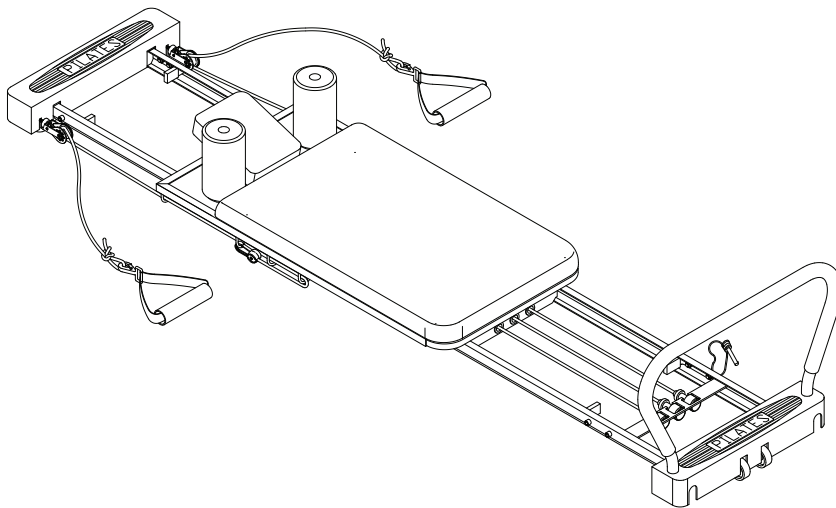


AeroPilates® Performer 286

Owner's Manual



Product May Vary Slightly From Pictured.

CAUTION:

Weight on this product should not exceed 300 lbs.

This Product is Produced Exclusively by



2040 N. Alliance, Springfield, MO 65803

Customer Service

1 (800) 375-7520

www.staminaproducts.com

⚠ WARNING ⚠

Exercise can present a health risk. Consult a physician before beginning any exercise program with this equipment. If you feel faint or dizzy, immediately discontinue use of this equipment. Serious bodily injury can occur if this equipment is not assembled and used correctly. Serious bodily injury can also occur if all instructions are not followed. Keep others and pets away from equipment when in use. Always make sure all bolts and nuts are tightened prior to each use. Follow all safety instructions in this manual.

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

Model#: 55-4286

Patent Nos. D382,319
and 7,179,207.

Other patent(s) apply
& are pending


**STAMINA PRODUCTS
MADE IN CHINA**

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2009, 04


TABLE OF CONTENTS

Safety Instructions	2	Conditioning Guidelines	11
Before You Begin	4	Warm-Up and Cool-Down	12
Equipment Warning & Notice Labels	5	Warranty	13
Hardware Identification Chart	6	Product Parts Drawing	14
Assembly Instructions	7	Parts List	15
Operational Instructions	9	Notes	17
Storage	10	Fax/Mail Ordering Form	18
Maintenance	10		

SAFETY INSTRUCTIONS

 **WARNING:** To reduce the risk of serious injury, read the following Safety Instructions before using the **AeroPilates® Performer 286**.

1. Read all warnings posted on the **AeroPilates® Performer 286**.
2. The **AeroPilates® Performer 286** should only be used after a thorough review of the Owner's Manual.
3. We recommend that two people be available for assembly of this product.
4. When exercising on this product, do not exercise at an intensity that causes the product itself to move. This could result in damage to your joints and the product.
5. Keep children away from the **AeroPilates® Performer 286**. Do not allow children to use or play on the **AeroPilates® Performer 286**. Keep children and pets away from the **AeroPilates® Performer 286** when it is in use.
6. It is recommended that you place this exercise equipment on an equipment mat.
7. Set up and operate the **AeroPilates® Performer 286** on a solid level surface. Do not position the **AeroPilates® Performer 286** on loose rugs or uneven surfaces.
8. Make sure that adequate space is available for access to and around the **AeroPilates® Performer 286**.
9. Before using, inspect **AeroPilates® Performer 286** for worn or loose components, and tighten or replace any worn or loose components prior to use.
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. Follow your physician's recommendations in developing your own personal fitness program.
12. 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.
13. Do not wear loose or dangling clothing while using the **AeroPilates® Performer 286**.
14. Be careful to maintain your balance while using, mounting, dismounting, or assembling the **AeroPilates® Performer 286**. Loss of balance may result in a fall and serious bodily injury.
15. The **AeroPilates® Performer 286** should not be used by persons weighing over 300 pounds.
16. The **AeroPilates® Performer 286** should be used by only one person at a time.
17. The **AeroPilates® Performer 286** is for consumer use only. It is not for use in public or semipublic facilities.

 **WARNING:** Before starting any exercise or conditioning program you should consult with your personal physician to see if you require a complete physical exam. This is especially important if you are over the age of 35, have never exercised before, are pregnant, or suffer from any illness. **READ AND FOLLOW THE SAFETY PRECAUTIONS. FAILURE TO FOLLOW THESE INSTRUCTIONS CAN RESULT IN SERIOUS BODILY INJURY.**

Call Us First



Customer Service

1 (800) 375-7520

www.staminaproducts.com

**THANK YOU FOR PURCHASING THE
AeroPilates® Performer 286**

To help you get started, we have pre-assembled most of your *AeroPilates*® Performer 286 at the factory with the exception of those few parts left unassembled for shipping purposes. Simply follow the few assembly instructions set forth in this manual.

With regular workouts, you will be getting your body into shape and be on your way to achieving a happier and healthier lifestyle.

Should you have any questions,
please call our Customer Service Department toll-free number,
1 (800) 375-7520

Monday - Thursday, 7:30 A.M. - 5:00 P.M., Central Time.

Friday, 8:00 A.M. - 3:00 P.M., Central Time.



TELEPHONE
CUSTOMER SERVICE
Tel: 1 (800) 375-7520



FAX
CUSTOMER SERVICE
Fax: (417) 889-8064



ONLINE
CUSTOMER SERVICE
customerservice@staminaproducts.com
www.staminaproducts.com



MAIL
STAMINA PRODUCTS, INC.
ATTN: Customer Service
P.O. Box 1071
Springfield, MO. 65801-1071

BEFORE YOU BEGIN

Thank you for choosing the **AeroPilates® Performer 286**. We take great pride in producing this quality product and hope it will provide many hours of quality exercise to make you feel better, look better, and enjoy life to its fullest.

It's a proven fact that a regular exercise program can improve your physical and mental health. Too often, our busy lifestyles limit our time and opportunity to exercise. The **AeroPilates® Performer 286** provides a convenient and simple method to begin your assault on getting your body in shape and achieving a happier and healthier lifestyle.

Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled.

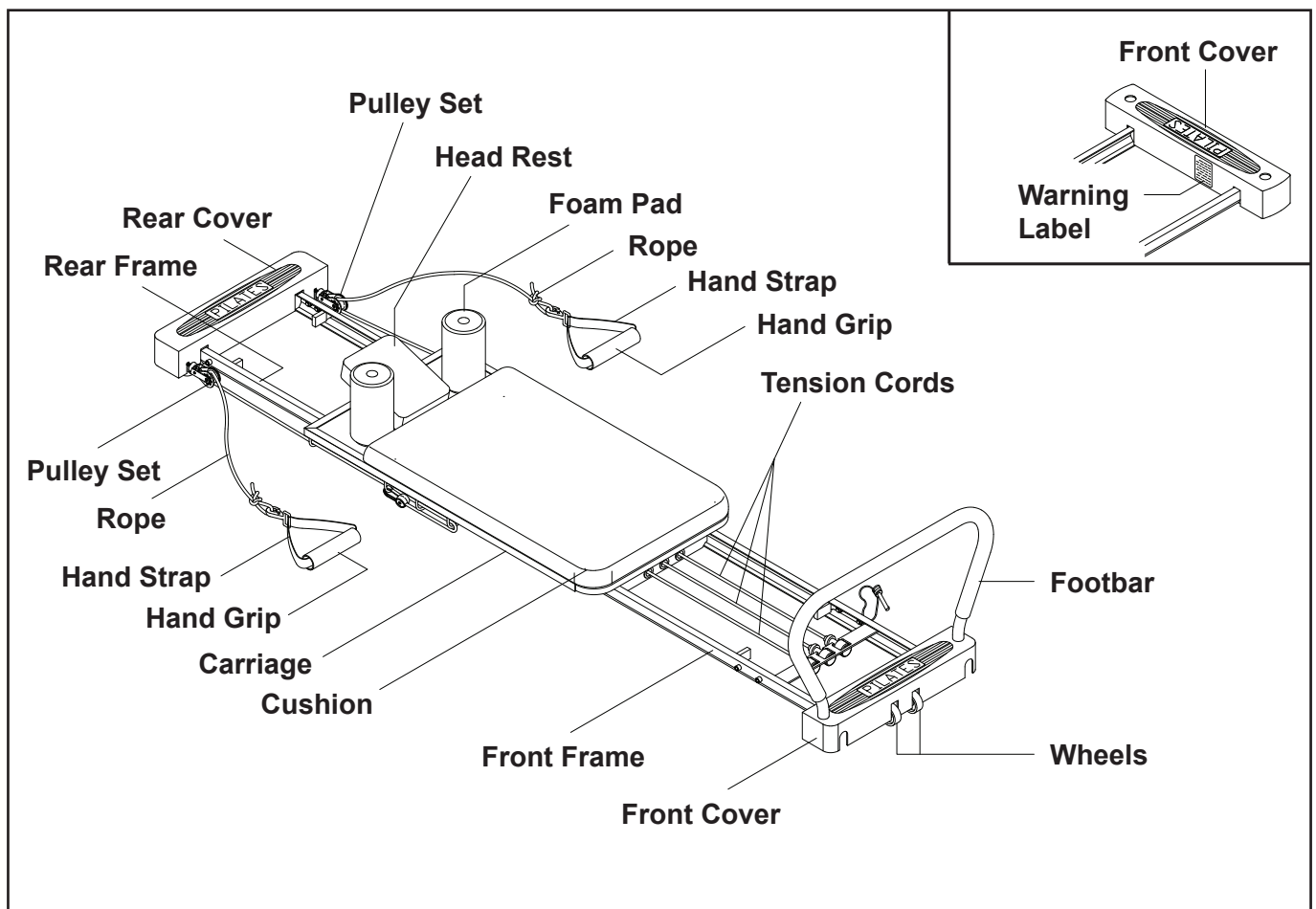
Read this manual carefully before using the **AeroPilates® Performer 286**.

Although Stamina constructs its products with the finest materials and uses the highest standards of manufacturing and quality control, there can sometimes be missing parts or incorrectly sized parts. If you have any questions or problems with the parts included with your **AeroPilates® Performer 286**, 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 online, go to our website at www.staminaproducts.com and access the Customer Service section.

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



THE FOLLOWING TOOLS ARE INCLUDED FOR ASSEMBLY:  **Combination Wrench**

 **Socket Wrench**

EQUIPMENT WARNING & NOTICE LABELS

This chart is provided to help identify the warning & notice labels on the **AeroPilates® Performer 286**. Please take a moment to familiarize yourself with all of the warning & notice labels.

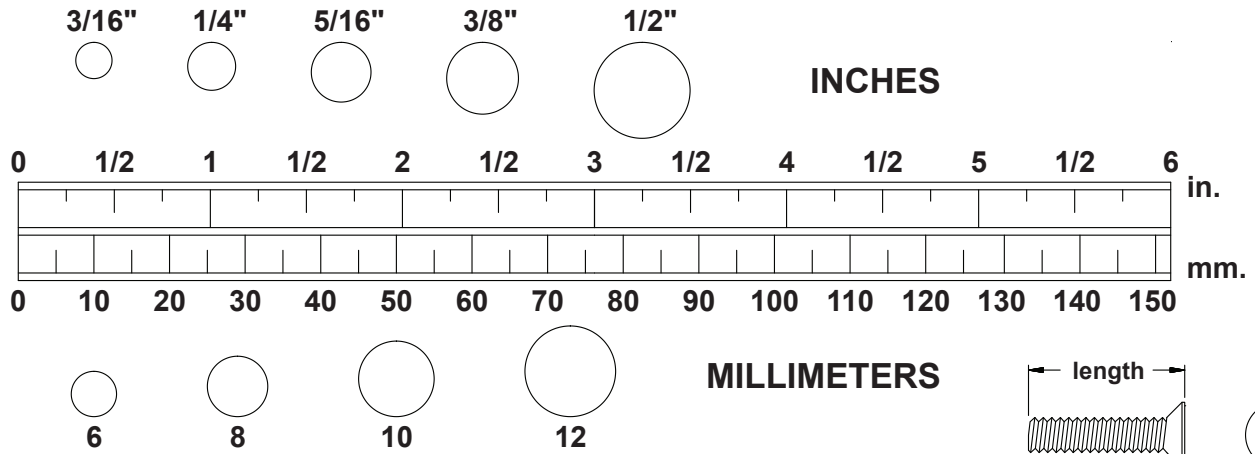
Label is larger than actual size

W1 WARNING LABEL(50)

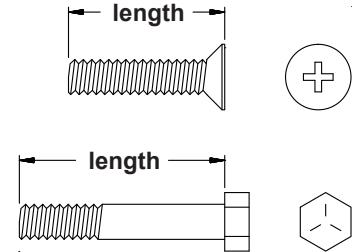


HARDWARE IDENTIFICATION CHART

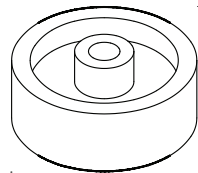
This chart is provided to help identify the hardware used in the assembly process. Place the washers or the ends of the bolts or screws on the circles to check for the correct diameter. Use the small scale to check the length of the bolts and screws.



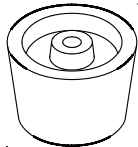
NOTICE: The length of all bolts and screws, except those with flat heads, is measured from below the head to the end of the bolt or screw. Flat head bolts and screws are measured from the top of the head to the end of the bolt or screw.



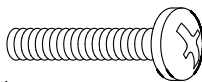
After unpacking the unit, open the hardware bag and make sure that you have all the following items. Some hardware may be already attached to the part.



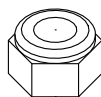
24 Plastic Wheel **2**



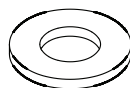
25 Rubber Foot **4**



37 Screw, Round Head (M5 x 0.8 x 35mm) **4**



40 Nylock Nut (M8 x 1.25) **2**



46 Washer (M8) **6**

ASSEMBLY INSTRUCTIONS

Place all parts from the box in a cleared area and position them on the floor in front of you. Remove all packing materials from your area and place them back into the box. Do not dispose of the packing materials until assembly is completed. Read each step carefully before beginning. If you are missing a part please call our toll-free number for assistance **1-800-375-7520** or e-mail us at **customerservice@staminaproducts.com**.

STEP 1

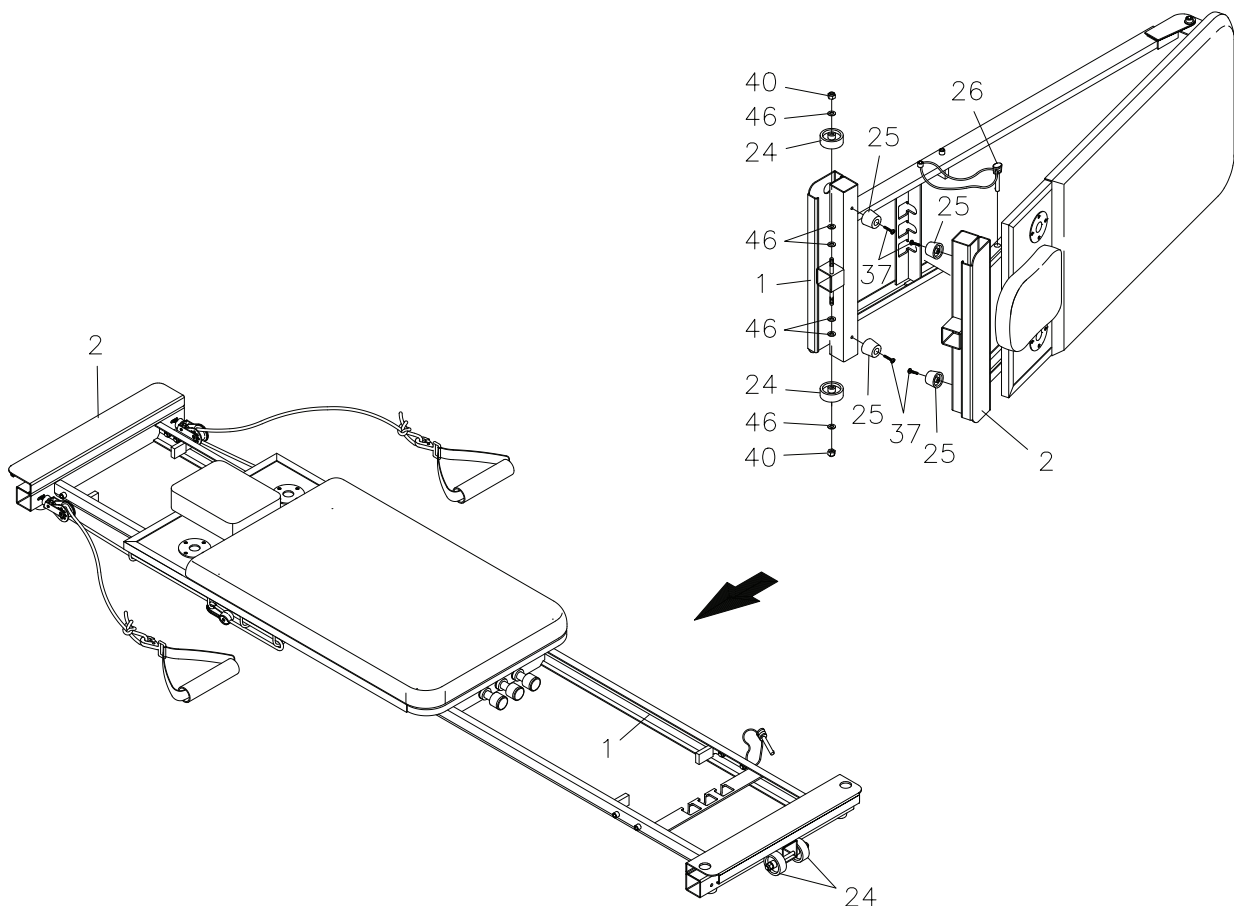
Remove your **AeroPilates® Performer 286** from its packaging, placing the product on its side with the **LOCKING PIN(26)** side upward. Remove the **LOCKING PIN(26)** and unfold the **MAIN FRAME ASSEMBLY** separating the half that has the attached **LOCKING PIN(26)**. When completed, the frame should form a "V" with the frame ends separated approximately three feet.

STEP 2

Attach the four **RUBBER FEET(25)** to the **FRONT FRAME(1)** and **REAR FRAME(2)** with **ROUND HEAD SCREWS(M5x0.8x35mm)(37)**. The **ROUND HEAD SCREWS(M5X0.8X35mm)(37)** are already in the **RUBBER FEET(25)**. Attach the **PLASTIC WHEELS(24)** onto the **FRONT FRAME(1)** with **WASHERS(M8)(46)** and **NYLOCK NUTS(M8)(40)**.

STEP 3

Unfold your **AeroPilates® Performer 286** to a flat position by moving the **FRONT FRAME(1)** away from the platform end of the **REAR FRAME(2)** in a clockwise position until fully extended.



ASSEMBLY INSTRUCTIONS

STEP 4

Remove the paper covering from the foam tape inside the **FRONT COVER(3)** and **REAR COVER(4)**. Place the **FRONT COVER(3)** over the end of the **FRONT FRAME(1)**. Place the **REAR COVER(4)** over the end of the **REAR FRAME(2)**. Press the covers securely in place.

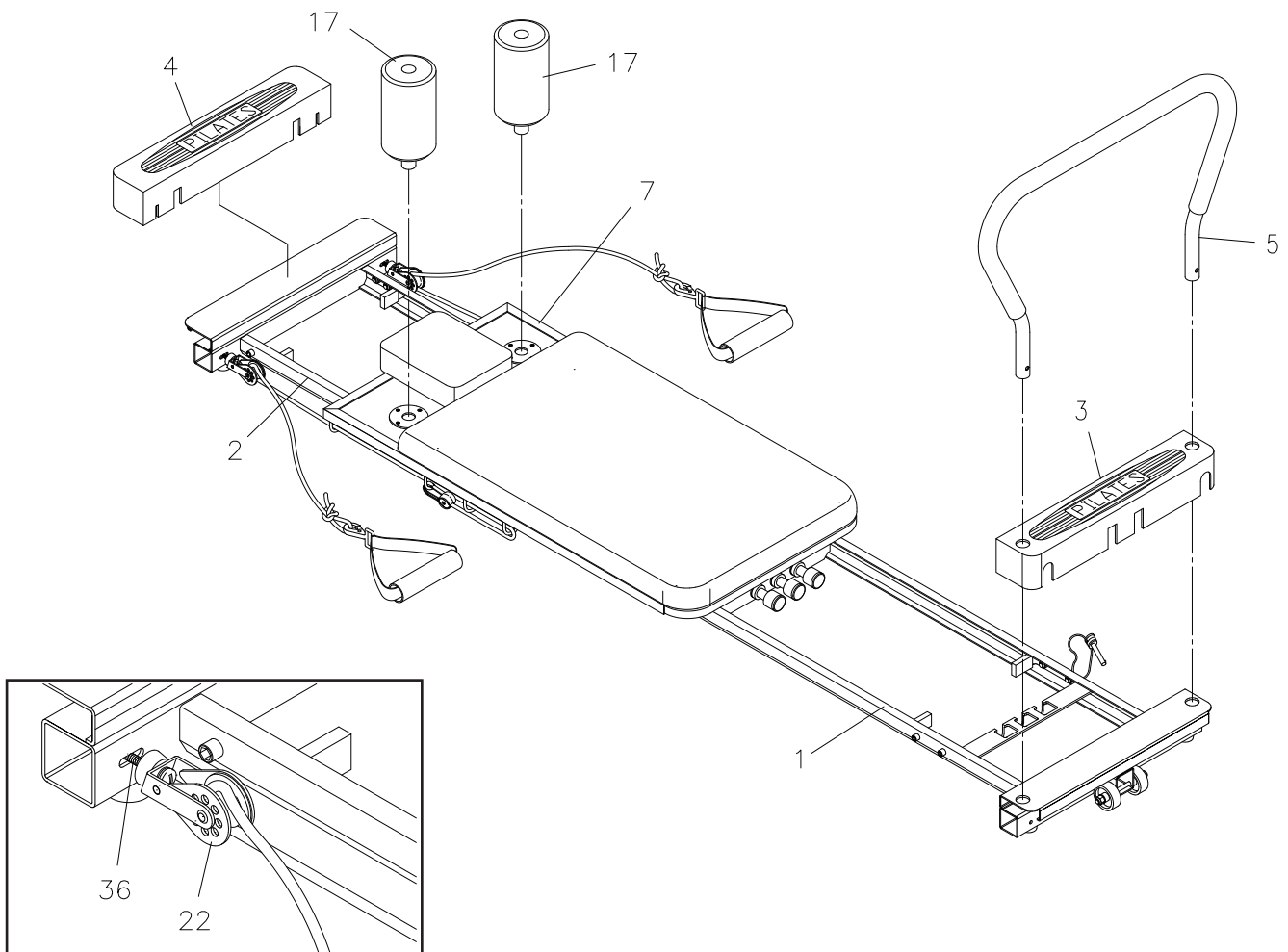
NOTE: The securing **SCREWS(M6x1x35mm)(36)** for the **PULLEY SET(22)** on each side may need to be loosened to allow the **REAR COVER(4)** to fit securely over the frame. Refer to the inset illustration. When retightening the screws for the **PULLEY SETS(22)** do not over tighten. The **PULLEY SETS(22)** should swivel freely.

STEP 5

Insert the **FOAM PAD ASSEMBLIES(17)** into the holes located on the **CARRIAGE(7)**.

STEP 6

Insert the **FOOTBAR(5)** into the mounting holes located on the **FRONT FRAME(1)**. The **FOOTBAR(5)** should pass through the **FRONT COVER(3)** and the **FRONT FRAME(1)**.

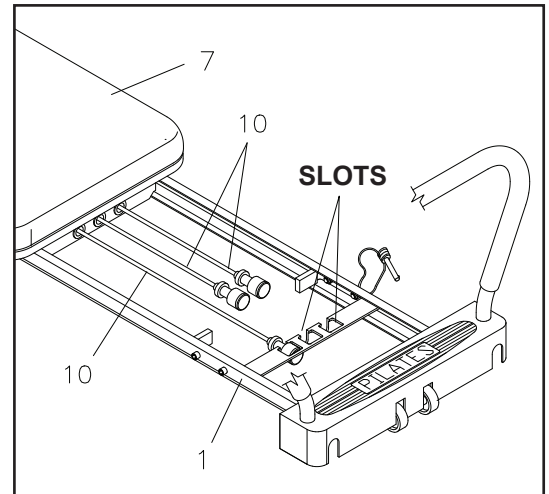


OPERATIONAL INSTRUCTIONS

LOAD ADJUSTMENT

The resistance of the **CARRIAGE(7)** can be adjusted by securing the **TENSION CORDS(10)** in the slots on the **FRONT FRAME(1)**. You can achieve various levels of resistance by securing different numbers of the **TENSION CORDS(10)** in the slots.

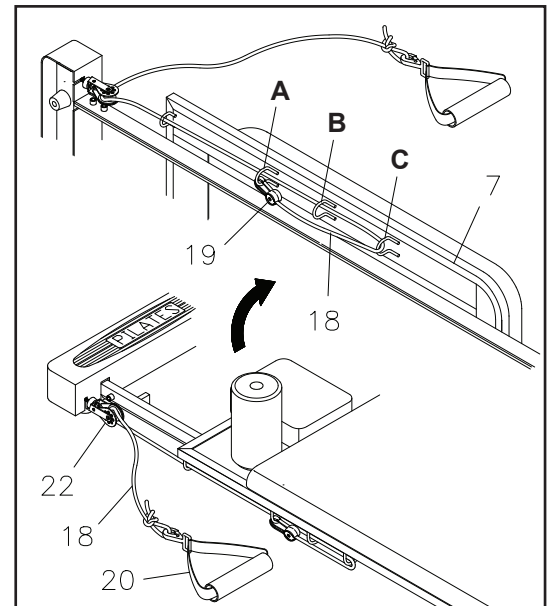
NOTE: Over time your **TENSION CORDS(10)** will relax. To increase resistance in the **TENSION CORDS(10)**, stretch and re-tie the tension cords in a more taut position.



ROPE LENGTH ADJUSTMENT

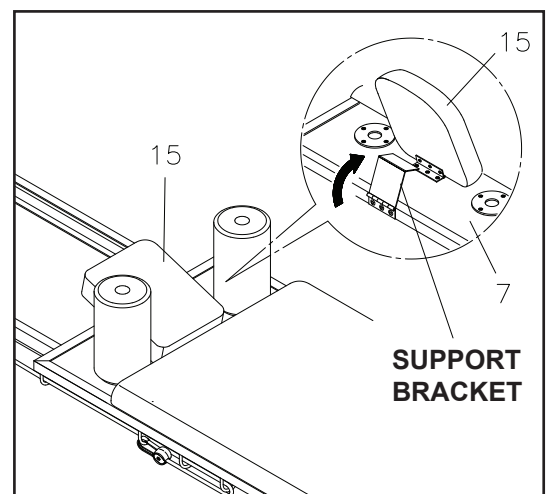
The **ROPES(18)** are wrapped on the **HOOKS** located on both sides of the **CARRIAGE(7)**. You can adjust the length between the **PULLEY SET(22)** and the **HAND STRAP(20)** by attaching the **PLASTIC SNAP HOOKS(19)** to different **HOOKS**.

- 1. Arm Function:** To position the **HAND STRAP(20)** close to the **PULLEY SET(22)**, hook the **PLASTIC SNAP HOOK(19)** onto the **HOOKS** which will shorten the **ROPE(18)**.
- 2. Leg Function:** To achieve a full range of movement, hook the **PLASTIC SNAP HOOK(19)** of the rope onto the desired **A, B, or C** hook.



HEAD REST ADJUSTMENT

The **HEAD REST(15)** on the **CARRIAGE(7)** can be positioned at an incline by simply pivoting the **SUPPORT BRACKET** underneath the **HEAD REST(15)**.



STORAGE

1. To store the **AeroPilates® Performer 286**, simply keep it in a clean dry place.
2. The **FRONT FRAME(1)** of the **AeroPilates® Performer 286** has built-in wheels for easy moving. To move, be sure at least one of the tension cords is attached to prevent the **CARRIAGE(7)** from sliding, then lift from the end of the **REAR FRAME(2)** and roll.
3. The **AeroPilates® Performer 286** folds for storage. To fold, be sure no tension cords are attached and slide the **CARRIAGE(7)** to the end of the **REAR FRAME(2)**. Remove the **FOOTBAR(5)** and **FOAM PAD ASSEMBLIES(17)**, then lift the **AeroPilates® Performer 286** onto its side with the **LOCKING PIN(26)** side up. With the machine hinging in the middle, move the **FRONT FRAME(1)** toward the **REAR FRAME(2)** until the frame ends meet. Insert the **LOCKING PIN(26)** into the hole in the **REAR FRAME(2)**, and the **AeroPilates® Performer 286** is ready to store.

MAINTENANCE

The safety and integrity designed into the **AeroPilates® Performer 286** can only be maintained when the **AeroPilates® Performer 286** is regularly examined for damage and wear. Special attention should be given to the following:

1. It is the sole responsibility of the user/owner to ensure that regular maintenance is performed.
2. Worn or damaged components should be replaced immediately or the **AeroPilates® Performer 286** should be removed from service until repair is made.
3. Verify that the **WARNING LABEL(50)** is in place and easy to read. Call Stamina Products immediately at 1-800-375-7520 for a replacement **WARNING LABEL(50)** if it is missing or damaged.
4. Verify that the **ROPES(18)** are properly installed on the **PULLEY SETS(22)**.
5. Check the condition of the **ROPES(18)** and replace if they are frayed or worn.
6. Check the **PLASTIC SNAP HOOKS(19)** on the ends of the **ROPES(18)**. Replace the **PLASTIC SNAP HOOKS(19)** if they are damaged or deformed.
7. Check the **TENSION CORDS(10)**. If any of the **TENSION CORDS(10)** are stretched and loose, re-tie the knot on the end of the cord. Replace **TENSION CORDS(10)** that are frayed or worn.
8. Check the **PULLEY SETS(22)** for excessive wear. Replace worn **PULLEY SETS(22)**.
9. Check the **HAND STRAPS(20)** for damage. Replace damaged parts.
10. Check the **FOAM SLEEVE(6)** and **FOAM PADS(17)** and replace if damaged or worn.
11. Check the **STOP PLATES(27, 29)** for looseness or damage and replace any damaged parts.
12. Check the **CUSHION(14)** and replace if it is damaged or worn.
13. Check and clean the **ROLLERS(8)** and the rolling surfaces on the rails. Clean by wiping with a dry cloth.
14. Only Stamina Products supplied components shall be used to maintain/repair the **AeroPilates® Performer 286**.
15. Keep your **AeroPilates® Performer 286** clean by wiping it off with an absorbent cloth after use.

CONDITIONING GUIDELINES

How you begin your exercise program depends on your physical condition. If you have been inactive for several years or are severely overweight, start slowly and increase your workout time gradually. Increase your workout intensity gradually by monitoring your heart rate while you exercise.

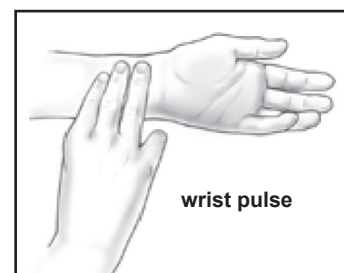
Remember to follow these essentials:

- Have your doctor review your training and diet programs.
- Begin your training program slowly with realistic goals that have been set by you and your physician.
- Warm up before you exercise and cool down after you work out.
- Take your pulse periodically during your workout and strive to stay within a range of 60% (lower intensity) to 90% (higher intensity) of your maximum heart rate zone. Start at the lower intensity, and build up to higher intensity as you become more aerobically fit.
- If you feel dizzy or lightheaded you should slow down or stop exercising.

Initially you may only be able to exercise within your target zone for a few minutes; however, your aerobic capacity will improve over the next six to eight weeks. It is important to pace yourself while you exercise so you don't tire too quickly.

To determine if you are working out at the correct intensity, use a heart rate monitor or use the table below. For effective aerobic exercise, your heart rate should be maintained at a level between 60% and 90% of your maximum heart rate. If just starting an exercise program, work out at the low end of your target heart rate zone. As your aerobic capacity improves, gradually increase the intensity of your workout by increasing your heart rate.

Measure your heart rate periodically during your workout by stopping the exercise but continuing to move your legs or walk around. Place two or three fingers on your wrist and take a six second heartbeat count. Multiply the results by ten to find your heart rate. For example, if your six second heartbeat count is 14, your heart rate is 140 beats per minute. A six second count is used because your heart rate will drop rapidly when you stop exercising. Adjust the intensity of your exercise until your heart rate is at the proper level.



Target Heart Rate Zone Estimated by Age*

Age	Target Heart Rate Zone (55%-90% of Maximum Heart Rate)	Average Maximum Heart Rate 100%
20 years	110-180 beats per minute	200 beats per minute
25 years	107-175 beats per minute	195 beats per minute
30 years	105-171 beats per minute	190 beats per minute
35 years	102-166 beats per minute	185 beats per minute
40 years	99-162 beats per minute	180 beats per minute
45 years	97-157 beats per minute	175 beats per minute
50 years	94-153 beats per minute	170 beats per minute
55 years	91-148 beats per minute	165 beats per minute
60 years	88-144 beats per minute	160 beats per minute
65 years	85-139 beats per minute	155 beats per minute
70 years	83-135 beats per minute	150 beats per minute

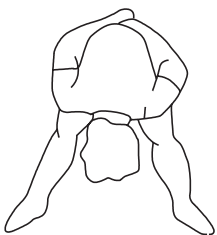
* For cardiorespiratory training benefits, the American College of Sports Medicine recommends working out within a heart rate range of 55% to 90% of maximum heart rate. To predict the maximum heart rate, the following formula was used: $220 - \text{Age} = \text{predicted maximum heart rate}$

WARM-UP and COOL-DOWN

Warm-Up The purpose of warming up is to prepare your body for exercise and to minimize injuries. Warm up for two to five minutes before strength training or aerobic exercising. Perform activities that raise your heart rate and warm the working muscles. Activities may include brisk walking, jogging, jumping jacks, jump rope, and running in place

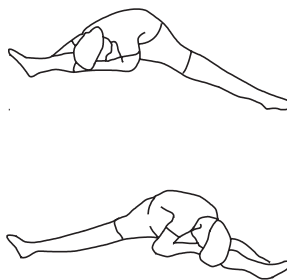
Stretching Stretching while your muscles are warm after a proper warm-up and again after your strength or aerobic training session is very important. Muscles stretch more easily at these times because of their elevated temperature, which greatly reduces the risk of injury. Stretches should be held for 15 to 30 seconds. Do not bounce.

Suggested Stretching Exercises



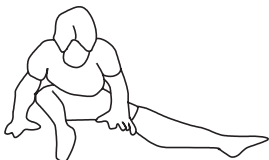
Lower Body Stretch

Place feet shoulder-width apart and lean forward. Keep this position for 30 seconds using the body as a natural weight to stretch the backs of the legs. **DO NOT BOUNCE!** When the pull on the back of the legs lessens, gradually try a lower position.



Floor Stretch

While sitting on the floor, open the legs as wide as possible. Stretch the upper body toward the knee on the right leg by using your arms to pull your chest to your thighs. Hold this stretch 10 to 30 seconds. **DO NOT BOUNCE!** Do this stretch 10 times. Repeat the stretch with the left leg.



Bent Torso Pulls

While sitting on the floor, have legs apart, one leg straight and one knee bent. Pull the chest down to touch the thigh on the leg that is bent, and twist at the waist. Hold this position at least 10 seconds. Repeat 10 times on each side.



Bent Over Leg Stretch

Stand with feet shoulder-width apart and lean forward as illustrated. Using the arms, **gently** pull the upper body towards the right leg. Let the head hang down. **DO NOT BOUNCE!** Hold the position a minimum of 10 seconds. Repeat pulling the upper body to the left leg. Do this stretch several times slowly.

Remember to always check with your physician before starting any exercise program.

Cool-Down The purpose of cooling down is to return the body to its normal, or near normal, resting state at the end of each exercise session. A proper cool-down slowly lowers your heart rate and allows blood to return to the heart. Your cool-down should include the stretches listed above and should be completed after each strength training session.

WARRANTY

Stamina Products, Inc. warrants that this product will be free from defects in materials and workmanship under normal use, service and proper operation for a period of 90 days on the parts and three years on the frame from the date of the original purchase from an authorized retailer. **THIS WARRANTY SHALL NOT APPLY TO ANY PRODUCT WHICH HAS BEEN SUBJECT TO COMMERCIAL USE, ABUSE, MISUSE, ALTERATION OF ANY TYPE OR CAUSE OR TO ANY DEFECT OR DAMAGE CAUSED BY REPAIR, REPLACEMENT, SUBSTITUTION OR USE WITH PARTS OTHER THAN PARTS PROVIDED BY STAMINA PRODUCTS, INC.** Commercial use includes use of the product in athletic clubs, health clubs, spas, gymnasiums, exercise facilities, and other public or semipublic facilities whether or not the product's use is in furtherance of a profit making enterprise, and all other use which is not for personal, family, or household purposes.

To implement this limited warranty, send a written notice stating your name, date, and place of purchase and a brief description of the defect along with your receipt to **Stamina Products, Inc. P.O. Box 1071, Springfield Missouri, USA, 65801-1071**, or email us at **customerservice@staminaproducts.com**, or call us at **1-800-375-7520**. If the defect is covered under this limited warranty, you will be requested to return the product or part to us for free repair or replacement at our option. **NO ACTION FOR BREACH OF THIS LIMITED WARRANTY MAY BE COMMENCED MORE THAN ONE (1) YEAR AFTER THE DATE THE ALLEGED BREACH WAS OR SHOULD HAVE BEEN DISCOVERED. NO ACTION FOR BREACH OF ANY IMPLIED WARRANTY MAY BE COMMENCED MORE THAN ONE (1) YEAR AFTER DELIVERY OF THE PRODUCT TO THE PURCHASER.** This limited warranty is not transferable. **IF ANY PART OF THE PRODUCT IS NOT IN COMPLIANCE WITH THIS LIMITED WARRANTY OR ANY IMPLIED WARRANTY, THE REMEDY OF REPAIR OR REPLACEMENT IS THE EXCLUSIVE REMEDY AVAILABLE TO YOU.** In the event that the purchaser makes any claim under this limited warranty or any implied warranty, the Warrantor reserves the right to require the product to be returned for inspection, at the purchaser's expense, to the Warrantor's premises in Springfield, Missouri. Return of the enclosed warranty registration card is not required for warranty coverage, but is merely a way of establishing the date and place of purchase.

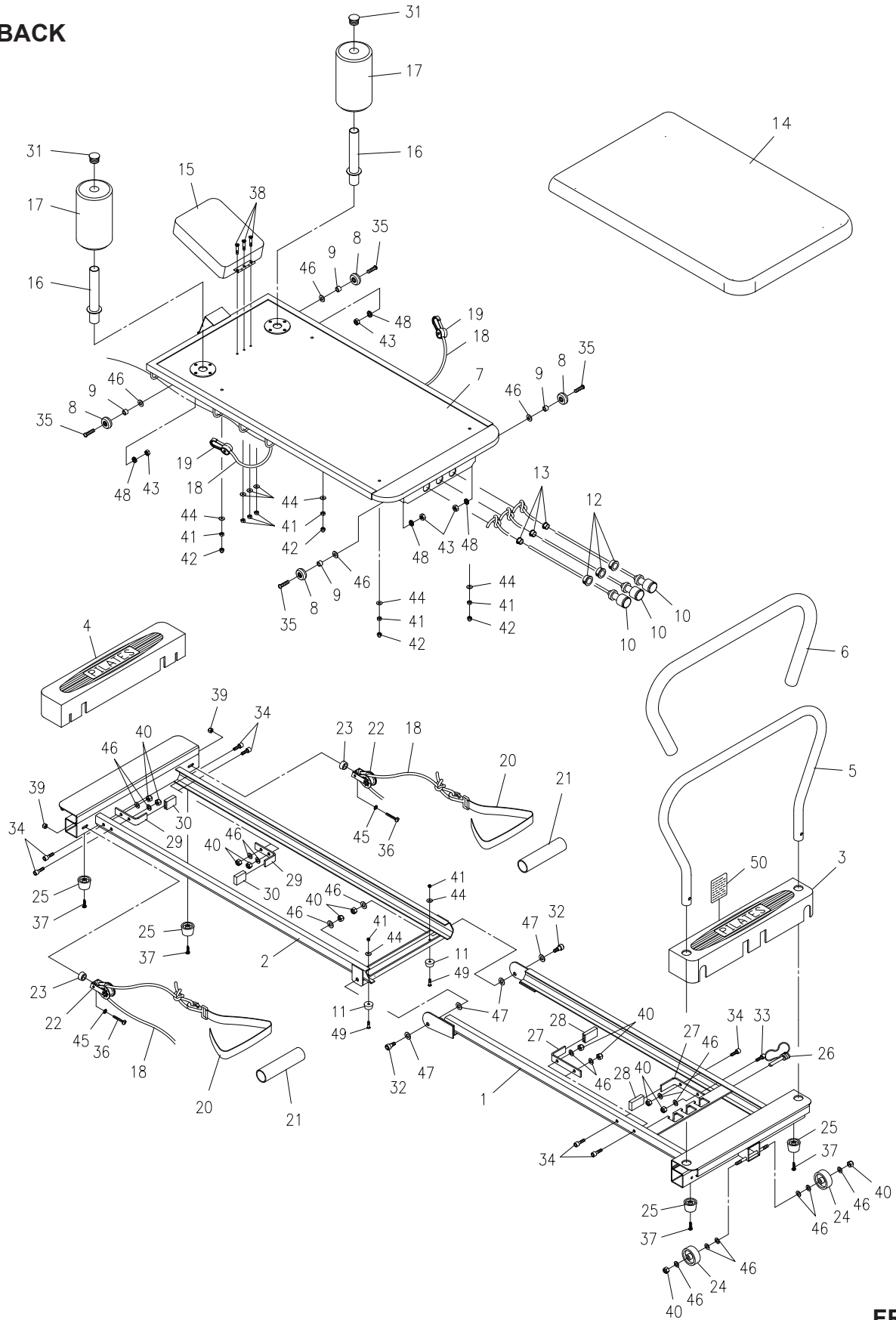
Stamina Products, Inc. **SHALL NOT BE LIABLE FOR THE LOSS OF USE OF ANY PRODUCT, LOSS OF TIME, INCONVENIENCE, COMMERCIAL LOSS OR ANY OTHER INDIRECT, CONSEQUENTIAL, SPECIAL OR INCIDENTAL DAMAGES DUE TO BREACH OF THE ABOVE WARRANTY OR ANY IMPLIED WARRANTY.**

This limited warranty is the only written or express warranty given by Stamina Products, Inc. This warranty gives you specific legal rights, and you may also have other legal rights which vary from state to state. **ANY OTHER RIGHT WHICH YOU MAY HAVE, INCLUDING ANY IMPLIED WARRANTY OR MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE, IS LIMITED IN DURATION TO THE DURATION OF THIS WARRANTY.**

The laws in some jurisdictions restrict the rights of manufacturers and distributors of consumer goods to disclaim or limit implied warranties and consequential and incidental damages with respect thereto. If any such law is found to be applicable, the foregoing disclaimers and limitations of and on implied warranties and consequential and incidental damages with respect thereto shall be disregarded and shall be deemed not to have been made to the extent necessary to comply with such legal restriction.

PRODUCT PARTS DRAWING

BACK



FRONT

PARTS LIST

PART#	PART NAME	QTY
1	Front Frame	1
2	Rear Frame	1
3	Front Cover	1
4	Rear Cover	1
5	Footbar	1
6	Foam Sleeve	1
7	Carriage	1
8	Roller	4
9	Roller Spacer	4
10	Tension Cord	3
11	Rubber Stand	2
12	Support Bushing	3
13	Stop Bushing	3
14	Cushion	1
15	Head Rest	1
16	Foam Pad Tube	2
17	Foam Pad	2
18	Rope	2
19	Plastic Snap Hook	2
20	Hand Strap	2
21	Hand Grip	2
22	Pulley Set	2
23	Pulley Spacer	2
24	Plastic Wheel	2
25	Rubber Foot	4
26	Locking Pin	1
27	Stop Plate	2
28	Stop Pad	2
29	Small Stop Plate	2
30	Small Stop Pad	2
31	Round Plug (25mm)	2
32	Shaft Bolt, Socket Head (M8 x 1.25 x 20mm)	2
33	Bolt, Socket Head/w hole (M8 x 1.25 x 20mm)	1
34	Bolt, Socket Head (M8 x 1.25 x 20mm)	7
35	Bolt, Round Head (M8 x 1.25 x 25mm)	4
36	Screw, Round Head (M6 x 1 x 35mm)	2
37	Screw, Round Head (M5 x 0.8 x 35mm)	4
38	Screw, Flat Head (M5 x 0.8 x 25mm)	3
39	Nylock Nut (M6 x 1)	2
40	Nylock Nut (M8 x 1.25)	12
41	Nylock Nut (M5 x 0.8)	9
42	Acorn Nut (M5 x 0.8)	4
43	Nut (M8 x 1.25)	4
44	Washer (M5)	9
45	Washer (M6)	2
46	Washer (M8)	20
47	Washer (M10)	4

PARTS LIST

PART#	PART NAME	QTY
48	Lock Washer (M8)	4
49	Screw, Flat Head (M5 x 0.8 x 16mm)	2
50	Warning Label	1
51	Combination Wrench	1
52	Socket Wrench	1
53	Manual	1
54	Workout Chart	1
55	Introduction to AeroPilates® (DVD)	1
55	AeroPilates® Level 1: Simply Cardio Workout (DVD)	1
56	AeroPilates® Level 1: Pure Pilates Workout (DVD)	1

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