THE VIRTÙ LINE

Assembly and User Manual

Pilates Cadillac

Product line:	The Virtù Line
Scope:	All Cadillac models of the product line
Model, serial number, loading class:	see label on the device
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Conformity:	GPSR (EU) 2023/988 · benchmark EN ISO 20957-1 · purely muscle-powered — no CE marking required. A GPSR Declaration of Conformity is provided free of charge on request.

TRANSLATION OF THE ORIGINAL INSTRUCTIONS

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Safety pictograms — overview

The following symbols are used throughout this manual and on the device. They comply with the standards **ISO 7010** and **EN ISO 20957**. The symbols must be observed without exception.

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

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

W018 — Spring tension
Stored energy. Always engage springs fully.

W024 — Crushing hazard
Keep hands, fingers and feet clear.

P027 — Keep children away
Children are not permitted near the device without adult supervision.

Max. 1 person
The device is intended for use by one person at a time.

Max. user weight
Value: see label on the device.

Indoor use only
Use exclusively in dry indoor spaces.

1 · Introduction and notes on this document

This translation of the original instructions contains all information required for safe assembly, commissioning, operation, maintenance and disposal of the device. It forms part of the product and is 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 of the device. Keep it near the device for future reference and pass it on to any third party in case of resale, lease or transfer.

1.1 Scope

This document applies to **all Cadillac models** of the The Virtù Line product line, unless explicitly stated otherwise. The Cadillac is a stationary Pilates training device with a surrounding cage frame at the head and foot end, equipped with a push-through bar (trapeze bar), upper spring anchors, roll-down bar, pull-up bar and further attachment points for an extended exercise spectrum. Some Cadillac models may additionally include an integrated Reformer base (carriage, rail, foot bar). Illustrations are symbolic; deviations in equipment and detail of individual Cadillac models do not constitute a defect, provided function and safety are not impaired.

1.2 Signal words used

Signal word	Meaning
DANGER	Imminent danger — serious injury or death possible.
WARNING	Potentially dangerous situation — serious injury possible.
CAUTION	Potentially dangerous situation — minor injury or material damage possible.
NOTE	Important information without injury risk.

3 · Intended use

The device is a **stationary training device** for Pilates exercises with an extended exercise spectrum thanks to the Cadillac frame. It is intended exclusively for:

- Pilates training (Reformer Pilates and Cadillac/Tower exercises) indoors;
- Use by one person at a time;
- Use by healthy adults within the specified user weight;
- Use in private homes *or* commercial studios — depending on the loading class according to EN ISO 20957 (see cover and section 7).

Any other use is considered not intended. The operator or user is responsible for damage resulting from such use. Statutory claims, in particular under product liability law, remain unaffected.

4 · Reasonably foreseeable misuse & residual risks

The following uses are not permitted:

- Medical, therapeutic or rehabilitative use without medical or qualified professional guidance
- Use by children without direct adult supervision
- Simultaneous use by more than one person
- Climbing, hanging or swinging on the Cadillac frame outside of the intended exercises
- Outdoor use, use in damp rooms or on wet surfaces
- Unauthorised modification, alteration or repair
- Use of damaged, worn or non-approved spare parts
- Jumping, impact loading, standing on shoulder pads or spring bar
- Exceeding the maximum user weight
- Use as a play device, seat or storage surface
- Attaching resistance bands, ropes, straps or other aids to the device
- Using the device as a support or bracing point for stretching exercises
- Inserting objects into openings, rails, guides or tube ends

Residual risks (despite design protection measures)

- **Stored energy in springs:** Springs that detach or break can release high forces — at the Cadillac frame also from above and at the sides.
- **Crushing and shearing points:** At spring bar, foot bar, shoulder pads, push-through bar and trapeze bar.
- **Head zone at the frame:** When standing up and during exercises with the push-through bar, keep an eye on head, hands and fingers.
- **Trip and fall hazard:** Caused by ropes, pads or accessories left lying around.
- **Injury from incorrect technique:** In case of poor form or overload.

5 · Safety information

5.1 General safety

WARNING — Risk of injury from improper use

- Use the device only in **perfect technical condition**.
- Do not use the device if you observe visible damage, unusual noises or malfunctions.
- Place the device on a **flat, stable, non-slip surface** indoors.
- Maintain a clear safety zone of **at least 0.6 m** on each side of the device. Pay attention to the ceiling height when using the Cadillac frame.
- Wear suitable, close-fitting sportswear. Do not allow loose ribbons, jewellery or hair near moving parts.
- Make sure that **all springs — at the lower spring hooks as well as on the Cadillac frame — are fully and correctly engaged before each use**.
- If a Reformer base is included: secure the carriage with at least one spring when not in use.
- Move the Cadillac only with secured springs, free-running ropes, a locked carriage (if present) and a secured trapeze bar.

5.2 Group of users

- The device is intended for use by **one person at a time**.
- Do not exceed the maximum user weight (see label on the device).
- **Minimum age 14 years.** Children and adolescents under 14 must not use the device on their own.
- **Children** may approach the device only under direct adult supervision. The device is not a toy.
- Persons with limited physical, sensory or cognitive ability may use the device only under supervision or after instruction.
- In case of pregnancy, existing illnesses, post-operative restrictions or musculoskeletal complaints: **consult a physician** before training.

5.3 Health information

Stop training if you feel unwell

Stop training immediately in case of chest pain, dizziness, shortness of breath, weakness or other discomfort and consult a physician. Pilates training does not replace medical treatment.

5.4 Safety during assembly

- Assembly by **two adults** is recommended — the Cadillac frame is tall and bulky and needs stabilisation during assembly.
- Use tools only as intended. Inspect the screw connections at the Cadillac frame particularly carefully.
- Only put the device into operation after **complete assembly and visual inspection**.

5.5 Safety during operation

- Before each use: visual inspection of springs (lower hooks and on the Cadillac frame), spring hooks, ropes, handles, shoulder pads, trapeze bar, push-through bar and screw connections.
- If a Reformer base is included — mounting: place one foot on the foot platform first, then the second foot on the carriage. Dismount in reverse order.
- Move slowly, controlled and deliberately — never abruptly.
- For exercises with the trapeze bar / push-through bar: check the firm fit beforehand, build up spring tension in a controlled manner, return in a controlled manner.
- Reduced spring tension increases the level of difficulty and demands more body control.
- Jumping or impact loading is permitted only via the jump board (Reformer base) and only as approved for the specific model.

5.6 Safety during maintenance and cleaning

- Carry out maintenance and spring replacement only on the **device when not in use and unloaded**.
- Before any work, release and secure all springs — including the upper springs on the Cadillac frame — so that no stored energy is acting.
- Use only **original spare parts or spare parts approved by The Virtù Line**.
- Do not use aggressive cleaners, solvents, alcohol or abrasives.
- Clean with a damp cloth — never apply water directly to mechanical components.

5.7 Installation site and ambient conditions

- **Do not place the device in main walkways, escape routes or in front of emergency exits.**
- The installation surface must be **level, load-bearing, firm and non-slip**.
- Keep a free safety zone of **at least 0.6 m** all round. In the direction from which the device is accessed, the free zone must be **at least 0.6 m larger than the exercise area**.
- Indoor use only: dry, well ventilated, **no direct draught**, +5 °C to +40 °C, max. 70 % relative humidity. Outdoor use and use in damp rooms or swimming pool areas is not permitted.
- **Floor protection:** On sensitive floor coverings (parquet, laminate, cork, vinyl, carpet) place a **floor protection mat** underneath. It protects against pressure marks and perspiration and compensates for minor unevenness.

- Do not place the device close to radiators, air conditioners or fireplaces, or in direct sunlight.
- Adjustment devices must not protrude in a way that obstructs the movement of the person training.

5.8 Duties of the operator / owner

Passing on the safety information

- The operator or owner of the device must **demonstrably pass on all warnings and instructions contained in this manual to every user** before they use the device for the first time.
- This manual must be kept **accessible at or near the device** at all times and must be handed over in the event of transfer, rental or resale.
- For **class S** (studio, club, hotel, rehabilitation, corporate fitness) the owner regulates access, supervision and control of the device and bears the legal responsibility for this.
- The operator ensures that the prescribed **inspection and maintenance intervals** (section 11) are observed and documented and that defective devices are **secured against further use** until repaired.
- Safety labels and pictograms attached to the device must remain legible and must be replaced if damaged.

6 · Scope of delivery

- Cadillac frame (cage construction)
- Mat / upholstered lying surface
- Push-through bar (trapeze bar) with mounts
- Trapeze bar / trapeze strap
- Roll-down bar
- Pull-up bar
- Sheepskin handles
- Hip pads
- Leg straps
- Springs (upper) for spring anchors
- Springs (lower) for spring hooks
- Foot pads / feet of the frame
- Assembly tools
- This user manual
- Reformer-base components (only for Cadillac models with integrated Reformer base): carriage, rail, foot bar, shoulder pads, foot platform / jump board, pulley bars, ropes, headrest, wheels, carriage stoppers
- Model-dependent accessories (e.g. Pilates box, mat, additional pads) — as per delivery note

Inspection on receipt

Inspect the contents immediately upon delivery for completeness and transport damage — in particular the Cadillac frame components (bars, cross braces, upper spring anchors). Please report any defects as soon as possible. The statutory warranty rights remain unaffected.

7 · Technical data

This manual applies to **all Cadillac models** of the The Virtù Line product line. Model-specific values (model name, serial number, loading class, dimensions, own weight, max. user weight) are to be taken from the **label on the device** and the product data sheet.

Feature	Value
Model, serial number, loading class, dimensions, own weight, max. user weight	see **label on the device** and product data sheet
Loading classes according to EN ISO 20957	**H** = home use (max. 3 h daily use) · **S** = studio / commercial (intensive continuous use)
Spring colours / resistance levels	Yellow / Green (light) · Red (medium) · Blue / Black (heavy) — number and configuration depending on model
Frame material	Wood and/or metal (depending on model)
Cadillac frame material	Aluminium or steel tube construction with powder coating
Upholstery	PVC cover on foam core
Operating range	Indoor, dry environment, +5 °C to +40 °C, max. 70 % relative humidity
Minimum installation area	Device dimensions plus **at least 0.6 m** free safety zone on every side. Minimum height: Cadillac frame height plus approx. 30 cm clearance to ceiling.
Maximum body height of the user	**195 cm**
Minimum age	**14 years**

Model designation and serial number

The model designation, serial number and the model-specific values are shown on the **label on the underside of the device frame**. Please have this information ready for service enquiries, spare part orders and warranty claims. The serial number is unique and serves to ensure traceability of the device.

8 · Component overview

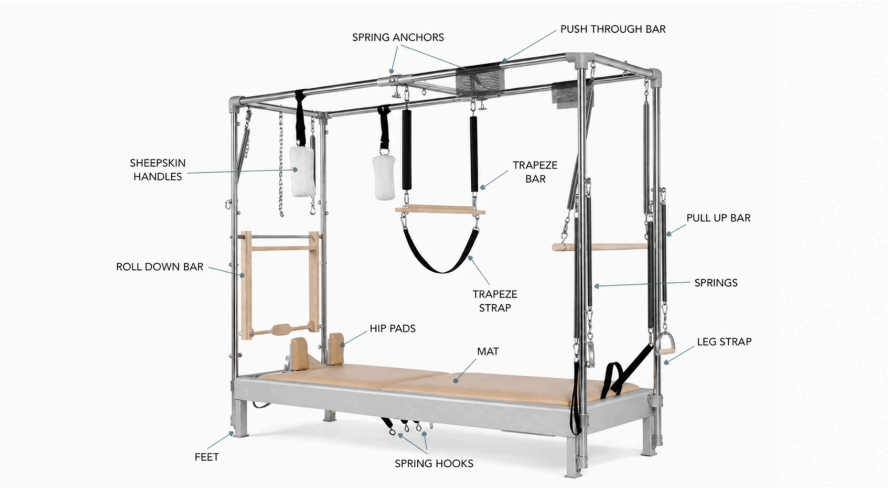

Fig. 1 — Main components of the Cadillac (example illustration)

Cadillac frame (always included)

Push Through Bar	Push-through bar at the upper frame
Spring Anchors	Spring attachment points at the upper frame
Sheepskin Handles	Sheepskin-covered handles
Trapeze Bar	Wooden trapeze bar
Trapeze Strap	Trapeze loop / strap
Pull Up Bar	Pull-up bar (side of the frame)
Roll Down Bar	Roll-down bar with springs
Hip Pads	Padded hip rests
Mat	Lying surface / upholstered mat
Springs	Springs at the spring anchors
Leg Strap	Leg strap
Spring Hooks	Spring hooks at the lower frame
Feet	Feet of the frame

Reformer components (only on Cadillac models with integrated Reformer base)

Carriage	Sliding platform
Rail	Guide rail
Carriage Stoppers	Limiters for the carriage travel
Shoulder Pads	Shoulder pads on the carriage
Headrest	Adjustable head support on the carriage
Foot Bar	Foot bar (front bar)

Foot Platform / Jump Board	Foot platform / jump board
Pulley Bars	Pulley bars on the Reformer
Pulley Rope	Pulley rope with handle
Wheels	Wheels for repositioning

9 · Assembly

Before you begin

- Plan with at least **2 adults** for assembly — the Cadillac frame is tall and heavy and needs stabilisation during assembly.
- Prepare the installation site: flat, stable floor, sufficient space, minimum room height clearly above the Cadillac frame height, use a protective underlay if needed.
- Have tools ready: screwdriver, hex key and hammer (some tools are included in the delivery).
- Open the packaging step by step, sort the components and check them against the delivery note — in case of visible transport damage, contact The Virtù Line or your authorised dealer immediately.
- Only start assembly once all components are present and undamaged.

9.1 Unpacking and positioning

1. **Open the safety closures of the packaging.** Use a screwdriver and hammer to release the safety closures on the packaging. Lift off the carton carefully — the device surfaces may be sensitive to scratches.
2. **Remove and position the frame.** Two persons take the frame out of the box, place the feet carefully on the floor and remove the remaining components according to the delivery note. Lay out all parts clearly, and the Cadillac frame components separately.
3. **Attach the feet/wheels to the underside.** If the feet or wheels are not pre-mounted, screw them according to the instructions onto the intended mounts on the underside of the frame.

9.2 Mounting shoulder pads and bars

4. **Place the shoulder pads** (only on Cadillac models with integrated Reformer base). Place the shoulder pads on the headrest end of the carriage. Choose the desired shoulder spacing and adjust the shoulder pad supports as far as possible so they sit firmly and securely.
5. **Mount the pulley bars** (only on Cadillac models with integrated Reformer base). Insert the anchor pieces into the metal mounts of the bars, place the bars on the intended side and tighten the screws. Make sure both sides are at the same height and symmetrically positioned.
6. **Check the position and fixing.** Check that all parts are in the correct position and that all screws are firmly tightened.
7. **Adjust the height of the pulley bar.** Set the pulley bar to the desired training height.

9.3 Erecting the Cadillac frame

> **WARNING — Erect the Cadillac frame with two persons**
> The Cadillac frame is tall and heavy. Assembly and raising must be performed by two persons. Never erect alone — risk of tipping and risk of injury from impact.

8. **Prepare the Cadillac frame components.** Lay out the vertical bars, the cross braces and the upper spring anchors clearly. Inspect all bars for damage and check that all screw connections are complete.
9. **Bolt the Cadillac frame to the base frame.** Attach the vertical Cadillac bars to the dedicated mounts at the head and foot end of the base frame. One person holds the frame in position, the other tightens the screws hand-firm. Tighten the screws fully only after pre-fixing on all sides.
10. **Mount the cross braces.** Insert the cross braces (top and, where applicable, mid-level) between the vertical bars and bolt them in place. After every screw connection, check the right angle and stability.
11. **Attach the push-through bar (trapeze bar).** Hook the push-through bar into the dedicated mounts on the Cadillac frame and secure it at the intended fixing points. For spring operation: engage the springs fully on both sides into the spring anchors, then attach the trapeze bar to the springs.
12. **Attach the roll-down bar, pull-up bar, sheepskin handles and remaining accessories.** Attach the remaining accessories using the dedicated hooks, springs and straps at the corresponding fixing points on the Cadillac frame.
13. **Final check of the Cadillac frame.** Check that all screw connections, springs and attachments sit firmly. Gently rock the frame — it must stand absolutely solid, without any movement. If there is play: retighten the screws and check the mounts.

9.4 Ropes, handles and foot loops

14. **Pre-set the rope length using the retractable rope system.** The retractable rope system makes it easy to set the desired rope length. Pull the rope out and let it stay at the desired length.
15. **Feed the ropes through the pulleys.** Feed the ends of the ropes through the pulleys and adjust the desired length using the T-screws. Then attach the handles of your choice.
16. **Attach the leg straps and trapeze straps.** Hook the leg straps into the lower spring hooks and the trapeze straps into the upper spring anchors. Check the firm fit before using the device for training.

9.5 Mounting the foot bar

Only required on Cadillac models with integrated Reformer base. The following steps are only to be carried out if the Cadillac model includes a Reformer assembly (carriage, rail, foot bar). Skip this section for pure Cadillac models without a Reformer.

17. **Release the rail screw and adjustment wheel.** First release the rail screw and remove the adjustment wheel to make assembly easier. Repeat the procedure on the opposite side.
18. **Position the bar correctly.** Make sure the bar sits loosely and is not jammed in the position-change system. This makes it easier to move the bar and allows precise placement on the rail.
19. **Insert the foot bar into the slots.** Insert the bar into the intended slots of the rail and position both the adjustment wheel and the screw at the desired height. Then tighten the connections firmly.

9.6 Foot platform / jump board

Only required on Cadillac models with integrated Reformer base. Skip this section for pure Cadillac models without a Reformer.

20. **Insert the foot platform or jump board.** Insert the padded foot plate simply into the intended slot. The same slot can alternatively hold the jump board — depending on the form of training.
21. **Fix the platform securely.** Tighten the lower front wheels as far as possible to fix the foot platform and the jump board securely. For additional stability when using the jump board, lift the foot bar until it reaches the stop.

9.7 Carriage stoppers, carriage, spring bar and headrest

Only required on Cadillac models with integrated Reformer base. Skip this section for pure Cadillac models without a Reformer — the lower springs are hooked directly into the spring hooks on the frame on these models.

22. **Position the carriage stoppers.** The carriage stoppers can be positioned and exchanged in the intended bores as required. They limit the travel of the carriage — check that they sit firmly.
23. **Place the carriage onto the rail.** Place the carriage carefully into the guide rails. Check that it moves smoothly without spring tension.
24. **Insert the spring bar and engage the lower springs.** Place the spring bar in the intended position and check that it sits firmly. Engage the springs fully on both sides into the spring hooks. Use the springs to choose the desired resistance.

25. **Mount the headrest.** Place the headrest on the headrest end of the carriage and adjust the desired tilt.

26. **Final inspection before first use.** Carry out a systematic visual inspection:
    - Are all screw connections at the frame, Cadillac frame, bars, rails (if applicable), shoulder pads (if applicable) and foot bar (if applicable) firmly tightened?
    - Are all springs — at the lower spring hooks and at the spring anchors on the Cadillac frame — fully and securely engaged on both sides?
    - Push-through bar / trapeze bar securely fixed in the mounts?
    - If a Reformer base is included: does the carriage move smoothly along the rail without scraping noises?
    - Are the ropes evenly fed through the pulleys, with no twists or knots?
    - Cadillac frame absolutely wobble-free?
    - Is the device standing on a flat, non-slip surface?
    - Is a clear safety zone of at least 0.6 m available all around the device, with sufficient ceiling height above the Cadillac frame?

> **WARNING — Before first use**
>
> A spring that is not fully engaged — at the lower spring hooks or on the Cadillac frame — can detach under load with high force and cause severe injury. Check **before every use** that all springs are fully and securely engaged on both sides. After the first training sessions, retighten all screw connections — settling is normal and material-related, and is particularly relevant at the Cadillac frame.

10 · Commissioning, operation & training information

10.1 First commissioning

1. Visual inspection of the assembled device as per section 9.7 (final inspection checklist).
2. Move the trapeze bar / push-through bar in a controlled manner without load, check the spring resistance on the Cadillac frame.
3. If a Reformer base is included: test run of the carriage without spring tension, then engage one spring and move the carriage in a controlled manner.
4. After the first training sessions, check all screw connections — particularly on the Cadillac frame — and retighten if necessary.

10.2 Choosing the spring resistance

The spring colours indicate different resistance levels (varying slightly depending on the model):

Colour	Resistance	Typical application
Yellow / Green	light	Beginners, mobility, precise stabilisation exercises, introduction to trapeze bar
Red	medium	Standard, majority of exercises
Blue / Black	heavy	Leg work, jumping, strength exercises, push-through for advanced exercises

Rule of thumb: start light — technique and control come before load. More springs do not automatically mean better training. Start with a light spring especially for exercises on the Cadillac frame.

10.3 Mounting and dismounting

1. If a Reformer base is included: carriage secured with at least one spring.
2. Mount: place one foot on the foot platform first, then the second foot on the carriage (with Reformer base) or directly onto the mat (without Reformer base).
3. Dismount: in reverse order.
4. For exercises on the Cadillac frame: take the position first, start with the trapeze bar in a controlled manner, never make sudden movements.

10.4 Notes on training

- Pilates training is based on **controlled, precise movements**. Train slowly and deliberately.
- Use the device exclusively for **officially recognised Pilates exercises** — Cadillac/Tower exercises and, where applicable, Reformer Pilates.

- Before first use, get instructions from a **qualified Pilates instructor** — particularly for the exercises on the Cadillac frame.
- Pay attention to clean form — never abrupt.
- After training: re-engage all springs (top and bottom) properly, secure the carriage if applicable, return the trapeze bar to the rest position, store accessories.

10.5 Training clothing

- Wear **close-fitting, breathable sportswear**. Wide or loose clothing, ties, cords, scarves and jewellery can become caught in moving parts.
- Tie back long hair.
- Pilates is 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 upholstery.

10.6 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 the device or at the lowest resistance):

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. Start the first exercises on the device 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.

10.7 Muscle groups involved

Training on this device primarily engages:

- Deep core and abdominal muscles (powerhouse)
- Back muscles, spinal stabilisers
- Gluteal muscles
- Leg and hip muscles
- Arm and shoulder muscles
- Chest muscles
- Pelvic floor

Maintain a **neutral spine position** throughout the session: no hollow back, no rounded back. Do not fully extend the legs; keep a slight bend in the knee and elbow joints in the end

position.

10.8 Training frequency and health information

- **Frequency:** For beginners, **2–3 sessions per week** of 30–60 minutes each are common. More frequent training is possible if intensity and focus are varied and sufficient recovery time remains.
- **Progression:** Start with a low load and 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.

11 · Maintenance, care and cleaning

11.1 Maintenance intervals

Component	Interval	Action
Screw connections at the base frame and Cadillac frame	before each use (visual) / monthly (retighten)	Check tightness, retighten if necessary
Springs (at the lower spring hooks and on the Cadillac frame)	before each use (visual) / at the latest every **2 years** or after **3,000 hours of use**	Visual inspection; in case of damage or expiry: replace
Push-through bar / trapeze bar	before each use	Check the attachment and firm fit
Ropes, handles, foot loops, leg straps	before each use	Check for fraying, cuts, wear — replace if damaged
Rails (if Reformer base included)	weekly	Clean, remove dust and hair
Wheels, rollers (if applicable)	monthly	Check for smooth running — replace in case of imbalance or noise
Upholstery / mat	after each use	Clean with damp microfibre cloth
Moving parts	twice a year	Lubricate sparingly with **silicone spray**

11.2 Cleaning

- Upholstery / mat: soft cloth, mild soap solution, then wipe with clean water, allow to dry completely.
- Frame, Cadillac frame and mechanics: dry or slightly damp cloth.
- **Forbidden:** solvents, alcohol-based cleaners, disinfectants, abrasives — they damage upholstery and coating and may void warranty claims.

11.3 Lubrication

> **Use silicone lubricant only**
> No oil, no grease, no wet lubricants. Apply sparingly — wipe off excess lubricant with a clean cloth.

12 · Springs — inspection and replacement

Springs — both at the lower spring hooks and on the Cadillac frame — are **safety-relevant wear parts**. They must be inspected regularly and replaced at the latest every **2 years** or after **3,000 hours of use** — whichever comes first.

12.1 Inspection criteria (in unloaded state)

- Gaps between coils
- Kinks, deformations, material fatigue
- Corrosion, rust spots
- Damaged attachments / hooks

> **DANGER — Spring breakage under load**
> A spring breaking during use — at the lower spring hooks or on the Cadillac frame — can cause severe injury. Stop use immediately if damage is detected and replace the spring without delay.

12.2 Replacement

1. Take the device out of operation, lock the carriage if applicable, return the trapeze bar to an unloaded rest position.
2. Release the old spring fully on both sides from the spring hooks or from the spring anchors on the Cadillac frame — no tension on the spring.
3. Engage the new spring exclusively in the dedicated hooks.
4. Check the fully closed and secure fit on both sides.
5. Functional check without load.

> **Use original springs only**
> Use only original springs or springs approved by The Virtù Line. The use of non-approved springs will void the warranty and constitutes a safety hazard.

13 · Troubleshooting

Problem	Possible cause	Remedy
Carriage runs unevenly (Reformer base)	Dirt or hair in the rails; misadjusted rollers	Clean the rails; check roller position
Squeaking noises	Insufficient lubrication of moving parts	Lubricate sparingly with silicone spray
Cadillac frame wobbles	Loose screw connections; mounts worn	Stop use immediately — check screws on the Cadillac frame and at the mounts, retighten or have replaced
Spring slips out of the attachment	Spring not fully engaged; hooks worn	Stop use immediately — check spring/spring hook, replace if necessary
Trapeze bar wobbles or hangs crooked	Loose attachment; springs too loose on one side	Retighten attachment, check spring tension on both sides
Screw connections become loose	Settling effect after first assembly / frequent load	Retighten the screw connections — if recurring, contact service
Upholstery shows tears	Friction from jewellery / clothing; ageing	Replace upholstery — check training clothing
Rope frayed	Wear	Replace rope immediately

14 · Transport and storage

- Before any movement: release or secure all springs (top and bottom), lock the carriage if applicable, return the trapeze bar to the rest position, coil up the ropes, remove loose accessories.
- Lift the device only at stable frame parts — never at the Cadillac frame, spring bar, foot bar or upholstery.
- For longer transports, dismount the Cadillac frame or secure it against tipping (task for at least 2 persons).
- Store in dry indoor spaces, protected from direct sun and heat sources; do **not** place wood frames near radiators, air conditioners or fireplaces.
- If not used for an extended period: release tension on the springs and cover with a fabric cover.
- Choose the storage location so that **unauthorised use by third parties or children is ruled out**.

14.1 Moving the device

- Release or secure all springs, lock the carriage and return the trapeze bar to the rest position before moving the device.
- If your model has transport wheels: lift the device at a **stable frame part** until the weight rests on the wheels, then push it in a controlled manner. Because of the tower, work **in pairs** — risk of tipping.
- Without transport wheels the device must be carried (at least two persons) or dismantled before transport.
- Never lift at the Cadillac tower, spring bar, bars, ropes or upholstery.
- **Floor protection:** On sensitive floors (parquet, floorboards, laminate, vinyl) line the transport route with cardboard, felt glides or a protective mat to avoid scratches and pressure marks.
- After every change of location: check the level and firm stand, the ceiling clearance and the safety clearances according to section 5.7 again.

15 · Disposal

The device and its packaging may not be disposed of in household waste. Observe the national regulations.

15.1 Packaging

- Cardboard, paper: paper recycling.
- Plastic films, padding: plastic recycling.
- Wood (packaging wood): wood recycling stations or municipal bulky waste. Observe the national regulations of your country regarding the disposal of packaging wood.

The packaging has been registered with a licensed collection and recovery system in the respective EU member state (examples: ARA/ERA in Austria, ZSVR/LUCID in Germany, Citeo in France, CONAI in Italy, Ecoembes in Spain). Please dispose of packaging materials according to local regulations.

15.2 Device

- **Metal parts** (frame, Cadillac frame, springs, screws): metal recycling.
- **Wood parts**: wood recycling or municipal bulky waste.
- **Upholstery** (PVC with foam): plastic collection; in case of composite material, residual waste.
- **Ropes, straps, textile components**: residual waste or textile recycling.

> **Not an electrical device**
> This product contains **no electrical or electronic components** and is not subject to the Waste Electrical and Electronic Equipment Directive (WEEE).

16 · Conformity (GPSR)

The device is **purely muscle-powered** (no motor, no electronics) and is therefore **not machinery** within the meaning of Machinery Directive 2006/42/EC; it does **not bear a CE marking**. The governing legal basis is the GPSR (EU) 2023/988. A **GPSR Declaration of Conformity** for the product line is provided free of charge on request.

Applied legal provisions and referenced standards (state of the art):

- General Product Safety Regulation (EU) 2023/988 (GPSR)
- EN ISO 20957-1 — Stationary training equipment, safety requirements
- EN ISO 12100 — Risk assessment
- EN IEC/IEEE 82079-1 — Preparation of information for use

17 · Warranty

Bodyfit Handels KG grants the original buyer a voluntary Light Commercial Warranty based on a maximum use of 27.5 hours per week, beginning from the date of purchase as per the original invoice. The buyer's statutory warranty rights remain unaffected.

17.1 Warranty periods

Component	Warranty
Metal / aluminium frames, Cadillac frame construction, welded constructions	3 years
Wood frames, gear bars and foot bar mechanisms	3 years
Other load-bearing components	2 years
Wear-related components (ropes, straps, spring clips, handles, wheels, foot loops, powder coating)	1 year
Springs (or max. 3,000 operating hours)	2 years
Upholstery	6 months

For wood frames: material may not be placed near radiators, air conditioners or other heat or cold sources — temperature- and humidity-related changes are not covered by warranty.

17.2 Not covered

- Normal wear and wear parts
- Cosmetic defects, scratches, paint wear
- Damage from improper use, negligence or misuse
- Unauthorised modifications or repairs
- Damage from unsuitable cleaners
- Transport, shipping, customs and assembly costs
- Consequential, indirect or incidental damages
- Damage from theft, fire, water, fall, external influences

17.3 Voiding of warranty

The warranty becomes void in particular if safety-relevant wear parts (especially springs) are not inspected and replaced in time, if safety and maintenance instructions are essentially disregarded, or if the device has not been used as intended.

Replacement of wear parts by the user according to this manual using original parts does not void the warranty.

17.4 Warranty handling

1. Report a warranty case in writing within **14 days** of becoming aware — preferably by e-mail to **info@bodyfit-shop.at**.
2. Provide invoice number, purchase date, description of the defect.

3. Obtain a return authorisation (RMA) before returning — returns without RMA will not be accepted.
4. The customer bears the cost of return shipping unless otherwise agreed in writing.

17.5 Limitation of liability

Liability of The Virtù Line under this voluntary warranty is limited to the time value of the device. Liability for indirect damages, consequential damages or lost profits is excluded, except in case of intent or gross negligence. The limitation does not apply in case of injury to life, body or health, intentional or grossly negligent conduct, or mandatory liability under product liability law.

17.6 Time value

Age from purchase date	Time value
up to 1 year	100 %
up to 2 years	80 %
up to 3 years	70 %
up to 5 years	60 %
over 5 years	40 %

17.7 Applicable law

Austrian law applies to this warranty relationship, with the exclusion of the UN Convention on Contracts for the International Sale of Goods (CISG). The place of performance and the exclusive place of jurisdiction for merchants is **Linz, Austria**.

18 · Frequently Asked Questions (FAQ)

What is a Cadillac in Pilates?
The Cadillac (also known as Trapeze Table) is a stationary training device with a surrounding cage frame. It includes a push-through bar, trapeze bar, roll-down bar, pull-up bar and various spring attachment points for an extensive range of Pilates exercises. Some Cadillac models also include an integrated Reformer base.

Is the Cadillac suitable for beginners?
Many exercises on the Cadillac are gentle and well accessible for beginners. More demanding exercises (e.g. on the trapeze) require instruction by a qualified Pilates instructor.

How do I set the right spring strength?
It depends on the exercise, training goal, body weight and experience. Rule of thumb: start light — technique and control come before load. Start with a light spring especially for exercises on the Cadillac frame.

How much ceiling height do I need?
The minimum room height should be clearly above the Cadillac frame height, with approximately 30 cm clearance for exercises. Dimensions are to be taken from the label on the device or from the product data sheet.

Can I retrofit the Cadillac frame later?
Retrofitting is not foreseen — please choose the appropriate model at the time of purchase or contact The Virtù Line sales directly.

How loud is the Cadillac in operation?
Very quiet when properly maintained. Noise usually comes from dust in the rails (if Reformer base included) or insufficient lubrication. Loose screw connections on the Cadillac frame can cause additional noise — check regularly.

How often should I train?
2–3 sessions per week are typical. Daily use is possible, provided intensity is varied.

Do I need to wear shoes?
No. Pilates is practised barefoot or with non-slip socks.

How long does a typical session take?
45–60 minutes. 30-minute sessions are also effective.

What if the Cadillac frame wobbles?
Stop use immediately. Check and retighten all screw connections at the Cadillac frame and at the mounts on the base frame. If wobbling persists, contact service — see section 13.

Are there any contraindications?
Yes, e.g. acute herniated discs, recent surgery, severe joint instability. Consult a physician or therapist before starting training — particularly for exercises on the Cadillac frame.

Is training during pregnancy possible?

Only after individual medical clearance and under instruction of a prenatal-trained instructor.

19 · Manufacturer and contact information

Person placing on the market / responsible in the EU

The Virtù Line
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Austria

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E-mail: info@bodyfit-shop.at
Web: www.virtu-line.com

Service & Support

For service requests, spare parts orders (e.g. springs, ropes, handles, upholstery) 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 reformer trainer before first use. On request, a professional assembly and introduction service can be booked through The Virtù Line or authorised partners.

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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