

The Contrology® Cadillac

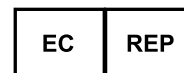
THIS IS A MEDICAL DEVICE



Statement of Intended Use

The Contrology® Cadillac device is intended by the manufacturer to be used by people for the purposes of physiotherapy, rehabilitation, the prevention, treatment and relief of injuries, supportive, functional therapy for a disability or for general strengthening and improving the mobility of the human body. Should injury occur during usage please report to the manufacturer and competent authority of the Member State in which the user and/or patient is established.

For printed instructions contact Balanced Body.



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IMPORTANT:

This manual is intended for medical and fitness professionals, or persons with experience in the use of this equipment. If there is a question regarding appropriateness of a particular movement, please consult a licensed health professional.

Safety Note: Warning – The Cadillac Table contains flammable materials, please keep away from direct heat.

INTRODUCTION

The Contrology Cadillac consists of a padded table surrounded by a frame made of metal poles. Eyebolts in the frame provide attachment points for the springs. Loops, handles or a wooden Roll-down Bar can be attached to the springs creating a wide variety of exercises. The Cadillac Table has one moving cross bar or slider; between the overhead bars which slides horizontal. The head end of the Cadillac Table holds a hinged wooden frame called the Push-through Bar (PTB).

Please see the attached diagram for a listing of the various parts of the Cadillac Table.

FEATURES OF THE CONTROLOGY CADILLAC TABLE

1. SPRING ATTACHMENT POINTS

Low: Springs are attached from eyebolts in the wood frame at the PTB end of the table. These springs are used for bottom sprung exercises using the PTB.

Middle: Springs are attached to the vertical tube eye bolts.

High: Springs are attached to eyebolts in the upper corners of the canopy.

Overhead: Springs are attached to the horizontal slider between the overhead bars.

2. CADILLAC TABLE SPRINGS

The Cadillac Table has a wide variety of springs additional heavier springs can be purchased for those wanting the same spring that Joe Pilates used or for more resistance and feedback. Springs can also have different necking on them to replicate the original design and manufacturing used by Joe Pilates.

The Springs come in two different lengths - long springs and short springs. Each length of spring can come in different resistances either light or heavy. The standard Balanced Body spring coding is as follows:

Short springs

- » Arm Springs – Light
- » Arm Springs - Heavy*
- » Roll Back Bar Springs – Light
- » Push-through Bar Springs – Light
- » Trapeze Bar Springs – Very heavy

Long springs

- » Leg Springs – Light
- » Leg Springs – Heavy** Not included, configured at the time of the order or purchased separately.

3. SAFETY

It is very important that the instructor is present and spotting the client whenever the Push-through Bar is in use. The Push-through Bar should never be used if low enough to hit a client who is lying under it. The safety chain must always be used. The safety chain must be adjusted so that the angle of the Push-through Bar, when viewed from the side, is no lower than either the four or eight o'clock position.

4. UPHOLSTERY CLEANING AND DISINFECTING.

You can extend the life of your upholstery by keeping it clean and free of dirt, oil and perspiration. After each use, wipe down the upholstery with a solution of mild soap and water. Then wipe it down with clean water and dry with a rag or simply use BB Cleaner.

How to Assemble the Contrology® Cadillac



Figure 1: Contrology Cadillac

PARTS LIST (INCLUDED):

IMPORTANT: To watch a step-by-step video on unboxing and assembling the Contrology Cadillac, please visit the Contrology Support pages at Contrology.pilates.com/support

DESCRIPTION	PART NUMBER	QTY.
Base Frame	n/a	1
Cotton Loop (pair)	16992	1
Wool Fuzzy (pair)	16993	1
Roll Back Bar	17111	1
Belly Strap	16996	1
Foot Strap	16994	1
Light Arm Spring **	17109	2
Light Leg Spring **	17094	2
Roll Back Bar Spring	16910	2
Push-Through Bar Spring	16912	3
Trapeze Bar Spring	16911	2
Safety Chain, Long	17035	2
Safety Chain, Short	17051	1
Trapeze Bar w/ Sling	17003	1
Trapeze Bar Sleeves	n/a	4
Wooden Push Through Bar	17098	1
Kuna Board, Large	16989	1
Leather Handle Assembly (pair)	17115	1
Horizontal Long Tubes Canopy assembly w/ Slider and corners	n/a	1
Vertical Head End Tube	16965	2
Vertical Foot End Tube	16966	2
Screws 1/4"-20 x 5/8" Long	15223	8
Eye Bolt, 1/4-20 x 2"	13657	2
Finish Washer, #12	10522	2
3/16" Allen Wrench	13777	1
5/32" Allen wrench	13778	1
Leveling Foam Foot Pad	17195	4
tubing for Footstrap Clip	17482	2

**These may be changed out for heavy Springs; Arm: 16937, Leg: 16908

ASSEMBLE THE TRAPEZE CANOPY

- Note this frame is very heavy. It is recommended to have a minimum of (2) people to lift and move the base frame.
- Unbox the base frame and move it to the desired location. Unbox all components from the canopy box and match them to the Parts list ensuring you have all the components before beginning.
- Find the provided Eye Bolts and Finish Washer and install in the legs as shown, one on each Foot End Leg. Tighten the eye bolts by turning clockwise. Once the bolts start to get tight, continue to spin them and orientate them so they are vertical. See Figure 2.

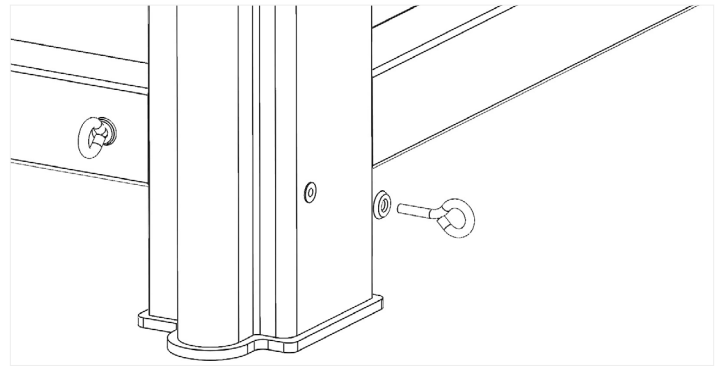


Figure 2: Eye Bolts and Finish Washer

- Remove the two vertical head end tubes from the box with the Push-through Bar system. When picking up this assembled tube set, be careful of the PTB, it may swing. On one side of the vertical tubes, on the lower half, there will be two screws installed in threaded holes. Remove these screws, these holes line up with holes in legs. Place the tubes into the frame leg extrusion openings opposite the legs you just installed the eye bolts in. See Figure 1.
- Insert the tubes all the way to the bottom of the legs. Once installed the holes in the tubes will line up with the holes in the legs, if necessary lift the tubes just slightly to align. Use the provided 5/32" Allen wrench and 1/4"-20 x 5/8" screws to lock the tubes into position.
- Install the foot end vertical tubes into the other two leg openings. Ensure that the upper eye bolts are facing away from the upholstery mat. Tighten using the 5/32" Allen wrench and 1/4"-20 x 5/8" screws. See Figure 1.
- Now set the canopy top onto the four vertical tubes. You will need help with this. The end of the canopy frame with the (3) eye bolts goes over the Push-through Bar. Be certain all four corner fittings fit securely over the tubes. See Figure 1.
- Using the 3/16" Allen wrench, tighten the set screws in all four corner fittings and in the flanges around the frame. After tightening all set screws in all the corner fittings, test the movement of the Trapeze Bar slider. To do this, ensure the knobs on the outside are loose, push the Bar assembly horizontally. This system should move easily and not stick when uniform pressure is applied. Run the Trapeze Bar assembly the entire length of canopy. If the slider sticks when moving the position, simply loosen the set screws that are holding the horizontal tubes, rotate the tubes as necessary until the sliders move freely. Be sure to re-tighten all set screws when complete.
- Attach the Arm, Leg, Roll Back Bar, Push-through Bar and Trapeze Bar springs to their appropriate locations. See Figure 1 for locations of springs. See Figure 3, 4 for pictures of springs.
- Attach the Roll Back Bar to the Roll Back Bar Springs.

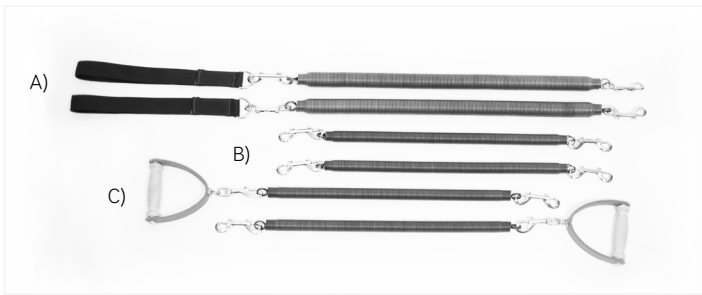


Figure 3: A) Leg Springs (the longest springs)
B) Roll Back Bar Springs (have 2 dog clips attached)
C) Arm Springs (only 1 dog clip attached)



Figure 4: D) Trapeze Bar Spring
E) Push-through Bar Springs

11. Install the Trapeze bar Bar Springs to the Slider outside eye bolts. The hooks of the springs should go on eye bolts and dog clip attaches the Trapeze Bar Pad. Lastly attach the Trapeze Bar Sling to the Trapeze Bar. See Figure 1.
12. Attaching the Push Through Bar Springs to the frame. The spring with the (1) quick link is to be installed on the canopy eye bolt for the Push through Bar. The (2) springs with the Spring covers attach on the bottom frame eye bolts using the long open hooks. See Figure 1. All dog clips will attach the spring to the Push Through Bar.
13. Attach the Long Safety Chains to the outside eye bolts on the top canopy head end. See Figure 1. Attach the short Safety Chain to the middle eye bolt on the same end. The quick links will be attached to the eye bolts in the canopy, see Figure 5.

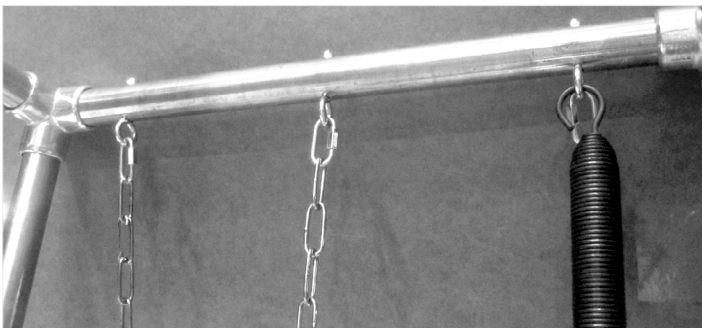


Figure 5

14. Attach the loops to the end of the leg springs.

15. Attach handles to the arm springs.

16. Attach foot strap to foot end eye bolts on the frame. The footstrap will have tubing over the clips. To install, slide the tubing down to access the lever. Once installed move the tubing back over the clip to prevent damaging the pad. To see a video on this process, please visit the Support section at Contrology.pilates.com. See Figure 1.

17. Install the Belly Strap over and around the upholstery pad.

18. If desired place the Large Kuna board up against the foot end vertical tubes.

19. Provided leveling pads can be placed under the legs of your device if needed. Use as needed.

TOY BOX VERSION

The base frame may have a factory installed hidden "Toy Box".

If your Base Frame has this feature, once the machine is in the desired location and setup with the canopy, look under your top frame rails to locate a plastic zip tie on the underside of your Toybox. Using scissors or blade, cut this zip tie. This is installed for shipping, and with it removed allows the lid to open.

Be sure to loosen the Belly Strap fully before trying to open the lid or ensure it is not attached.

Make sure the PTB is out of the way or raise it up to the high position and secure with the safety chain. Reposition or remove any accessories or springs that may be in the way of the opening Toy Box top.

There are (2) subtle recessed handles in the vinyl, on one side, used for hand access points. Places your fingers into these openings and lift the upholstery lid up. There are (2) gas shocks that assist the lid up at a controlled speed. It will stop opening on its own. This compartment can be used to store extra loops, handles, springs, Kuna board, airplane board and other accessories.

To close, make sure others are free and clear before closing, push the lid down it will take a little force to get it started. Once the lid is about 3" from the frame it will close on its own. Make sure all fingers and clear when closing. Re-tighten the Belly Strap as desired.

HOW TO ADJUST YOUR SLIDING TRAPEZE BAR

Position your hands on the outside of each slider. Place your thumb and fore and/or middle fingers over the knobs; spin them clockwise to lock threads into the tubes. This locks the Trapeze Bar assembly into position so it does not slide. It is recommended to always lock BOTH knobs for safety purposes. Spin the knobs

the opposite direction to loosen and move the assembly. Once you are in the desired location tighten the knobs.

WEEKLY MAINTENANCE

Inspect springs for separations, and replace if needed. Inspect snaps on springs and make sure the retractors operate smoothly. Replace them if worn or do not operate freely. Make sure that there are no indentations on the inside of the hooks.

Inspect all nuts, eyebolts and setscrews for tightness. Tighten or replace if necessary.

QUESTIONS?

Call Balanced Body at 1-800-PILATES (1-800-745-2837) or +1 916-388-2828.

How to Install your Wire Stops on your Contrology Springs

PARTS INCLUDED:

DESCRIPTION	PART NO.	QTY
Wire Stop	17922	7
10-24 Set Screw	17931	7
3/32" Allen Wrench	17930	1

Start to thread a provided set screw into each wire stop, install the set screw into the wire stop so about 1/4 of the set screw sticks out. (Note they might be already in the wire stops, if they are, ensure they are not going into the middle opening of the wire stop)

Go to the top mounted spring attached to your machine, See Figure 6. Install a wire stop onto the end of the open hook. Slide the middle opening of the wire stop onto the wire so that the wire end is barely coming out the underside of the wire stop.

Make sure the wire stop length of the body is perpendicular to the wire, See Figure 7. Use the provided Allen wrench to tighten the set screw. Ensure the set screw is very tight to prevent them from coming loose.

Repeat the above steps for the other springs with open ends. There are (3) Push through bar springs, each getting one on the frame end of the spring and (2) trap bar springs each getting 2 wire stops, one on each end.

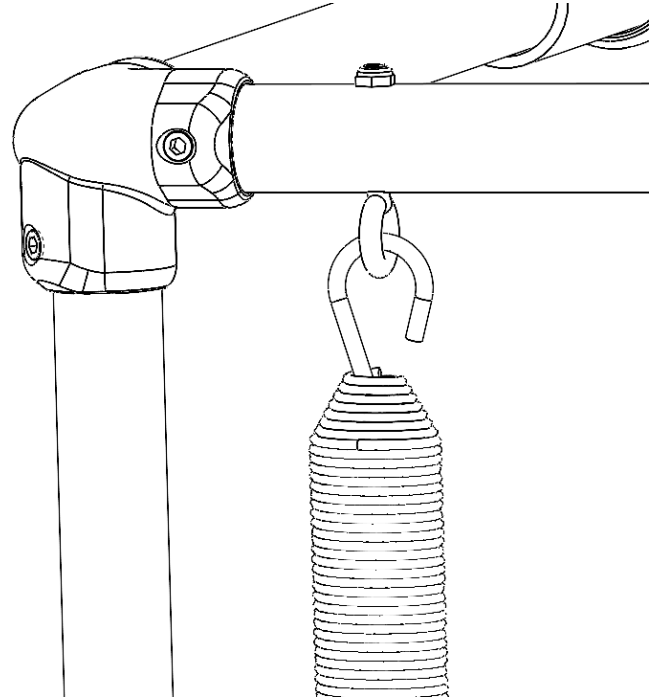


Figure 6

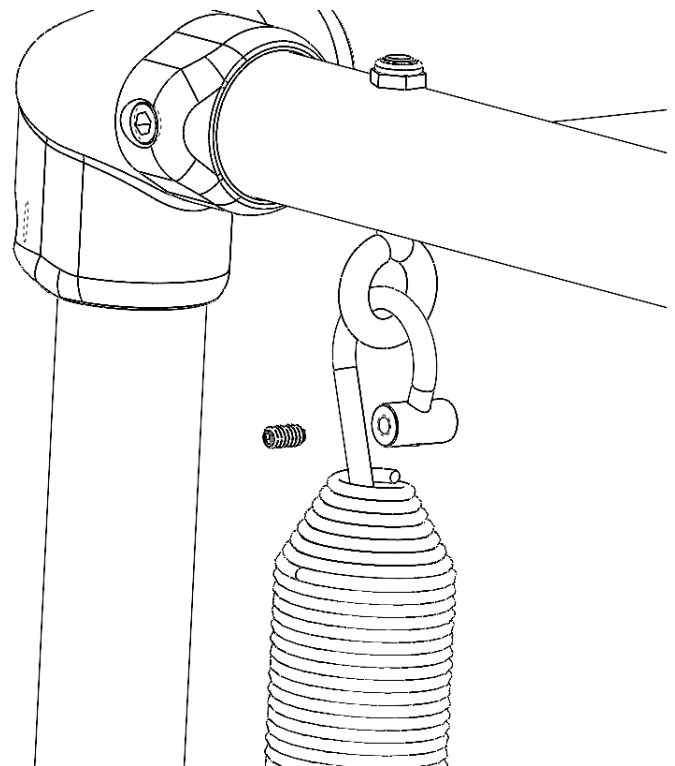


Figure 7

Safety First: A guide to proper maintenance and safe use of your Pilates equipment.

For over 35 years, Balanced Body has been introducing safety-related innovations to Pilates equipment. Many of our improvements are now industry standards, resulting in Pilates equipment that's safer today than ever before.

Safety depends on proper maintenance and safe use, in addition to the quality of the equipment. This guide was created to help you use and maintain your equipment for optimum safety. Please read it through carefully and keep for future reference. If you have any questions, give us a call. **Failure to follow these instructions may result in serious injury.**

ALL EQUIPMENT

Springs

Spring inspections are critical to maintain your equipment in safe operating condition. All Balanced Body springs should be replaced at least every two years. Certain environments and usages can shorten the expected life of the springs and you may need to replace the springs more frequently. Therefore, it is very important to inspect springs on a regular basis since worn or old springs lose resilience and may break during use. Injury may result if a spring breaks during use.

During use, do not allow springs to recoil in an uncontrolled manner. This will damage the spring and shorten its expected life.

Inspect springs for gaps and kinks (weekly or monthly, depending on frequency of use). Look for gaps and kinks between the coils when the spring is at rest. It is not unusual for the spring to have a very small gap on the tapered end (a gap is sometimes created during the manufacturing process). However, there should be no gaps in the body of the spring. If you see any gaps or kinks in the body of the spring, discontinue use and replace the springs immediately. See **Figure 1**. Additionally, corrosion anywhere on the coils will shorten the life of the spring. Discontinue using the spring immediately if you see any rust or oxidation during inspection.

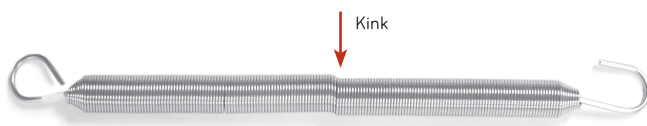


Figure 1

Snap

Inspect snaps for wear (monthly). First, verify that the snap hook is working properly. If the snap hook does not retract and return properly, discontinue using the spring immediately and replace the snap. Eyebolts can cause excessive wear on snap hooks. If the hook shows a lot of wear, discontinue using the spring immediately and call Balanced Body to replace spring or snap. See **Figure 2**.

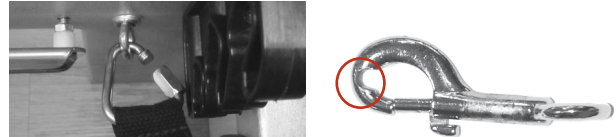


Figure 2: Good snap: no wear on hook.

Bad snap: excessive wear on hook.

EYEBOLTS, NUTS AND BOLTS

Tighten all equipment bolts and screws (monthly). Verify that all eyebolts, nuts and bolts are tight. See the section titled "How to inspect and tighten nuts and bolts."

ROPES AND STRAPS

Rope and strap wear (quarterly). Ropes should be replaced if you can see the core of the rope through the outer lining, or if the ropes are flattened. Straps should be replaced as soon as any fraying is noticed. Be sure to check the sections of rope or straps that attach to the clips and run through the pulleys.

REFORMERS

Check springbar hooks or eyebolts (quarterly). Balanced Body makes two different springbar systems:

- » Revo Springbar. Make sure springbar hooks and handle are tight.

Standard Springbar. Verify that the nuts securing the springbar hooks are tight. See section titled "How to inspect and tighten nuts and bolts."

Spring rotation (quarterly). You can prolong Reformer spring life by rotating springs of the same weight each quarter. Unhook and move to another position on the springbar. Rotating springs helps them wear more evenly.

Risers on the outside. Wood risers must be installed on the outside of the frame. Risers can loosen over time, so always make sure they are tight.

Springs hooked downward under carriage. Make sure springs are hooked in a downward position. See **Figure 3**.

Secure the carriage. When your Reformer is not in use, be sure that at least two springs secure the carriage to the springbar.



Figure 3: Springs hooked downward

Default settings. Many users have a "default setting" for Reformers. At the end of a session, the user connects a prescribed number of springs in neutral tension, sets the footbar at a pre-determined height, and sets the ropes at a specified length. This ensures that the equipment is ready for the next use, and that the carriage is secured by the springs.

Footstrap under tension in box work. When using the box and footstrap, be sure the footstrap is under tension (with snaps pulling from the top of the eyebolt) before beginning the exercise. See **Figure 4**.



Figure 4: Foot strap under tension

REFORMER WHEEL AND TRACK MAINTENANCE

Clean the tracks and wheels (weekly). For smooth carriage travel and to maintain the longevity of the wheels, we recommend that you wipe down the tracks once a week.

Disconnect the springs and clean the entire length of the tracks with a soft cloth and Balanced Body Cleaner, mild soap with water or a mild commercial cleaner such as, Fantastik® or 409®. Do not use abrasive cleansers or pads, as they can damage the anodizing on the rails. To clean the wheels, hold the cloth against the wheels while you move the carriage. If you feel a bump in the ride, dirt has adhered to the surface of the rails or wheels. Clean hair and debris out of the rails. Hair can wrap around the wheel axles and eventually build up and cause wheel failure. Use tweezers to remove hair from the wheels.

Lubrication. Never spray silicone near or inside the wheels – this can wash the lubricant out of the bearings and ruin the bearings. You can purchase dry silicone at most hardware and auto parts stores. Pulleys sometimes require lubrication to stop a squeak. Direct a very quick spray of dry silicone or Teflon spray into the pulley. "Dry" silicone does not have an oil base. Oil-based ("wet") silicone and WD40 should not be used as they attract dirt. Be careful not to over spray. You may want to remove ropes to avoid getting silicone on them.

Do not lubricate the Allegro 2 rails.

Footbar supports (quarterly). For all Balanced Body footbars with footbar support brackets, verify that the pivot screw attaching the footbar support bracket to footbar is tight, but not so tight that it prevents the support from rotating freely. For Legacy Reformers, tighten the pivot bolt to secure footbar support.

Headrest (monthly). Make sure the hinge screws and bolts on your headrest are tight.

Under the Reformer (monthly). Move Reformers and make sure you clean the floor space underneath.

Standing Platform Footbar Bumpers (wood Reformers only). If your standing platform footbar bumpers (the small plastic pieces that protect the standing platform from the footbar) are broken or damaged, please call Balanced Body to replace.

TRAPEZE TABLE (CADILLAC) & TOWERS

Cotter pins removed. These pins are located in the vertical tubes that align the canopy to the frame and should be removed as soon as installation is complete. Unremoved cotter pins can tear clothing and lacerate the skin. Use pliers to remove the pins.

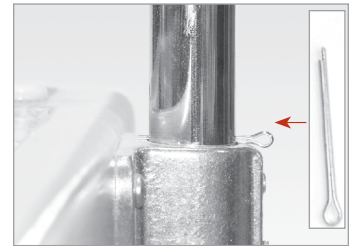


Figure 5: Cotter pin before and after removal from Trap Table.

Save the pins in case you need to disassemble and reassemble the table for transportation purposes. See **Figure 5**.

Push-Through Bar (PTB) with Sliders.

The PTB moves vertically to accommodate different users and exercises. The sliders on the tubes allow for this vertical movement. Make sure these sliders are clean and easy to move. Before beginning any exercise, ensure that the sliders are properly aligned with the PTB holes and locked into position. Apply a downward force to ensure. If you notice wear on the slider knob pins, please call Balanced Body to replace. Using the PTB in this condition could cause injury.

Weekly maintenance for Push-Through Bars with Sliders. Check to ensure the pins in the plunger knobs protrude and lock into the vertical tubes. Pull both knobs out and move the sliders to a different position. Release the knobs before the next hole and continue to slide the system into position. Once over a hole the pin of the knob will automatically drop into the opening. Once each slider is in a new position apply a downward force on the PTB. The pins of the sliders should not come out of the holes. If the pins do not stay in the tube holes, the pull knobs need to be replaced. Call Balanced Body for replacement parts.

Push-Through Bar (PTB) with T-pin setting. For bottom sprung exercises, if your client's head is below the PTB, use the T-pin setting in addition to the safety strap or chain. Spotting your client is highly recommended. This is important for safety.

Push-Through Bar (PTB) control. Make sure you have enough room around the trap table to safely use the PTB without fear of hitting other people. The PTB can be dangerous if not properly

used. Only trained, experienced users should use the PTB. A spotter should always maintain control of the bar with one hand. If the user should lose control of the bar, the spotter can maintain control of it.

Correct safety strap attachment. For bottom-sprung exercises, the safety strap or chain should always secure the bar.

The safety strap or chain should wrap around the PTB and the canopy frame, not the eyebolts. The strap or chain is only as strong as the weakest link, and the frame and bar are a great deal stronger than eyebolts. **Figure 6.**

Spotting your client is highly recommended. This is important for safety.

Setting the PTB for bottom-sprung exercises. For bottom-sprung exercises, the safety strap should be attached so that the angle of the push-through bar is no lower than the 4 o'clock position. This limits the range of the bar and prevents it from potentially coming into contact with the user.

Using the 4th side on the PTB along with the safety strap is highly recommended to prevent injury.

CHAIRS

Dismount with control. When dismounting the chair, release the pedals slowly, with control. Don't let the pedal snap back.

Spot users. When a user is standing, sitting or lying on top of the chair, there is increased risk of falling. Standing exercises, in particular, can be unstable. Spotting users will make these exercises safer.

Hourglass spring mounts. If your chair has hourglass spring mounts and the mounts do not successfully retain the springs, replace the fiber washers (they are reddish-brown in color).



Figure 6: Safety strap holding the push-through bar at 4 o'clock. The strap is secured to the PTB and canopy frame, not the eyebolts.



Figure 7: Safety strap holding the push-through bar at 4 o'clock. The strap is secured to the PTB and canopy frame, not the eyebolts.

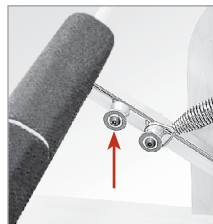


Figure 8: Fiber washer

Figure 8. If your chair is a Balanced Body Split-step Pedal Chair (Combo Chair), please consider upgrading to the Cactus Springtree).

UPHOLSTERY CLEANING & MAINTENANCE

Cleaning. You can extend the life of upholstery by keeping it clean and free of dirt, oil and perspiration. After each use, wipe down the upholstery with a solution of mild soap and water. Then wipe it down with clean water and dry with a soft towel.

Disinfecting. Equipment upholstery is coated with BeautyGard®, which offers antibacterial protection. If you want additional disinfection, Balanced Body offers Balanced Body Clean™ disinfecting solution. Use of any other solution (especially those containing essential oils) will shorten the life of some equipment and is not recommended.

HOW TO INSPECT AND TIGHTEN NUTS AND BOLTS.

Use your fingers to check nuts and bolts for tightness. If you can turn the nut or bolt with your fingers, it's too loose and should be tightened. To tighten, first tighten using your fingers. Rotate nuts and bolts clockwise to tighten. Insert a screwdriver through eyebolts to hold them steady while you tighten the nuts. Then use a small wrench to tighten the nuts further. **Figure 9.**



Figure 9: Use two fingers to tighten bolts

It is recommended to check the pins on the PTB protrude and lock into the vertical tubes appropriately. To verify their function, first pull both knobs out and start moving the sliders to a different position. Release the knobs before the next hole and continue to slide the system. Once over a hole the pin of the knob will drop into the opening. Once each slider is in a new position apply a down force on the PTB directly downwards. The pins of the sliders should not come out of the holes. If the pins do not stay in the tube holes, the pull knobs need to be replaced; call Balanced Body for replacement parts.

EQUIPMENT INSPECTION AND MAINTENANCE LOG

We suggest that you keep a maintenance log for each piece of equipment. The log should include:

1. A description of the machine including the serial number, the date and place of purchase, and the manufacturer. All of this information should appear on the invoice.
2. Date and description of all required maintenance and inspections performed.
Date and description of each repair, including name and contact information for person or company performing the repair.

MAINTENANCE SCHEDULE

All Equipment	Day	Wk.	Mo.	Qtr.
Inspect springs for gaps & kinks		✓	✓	
Inspect snaps for wear			✓	
Inspect nuts & bolts for tightness			✓	
Reformers				
Clean wheels and tracks		✓		
Inspect springbar hooks/eyebolts				✓
Rotate springs				✓
Inspect ropes/straps				✓
Inspect footbar supports				✓
Inspect One-Step springbars				✓

REPLACEMENT PARTS

To order replacement parts, or if you have any questions, please call:

U.S. and Canada: 1-800-PILATES (1-800-745-2837)
United Kingdom: 0800 014 8207
Other locations: +1 916-388-2838

Fax: 916-379-9277
Email: info@pilates.com
www.pilates.com
5909 88th Street, Sacramento, CA 95828 USA

[Click here](#) for **Balanced Body Patent Data**.

ASSEMBLY AND MAINTENANCE PODCASTS

View our library of assembly and maintenance videos at www.pilates.com/podcasts.

SAFETY & MAINTENANCE

SAFETY

To reduce the risk of injury or damage, read all instructions and the following important precautions before using the Contrology Cadillac.

- » It is the responsibility of the owner to ensure that all users of the Contrology Cadillac are adequately informed of all precautions.
- » Use the Contrology Cadillac only on a level surface.
- » Keep hands and feet away from all moving parts. When the Contrology Cadillac is not in use, leave at least two springs connected to the frame.
- » Keep children under the age of 12 and pets away from the Contrology Cadillac at all times.
- » If you feel pain, dizziness, or shortness of breath, stop exercising immediately.
- » Do not stand on the footbar.
- » Before beginning any exercise program, consult your physician.
- » Do not stand the Contrology Cadillac on end without the wheel kit.

MAINTENANCE

- » Depending on frequency of use, the springs should be safe to use for one to two years (3000 hours). Replace any spring that is kinked, bent or shows separations while at rest.
- » If your ropes need to be replaced refer to the instructions on the underside of the carriage. The Reformer will need to be turned on its side (please place a Pilates mat on the floor next to the Reformer to protect the finish), or stood on end if you have transport wheels.
- » Remove hair and debris from the axles of the wheels. Debris can create pressure on the wheels, causing them to wear. If you hear noise from the bearings, replace them.
- » Repair any tears in the upholstery with an upholstery repair kit available at auto parts stores, or have the repair done locally.
- » Contact Balanced Body for other upholstery and re-upholstery options. Replacement upholstery is available from Balanced Body.
- » Check and tighten all screws and bolts. Replace any missing screws, retention pins, or other parts.
- » Check the footbar bolts on a monthly basis to make sure they are still secure.

CLEANING

Wipe the carriage pad, headrest, footbar and shoulder rests with a soft cloth and a mild, non-abrasive mixture of soap and water after each use. Keep the carriage track and wheels free from dust and dirt. Clean the frame with a mild, non-abrasive mixture of soap and water. Keep the ropes and springs clear of dust. Cotton loops can be machine-washed. Hang to dry.

NOTE: DO NOT LUBRICATE OR GREASE ANY COMPONENTS ON THE FOOTBAR, CARRIAGE, WHEELS OR RAILS. If you have any issues or questions please contact Balanced Body Technical Support. By adding lubrication or grease it may not lock the components securely and may become unsafe.

Questions? Call Balanced Body Technical Support at 1-800-PILATES or +1-916-388-2838 or info@pilates.com.

Classical Pilates Studio Best Practices and Safety Guidelines

General Studio Safety

1. Keep pathways clear of equipment and accessories.
2. Inspect all apparatus and maintain equipment on regular weekly/monthly/quarterly basis. See manufacturers guidelines.
3. Reset, check and clean all equipment after use
- d. It is critical keep control of the Push-through whenever working with clients. Always use extreme caution.
- e. Set and check the QuickLinks and wire stops on the springs are fastened and seated correctly. Refer to Figure B and D at end of this document.
- f. Verify that all Cadillac springs with open hooks have wire stops attached.

Contrology Cadillac

1. Cadillac reset
 - a. Rollback bar hooked to top hooks.
 - b. Leg springs placed on appropriate hooks.
 - c. Arm springs stored either on outside hooks or on inside hooks by the Push-through bar (PTB).
 - d. PTB is stored in the upright position and secured with the storage chain, or per studio's specifications.
 - e. Trapeze is either stored in the toy box, under the Cadillac or on the hooks.
 - f. Safety chains are hooked to the top eyelets.
 - g. Store all accessories (ie. neck stretcher, airplane board, additional springs under the Cadillac).
2. Recommended monthly safety check
 - a. Inspect all springs for signs of wear (kinks, rust and uneven separations when the spring is opened). Replace immediately if there's an issue. Refer to Figure A at the end of this document
 - b. Inspect all clips (snaps) for signs of wear - check the snaps, eyelets, openings and clips. Replace immediately if there's an issue. NOTE: If you dropped the spring, could it fall on the client? Refer to Figure C at the end of this document.
 - c. Check the stitching on all the straps and loops for wear and loose stitching and replace immediately.
 - d. Check the fuzzies and the underlying loops for loose stitching and worn material. Replace immediately if signs of wear.
 - e. Inspect the PTB pivot points.
 - f. Check and tighten all eyelets (aka eyebolts or hooks) as needed. Note: If you can twist an eyebolt by hand, it is too loose.
 - g. Check the screws on the poles and canopy and tighten if necessary.
 - h. Check the PTB safety chains, and eyelets for signs of wear.
 - i. Inspect all connection points for sense of wear.
3. During a session
 - a. If you need to take springs off during a session, store them under the Cadillac or in the toy box.
 - b. Make sure the clips / snaps are seated properly.
 - c. Double check clips on the PTB and that the safety chains are connected properly.

For additional info on the "set and check" procedure for optimal safety, [check out this video](#).

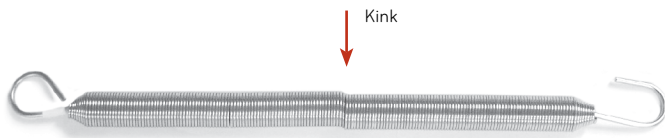


Figure A

NOTE: This is not a Contrology spring but kink will look similar

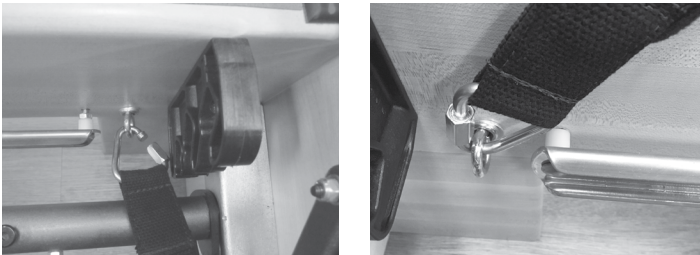


Figure B

QuickLink not fastened. (first pic) QuickLink fastened. (second pic)

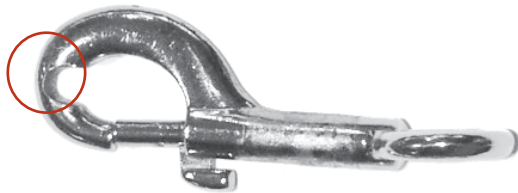


Figure C

Bad snap: excessive wear on hook. (not a Contrology snap but wear will look similar).



Wire Stops

Exercises for the Contrology® Cadillac

THE LEG SERIES - LEG CIRCLES

Set-Up: Leg springs with loops, hooked from the rollback bar side

Repetitions: 5 each direction

Goals:

- » Coordinate lower body movement with torso stability
- » Strengthen the legs

Precautions

- » Knee injuries
- » Some shoulder injuries – place the arms by the side to accommodate.

Prerequisites

- » Mat - Single Leg Circle
- » Reformer - Frogs / Leg Circles

Starting Position

- » Place the feet in the loops of the straps and bend the knees into the chest in the frog position - Heels together, toes apart and the knees approximately shoulder width.
- » Bring the arms over the head on to the polls- thumbs and fingers together. The arms should be high enough so that back can stay flat on the mat.
- » Press into the poles to bring the shoulders down and connect into the back.

Instructions

- » Starting in the frog position, press the legs out straight. The pelvis should remain flat on the mat.
- » Open the legs to the width of the Cadillac
- » Press down towards the mat without letting the back arch
- » Bring the legs together and back to the starting position
- » Repeat five times and reverse



THE ARM SERIES – TRICEP PRESS

Set-Up: Arm springs with handles hooked to the push-through bar side.

Repetitions: 5

Goals:

- » Connect the upper body to the center
- » Strengthen the back of the arms
- » Work symmetrically

Precautions:

- » Some wrist injuries
- » Some shoulder injuries

Prerequisites:

- » Mat and reformer foundations

Starting Position:

- » Lie on your back with your head towards the push through bar poles, knees bent and hip-width apart. * Note distance from the poles will be determined by the student's strength.
- » Place your hands in the handles, palms facing down and arms at shoulder height.
- » Press the upper arm and elbow towards the mat.

Instructions:

- » With the shoulders connected to the back, and the upper arm glued to the mat, press the forearm arms down towards the waist and hold for a count of five.
- » Bring the spring back to the starting position with control



PUSH THROUGH

Set-Up: 1 spring from the top attached to the push-through bar

Repetitions: 3

Goals:

- » Spinal flexibility
- » Hamstring flexibility
- » Scapular mobility and stability

Precautions

- » Some shoulder injuries
- » Some back injuries

Prerequisites

- » Mat - Roll-Up
- » Mat - Spine Stretch Forward

Starting Position

- » Sit facing the Push through bar.
- » Legs are long and feet are flexed against the poles.
- » Place the hands on the bar with straight arms and a tall back.

Instructions

- » Starting from the center pull away from the bar, moving into a round back position.
- » When the bar and the arms are in alignment, press the bar down, lift the ribs up and over and stretch forward.
- » Pull the center back into the round back position with control.
- » When the bar and the arms are in line, press the bar up with straight arms and lift and lengthen the spine into a tall back.



CHEST EXPANSION STANDING

Set-Up: Roll-back bar attached to outside hooks

Repetitions: 2 to 3 sets

Goals:

- » Back connection
- » Chest opening
- » Neck stretch
- » The breath

Precautions:

- » Some neck and shoulder injuries

Prerequisites

- » Foundational mat and reformer

Starting Position

- » Stand one arm's length away from the Cadillac with heels together, toes apart.
- » Place the hand on the rollback bar.

Instructions

- » Inhale press the bar to the waist and lift the chest.
- » With the bar down, hold the breath and turn the head to the right and then turn the head to the left.
- » Turn the head to the center and exhale as you return the bar to the starting position.
- » Inhale press the bar to the waist and lift the chest.
- » With the bar down, hold the breath and turn the head to the left, then to the right.
- » Turn the head to the center and exhale as you return the bar to the starting position.



BREATHING

Set-Up: The rollback bar hooked to the top and the trapeze bar.

Repetitions: 3 to 5 sets

Goals:

- » Strengthens the back connection
- » Opens the chest
- » Strengthens the seat and lower body connection
- » Opens the back
- » Increases stamina in the breath

Precautions

- » Some shoulder and back injuries

Prerequisites

- » Cadillac - Chest Expansion Standing

Starting Position

- » Unlock the trapeze bar.
- » Stand on the Cadillac facing the side. Place your fingertips on the cross piece on the rollback bar side and on the crosspiece of the trapeze bar for measurement. Lock the bar in place.
- » Lie down on your back with your head at the edge of the mat near the rollback bar poles. Place the feet in the trapeze sling, heels together, toes apart and wrapped to secure the strap.
- » Reach back for the rollback bar.

Instructions

- » Take a deep inhale and lift the hips off the mat and at the same time, press the rollback bar down to the waist for the count of 1.
- » Hold the breath and position for a count of 5.
- » With a count of 5, exhale and return to the starting position.



ROLLBACK

Set-Up: Rollback bar hooked to the top hooks

Repetitions: 3 to 5

Goals:

- » Open and articulate the spine
- » Strengthen the center
- » Connect the arms and the back to the center

Precautions:

- » Some back and shoulder injuries

Prerequisites:

- » The Mat - Rollback

Starting Position:

- » Sit facing the rollback bar. Legs are long and feet are flexed against the pole
- » Sit tall and reach for the rollback bar

Instructions

- » Start from the center and roll back on to the mat, placing one vertebra at a time.
- » As you lie flat, open the chest and the shoulders and reconnect the shoulders to the back.
- » Keeping the shoulders connected to the back, lift the arms slightly and slowly roll up, lifting one vertebra at a time until you're in the starting position.

