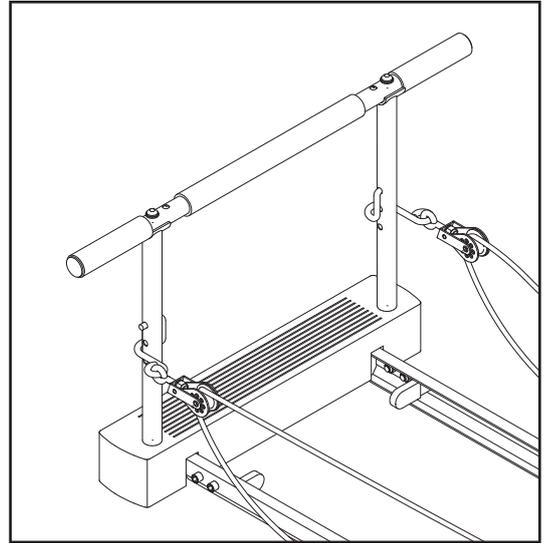


# AeroPilates®

## Pull-Up Bar Attachment



### SAFETY INSTRUCTIONS

**⚠ WARNING** Cancer and Reproductive Harm  
[www.P65Warnings.ca.gov](http://www.P65Warnings.ca.gov)

**⚠ WARNING** Consult your physician before starting this or any exercise program. This is especially important if you are over the age of 35, have never exercised before, are pregnant, or suffer from any health problem. This product is for home use only. Do not use in institutional or commercial applications. Failure to follow all warnings and instructions could result in serious injury or death.

**⚠ WARNING** To reduce the risk of serious injury, read the following Safety Instructions before using the AeroPilates® Pull-Up Bar.

1. The AeroPilates® Pull-Up Bar can be added to the Stamina AeroPilates® reformers that have Pulley Risers.
2. Save these instructions and ensure that other exercisers read this manual prior to using the AeroPilates® Pull-Up Bar for the first time.
3. The AeroPilates® Pull-Up Bar should only be used after a thorough review of this instruction sheet and a review of the safety instructions provided with your AeroPilates® reformer. Make sure that it is properly assembled and tightened before use.
4. When exercising with this product, do not exercise at an intensity that causes the product itself to move. This could result in damage to your joints and to the product.
5. Keep children away from the AeroPilates® Pull-Up Bar. Do not allow children to use or play on the AeroPilates® Pull-Up Bar. Keep children and pets away from the AeroPilates® Pull-Up Bar when it is in use.
6. When using the AeroPilates® Pull-Up Bar, place your AeroPilates® reformer on a solid level surface. Do not position it on loose rugs or uneven surfaces.
7. Make sure that adequate space is available for access to and around your AeroPilates® reformer when using the AeroPilates® Pull-Up Bar.
8. Before using, inspect the AeroPilates® Pull-Up Bar for worn or loose components, and tighten or replace any worn or loose components prior to use.
9. Consult a physician prior to commencing an exercise program and follow his/her recommendations in developing your fitness program. If at any time during exercise you feel faint, dizzy, or experience pain, stop and consult your physician.
10. Always choose the workout which best fits your physical strength and flexibility level. Know your limits and train within them. Always use common sense when exercising.
11. Do not wear loose or dangling clothing while using your AeroPilates® reformer.
12. Be careful to maintain your balance while using, mounting, dismounting your AeroPilates® reformer, and while assembling the AeroPilates® Pull-Up Bar. Loss of balance may result in a fall and bodily injury.
13. The AeroPilates® Pull-Up Bar should be used by only one person at a time.
14. The AeroPilates® Pull-Up Bar is for consumer use only. It is not for use in public or semipublic facilities.

This Product is Distributed Exclusively by

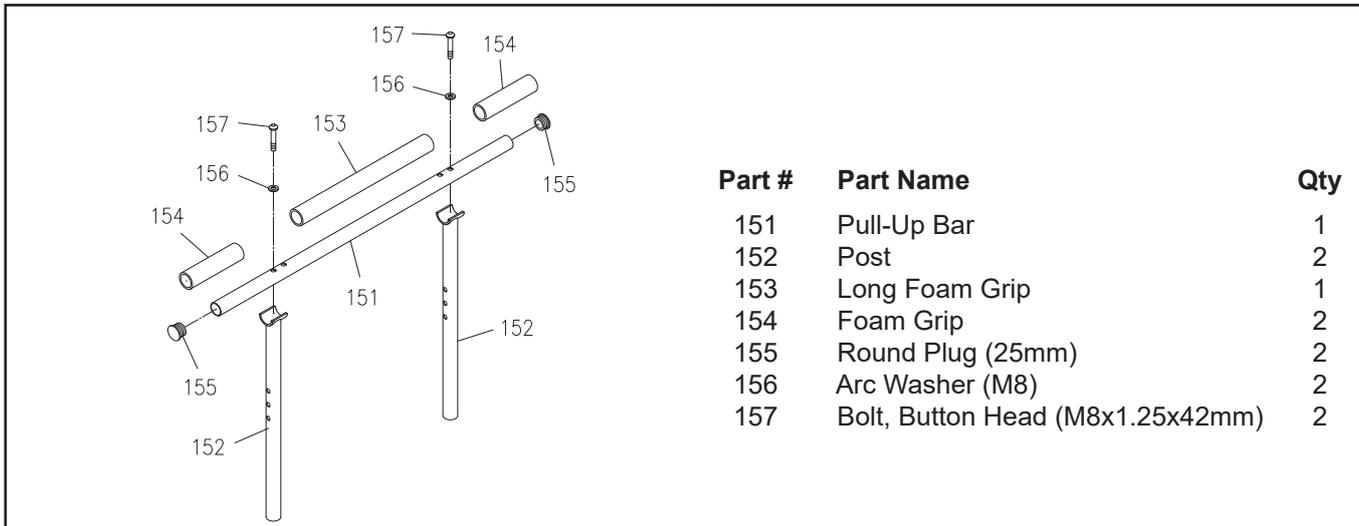


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When calling for parts or service, please specify the following number:

**Model# 55-0012A**

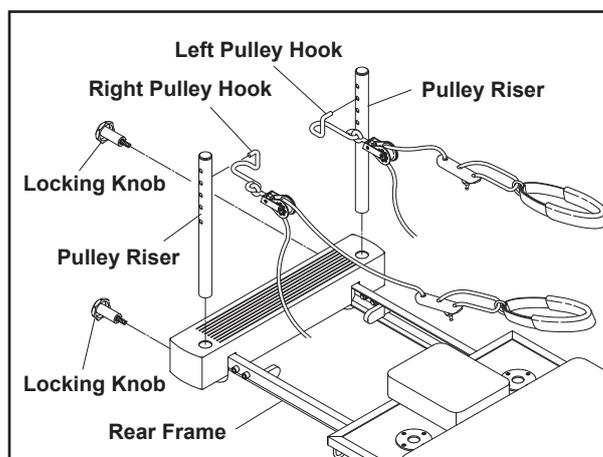
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## Assembly The AeroPilates® Pull-Up Bar

### STEP 1

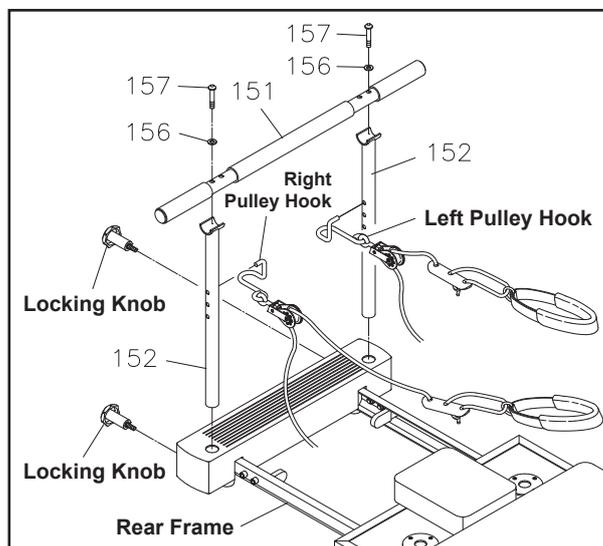
To remove the **PULLEY RISERS** on your AeroPilates® reformer, unhook the **LEFT** and **RIGHT PULLEY HOOKS** from the **PULLEY RISERS** on both sides. Unscrew the **LOCKING KNOBS** and remove the **PULLEY RISERS**.



### STEP 2

Fully insert the **POSTS(152)** into the mounting holes in the **REAR FRAME**. Align the threaded holes in the **POSTS(152)** with the holes in the **REAR FRAME** and secure with the **LOCKING KNOBS**, but don't tighten the knobs. Attach the **PULL-UP BAR(151)** to the **POSTS(152)** with **BUTTON HEAD BOLTS(M8x1.25x42mm)(157)** and **ARC WASHERS(M8)(156)**. Tighten the **LOCKING KNOBS**. Hook the **LEFT** and **RIGHT PULLEY HOOKS** onto the **POSTS(152)** on both sides.

**NOTE:** The **PULL-UP BAR(151)** has two sets of mounting holes. Select the holes that fit your AeroPilates® reformer. For 3-cord reformers, use the set of holes closest to the center of the **PULL-UP BAR(151)**. For 4 and 5-cord reformers, use the holes closest to ends of the **PULL-UP BAR(151)**.



## LIMITED WARRANTY

This product is warranted to be free from 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, for any reason, become defective within 90 days of purchase, the manufacturer will replace the product once it is returned to the manufacturer. This warranty does not apply to any damage caused by accident, return transit, improper assembly, alteration, abuse, or misuse. There are no other warranties other than those expressly set forth herein.

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