

## Safety Inspection & Maintenance Regime for your Pilates Reformer

Align-Pilates equipment is designed to give many years of satisfaction. However the safety level of the equipment can be maintained only if it is examined regularly for damage and wear. You and your clients safety therefore relies on a regime of proper maintenance and the correct usage of your equipment. You can find a video of many inspections on our website, and our YouTube account also shows the routine of a recommended service.

This guide was created as a reference that will help you maintain your equipment and keep it in the best possible condition for your safety and enjoyment. Failure to follow these guidelines may result in a malfunction that could lead to a serious injury. We strongly advise that you read this guide and keep a copy to refer back to. In a studio environment please ensure all employees are given a copy of this guidance as part of their induction. It is also best practice to record and maintain records of your equipment and maintenance checks.

To maintain optimum performance of your Align-Pilates equipment is important that you observe the following guidelines.

### Daily Inspections/Maintenance

<b>Upholstery</b>	Clean all upholstery on your Align-Pilates equipment. Use a soft cloth and a mild non-abrasive cleaner. <b>CAUTION;</b> Using chemical-based products or abrasive cleaning products will dry out vinyl and reduce its life. Vinyl is non-absorbent, so will not absorb dirt, so surface wiping is all that is required.
<b>Safe Working Area</b>	Maintain a 60cm safe working area around equipment, including emergency dismount space. Shared areas allowed for adjacent equipment.
<b>Runners</b>	Clean runners with a damp soft cloth & a window cleaner, such as Windolene. Avoid applying lubricants to the rails, as this will attract dust and dirt and detract from the ride experience.
<b>Springs</b>	Inspect all springs for signs of wear, look for deformation, kinks, gaps and corrosion. Springs showing signs of damage must not be used and must be replaced immediately.
<b>Ropes &amp; Handles</b>	Inspect Rope system to confirm ropes are correctly secured and that the rope adjustment system is properly engaged and locked.
<b>Shoulder Rests</b>	Ensure shoulder rests are fully seated on carriage bed. Removable shoulder rest should be locked in place using the locking pins under the carriage.

### Weekly Inspections/Maintenance

<b>Hardware: Nuts &amp; Bolts</b>	Check all nuts, bolts and locking pins are securely fastened. Ensure pulley wheel bolts are firmly tightened and that the eyelet bolt connecting the pulley to the rope riser is not loose.
<b>Foot Bar</b>	Ensure all bolts are tight and the foot bar is firmly secure when in position. Always have locking pin in place when using the Foot Bar.
<b>Rope System: Handles/Straps</b>	Ensure the rope system/s are securing ropes. Check Ropes, Handles & Foot Straps for loose frays and secure stitching. Replace as necessary.
<b>RC Spring Bar</b>	Check for correct operation. Ensure that all hooks are tight and secure and there is no damage to either stopper.
<b>Wheels/Rollers</b>	Clean wheels, whilst checking for damage - replace as needed. Sit on the carriage and test the quietness of the ride, listening for any noises – the ride should be quiet and smooth. Note that small amounts of dirt on the wheels and runners will prevent smooth operation.
<b>Springs</b>	Inspect all springs for signs of wear, look for deformation, kinks, gaps and corrosion. Springs showing signs of damage must not be used and must be replaced immediately. Check that spring retaining bungee cord is in place.
<b>Eyelets &amp; Spring Hooks</b>	Hand check that all eyelets on the risers and spring bar are tight and cannot rotate. Replace any eyelets which have come loose as these may have thread damage. New hooks or eyelets should be refitted using Loctite Red.
<b>Feet</b>	Inspect to ensure all feet are securely attached and that the reformer is level.

## Monthly Inspections/Maintenance

<b>Legs</b>	On reformers with removable legs, standing platforms and rope risers check the attachment bolts have not come loose and tighten where necessary
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## Quarterly Inspections/Maintenance

<b>Springs</b>	It is best practice to rotate springs of the same strength as it may help them wear more evenly.
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## Annual Maintenance

<b>Springs</b>	In high usage studios springs that have been in use for 3,000 hours of studio operation should be replaced.
<b>Wheels/Rollers</b>	Replace all carriage wheels that have been in use for 1 year.

## Bi-Annual Maintenance

<b>Springs</b>	Replace all Springs that have been in use for 2 years.
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## Further Tips & Important Information

<b>Consumable items</b>	Parts such as ropes, straps and handles should be replaced as and when they become tired or start showing signs of wear or fraying.
<b>Lubrication</b>	Avoid applying lubricants to the rails, lubricants will attract dust and dirt and detract from the ride experience. Never attempt to lubricate wheel bearings – these are “sealed for Life” and the use of an inappropriate lubricant may breakdown the internal grease.
<b>Adjusting nuts and Bolts</b>	Inspect and tighten bolts using your fingers, if you can turn, nuts, bolts or Eyelets then they are too loose. Be careful not to over tighten nuts and bolts as this may damage the threads. As a guide tighten loose nuts and bolts using a small spanner and tighten with one finger. Use a small amount blue Loctite on the threads to prevent bolts coming loose again – this is not required where nylock nuts are in use.
<b>Securing the Carriage</b>	Always leave at least 2 springs attached to the carriage when not in use, always ensure the springs are attached in a neutral position, i.e. under minimal tension.
<b>Assessor</b>	Ensure the person carrying out the inspection has suitable understanding of the equipment and its functions to carry out the checks. If in doubt get your equipment regularly serviced by your distributor or a fitness equipment service specialist. Do not modify equipment or use unapproved parts as this may invalidate your warranty.
<b>Out of service equipment</b>	Ensure equipment that is out of service cannot be used inadvertently whilst out of service.
<b>Max User Weight</b>	Please note commercial Align-Pilates products have a maximum user weight of 150Kg.

## Replacement Parts

For replacement parts, or if you have any questions, email [customercare@align-pilates.com](mailto:customercare@align-pilates.com), call +44 1386 425 923 or visit [www.Align-pilates.com](http://www.Align-pilates.com)

## Maintenance Log Sheet for Pilates Apparatus

We recommend that you download and use our equipment register, maintenance log and detailed repair record spreadsheet, so that you can keep a record of when maintenance checks are done, by whom, what issues are found and who resolved them. This should be kept in a safe place with a copy of the user manuals for the equipment and the inspection checklist. The maintenance log sheet is available in Excel format, together with the latest digital copy of this document to use as is or customise to create your own checklists and Log sheets. <https://align-pilates.com/wp-content/uploads/2021/07/align-pilates-safety-maintenance-log-sheet.pdf>