THE VIRTÙ LINE

User Manual

Pilates and Yoga Accessories

Mats · Balls · Rings · Weights · Bands · Blocks · Bars

Product line:	The Virtù Line — Accessories
Scope:	Pilates / Yoga Mat, Pilates Ball, Soft Pilates Balls (Form Balls), Pilates Ring, Weighted Form Ring, Dumbbells, Weight Cuffs, Resistance Bands, Yoga Block, Barbell Beam
Model, size, weight:	see label on the product
Version / Date:	Rev. 1.2 · August 2026
Manufacturer / Person responsible in the EU:	Bodyfit Handels KG · Wiener Straße 190 · 4020 Linz · Austria
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TRANSLATION OF THE ORIGINAL INSTRUCTIONS

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Safety pictograms — overview

The following symbols are used in this manual and on the product label. They comply with the standards **ISO 7010**. The symbols must be observed.

W001 — General warning sign
Indicates a hazard. Read the safety instruction.

M002 — Read instructions
Read the user manual completely before use.

W007 — Trip / fall hazard
Loss of balance and fall possible.

W024 — Hand crushing hazard
Keep fingers clear of rings and items under tension.

Inspect before each use
Check bands, balls, rings for cracks and damage.

P027 — Keep children away
Access prohibited for unsupervised children. Choking hazard from small parts.

Max. load
Value: see label on the product.

Indoor use only
Use only in dry indoor environments.

1 · Introduction and notes on this document

These instructions — a translation of the original German manual — contain all the information required for safe use, care and disposal of the Pilates and Yoga accessories of the product line The Virtù Line. They form part of the product and are provided to you in **electronic or printed form** before or upon delivery. A printed copy will be sent to you free of charge upon request.

> **Read before use**
> Read this manual completely before any use. Keep it for later reference and pass it on if the product is sold, rented out or transferred to a third party.

1.1 Scope

This document applies **across all products** to the following Pilates and Yoga accessories of the product line The Virtù Line:

- Pilates and Yoga Mat
- Pilates Ball (Gym Ball)
- Soft Pilates Balls (Form Balls)
- Pilates Ring (Magic Circle)
- Weighted Form Ring
- Dumbbells
- Weight Cuffs
- Resistance Bands
- Yoga Block
- Barbell Beam (Toning Bar)

Model-specific data (exact dimensions, material, weight, colour, max. load) is shown on the **label on the product** and on the product data sheet. Illustrations are symbolic.

1.2 Legal framework

Pilates and Yoga accessories **do not** fall under the Machinery Directive 2006/42/EC and not under the standard EN ISO 20957 for stationary training equipment. They are consumer products and are subject in particular to the following EU regulations:

- **Regulation (EU) 2023/988 (GPSR)** — general product safety;
- **Regulation (EC) No 1907/2006 (REACH)** — chemicals (in particular SVHC restrictions);
- National packaging regulations or, from 12 August 2026, the **EU Packaging Regulation (PPWR)**.

A CE marking is not required for this product category. Bodyfit Handels KG as the entity placing the product on the market in the EU confirms conformity with the aforementioned regulations (see Section 10).

1.3 Signal words used

Signal word	Meaning
WARNING	Potentially hazardous situation — serious injury possible.

CAUTION	Potentially hazardous situation — minor injury or property damage possible.
NOTICE	Important information without risk of injury.

3 · Intended use

The accessories are **portable aids** for Pilates, Yoga, fitness and mobility exercises. They are intended exclusively for:

- Use in Pilates, Yoga and general fitness training in indoor environments;
- Training by one person at a time;
- Use by healthy adults within the specified load or user weight;
- Use in private households and in commercial studios.

Any other use is regarded as not as intended. In particular, the accessories are not toys and not intended for children. The user is responsible for damage resulting from use other than as intended. Statutory claims, in particular under product liability law, remain unaffected.

4 · Reasonably foreseeable misuse & residual risks

The following are not permitted in particular:

- Use as a toy or sports equipment by unsupervised children
- Therapeutic use without medical instruction
- Use as a step (Yoga Block, Pilates Ball)
- Use as a throwing object (Dumbbells, Balls, Rings)
- Use outdoors or when wet
- Use of damaged, cracked or worn products (in particular bands, balls, rings)
- Exceeding the maximum load (Pilates Ball, Bands)
- Overstretching of resistance bands or Pilates Ring
- Unauthorised repair or modification
- Use to secure loads (Bands)
- Attaching resistance bands, ropes or straps to training equipment, doors, furniture or building components
- Using the product as a support or bracing point for stretching exercises (Yoga Block, Ball, Box)
- Inserting objects into valves, openings or seams

Residual risks (despite design protective measures)

- **Failure under load:** In particular, resistance bands, the Pilates Ball and weighted rings may fail under load if worn or damaged — hazard for eyes, face and bystanders.
- **Fall from the Pilates Ball:** There is a risk of falling during exercises on the large gym ball.
- **Trip / slip hazard:** Dumbbells, balls and bands on the floor — clear away after use.
- **Crushing / pinching hazard:** On the Pilates Ring (spring steel under tension), Dumbbells, weighted rings.
- **Eye injury:** If resistance bands break or the Pilates Ring fails.
- **Choking hazard (children):** Small parts, packaging films — keep children under 3 years away.
- **Allergic reactions:** In particular, latex resistance bands may trigger allergies — alternative latex-free version available.
- **Injury due to incorrect posture:** Caused by overload or exercises beyond individual capacity.

5 · General safety and training information

5.1 Before each use

WARNING — Visual inspection mandatory

- Before every use, check the product for **cracks, deformations, wear or damage** — particularly with resistance bands, balls and rings.
- If wear is visible: **discard the product immediately** and replace.
- Keep hands, floor surface and product clean and dry.
- Use only in dry, level indoor environments.
- Wear suitable, close-fitting sportswear.

5.2 Group of persons

- Use by **healthy adults** or by adolescents under supervision.
- In case of pregnancy, existing illness, post-operative restrictions, allergies (in particular latex with resistance bands) or musculoskeletal complaints: **seek medical advice before training**.
- **Children under 3 years** must be kept away from the accessories due to choking hazard from small parts.
- Older children may use the products only under direct adult supervision.

5.3 Health notice

Stop training in case of discomfort

Stop training immediately in case of pain, dizziness, shortness of breath, weakness or any other discomfort, and consult a doctor. Pilates and Yoga training are not a substitute for medical treatment.

5.4 Safety during use

- Controlled, slow movements — no jerks or impacts.
- For resistance bands and Pilates Ring: build up tension in a controlled manner and release it in a controlled manner — do not let go suddenly.
- Dumbbells and weighted products: never use as a throwing object, never hold over the head in an uncontrolled position.
- Pilates Ball: check pressure and stability before loading.
- Keep sufficient safety distance to furniture, walls and other persons.

5.5 Safety during maintenance and storage

- Cleaning according to Section 7.

- No aggressive cleaning agents, solvents or scouring agents.
- Store dry, protected from sunlight and sharp objects.
- Resistance bands, latex and foam products are subject to ageing — replace regularly even without visible defect.

5.6 Training environment

- Indoor use only: dry, well ventilated, **no direct draught**, +5 °C to +40 °C, max. 70 % relative humidity.
- The training surface must be **level, firm and non-slip**. Do not train in main walkways, escape routes or in front of emergency exits.
- Keep **at least 0.6 m** of free movement space all round to furniture, walls, glass surfaces and other persons — more for exercises with resistance bands or on the Pilates Ball.
- **Floor protection:** On sensitive floor coverings (parquet, laminate, cork, vinyl) place a mat or floor protection mat underneath — it protects the floor from pressure marks and perspiration and prevents slipping.
- Tidy the products away after training — dumbbells, balls and bands left on the floor are trip hazards.

5.7 Duties of the operator / owner

Passing on the safety information

- The operator or owner must **demonstrably pass on all warnings and instructions contained in this manual to every user** before they use the products for the first time — this applies in particular to class and studio operation.
- This manual must be kept **accessible** and must be handed over in the event of transfer or resale.
- In commercial use (studio, club, hotel, rehabilitation, corporate fitness) the owner regulates access, supervision and control and bears the legal responsibility for this.
- The operator ensures that the **visual inspection before each use** (section 5.1) is carried out and that worn products — in particular resistance bands — are **withdrawn from use immediately**.
- Product labels showing load and material information must remain legible.

5.8 Training clothing

- Wear **close-fitting, breathable sportswear**. Wide clothing, ties, cords, scarves and jewellery can become caught in bands, rings or cuffs.
- Tie back long hair.
- Pilates and yoga are practised **barefoot or with non-slip socks**. Street shoes and shoes with heels, leather soles or profiled soles are unsuitable.
- Use a towel to absorb perspiration and protect the product surfaces.

5.9 Warm-up and cool-down

Begin **every** training session with a warm-up phase and end it with a cool-down phase. The warm-up prepares muscles, joints and circulation for the load and reduces the risk of injury; the cool-down supports recovery.

Warm-up (approx. 5–10 minutes, without added weight or with the lightest band):

1. Stand upright, feet approximately hip-width apart, shoulders relaxed.
2. Slow arm circles forwards, then backwards — approx. 30 seconds each.
3. Tilt the pelvis forwards and backwards in a controlled manner, then roll the spine down vertebra by vertebra and back up again.
4. Controlled squats with a straight back — the knees stay above the feet and do not extend beyond the toes.
5. Perform the first repetitions with **low resistance** and a small range of motion.

Cool-down (approx. 5 minutes): calm stretching exercises for legs, hip flexors, back and shoulders; hold each position for 20–30 seconds without bouncing and keep breathing calmly.

> **CAUTION:** Do not train with pronounced muscle soreness — rest the affected muscle groups, otherwise injuries may result.

5.10 Muscle groups, frequency and health information

Depending on the product, training with the accessories primarily engages the deep core and abdominal muscles (powerhouse), the back, gluteal, leg, arm, shoulder and chest muscles as well as the pelvic floor. Maintain a **neutral spine position** — no hollow back, no rounded back — and do not fully extend arms and legs.

- **Frequency:** For beginners, **2–3 sessions per week** of 30–60 minutes each are common. Increase volume and resistance evenly and gently — technique and control always come before load.
- **Avoid overtraining:** Excessive training can seriously endanger your health.
- **Medication:** If you take medication regularly, check with your physician or pharmacist whether it may affect your resilience, heart rate, circulatory regulation or reaction time. Medical advice is mandatory before training if you take medication affecting the heart rate.
- **Medical clearance** is recommended in the case of: high blood pressure or cardiovascular disease (including hereditary predisposition), age over 45, smoking, elevated cholesterol levels, overweight, or after a longer period of physical inactivity.
- **Stop training immediately** in case of weakness, nausea, dizziness, pain, shortness of breath or other unusual symptoms — seek medical assistance in an emergency.

6 · Product data sheets

The following data sheets describe each accessory with typical material, dimensions, load specifications and product-specific safety information. For the exact values of the model purchased, the **label on the product** applies.

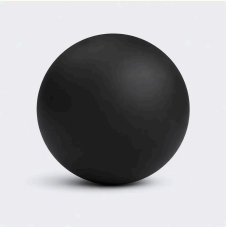
6.1 Pilates and Yoga Mat

Non-slip, padded mat for floor and stretching exercises.

Material:	TPE / NBR / PVC / EVA (depending on model — see label)
Thickness:	typ. 6–10 mm
Dimensions:	typ. 173–183 × 60–66 cm (see label)
Properties:	non-slip on both sides, latex-free (except natural rubber models), low pollutant content

NOTICE: Air the mat for 24 h before first use — typical material smell will fade. Do not store in direct sunlight or in heat (> 40 °C). Use on a non-slip, level surface.

6.2 Pilates Ball (Gym Ball)



Large inflatable ball for stability, strengthening and mobility exercises.

Material:	PVC, anti-burst version
Size (Ø):	55 / 65 / 75 cm (depending on model)
Max. load:	typ. 200 kg static / 120 kg dynamic (see label)
Pump:	included or available separately

WARNING — Fall and injury hazard: Use the ball only on a non-slip, level surface. Check stability before loading. Never use on sharp objects, near radiators or outdoors (UV). In case of visible damage, noise during inflation or pressure loss: **discard immediately**. Inflate to the recommended pressure — over-inflation leads to failure.

6.3 Soft Pilates Balls (Form Balls)

Small, soft balls for Pilates mobilisation and strengthening exercises, often used between knees, hands or back.

Material:	PVC, soft
Size (Ø):	18 / 22 / 25 cm (depending on model)
Application:	as isometric resistance between body parts or as support

NOTICE: Do not over-inflate the ball — pressure should feel soft and easily deformable by hand. Check for cracks before each use. Do not use on sharp objects.

6.4 Pilates Ring (Magic Circle)

Classic Pilates Ring made of spring steel with padded handles for inner-thigh and outer-thigh squeezes.

Ring material:	Spring steel
Handle material:	EVA foam or PU foam
Diameter:	typ. 36–38 cm
Resistance:	medium / firm (depending on model)

WARNING — Crushing and eye injury hazard: Squeeze the ring in a controlled manner — never let go suddenly or overstretch to the maximum, as the ring can snap back in the end position. Check the spring steel for cracks and the padding for firm seating before each use. In case of visible material fatigue of the spring steel: discard.

6.5 Weighted Form Ring

Pilates Ring with additionally integrated weight — combines spring resistance with inertia / momentum for more intensive exercises.

Ring material:	Spring steel with weight filling
Handle material:	EVA foam or PU foam
Diameter:	typ. 36 cm
Net weight:	typ. 1.0–1.5 kg (see label)

WARNING: Same as Pilates Ring (6.4) — additionally increased risk of injury due to the weight. **Do not throw or drop overhead.** Hold securely with both hands during exercises with momentum.

6.6 Dumbbells

Compact short dumbbells for strengthening and stability exercises.

Material:	Iron core, coating: neoprene / vinyl / PVC
Weight per dumbbell:	typ. 0.5 / 1.0 / 2.0 / 3.0 kg (depending on model)
Delivery:	individually or in pairs

WARNING — Crushing and fall hazard: Never throw or drop the dumbbells — risk of injury to feet, damage to floor and dumbbell. After use put them down safely, do not leave them in the movement area. In case of damage to the coating (cracks, exposed iron core): discard.

6.7 Weight Cuffs

Weight cuffs for attaching to the wrist or ankle with hook-and-loop fastener.

Cover material:	Neoprene / polyester
Filling:	Iron sand
Closure:	Hook-and-loop fastener (Velcro)
Weight per cuff:	typ. 0.5 / 1.0 / 1.5 / 2.0 kg (in pairs)

WARNING: Apply cuffs firmly but not constrictingly — circulation must not be impaired. Check the hook-and-loop fastener for firm seating before each exercise. Do not use while jogging or during fast accelerations — joint stress. In case of cover tear, dispose of iron sand properly.

6.8 Resistance Bands

Elastic bands for strength and mobility exercises.

Material:	Natural latex *or* latex-free (TPE) — see label
Resistance levels:	typ. light / medium / heavy / extra heavy (colour coding depending on model)
Form:	Loop band / open band / tube with handles
Length:	depending on model (see label)

WARNING — Tearing hazard / eye injury: Before each use, check the band for **cracks, notches, wear and hardening**. Do not use in case of latex allergy (latex version). Do not stretch the band beyond its maximum elongation — typically max. 2.5 to 3 times the starting length. Never keep eyes and face in the direction of tension. Latex bands age even when unused and should be replaced every 12 months.

6.9 Yoga Block

Stable block as support and height adjustment in Yoga, Pilates and stretching exercises.

Material:	EVA foam / cork / hardwood (depending on model)
Dimensions:	typ. 23 × 15 × 7.5 cm
Net weight:	typ. 150–800 g (depending on material)
Properties:	non-slip surface, dimensionally stable

NOTICE: Do not use the block as a step or to stand on — risk of falling. Do not store EVA models in direct sunlight. Do not keep cork models permanently damp.

6.10 Barbell Beam (Toning Bar)

Slender weighted bar for Pilates and light strengthening exercises — low force input, high control input.

Material:	Steel tube with rubberised / vinyl-coated padding
Length:	typ. 90–120 cm
Weight:	typ. 1.5 / 2.0 / 3.0 kg (see label)
Application:	two-handed lifting, rotation and support exercises

WARNING: Do not use the bar as a lever tool or for pull-ups. Hold with both hands, never throw or drop. Do not hold overhead in an uncontrolled position.

7 · Care and cleaning

Product	Cleaning	Storage
Pilates / Yoga Mat	Damp cloth with mild soap solution or mat cleaner; wipe dry	Loosely rolled, not strongly compressed, cool and dry; not in sunlight
Pilates Ball / Soft Pilates Balls	Damp cloth; no solvents; do not spray with water directly	Dry, protected from sharp objects; not next to radiators; UV-protected
Pilates Ring / Weighted Form Ring	Wipe padding with a damp cloth; keep spring steel dry; if necessary wipe with slightly oily (resin-free) cloth	Dry, hanging or flat
Dumbbells	Damp cloth; no solvents on the coating	Dry, in a designated dumbbell rack or on a non-slip floor
Weight Cuffs	Wipe the cover with a damp cloth in case of light contamination; do not wash in washing machine	Dry, flat
Resistance Bands	Damp cloth; if necessary mild soapy water; let dry completely	Loose, not knotted, protected from sunlight and sharp edges; check every 12 months and replace if necessary
Yoga Block	EVA: damp cloth · Cork: dry or slightly damp cloth · Wood: dry	Dry, protected from sunlight and heat
Barbell Beam	Damp cloth; no solvents	Dry, safely stored

Hygiene in studios

For commercial studio use, cleaning after each use with a disinfectant approved for the respective material type is recommended. Latex and PVC products do not tolerate alcohol-based disinfectants without explicit material approval.

8 · Material information (REACH)

The materials used in the products (PVC, EVA, TPE, natural latex, polyester, neoprene, iron sand, spring steel, wood, cork) comply with the requirements of **Regulation (EC) No 1907/2006 (REACH)**. Substances of very high concern (SVHC) according to the candidate list are not contained in the products above the concentration limit of 0.1 % by mass, unless expressly stated.

An SVHC declaration can be requested from Bodyfit Handels KG.

> **Latex notice**
> Resistance bands made of natural latex may trigger allergic reactions in latex-allergic persons. **Latex-free versions (TPE)** are available for this group of persons — product selection according to the label on the product.

9 · Disposal

9.1 Packaging

Dispose of packaging materials (cardboard, films, polybags) in accordance with the applicable regulations of the respective EU Member State. Separate by material type and supply them to the corresponding collection. Bodyfit participates in the packaging disposal systems provided in each country (e.g., ARA in Austria, Lucid / ZSVR in Germany, Citeo in France, CONAI in Italy, Ecoembes in Spain).

9.2 Products at end of life

The accessories are **purely mechanical consumer products** without electronic components, without batteries and without accumulators. They do not fall under waste-electrical-equipment or battery regulations. Separate by material type:

- PVC, latex, TPE, EVA, neoprene, polyester (balls, bands, mats, cuff cover, yoga block foam) → residual waste or proper recycling
- Iron / steel (dumbbells, spring steel ring, Barbell Beam, iron sand filling of weight cuffs) → metal recycling
- Cork, wood (Yoga Block variant) → biological recycling / wood recycling

10 · Conformity (GPSR / REACH)

Bodyfit Handels KG as the entity placing the product on the market in the European Union declares that the Pilates and Yoga accessories of the product line The Virtù Line meet the requirements of the following European regulations:

- **Regulation (EU) 2023/988** on general product safety (GPSR)
- **Regulation (EC) No 1907/2006 (REACH)** including SVHC restrictions
- Applicable national packaging regulations and, from 12 August 2026, the **EU Packaging Regulation (PPWR)**

A CE marking is not required for this product category, as the accessories fall neither under the Machinery Directive 2006/42/EC nor under any other CE-mandatory directive. A GPSR declaration of conformity is kept at Bodyfit Handels KG for inspection by the competent market surveillance authorities.

11 · Warranty

The complete warranty terms are enclosed with this document as a **separate warranty booklet** and can be downloaded at **www.virtu-line.com**. They govern the content, duration, geographical scope and assertion of the voluntary manufacturer's warranty as well as the relationship to the statutory warranty.

11.1 Overview of warranty periods for accessories (abridged version)

Product group	Warranty
Pilates Ring / Weighted Form Ring (spring steel construction)	2 years
Dumbbells / Barbell Beam	2 years
Yoga Block (EVA / cork / wood)	2 years
Pilates / Yoga Mat	1 year
Pilates Ball (anti-burst PVC) / Soft Pilates Balls	1 year
Weight Cuffs (cover and closure)	1 year
Resistance Bands (latex / TPE) — wear part	6 months

Wear parts (in particular resistance bands, padding surfaces, hook-and-loop fasteners, mat surfaces) are excluded from the voluntary warranty insofar as normal wear is concerned — statutory warranty rights remain unaffected by this.

> **Statutory warranty**
> The statutory warranty under the Austrian Consumer Warranty Act (VGG) or the corresponding national transpositions of the EU Sale of Goods Directive 2019/771 in other Member States remains unaffected by the voluntary warranty.

12 · Frequently asked questions (FAQ)

Why does the product not have a CE marking?

Pilates and Yoga accessories do not fall under any EU directive that mandates a CE marking. They are nevertheless subject to the EU-wide General Product Safety Regulation (GPSR) and the Chemicals Regulation (REACH). Conformity is declared by the entity placing the product on the market, Bodyfit (see Section 10).

My Pilates Ball loses pressure — what should I do?

For slow, even pressure loss, re-inflate. For sudden or strong pressure loss, **discard the ball immediately** — the anti-burst function prevents abrupt failure, but the ball can no longer be loaded safely.

How long do resistance bands last?

For normal home use typically 6–18 months, in studio operation considerably shorter (3–6 months). Latex bands also age when unused — recommendation: visual inspection after 12 months and, if necessary, replacement regardless of wear condition.

Are the products suitable for children?

The accessories are **not toys** and not suitable for children under 3 years (choking hazard from small parts). Older children may handle the products only under the direct supervision of an adult.

Which size of Pilates Ball is right for me?

Rule of thumb by body height: 55 cm (up to 165 cm), 65 cm (165–185 cm), 75 cm (over 185 cm). When sitting, upper and lower legs ideally form a right angle.

I am latex-allergic — what should I look out for?

Choose only resistance bands marked as **latex-free (TPE)**. The Pilates Ring / Weighted Form Ring also contains no latex (spring steel + EVA / PU foam).

Can I wash the Yoga Mat in the washing machine?

No. Clean with a damp cloth and a mild mat cleaner or mild soap solution, then let it dry well. Machine washing damages the material and the non-slip surface.

How do I store resistance bands properly?

Loosely folded or rolled, not knotted, in a dry, cool, dark place. UV light and heat significantly accelerate material ageing.

My Pilates Ring squeaks — is this a defect?

Slight noises caused by friction of the padding against the spring steel are not critical. In case of loud creaking, visible cracks on the spring steel or loose padding: discard.

Are the dumbbells suitable for outdoor training?

No. The vinyl- or neoprene-coated dumbbells are intended exclusively for dry indoor environments. Moisture and UV radiation damage the coating.

13 · Manufacturer and contact information

Person placing on the market / responsible in the EU

The Virtù Line

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Service & Support

For service requests, spare parts orders (e.g. resistance bands, cuffs, balls, rings, mats) and warranty cases, please contact the address above or your authorised The Virtù Line dealer.

Recommended trainer introduction

The Virtù Line recommends an introduction by a qualified Pilates or yoga trainer before first use. On request, a professional introduction service can be booked through The Virtù Line or authorised partners.

Note: These instructions have been prepared in accordance with Regulation (EU) 2023/988 (GPSR), Regulation (EC) No 1907/2006 (REACH) and EN IEC/IEEE 82079-1 (preparation of instructions for use).

Translation of the Original Instructions — the binding language version is German. In case of contradiction between language versions, the German version prevails.

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