring set ups, our images are for pictorial purposes only. It is key to note that where the spring connects to the frame, please use a Karabiner, and where it is close to the hand, please use a double ended dog clip.

When unsupervised by a trained professional, we recommend that the swing should always be used with the safety strap supplied (Fig. 17). Our safety strap design allows for the quick adjustment of the strap - to tighten the strap simply pull the loose end of the strap (Fig. 18); to loosen first take the spring tension off the bar and then loosen the D-rings to loosen the strap. The Safety strap also features a quick release dog clip, which can be used to quickly take the safety strap off - this is convenient when you wish to let the bar hang down (or put it up to get it out the way) when no springs are attached. The quick release should not be used whilst the bar is under spring tension, or it could result in an accident. If you are in doubt about how to safely use the swing through bar, please seek training from a qualified Pilates professional prior to use.



Fig.17

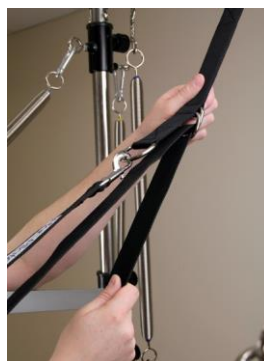


Fig.18

Before first use, please use the small Allen key provided to tighten the grub screw in the brackets to hold the frame in position. Congratulations you have now completely built your C1-Pro Full Cadillac!!

Notes on Safe Usage

The equipment is intended for use for recognised Pilates repertoire only, by or, under the instruction of a qualified Pilates professional. Access to the equipment by children without a qualified professional in attendance must be prevented.

The C1 & A2 Half and Full Cadillac's and related accessories are designed for inside use only and on a level floor with suitable clearance around the equipment for safe operation. This free area should be not less than 0,6 m greater than the training area in the directions from which the equipment is accessed. The free area must also include the area for emergency dismount. Where equipment is positioned adjacent to each other the value of the free area may be shared.

The maximum user weight for the equipment is 150Kg. When using the Full Cadillac it is not recommended to take your centre of gravity outside the frame as this may affect the stability of the equipment and could result in an accident. Recognised Pilates repertoire does not recommend this anyway.

Particular care must be taken when using the swing through bar. The safety strap **MUST** be used when the push-through springs are attached to the push-through bar from the bottom side. If you do not take this precaution, the user can get seriously injured. Further the user must never let go of the swing bar when under spring tension.

Periodic Maintenance

Please check the apparatus before first use and after each of the first few uses to check that all the fittings are securely fastened. Thereafter it is important to follow a regular maintenance schedule by someone familiar with the equipment and record your maintenance checks. Equally inspection should be made immediately if any part appears not be operating correctly or something appears to be loose. Below follows a basic maintenance guide though our detailed maintenance guide and a sample maintenance log can be downloaded from <https://www.mad-hq.com/align-pilates-resources>

- **Springs & Spring Clips**

Inspect all springs for signs of wear, look for deformation, kinks, gaps and corrosion. Springs showing signs of damage must not be used and must be replaced immediately. Check all spring clips and carabiners for signs of wear, ensuring there is no deformation and that the "gates" firmly engage. Springs must be replaced every 2 years.

- **Hardware**

Ensure all nuts, bolts and screws are securely fastened.

- **Slings, Loops & Handles**

Check all stitching for wear and damage and replace immediately as needed.

- **Travelling Carriages**

Inspect travelling carriages to ensure threaded bolts are secure. Test to ensure the locking push pins engage securely into the upright frame.

- **Eyelets & Spring Hooks**

Hand check all eyelets on the sliding spring eyelets, swing through and roll down bar are tight and cannot rotate. If loose remove, apply blue Loctite and retighten.

- **Feet Level**

Confirm bed is level and all the feet are in contact with the ground or this will affect stability

- **Star Knobs**

Check wear and replaced as needed.

- **Push-through Bar**

Confirm all push-through bar bolts and nuts are securely fastened.

- **Upholstery**

Regularly clean all upholstery on your Align equipment, we recommend using Gym Wipes from Vital Clean (www.vital-clean.de) as these will not damage your upholstery. Beware that some bactericides and strong or abrasive cleaning products will dry out the vinyl and reduce its life. Vinyl is non-absorbent, so will not absorb dirt so surface wiping is all that is required

Warranty Information

ALIGN-PILATES™ LIMITED LIFETIME WARRANTY

Terms of Limited Lifetime Warranty

Align-Pilates offers the following limited lifetime warranty, for the periods as stated below from the date of purchase, to the original owner of their products, upon presentation of an original invoice in their name. The warranty is a Light Commercial Warranty allowing for a maximum usage of 27.5 hours per week. Align-Pilates will repair or replace any mechanical part that malfunctions due to defects in materials and/or workmanship during the warranty period. The warranty excludes normal wear and tear, damage due to negligence or misuse, abuse, modification or unauthorized repair; scratches to the finish, and tears or indents in the upholstery. Align-Pilates will, at its discretion, repair or replace any parts deemed defective during the warranty period. If we opt to repair or replace your apparatus, this may require that your product is returned for inspection at our premises prior to sending out replacement apparatus. Parts repaired or replaced under the terms of this warranty will be warranted for the remainder of the original warranty period only. This warranty does not cover shipping charges, customs clearance fees (where applicable) or any costs incurred in installing repaired or replacement parts shipped under the provisions of this warranty. This warranty will be null & void if springs are not changed as specified or, if all safety, maintenance and usage instructions as specified in the manuals are not observed or, if the equipment is used for any other purpose other than for Pilates repertoire or if the equipment has been subjected to accident, abuse, improper service, or modification not authorised by Align-Pilates.

Duration of Limited Warranty

1) Metal Frames & welded components.

10 year warranty

2) Wooden Frames, Gear bar and foot bar mechanisms

5 year warranty. Wooden frames must not be positioned next to convection radiators or air conditioning units.

3) Other non-wear and tear components

2 year warranty

4) Ropes, Straps, Spring Clips, Handles, Fuzzies, Wheels, foot straps, Rotational disks and Non Foam Rollers

1 year warranty

5) Springs

2 year / 3,000 hours warranty is given on all springs, excepting that a decrease of 5% of the spring power per 1,500 hours usage is acceptable according to internationally standards. Align-Pilates Springs should be replaced after a maximum of 3,000 hours use or 2 years, whichever is earlier. In the event of any signs of damage or wear springs should be replaced immediately regardless of age or usage.

6) Upholstery

The upholstery fabric on Align-Pilates equipment will be replaced if it fails to give normal wear for 90 days from the date of delivery. Proof of damage may be required. This warranty does not cover cuts, scratches, burns, stains, soiling, or damages caused by unreasonable use such as wearing jewellery or inappropriate clothing whilst using the equipment. Align-Pilates reserves the right to substitute an equivalent fabric if an identical fabric is not available. Upholstery must be properly cared for laid out in the manual.

Warranty Return Procedure

The customer must call Align-Pilates or its authorized Distributor for authorization prior to returning the equipment. The customer is responsible for the cost of returning products to Align-Pilates (or their appointed Distributor) for warranty adjustment should this be deemed necessary. The customer is responsible for any damage or loss during shipment back to Align-Pilates (or their appointed Distributor). The customer is responsible for the cost of return freight to them in the event Align-Pilates decline to make a warranty adjustment. Align-Pilates do not accept responsibility for any items returned without a pre-approved authorization number, which must be clearly marked on the outside of the package.

Limitation of Liability

The above is our exclusive warranty and is in lieu of all other warranties, express or implied, including warranties of merchantability or fitness for any purpose. In no event shall Align-Pilates or their Distributors be liable for incidental, consequential or punitive damages.

RETURNS

Items that may not be returned:





















Reformers, Cadillacs, Half Cadillacs, Wall units, Ladder barrels, chairs, mat convertors & springs.




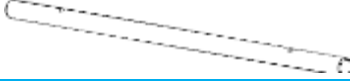
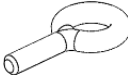





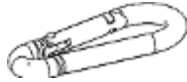
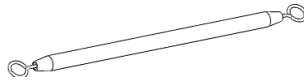
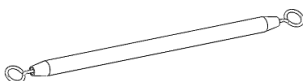
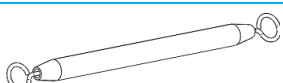









CONTACT























This warranty is issued by Align-Pilates Equipment Ltd. Contact details: 430 Enterprise Way, Vale Park, Evesham, Worcs WR11 1 AD, UK. Telephone + 44 1386 425920. Email: customercare@align-pilates.com

For more information about Align-Pilates equipment please visit: www.align-pilates.com

C1-Pro Full Cadillac Parts List

Part No.	Name	Dimensions	Part Image	Qty.
1	Frame tube			2
2	Push through cross bar tube			1
3	T-bar holder			2
4	T-bar holder			2
5	Horizontal frame tube			2
6	Pull down vertical frame tube			2
7	Pull down cross bar tube			1
8	Horizontal cross bar			1
9	Vertical cross bar			1
10	Cross bar internal sleeve			8
11	Locking knob	45*25*M8*20		4
12	Trapeze Cushion			1
13	Bar carriage			4
14	Carriage insert sleeve	50.8*T2. 38.1		6
15	Twist/Pull Knob	38*M16*19*8*12.5		6
16	Pulley eyelet	33*7*50*M8*14		8
17	Push through bar carriage (left)			1
18	Push through bar carriage (right)			1
19	Spacer	11*8.2*17.2		2
20	Push through bar			1

21	Push through bar plate			2
22	Push through bar arm			2
23	Spacer	14*11.15*T12.7		2
24	Roll down bar			1
25	Eyelet bolt	23*6*44*M6*18		4
26	Eyelet bolt	25*7*51*M8*23.5		2
27	Eyelet bolt	25*7*61*M8*30		4
28	Eyelet bolt	25*7*74*M8*46		9
29	Eyelet bolt	25*7*79*M8*52		10
30	Double Ended Dogclips	25*26*9*101		8
31	Karabiner	8*38.5*80		16
32	Long very light spring	2.3*27*530*640		2
33	Long strong spring	2.7*30.5*530*640		2
34	Standard very light spring	2.3*27*370*470		2
35	Standard light spring	2*25.3*370*470		2
36	Standard medium spring	2.7*30.5*370*470		2
37	Standard very strong spring (trapeze)	3.5*29.5*390*470		2
38	Spring identifier			8
39	Spring identifier			4
40	Spring identifier			4
41	Spring identifier			4
42	Spring identifier			4
43	Trapeze spring sleeve			2

44	Foot strap part 1			1
45	Foot strap part 2			1
46	Fuzzy handles			2
47	Reformer rope handle			2
48	Loop strap			2
49	Safety strap part 1			1
50	Safety strap part 2			1
51	SHCS large round	M8*30 8.8		4
52	SHCS large round	M8*50 10.9		6
53	Hex screws	M8*25 8.8		2
54	Hex screws Countersunk	M6*20 8.8		4
55	Flat washer	8.5*20*T1.5		14
56	Flat washer	13.2*25.4*T2.0		4
57	Curved washer	8.5*20*T1.5		50
58	Nut	M8		4
59	Hex Nut	M6		4
60	Hex Nut	M8		29
61	Domed nut	M8		27
62	Trapeze wood			1
63	Allen Key	6mm		1
64	Multi Tool			1
65				1

