

# AeroPilates®

LESS STRESS | MORE HEART

## Head & Neck Support Pillow

Model #: 55-0015A

**Owner's Manual  
Operational Instructions  
Customer Service  
Warranty**



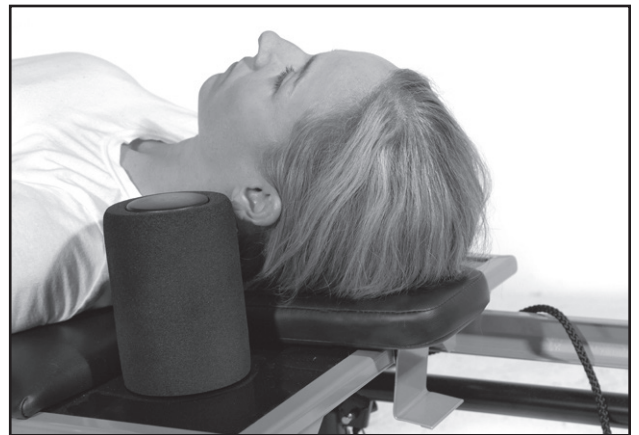
### OPERATIONAL INSTRUCTIONS

#### When to use your head and neck support pillow

The head and neck support pillow accessory is designed to support the natural curve of your neck while performing some Pilates reformer exercises; however, it should not be used with all exercises.



Do use the head and neck support pillow to provide comfort, support and postural alignment for reformer exercises that are performed while lying on your back.



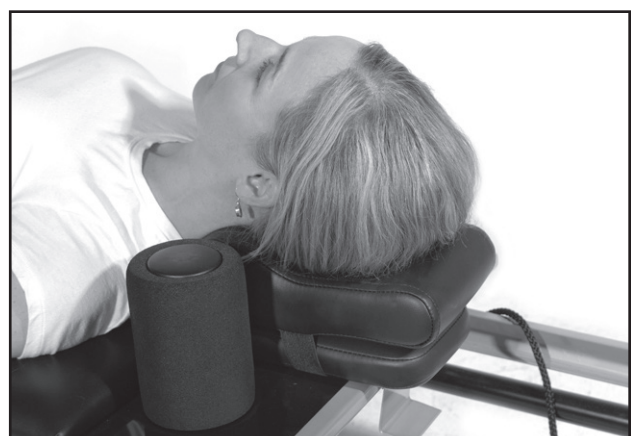
Remove the head and neck support pillow for exercises that require you to lift your hips higher than your head.

#### How to install, position, and adjust your head and neck support pillow

With the headrest in the flat position, place the head and neck support pillow on top of the headrest with the thickest part of the head and neck support pillow nearest the carriage so the thickest part will be under your neck. Secure by slipping the elastic band around the headrest. Move the head and neck support pillow toward you or away from you until it is comfortable.



Placing pillow on headrest



Head Properly positioned on pillow

## LIMITED WARRANTY

This product is warranted to be free of defects in material and workmanship and to be in perfect working order at the time of purchase. This warranty applies to personal, family or household use. This warranty does not apply to use in athletic clubs, health clubs, spas, gymnasiums, exercise facilities, and other public or semipublic facilities.

If the product should become defective within 90 days of purchase while under normal use, service, and proper operation, you may ship the product to the manufacturer for repair or replacement. This warranty does not apply to any damage caused by accident, return transit, alteration, abuse, or misuse. There are no other warranties other than those expressly set forth herein.

The item must be in the original packaging and with the shipping cost prepaid to return the item to the manufacturer. All expenses for repairing or replacing the product, including shipping the item back to the original purchaser will be covered by manufacturer. This warranty gives you specific legal rights, and you may have other rights which vary from state to state.

## CUSTOMER SERVICE

Although Stamina manufactures its products with the finest materials and uses the highest standards of manufacturing, occasionally a part that does not fit, is the incorrect size, or is otherwise inappropriate is found. Even with the highest inspection and quality controls in place, these things will happen occasionally. Please do not return the product. Contact us **FIRST!**

If a part is missing or defective, please call us toll free at 1-800-375-7520 (in the U.S.). Our Customer Service Staff is available to assist you from 7:30 A.M. to 5:00 P.M. (Central Time) Monday through Thursday and 8:00 A.M. to 3:00 P.M. (Central Time) on Friday.

If you would like to contact us on-line, go to our website at [www.staminaproducts.com](http://www.staminaproducts.com) and access the Customer Service section or e-mail us at the following: [customer.care@staminaproducts.com](mailto:customer.care@staminaproducts.com)

Be sure to have the name and model number of the product available when you contact us.



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