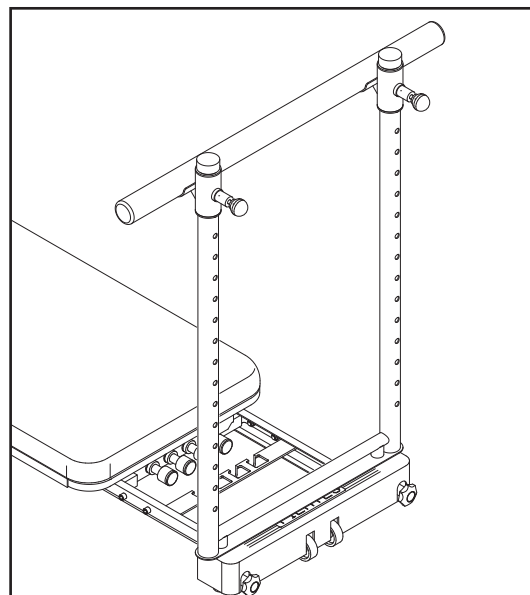


AeroPilates® ballet barre



SAFETY INSTRUCTIONS

- ⚠ WARNING** This product contains a chemical known to the State of California to cause cancer and birth defects or other reproductive harm.
- ⚠ CAUTION** 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 bodily injury and property damage.
- ⚠ WARNING** To reduce the risk of serious injury, read the following Safety Instructions before using the AeroPilates® Ballet Barre.

1. The **AeroPilates® Ballet Barre** can be added to the Stamina **AeroPilates®** reformers that have four or five tension cords.
2. The **AeroPilates® Ballet Barre** 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.
3. 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.
4. Keep children away from the **AeroPilates® Ballet Barre**. Do not allow children to use or play on the **AeroPilates® Ballet Barre**. Keep children and pets away from the **AeroPilates® Ballet Barre** when it is in use.
5. When using the **AeroPilates® Ballet Barre**, place your **AeroPilates®** reformer on a solid level surface. Do not position it on loose rugs or uneven surfaces.
6. Make sure that adequate space is available for access to and around your **AeroPilates®** reformer when using the **AeroPilates® Ballet Barre**.
7. Inspect the wooden barre(B6) for cracks before each use. Do not use the **AeroPilates® Ballet Barre** if the wooden barre(B6) is damaged.
8. Before using, inspect the **AeroPilates® Ballet Barre** for worn or loose components, and tighten or replace any worn or loose components prior to use.
9. Always make sure that the sliders(B2) are adjusted to the same height with spring pins(B3) in parallel holes in upright frame(B1).
10. 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.
11. 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.
12. Do not wear loose or dangling clothing while using your **AeroPilates®** reformer.
13. Be careful to maintain your balance while using, mounting, dismounting your **AeroPilates®** reformer, and while assembling the **AeroPilates® Ballet Barre**. Loss of balance may result in a fall and bodily injury.
14. The **AeroPilates® Ballet Barre** should be used by only one person at a time.
15. The **AeroPilates® Ballet Barre** should not be used for any purpose other than its intended use.
16. The **AeroPilates® Ballet Barre** is for consumer use only. It is not for use in public or semipublic facilities.

This Product is Distributed Exclusively by



2040 N. Alliance, Springfield, MO 65803
Customer Service
1 (800) 375-7520
customerservice@staminaproducts.com
www.staminaproducts.com

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

Model# 55-0008

MADE IN CHINA
© 2012 Stamina Products, Inc.
2012, 12

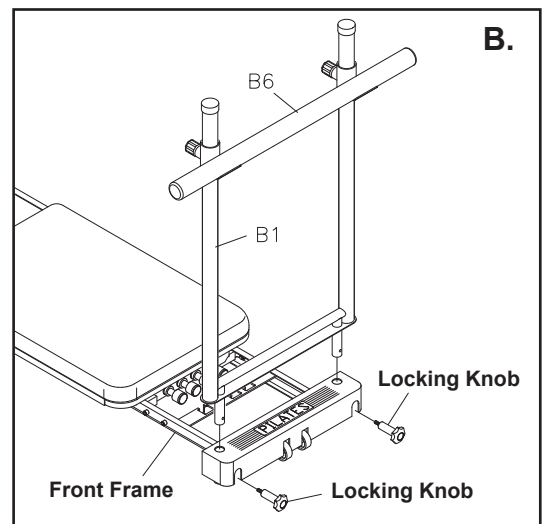
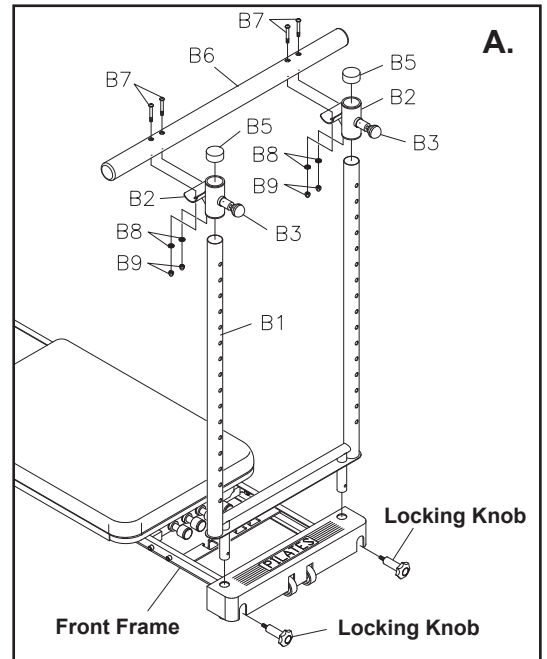
Assembly of The AeroPilates® Ballet Barre

STEP 1: Refer to illustration A. Fully insert the **UPRIGHT FRAME(B1)** into the mounting holes in the **FRONT FRAME** and secure with the **LOCKING KNOBS**.

STEP 2: Pull the **SPRING PIN(B3)** then slide a **SLIDER(B2)** onto the **UPRIGHT FRAME(B1)**. Release the **SPRING PIN(B3)** so it catches in one of the adjustment holes and locks the **SLIDER(B2)** in place. Repeat on other side and position the **SLIDER(B2)** at the same height as other side.

STEP 3: Attach the **WOODEN BARRE(B6)** to the **SLIDERS(B2)** with **BUTTON HEAD BOLTS(M8x1.25x55mm)(B7)**, **LOCK WASHERS(M8)(B8)**, and **ACORN NUTS(M8x1.25)(B9)**. Press the **ENDCAPS(B5)** onto the **UPRIGHT FRAME(B1)** on both sides.

NOTE: Depending on the exercises you are performing, you can attach the **AeroPilates® Ballet Barre** onto the **FRONT FRAME** as shown in illustration **A** or **B**.

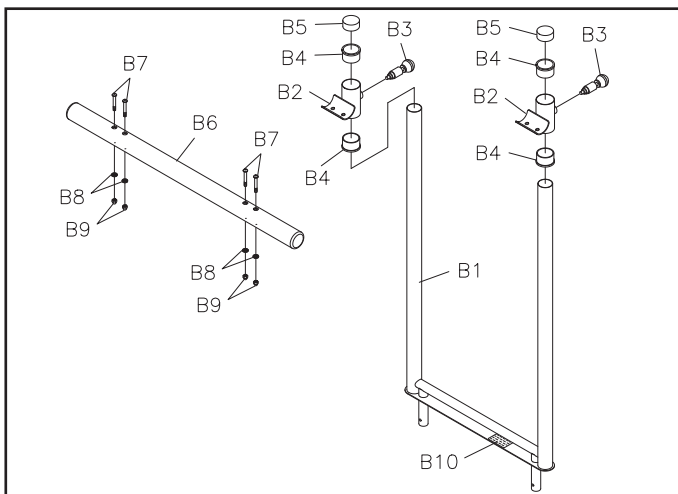


Wooden Barre Adjustment

To adjust the height of the **WOODEN BARRE(B6)**. Turn the **SPRING PINS(B3)** on the **SLIDERS(B2)** counter clockwise until the knob portion can be pulled. Pull both **SPRING PINS(B3)** at the same time and slide the **SLIDERS(B2)** up or down to adjust. Release the **SPRING PINS(B3)** to lock the **SLIDERS(B2)** in the desired adjustment holes. Rotate the **SPRING PINS(B3)** clockwise to lock the **SLIDERS(B2)** securely.

NOTE: Always make sure that the **SLIDERS(B2)** are adjusted at the same height.

Product Parts Drawing and Parts List



Part #	Part Name	Qty
B1	Upright Frame	1
B2	Slider	2
B3	Spring Pin	2
B4	Slider Bushing	4
B5	Endcap (38mm)	2
B6	Wooden Barre	1
B7	Bolt, Button Head (M8x1.25x55mm)	4
B8	Lock Washer (M8)	4
B9	Acorn Nut (M8x1.25)	4
B10	Caution Label	1

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.