



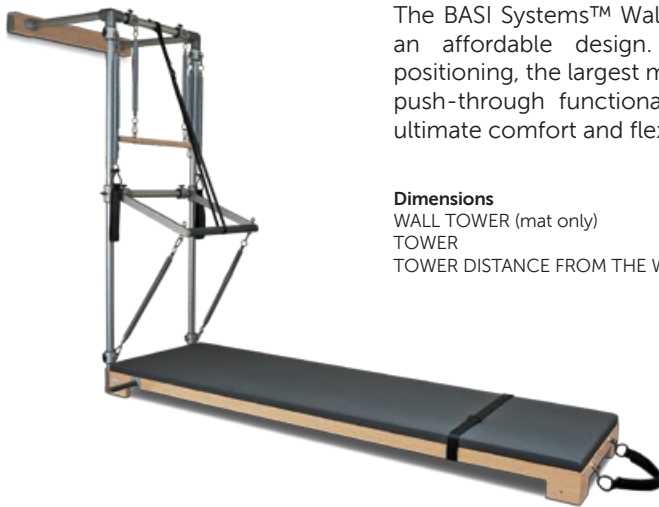
Pilates Precision and Flow™

"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™ Wall Tower

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.



The BASI Systems™ Wall Tower delivers powerful adjustability in an affordable design. With fine-tuning control of spring positioning, the largest mat in the industry, roll-down and smooth push-through functionality, BASI Systems™ Wall Tower offers ultimate comfort and flexibility.

Dimensions

WALL TOWER (mat only) - width 27.6"/ 70cm x length 95.5"/ 242.5cm x height 6.3"/ 16cm
TOWER - height 76"/ 194cm
TOWER DISTANCE FROM THE WALL - 27.6"/ 70cm

Getting Started with your BASI Systems™ Wall Tower

Welcome to the BASI Systems™ Wall Tower! When you open the box you will find the BASI Systems™ Wall Tower orthopedic cushioned mat, tower frame, two connecting tubes, wall bracket, wooden bracket cover and roll-down bar. Eight springs are included, each in a separate box labeled by color. There are two red springs, two blue, two yellow and two long yellow.

There is a BASI Systems™ tote bag that holds the smaller pieces: a pair of aluminum handles, a pair of neoprene loops with non-metal attachments, a safety strap and a leg strap. A smaller box contains eight screws for attaching the mat handles and the wall bracket, a size 4 wrench, twelve carabiners, a cleaning cloth and a BASI Systems™ key chain.

Install Wall Tower

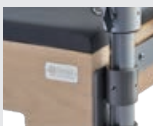


Attach Wall Bracket

The bracket should be attached to wall studs, 28.3 inches, 72 centimeters apart. Attach the bracket to the wall at a 192 cm. (75.5 inch) height, using four screws and the wrench. Check that all of the screws are tightly secured. (See diagram).



Place the wooden bracket cover over the bracket and tighten the four screws using the wrench.



Attach Tower to Mat Frame

Slide the poles into the pole bases on the outside edges of the mat frame. Tighten the screw on each of the pole bases using the wrench.



Attach Tower to the Wall

Fit the horizontal tubes into the three-way pipe joint connecting tubes and use the wrench to tighten the screws on top of each tube. Align the other ends of the horizontal tubes with the connecting tubes on the wooden bracket cover.



Use the wrench to tighten the screws on top of each connecting tube.

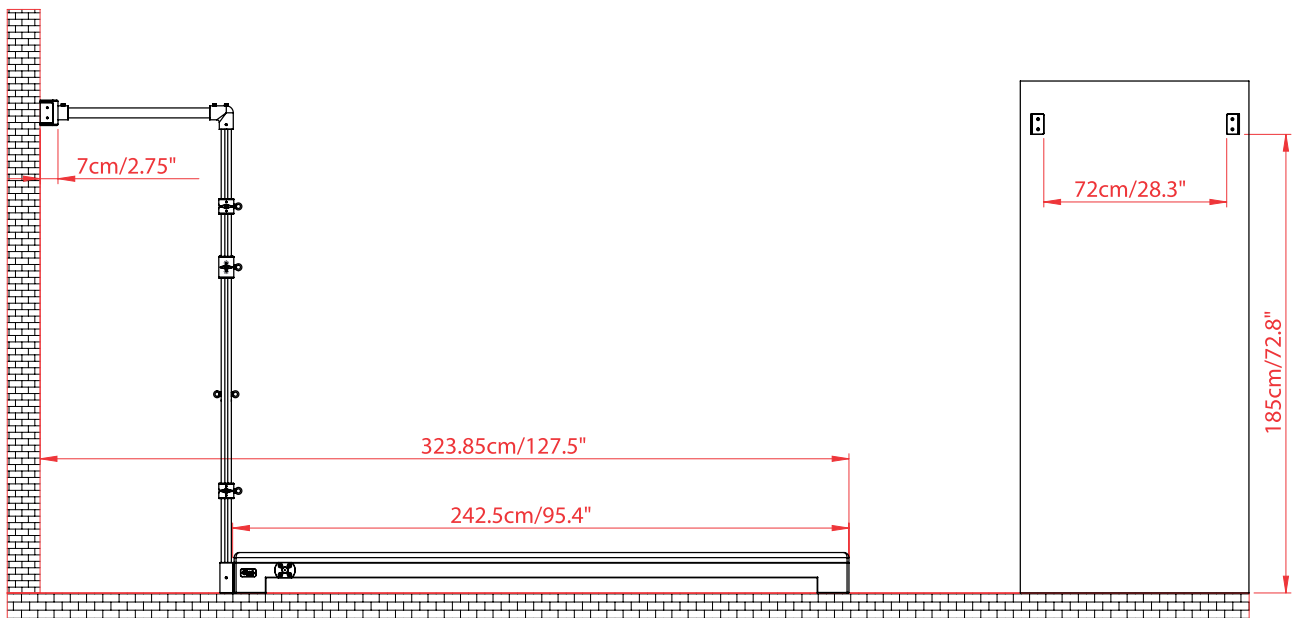


Attach Mat Handles

Place a handle into a hole on the side of the mat. Use the wrench to attach it with four screws. Repeat these steps to attach the other handle.

Install the Wall Tower

Please refer to the diagram below for how to properly attach the Wall Tower to your wall.



* The measurements are in cm. and inches

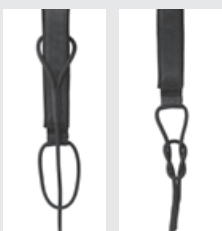
Springs

The BASI Systems™ Wall Tower comes with eight springs. The red springs are heavy resistance, the blue are medium resistance, and the yellow are light resistance.



Using Tower Springs

The springs can be attached as needed using the included carabiner hooks. Open a carabiner and slip the spring through. Clip the carabiner to the desired tower eyelet or to the push-through or roll-down bar.



Attach Straps

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



Push-Through Bar

The push-through bar is covered in an antibacterial easy-grip padding. It can be used by attaching the desired spring(s) from the desired eyelet(s) to either one or both of the eyelets on the push-through bar, depending on the desired resistance.

Attach Safety Strap to the Tower

The safety strap secures the push-through bar when it is used in the bottom-loaded position. To attach it, place the loop of the safety strap over the top of the tower base, between the two guide bolts. Thread the tail of the strap through the loop and adjust to tighten.

Using the Safety Strap with the Push-Through Bar

Wrap the safety strap from behind the push-through bar and pull until the bar reaches the desired height. Thread the tail of the safety strap through the metal buckle of the strap, over the first ring of the buckle, and back through the second. Pull to tighten and secure. The springs can now be attached from underneath the push-through bar.



Roll-down Bar

Attach the springs to the roll-down bar using the carabiners. Open a carabiner and slide it through the eyelet on one side of the roll-down bar and through the desired spring. Repeat for the other side of the roll-down bar. Attach the springs to the desired tower eyelets.



Attach Leg Strap

The leg strap can be attached to the mat to aid in certain exercises. Wrap it around the mat base and thread the tail through the metal buckle, over the first ring of the buckle and back through the second ring. Pull to the desired tightness.

Materials

Your BASI Systems™ Wall Tower 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™ Wall Tower 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™ Wall Tower 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. Upholstery can be cleaned using the cloth provided or any soft cloth with warm water and soap. For deeper cleaning, use a soft bristled brush with an alkaline-based cleanser and rinse with cold water and a sponge.

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.

www.basisystems.com / info@basisystems.com

For North America Toll free 866 992 2742 / For Other Territories +90 212 444 76 59

About BASI Systems™

BASI Pilates® is a leading Pilates education academy and 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.

