

Align-Pilates®

A2 Cadillac Assembly Instructions



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Align-Pilates®

A2 Full Cadillac

Thank you for buying an Align-Pilates A2 Full Cadillac. In order to set up your reformer we recommend you watch our YouTube assembly video prior to assembling and using your reformer.

On our YouTube channel you will also find a host of useful information on using, servicing and maintaining your reformer, as well as Pilates workouts and detailed breakdowns of individual Pilates exercises. Enjoy your reformer & your Pilates journey.



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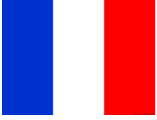
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Translations

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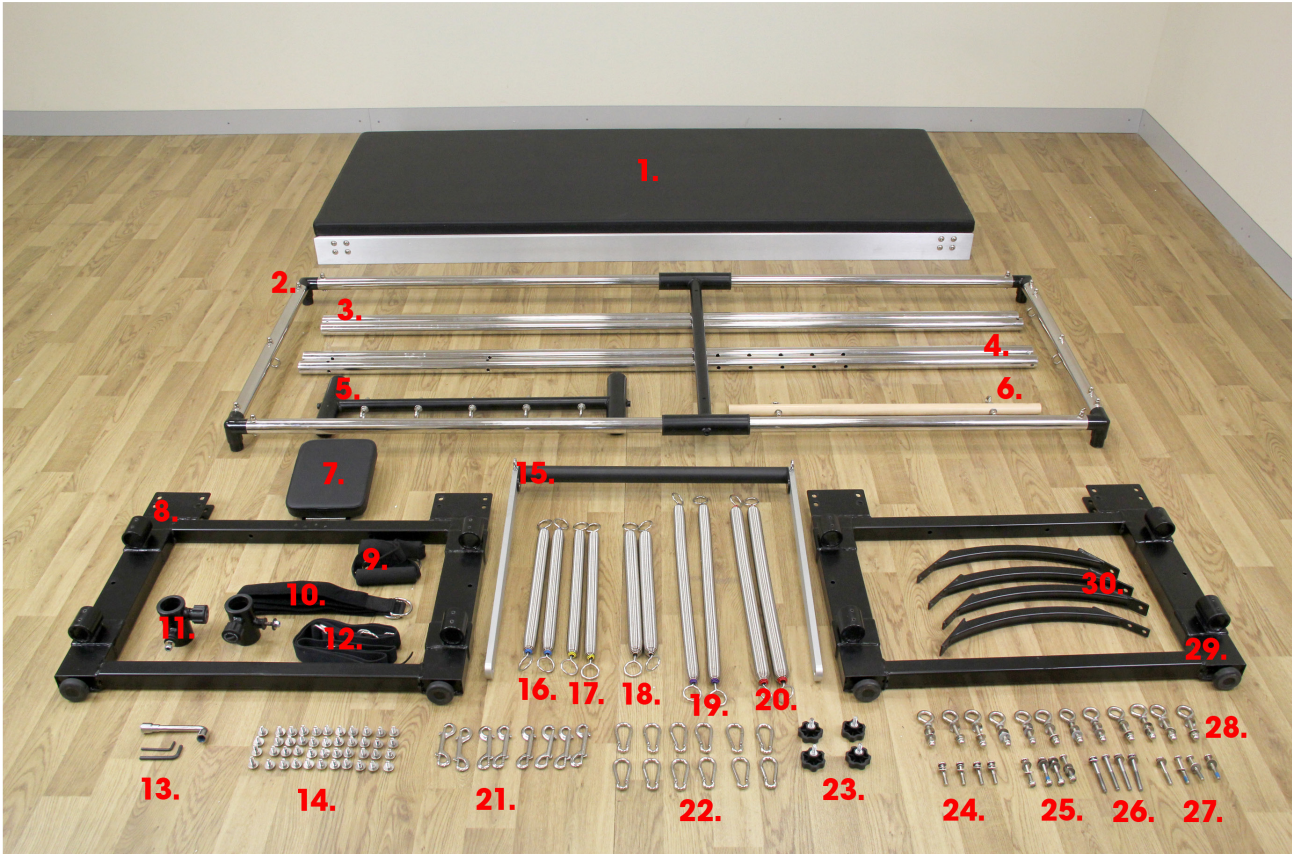
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1. Box Contents

****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 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. Assembly Instructions

- 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

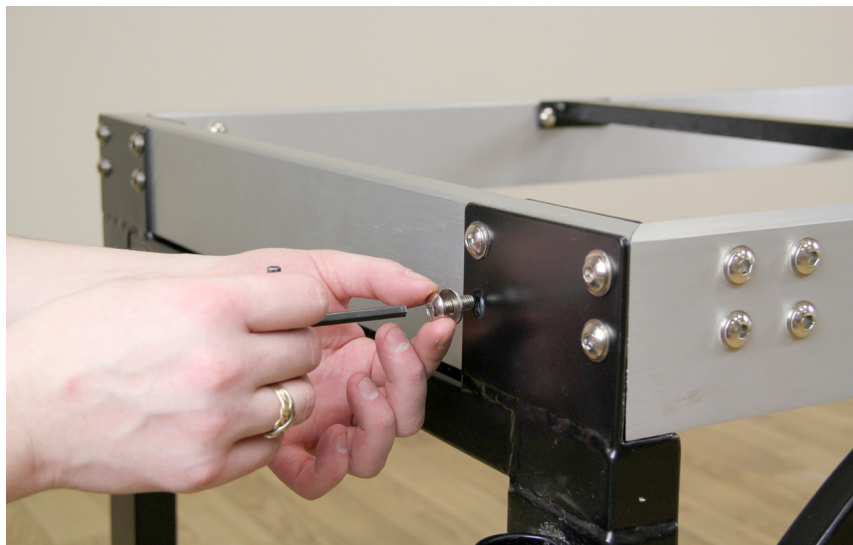


Fig. 2

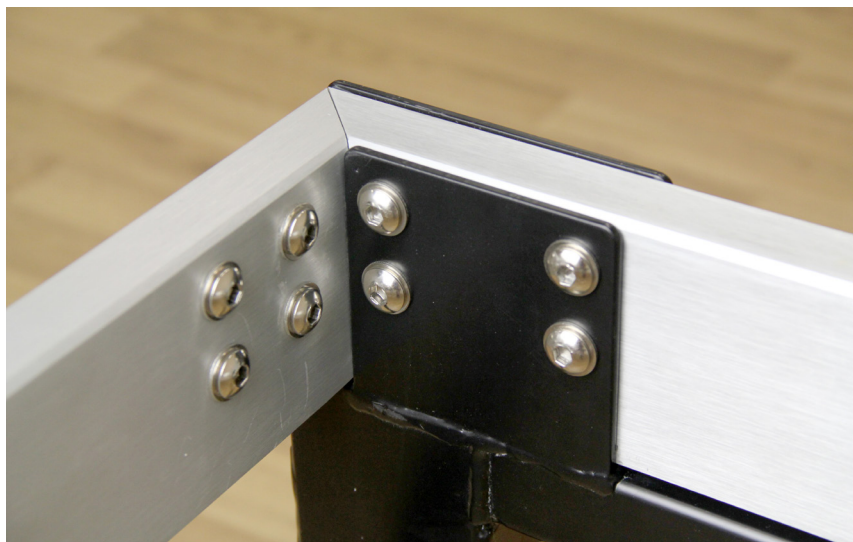


Fig. 3

- Attaching the leg brackets

Attach the leg brackets using the x4 medium bolts and washers with loctite through the frame Fig.4.



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



Fig. 5

To secure the legs, use x2 of the x4 long bolts at either end, insert vertically into the frame (Fig.6).



Fig. 6

- Attaching the headrest

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



Fig. 7

- 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 half way 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

- 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.12.



Fig. 12

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.13.

- 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.14 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.15.

- 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.16.



Fig. 13



Fig. 14

Now begin attaching the springs. Note: there is no set way to do this, with the exception that the black springs should be used to attach the frame runner and the trapeze itself using karabiners (Fig.20).

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. See Fig. 19 & 20.



Fig. 15



Fig. 16

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.



4. Contact Information

If you have any queries regarding the assembly of your Cadillac please call your distributor or our UK customer service team on +44 (0)1386 425 920 or email customer@align-pilates.com.