



Pilates Precision and Flow™

"I see the equipment as an extension of myself when I practice and teach, and therefore I want it to inspire my work, my movement and my spirit."
Rael Isacowitz, Founder BASI Pilates®



BASI Systems™ Ped A Pull

BASI Systems™ equipment delivers a breakthrough in precision and flow for Pilates movement. The intelligent design of BASI Systems™ brings together over thirty years of Pilates practice and research with the highest quality custom materials and craftsmanship.



BASI Systems™ Ped A Pull delivers powerful control in spring settings, with variable height and width adjustability. Its base is ergonomically designed to accommodate sitting and standing work, and the optional seat expands accessibility and repertoire possibilities.

Dimensions

- Ped A Pull
 - width 25.6" / 65cm x length 24" / 61cm x height 61.8" / 157cm (min. height)
 - width 25.6" / 65cm x length 24" / 61cm x height 109.1" / 277cm (max. height)
- T BAR
 - width 25.6" / 65cm
- SEAT DIAMETER
 - 9.8" / 25cm

Getting Started with your BASI Systems™ Ped A Pull

Welcome to the BASI Systems™ Ped A Pull! In the box you will find the BASI Systems™ Ped A Pull pole with horizontal frame and wall mount bracket already attached, the platform, and two yellow springs. If you ordered a seat, it will be included here. There is a BASI Systems™ tote bag that holds the smaller pieces: a pair of neoprene straps with non-metal attachments, two screws, a wrench, two carabiners, a cleaning cloth and a BASI Systems™ key chain.

Setup Ped A Pull



Attach Seat (Optional)

If you ordered a seat, please position it before continuing. Locate the screw on the attachment tube and tighten it with the wrench.



Install Pole

Insert the pole onto the platform and tighten it with the two attached screws.



Attach Ped A Pull to the Wall

The wall mount bracket is turned to the side for packing and shipping purposes. Straighten the bracket so that it is positioned in the back of the pole. Adjust the height of the bracket to accommodate your space by sliding it up or down. The bracket can now be secured to the wall. It should be attached to a wall stud using the provided screws and the wrench.

Check and make sure that all of the screws are tight and secure.

Spring Settings

BASI Systems™ Ped A Pull gives you fine-tuning control of spring attachment settings.



Adjust Height

Loosen the lever in the back of the BASI Systems™ Ped A Pull and turn it counter clockwise. Lift or lower the pole extension rod to the desired position. Turn the lever clockwise to secure it in place.



Adjust Width

There are two sliding eyelets on the horizontal bar. To adjust, turn a lever counter clockwise to loosen it. Move the eyelet anywhere along its side of the pole and turn the lever clockwise to secure it in place.

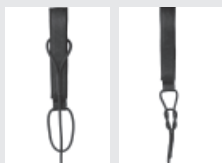
Springs

BASI Systems™ Ped A Pull comes with two yellow springs, which are light resistance.



Attach Springs

Open a carabiner and slip the spring through. Clip the carabiner to the desired pole eyelet.



Attach Straps

Slide the loop of the strap through a spring ring. Pull the loop down and thread the strap through. Pull to secure.

Materials

Your BASI Systems™ Ped A Pull is made with the finest custom manufactured materials. We use beech wood for sturdiness, aluminum for smooth transitions, antibacterial vinyl to resist wear-and-tear and orthopedic cushioning for comfort. Then we x-ray the springs to ensure their quality and safety. Your BASI Systems™ Ped A Pull is shipped to you in a special recyclable container designed to be folded down or used for other things.

Care and Maintenance

The BASI Systems™ Ped A Pull is designed with the highest quality materials to provide ergonomic integrity, comfort and longevity. We recommend that you follow these guidelines to care for your equipment and use it safely.

Springs should be inspected weekly for gaps or kinks. If a gap or kink is found, discontinue use of the spring immediately and replace it. Check that the spring hooks are working properly. It is recommended that all springs be replaced after two years of use. Inspect and tighten the nuts, bolts and screws monthly.

Contact us!

We would love to hear how the BASI Systems™ equipment inspires you and enhances your Pilates practice! Please contact us with any questions or stories.

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About BASI Systems™

BASI Pilates® is a leading Pilates education academy with a reputation for innovation, dedication and academic excellence. BASI stands for Body Arts and Science International, which is the name of the academy and an affirmation of its approach to Pilates studies. The mission of BASI Pilates® is to create and maintain professional standards for the teaching of the Pilates Method and to preserve and perpetuate the gift of Pilates by educating teachers of the highest caliber and providing equipment designed to have biomechanical and aesthetic integrity.

