

Supreme Pilates Pro™

OWNER'S MANUAL



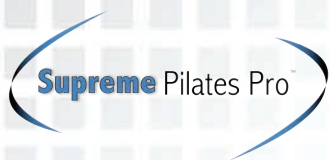
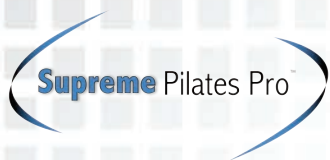



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WARNING LABEL

The following warning label appear on the Supreme Pilates Pro™. Please read it before using the machine.

 **WARNING**

Read all warnings and instructions before use.

Never allow children on equipment. Supervise use of the equipment by teenagers.

Consult your physician prior to using this equipment and starting an exercise program. Do not use Supreme Pilates Pro™ if you are pregnant or suffer from heart disease, high blood pressure or other serious medical conditions or if you have had heart surgery.

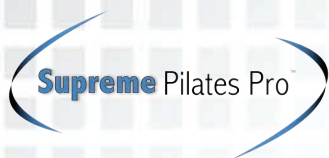
Inspect equipment before each use to ensure it is in proper operating condition.

Use caution and maintain your balance while mounting, using and dismounting the Supreme Pilates Pro™.

Keep other people and pets away from this equipment during use, as the wheels may run over their feet or other body parts and cause serious injury. Maximum user weight not to exceed 250 pounds.

Ensure storage of this equipment does not cause a tripping hazard.

Replace label if damaged, illegible or removed.



IMPORTANT SAFETY INSTRUCTIONS

WARNING

General Safety Considerations:

1. Read all warning labels posted on your Supreme Pilates Pro™.
2. Read and follow all safety, assembly, use, care and maintenance instructions provided in this manual before assembling or using this equipment. Failure to follow these instructions may lead to serious injuries.
3. Prior to using this equipment and starting an exercise program, consult your physician to ensure it is safe for you to exercise using this equipment. The instructions presented herein are not intended as a substitute for medical counseling.
4. The Supreme Pilates Pro™ has been designed for consumer use only and should not be used in any commercial application.
5. Use the Supreme Pilates Pro™ only as directed and demonstrated in this manual and in the instructional DVD.

Before and During Assembly:

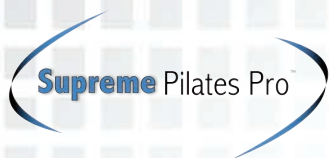
1. Remove your Supreme Pilates Pro™ from the box and check for shipping damage. If the product is damaged in any way, do not use.
2. Follow assembly instructions and ensure that all components are secured and tightened as instructed.

IMPORTANT SAFETY INSTRUCTIONS continued

WARNING

Before and During Use:

1. Inspect the machine prior to each use. Refrain from using if the machine appears damaged or inoperable. Inspect connections and refrain from using any component if found to be worn or damaged. Tighten or replace any loose or worn-out components prior to use.
2. Do not use Supreme Pilates Pro™ if you are pregnant or suffer from heart disease, high blood pressure or other serious medical conditions or have had heart surgery. Consult your physician before using your Supreme Pilates Pro™.
3. Do not wear loose or dangling clothing or jewelry while using this equipment. Keep body, hair and clothing free and clear of moving parts.
4. Set up the Supreme Pilates Pro™ on a flat surface, in an open area, free of furniture or other items that could get in your way while exercising.
5. Avoid placing the Supreme Pilates Pro™ on slick, slippery or rough surfaces that could damage this equipment.
6. Use caution and maintain your balance while mounting, using and dismounting the Supreme Pilates Pro™.
7. If you feel dizzy or experience pain at any time during the workout, stop immediately and consult your physician.
8. Extreme caution should be taken when using tension coils. Overstretching or uncontrolled release can cause serious injury to unprotected body parts, particularly the eyes. If hooks or bands show signs of wear, do not use.
9. Keep children away from the machine. If the machine will be used in the presence of children, supervision should be provided by a third party.
10. Do not forget to warm up. March in place for 1-2 minutes to get your blood circulating through your body.
11. Do not exceed the maximum weight limit of 250 pounds. Exceeding the allowable weight limit may result in damage to the equipment and serious injury to the user.
12. The Supreme Pilates Pro™ should be used by only one person at a time.



IMPORTANT SAFETY INSTRUCTIONS continued

WARNING

Tension Coil Use:

1. Use tension coils only with Supreme Pilates Pro™, as directed. Do not stretch or attach the tension coils to any other product, equipment or surface.
2. Use tension coils carefully. Uncontrolled release can cause serious injury to unprotected body parts, particularly the eyes. Do not stretch and attach tension coils to the handle bars during equipment use or storage.
3. To prevent release of the tension coils during use, make sure that the hooks are secured. Overstretching can cause hook failure, resulting in sudden uncontrolled release.
4. Do not allow tension coils to wrap around the anchor point or any other component, as this may potentially release the hook when the band is pulled.
5. Inspect the tension coils and hooks before each use. Do not use worn or frayed bands or those with damaged hooks.
6. Keep out of reach of children.

Storage, Care and Maintenance:

1. Prior to each use, inspect your machine for loose components and tighten if necessary.
2. Regularly check all nuts, bolts, screws and the frame to be sure that they are tight and secure and have not suffered any long-term wear that may cause the machine to break down. If parts are damaged, do NOT use the machine until these parts have been replaced.
3. If any items on your Supreme Pilates Pro™, including the warning labels, appear to be damaged, please contact our customer care center.
4. After use, store Supreme Pilates Pro™ in a cool, dry place.
5. Ensure that the storage of Supreme Pilates Pro™ does not cause a tripping hazard.

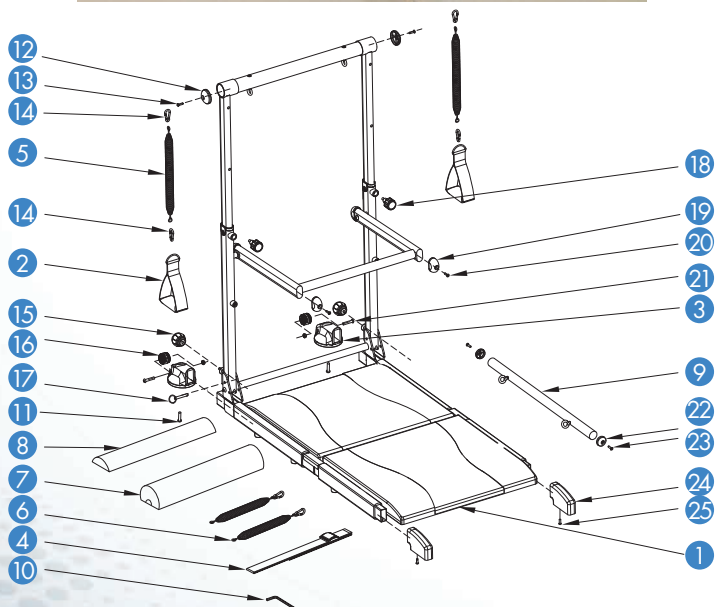
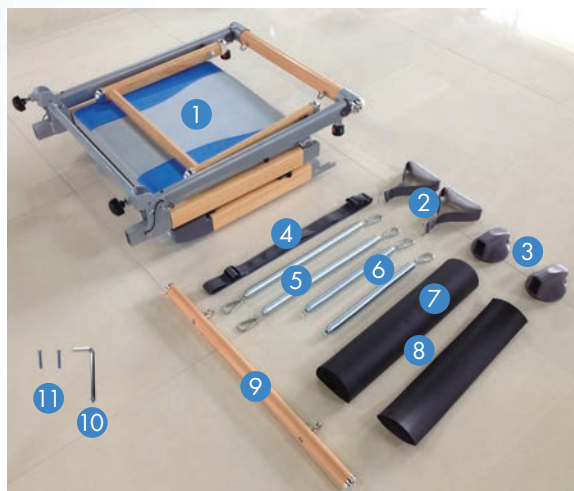
The manufacturer, importer, distributor, and any authorized sub-distributor or reseller assumes no responsibility for personal injury or property damage sustained by or through the misuse of this product. This product should not be used by pregnant women or anyone with a pre-existing medical condition.

REMOVABLE PARTS LIST*

Diagram #	Part name	Quantity	Diagram #	Part name	Quantity
1	Supreme Pilates Pro unit	1	14	Hook	6
2	Hand and Foot Straps	2	15	Knob	2
3	Front End Caps	2	16	Wheels	2
4	Locking strap	1	17	Ø8x55 Locking pin	2
5	Long Spring Resistance Coils	2	18	Ponpin	2
6	Short Spring Resistance Coils	2	19	25x50 elliptic end caps	4
7	Big Lumbar pads	1	20	Self-tapping screwM4x20	4
8	Small Lumbar pads	1	21	Inner-hexagon screws M8x55	2
9	Wood Attachment Bar 700mm	1	22	Ø33 end caps	2
10	L-End Tool Wrench	1	23	Self-tapping screwM4x20	2
11	Screw M4x25	2	24	Back End Caps	2
12	Ø50 End cap	2	25	Self-tapping screwM4x20	2
13	Self-tapping screwM4x20	2			

Contact your distributor if any parts are missing.

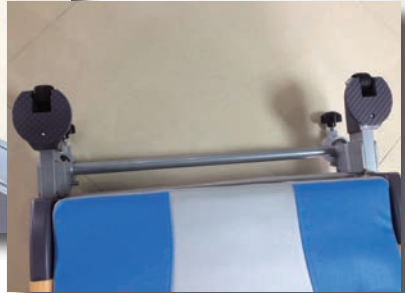
ASSEMBLY INSTRUCTIONS



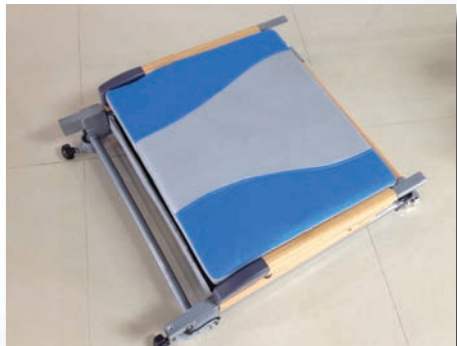
For easy assembly lay out all the pieces of your Supreme Pilates Pro as pictured.

ASSEMBLY INSTRUCTIONS continued

Use L-wrench 10 and end cap screws 11 to attach end caps with wheels. 3



Remove the locking strap.



ASSEMBLY INSTRUCTIONS continued



Remove the safety lock pin to raise the tower.



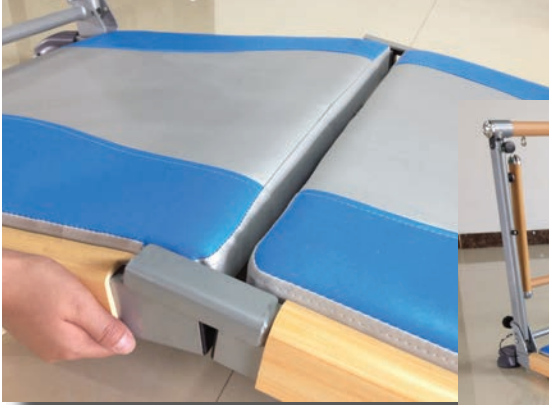
Secure tower with safety locking pin.



Screw tightening knob into back of the tower base until fully tightened.



ASSEMBLY INSTRUCTIONS continued



Open the pad. (Watch your hand!)



Raise the lower tower by turning the locking pins clockwise or counterlockwise.



ASSEMBLY INSTRUCTIONS continued



Secure hooks and coils onto tower with caution. Be sure the hooks are screwed and locked in place before using.



DVDs WORKOUTS



Get to Know Your Supreme Pilates Pro

Supreme Barre



Supreme Speed Sculpt



Lower Body Burn



Supreme AB Blast



Supreme Pilates Pro™



Always consult a physician before beginning this or any exercise program.

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