THE VIRTÙ LINE

User Manual

Pilates Systems

Ped-O-Pull · Spring Board · Wall Unit

Product line:	The Virtù Line
Scope:	All Pilates systems of the product line (Ped-O-Pull, Spring Board, Wall Unit)
Model, serial number, loading class:	see label on the device
Version / Date:	Rev. 1.3 · August 2026
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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 in this manual and on the device. They comply with the standards **ISO 7010** and **EN ISO 20957**. 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.

W018 — Spring tension
Stored energy. Hook springs in completely.

W024 — Hand crushing hazard
Keep fingers clear of spring hooks and bars.

Observe wall mounting
Only on load-bearing walls with suitable fasteners.

P027 — Keep children away
Access prohibited for unsupervised children.

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

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

1 · Introduction and notes on this document

These instructions — a translation of the original German manual — contain all the information required for safe set-up, wall mounting, commissioning, operation, maintenance and disposal of the device. 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, in particular before **wall mounting**. Keep it near the device for later reference and pass it on if the device is sold, rented out or transferred to a third party.

1.1 Scope

This document applies **across all models** of the Pilates systems of The Virtù Line:

- **Ped-O-Pull** — vertical Pilates training device with springs on both sides of a wooden upright;
- **Spring Board** (Wall Springboard) — wall-mounted wooden board with spring hooks at multiple heights for spring exercises;
- **Wall Unit** (Wall-mounted Cadillac variant / Tower of Power) — wall-mounted system with springs, push-through bar, roll-down bar and trapeze bar.

Illustrations are symbolic; deviations in the equipment and detail design of individual models are not defects, provided that function and safety are not impaired. The data applicable to each specific device (model designation, dimensions, net weight, max. user weight, loading class, serial number, number and characteristic of springs) is shown on the **label on the device**.

1.2 Signal words used

Signal word	Meaning
DANGER	Imminent hazard — serious injury or death possible.
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 devices are **spring-based Pilates training equipment**. They are intended exclusively for:

- Pilates exercises with spring resistance for strength, stability, mobility and posture in indoor environments;
- Training by one person at a time;
- Use by healthy adults within the specified user weight;
- Use in private households *or* in commercial studios — depending on the loading class according to EN ISO 20957 (see label on the device and Section 8);
- Spring Board and Wall Unit only after **professional wall mounting** on a suitable, load-bearing wall (see Section 9);
- Ped-O-Pull as a free-standing device on a non-slip surface *or* with wall mounting (model-dependent).

Any other use is regarded as not as 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 are not permitted in particular:

- Medical, therapeutic or rehabilitative use without medical or qualified professional guidance
- Use by children without direct adult supervision
- Use by several persons simultaneously
- **Wall mounting on non-load-bearing substrate** (drywall, plasterboard, timber stud wall without sufficient reinforcement, hollow walls)
- **Wall mounting with unsuitable anchors or screws**
- Climbing on or hanging from the device outside the intended exercises
- Use as a load suspension point
- Use outdoors, in damp rooms or on a wet floor surface
- Unauthorised modification, conversion or repair
- Use of damaged, worn, deformed or non-approved springs / spare parts
- Exceeding the maximum user weight
- Uncontrolled release of springs under tension
- Misappropriated springs (other manufacturer, different spring characteristic)
- Attaching resistance bands, ropes, straps or other aids to the device
- Using the device as a support or bracing point for stretching exercises outside the intended exercises
- Inserting objects into openings, guides, eyelets or tube ends

Residual risks (despite design protective measures)

- **Stored energy in springs:** Springs that come loose or break release energy abruptly. Hazard for eyes and face.
- **Failure of the wall mounting (Spring Board / Wall Unit):** In the case of poor mounting, unsuitable anchors or insufficient wall load-bearing capacity, the device can be torn out of the wall under dynamic load — serious injury, property damage.
- **Hand / finger crushing hazard:** At spring hooks, spring anchors, push-through bar (Wall Unit).
- **Impact hazard:** On bars, eyes, spring hooks, edges — particularly during movements under spring tension.
- **Tipping hazard Ped-O-Pull:** With the non-wall-mounted variant and uneven loading; with insufficient base plate stability.
- **Fall hazard:** During exercises with body weight in the springs (e.g., hanging, swinging).
- **Injury due to incorrect posture:** Caused by poor technique or overload.

5 · Safety information

5.1 General safety

WARNING — Risk of injury due to improper use

- Use the device only in **technically perfect condition**.
- Do not use the device if there are visible damages, cracks, loose screw connections, loose wall anchors or damaged springs.
- For Spring Board / Wall Unit: Before each use carry out a **visual inspection of the wall mounting** — no cracks in the plaster, no play between device and wall.
- Maintain a free safety zone around the device: **at least 1.0 m** in the main direction of movement, **at least 0.6 m** laterally.
- Wear suitable, close-fitting sportswear. Keep loose ribbons, jewellery or hair away from the springs.
- Make sure that **all springs are completely and correctly hooked in before each use** — spring hooks fully engaged in the spring receiver.
- Never let springs snap back uncontrollably — return them in a controlled manner.

⚠ DANGER — Failure of the wall mounting

Spring Board and Wall Unit transfer **significant dynamic forces** to the wall under load (typical peak loads: **2 kN to 5 kN** = equivalent to 200–500 kg). A poorly installed mounting may fail abruptly under load and cause serious to fatal injury.

Mounting must **only be carried out by qualified persons**, in accordance with the requirements in Section 9 and taking into account the structural conditions on site. In case of doubt, structural engineering advice is to be obtained.

DANGER — Spring tension

The springs operate under considerable preload. In the event of sudden release, in the event of a spring breaking, or in the event of improper unhooking, springs and spring hooks can snap back at high speed — **hazard for eyes and face**. Always keep eyes and face out of the spring path. Wear safety goggles when changing springs if necessary.

5.2 Group of persons

- The device is intended for use by **one person at a time**.
- The maximum user weight (see label on the device) must not be exceeded.
- **Minimum age 14 years.** Children and adolescents under 14 must not use the device on their own.

- **Children** may approach the device only under the direct supervision of an adult. The device is not a toy.
- Persons with reduced physical, sensory or cognitive capabilities may use the device only under supervision or after instruction.
- In case of pregnancy, existing illness, post-operative restrictions or musculoskeletal complaints: **seek medical advice before training**.

5.3 Health notice

> **Stop training in case of discomfort**
> Stop training immediately in case of pain in the chest, dizziness, shortness of breath, weakness or any other discomfort, and consult a doctor. Pilates training is not a substitute for medical treatment.

5.4 Safety during wall mounting

See Section 9 in detail. Key points:

- Use only load-bearing walls (solid construction made of concrete or solid brick).
- Anchors and screws used must be designed for the expected tensile and shear loads.
- For drywall / plasterboard / hollow walls: a load distribution plate or full-surface wooden subconstruction with anchoring in the load-bearing structure behind it is mandatory.
- In case of doubt: obtain structural engineering assessment.

5.5 Safety during operation

- Before each use: visually inspect springs, spring hooks, bars, straps, pulleys, screw connections and (Spring Board / Wall Unit) the wall mounting.
- Select the spring resistance in the rest position — never hook in or unhook springs during movement.
- Make sure that the spring hooks fully engage in the spring bar and exercise bar.
- Lower spring tension increases the difficulty level and requires more body control.
- Swinging or hanging exercises only with sufficient prior experience or under instruction.

5.6 Safety during maintenance and spring replacement

- Carry out maintenance and spring replacement only on the **device that is not in use and unloaded**.
- Before any intervention release and secure all springs so that no stored energy acts.
- When replacing springs: **wear safety goggles**, keep hands and face out of the spring path.
- Use only **original springs and original spare parts** or components approved by The Virtù Line — incorrect spring characteristics may lead to failure.
- Do not use aggressive cleaning agents, solvents, alcohol or scouring agents.

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 zone of **at least 1.0 m** in the main direction of movement and **at least 0.6 m** laterally. 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 12) — including, for wall-mounted devices, the **recurring torque check of the wall mounting** — 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 · Equipment overview (3 systems)

The following devices are part of the Pilates systems line of The Virtù Line. Construction, number of springs and functional scope may vary between models — the properties listed here apply across the product line.

6.1 Ped-O-Pull

Vertical Pilates training device: a padded wooden upright with springs and handles attached to both sides. Models available either **free-standing** with a large base plate or with **wall mounting**. The springs are gripped with both hands and pulled or pushed against the upright.

Typical use: shoulder and chest stability, posture, arm strength, isolated Pilates exercises in standing position.

6.2 Spring Board

Wall-mounted wooden board (typically approx. 90 × 200 cm) with embedded **eye screws or spring hooks at multiple heights**. Springs with handles, leg loops or bars are hooked in at these points. Compact, space-saving alternative to the Wall Unit.

Typical use: spring exercises for arms and legs, mobilisation and strengthening exercises from standing, seated and lying positions.

6.3 Wall Unit (Tower of Power)

Wall-mounted Cadillac variant: full Cadillac functionality (springs, **push-through bar, roll-down bar, trapeze bar, spring hooks on the spring bar**) wall-mounted without a free-standing frame. Multiple spring planes for a versatile range of exercises. Space-saving compared to the Cadillac.

Typical use: Cadillac or Tower exercises for full-body training, spinal mobilisation, supported lying exercises.

7 · Scope of delivery

The scope of delivery varies depending on the system ordered. The following components are generally included:

- Main device (Ped-O-Pull / Spring Board / Wall Unit)
- Springs (number and characteristic depending on model)
- Spring hooks / spring anchors
- Handles / loops / bars (model-dependent)
- Push-through bar (Wall Unit only)
- Roll-down bar / trapeze bar (Wall Unit only, depending on configuration)
- Base plate (free-standing Ped-O-Pull only)
- **Wall mounting set** for solid construction (Spring Board / Wall Unit / wall-mounted Ped-O-Pull) — screws + anchors
- Assembly tool
- Drilling template (model-dependent)
- This user manual
- Model-dependent accessories — as per delivery note

> **Inspection upon delivery**
> Check the scope of delivery immediately upon receipt for completeness and transport damage — in particular the springs (check for deformations), the bars and the fasteners. Please report any defects as soon as possible. The statutory warranty rights remain unaffected.

8 · Technical data

This manual applies to **all Pilates systems** of The Virtù Line product line. The model-specific values (model designation, serial number, loading class, dimensions, net weight, max. user weight, number and spring characteristic, max. load on wall anchor) are shown on the **label on the device** and on the product data sheet.

Feature	Value
Model, serial number, loading class, dimensions, net weight, max. user weight	see **label on the device** or 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
Construction	Load-bearing wooden frame (e.g., birch multiplex, beech) with metal fittings and steel wall brackets
Upholstery (Ped-O-Pull)	PVC cover on a foam core
Springs	Steel springs with reinforced spring hooks
Wall anchor max. load rating (Spring Board / Wall Unit)	Typical design for static load **1.5 kN** + dynamic peak load **5 kN** per anchor (model-dependent — see label)
Required wall	Load-bearing wall made of solid brick, solid masonry or concrete (minimum thickness 11.5 cm). For drywall / hollow walls: load distribution plate is mandatory (see Section 9.3).
Safety distance	≥ 1.0 m in the main direction of movement, ≥ 0.6 m laterally
Maximum environmental conditions	Temperature 5–40 °C, relative humidity ≤ 70 % (non-condensing)
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 device frame** — on free-standing devices on the underside, on wall-mounted devices on the rear or underside of the 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.

9 · Wall mounting (Spring Board / Wall Unit / wall-mounted Ped-O-Pull)

> **⚠ DANGER — Risk to life from improper wall mounting**
>
> Mounting must be performed **professionally and by qualified persons**. In case of uncertainty regarding wall properties, structural conditions or suitable fasteners, structural engineering advice is to be obtained. A faulty wall mounting may fail abruptly under load and cause severe to fatal injury.
>
> Responsibility for proper wall mounting rests with the operator.

9.1 Requirements for the wall

Wall type	Suitability	Requirement
Reinforced concrete (B25 or higher)	✅ ideally suited	Minimum thickness 10 cm. Use reinforced concrete anchors.
Solid brick / solid masonry	✅ suitable	Minimum thickness 11.5 cm. Use masonry screws or bonded anchors.
Vertically perforated brick / hollow brick	⚠ conditionally suitable	Special anchors for perforated brick + chemical anchoring recommended. No expansion anchors.
Aerated concrete (e.g., Ytong)	⚠ conditionally suitable	Special anchors for aerated concrete. Preferably with additional load distribution plate.
Drywall / plasterboard / timber stud	❌ not suitable on its own	A full-surface wooden subconstruction or steel plate, anchored in the load-bearing structure behind (ceiling / floor / solid wall), is mandatory.
Plastered internal insulation / non-load-bearing facing	❌ not suitable	The fastening must reach through the insulation into the load-bearing wall — use accordingly long screws + verify the load-bearing substrate.

9.2 Fasteners

- Use only fasteners designed for the expected **tensile and shear loads** (see value on the device label, typically 5 kN dynamic peak load per anchor).
- Screws and anchors supplied are designed for **solid construction**. For different wall types, use fasteners adapted to the wall type listed in Section 9.1 — these are available from specialist retailers.
- In case of doubt: consult the manufacturer of the fastener (e.g., Fischer, Hilti, Würth) or have a structural calculation prepared.

9.3 Load distribution plate (mandatory for drywall / hollow walls)

For walls that are not load-bearing on their own (drywall, timber stud wall, hollow wall), a full-surface load distribution plate between the device and the wall is **mandatory**:

- Material: multiplex plywood (birch), thickness **min. 24 mm**, sized so that all anchoring points are caught in the load-bearing structure (ceiling, floor, solid internal wall, steel beam) behind it.
- The load distribution plate itself is anchored in the load-bearing structure behind in at least 6 points.
- The Pilates system is then mounted on the load distribution plate.
- This construction is to be planned and reviewed by a qualified person.

9.4 Mounting height

Device	Recommended hanging height (top edge)
Ped-O-Pull (wall-mounted)	Top edge approx. 220–230 cm above the floor, lower end approx. 5–10 cm above the floor
Spring Board	Top edge approx. 200–220 cm above the floor
Wall Unit	Top edge approx. 230–240 cm above the floor, depending on model and trapeze height

For exact values see the model-specific drilling template or the label. In studios with several trainees of different body sizes: select the height so that all intended exercises can be performed safely.

9.5 Mounting steps

1. Check the wall for load-bearing capacity, line routing (electrical, water, heating lines!) and condition. In case of doubt: consult a specialist.
2. Mark drilling positions using the supplied drilling template or the holes in the device — use a spirit level.
3. Drill with the appropriate drill bit for the wall type (concrete, masonry or hammer drill bit) and diameter according to the anchor specification.
4. Free the drilling holes from drilling dust — essential for the load-bearing capacity of chemical anchors!
5. Set the anchors (for chemical anchoring: insert mortar, observe the curing time — typically 1–24 h depending on product and temperature).
6. Lift the device (recommended with two persons) and screw it hand-tight into the anchors — sequence: first all screws loose, then tighten diagonally crosswise.
7. Observe the tightening torque of the screws as specified by the anchor / screw manufacturer.

8. Visual check: device flat against the wall, no play, no cracks in the plaster, no deformation of the device.

9.6 Load test before initial commissioning

> **WARNING — Carry out the load test without a person**
>
> Before the first exercise, statically load the device **without person load** via the springs (e.g., with sandbags or by controlled pulling) and check the wall mounting and the plaster for cracks, deformations or noises.

9.7 Recurring inspection of the wall mounting

Interval	Inspection
Before each use	Visual inspection of fastening points, device flat against the wall, no new crack in the plaster
Monthly	Check screws with a torque wrench for tightening torque — no loosening
Annually	Full inspection by a qualified person, anchors to be removed and re-set if necessary

10 · Unpacking, set-up and commissioning

10.1 Unpacking

1. Open the packaging in a clean, level place. Do not cut directly on the device with sharp blades.
2. Set aside packaging material (cardboard, polystyrene, films, wood) and dispose of it in accordance with applicable regulations — see Section 16.
3. Check the scope of delivery against the delivery note and Section 7 — in particular, are the springs and the fastening set complete?
4. Visually inspect the device for transport damage, cracks, damage to the upholstery and proper screw connections.

10.2 Set-up Ped-O-Pull (free-standing variant)

1. Choose an **even, stable, dry indoor space** with sufficient safety distance (see Section 8).
2. Place the Ped-O-Pull on the base plate, align it vertically (spirit level).
3. On smooth floors: an additional non-slip underlay is recommended.
4. Check the springs for proper seating before first use (fully engaged in the spring receiver).

10.3 Wall mounting Spring Board / Wall Unit / wall-mounted Ped-O-Pull

See the complete instructions in **Section 9**.

10.4 Visual inspection before initial commissioning

- Device flat, no play between the wall and device (for wall-mounted variants)
- All screw connections tightened by hand / torque observed
- Springs completely and correctly hooked in, no deformations
- Spring hooks intact, without cracks
- Bars, straps, pulleys (Wall Unit) complete, smooth-running
- Upholstery (Ped-O-Pull) without damage
- Load test in accordance with 9.6 carried out

10.5 Initial commissioning

Start with simple exercises under low spring tension to familiarise yourself with the device. Increase resistance and range of motion only after safe handling.

Re-tightening after running-in: Re-tighten all screw connections — both on the device and in the wall mounting — after the first **5 training sessions** or after 2 weeks. Then as part of regular maintenance (Section 12).

11 · Operation & training information

11.1 Before each training session

- Carry out the visual inspection in accordance with Section 10.4.
- Check the safety distance — movement area free of furniture, walls, obstacles.
- Wear suitable sportswear, tie back long hair, remove jewellery.
- Warm up before training.

11.2 Hooking in / unhooking springs

1. Change springs only on the unloaded device and in a relaxed spring position.
2. Insert the spring hook fully into the spring receiver — check for full engagement.
3. When unhooking, guide the spring in a controlled manner, never let it snap back.
4. Bilateral spring set-up (Ped-O-Pull, Wall Unit): identical spring characteristic on both sides — no unequal spring loading.

> **WARNING — Spring change**
> Changing or replacing springs carries the highest risk of injury on the device. Keep eyes and face out of the spring path. Wear safety goggles in case of frequent spring changes (studio operation).

11.3 Performing exercises

- Ped-O-Pull: from a standing position, with both hands or one hand — controlled pulling / pushing movements with body contact to the upright as a stabiliser.
- Spring Board: from standing, seated or lying position in front of the board — hook the springs in at the appropriate height, perform pulling movements with handles, loops or bars.
- Wall Unit: a wide variety of Cadillac exercises such as roll-down, push-through, trapeze exercises — the full Cadillac teaching tradition applies analogously. Trainer instruction is recommended for complex exercises.
- Perform movements slowly, in a controlled manner and with even breathing — no jerks, no sudden load changes.

11.4 After training

- Place springs in rest position or unhook them as per studio guidelines.
- Visually inspect the device, springs, bars, pulleys and (for wall-mounted devices) wall mounting for irregularities.
- Wipe the upholstery dry and clean.
- Make the device child-safe and inaccessible — see Section 15.

11.5 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.

11.6 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.

11.7 Muscle groups involved

Training on these systems 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.

11.8 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.

12 · Maintenance, care and cleaning

12.1 Maintenance intervals

Interval	Action
Before each use	Visual inspection of springs, spring hooks, bars, pulleys, screw connections, wall mounting, upholstery
Weekly (studio use)	Clean upholstery and bars, re-tighten all visible screws by hand
Monthly	Detailed inspection of springs (deformation, elongation, corrosion), spring hooks, pulleys (Wall Unit) for smooth running, wall anchors with torque wrench
Annually	Full inspection. Replace springs at the manufacturer's interval (typically 1–3 years studio / 5 years home). Wall mounting to be inspected by a qualified person.
If irregularities occur	Take out of service immediately. Contact: info@bodyfit-shop.at

12.2 Cleaning the upholstery (Ped-O-Pull)

- Wipe the PVC cover with a damp cloth and mild soap solution.
- No solvents, no alcohol (unless expressly approved for PVC), no scouring agents.
- Then wipe dry with a dry cloth.

12.3 Cleaning the wooden frame

- Wipe with a dry or slightly damp cloth.
- Never spray with water directly.

12.4 Cleaning bars, springs, pulleys

- Wipe metal parts with a soft cloth, dry or slightly oily (resin-free oil) — in particular check springs for corrosion.
- Pulleys (Wall Unit): if sluggish, apply a small amount of resin-free lubricant to the bearings.

12.5 Maintenance and repair note

WARNING

Repairs, spring replacement beyond the normal extent, adjustment of the wall mounting and structural changes may only be carried out by The Virtù Line or by specialists authorised by The Virtù Line. Unauthorised intervention shall void the warranty and may compromise the safety of the device.

13 · Springs — inspection and replacement

13.1 Visual inspection of springs

- Uneven spring coil pitch → spring defective, replace.
- Visible corrosion, cracks, discolouration → spring defective, replace.
- Spring hook bent, broken or with play → replace spring.
- Spring longer than original length → spring is overstretched, replace.

13.2 Spring change — procedure

1. Device unloaded, all springs relaxed.
2. Wear safety goggles.
3. Unhook the defective spring in a controlled manner — never let it snap back.
4. Hook in a new original spring (check for full engagement in both receivers).
5. Check symmetry — for bilateral devices (Ped-O-Pull, Wall Unit) the same spring characteristic on both sides.
6. Load test without person.

> **WARNING — Original springs only**
> Use only original springs or replacement springs approved by The Virtù Line. Other springs may differ in spring characteristic, material quality or spring hook geometry — failure under load is possible.

14 · Troubleshooting

Problem	Possible cause	Solution
Play between device and wall	Screws loosened; anchors lost grip; plaster brittle	**Take out of service.** Have the wall mounting checked by a specialist — set anchors anew if necessary.
Cracks in the plaster around wall anchors	Wall overloaded; unsuitable anchors; hollow wall	**Take out of service.** Structural engineering consultation — if necessary, retrofit a load distribution plate.
Spring deformed or jammed	Wear; overstretching; corrosion	Replace immediately — original spring.
Spring hook bends	Wrong spring characteristic; overload	Replace spring + hook. Comply with the correct spring specification.
Push-through bar sluggish (Wall Unit)	Pulleys contaminated; bearings dry	Clean pulleys; resin-free lubricant.
Ped-O-Pull wobbles	Base plate not flat; screws loosened; uneven floor	Check the floor; re-tighten screws by hand; if necessary, use a non-slip underlay.
Creaking or cracking	Loosened screw connections; climatic effect	Re-tighten screws; for wall-mounted devices, additionally check wall anchors.
Upholstery loose (Ped-O-Pull)	Fastening loosened	Check the fastening; if the upholstery is damaged, contact service.

15 · Transport and storage

15.1 Disassembly / transport (wall-mounted devices)

- Before disassembly: unhook all springs and pack them safely.
- Loosen screws from the wall brackets — lift the device off the wall with two persons.
- Close drilling holes in the wall properly (filler, plaster if necessary).
- Pack the device, springs, bars and the fastening set separately for transport — do not bend or load the springs.

15.2 Transport Ped-O-Pull

- Before transport: unhook springs.
- Disassemble the base plate if necessary (model-dependent) — observe screw locking.
- Carry with two persons, with a straight back, lifting from the legs.
- **Floor protection:** On sensitive floors (parquet, floorboards, laminate, vinyl) line the transport route with cardboard, felt glides or a protective mat. **Lift the device instead of pushing it** — pushing causes scratches and damages the floor support.
- After every change of location: check the level, firm stand and the safety clearances according to section 5.7 again; for wall-mounted devices the complete chapter 9 (wall mounting), including the load test, applies to the new position.

15.3 Storage

- Store in dry indoor environments, temperature 5–40 °C, relative humidity ≤ 70 %.
- Store springs in a relaxed state (not under preload).
- Do not store in direct sunlight or near radiators.
- Keep out of children's reach.

16 · Disposal

16.1 Packaging

Dispose of packaging materials (cardboard, wood, polystyrene, films) in accordance with the applicable regulations of the respective EU Member State. Separate by material type (paper / cardboard, plastic, wood) and supply them to the corresponding collection or disposal scheme. 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).

16.2 Device at end of life

The device is **purely mechanical** and contains no electronic components, no batteries and no accumulators. It does therefore not fall under waste-electrical-equipment or battery regulations. Separate by material type:

- Wooden frame and wooden components → wood recycling
- Springs, bars, screw connections, wall brackets → metal recycling
- Upholstery (PVC + foam core) → residual waste or proper recycling in accordance with local regulations

17 · Conformity (GPSR)

The devices are **purely muscle-powered** and therefore **not machinery** within the meaning of Machinery Directive 2006/42/EC; they do **not bear a CE marking**. Bodyfit Handels KG, as the entity placing the products on the EU market, declares the conformity of these devices with the relevant provisions, in particular:

- Regulation (EU) 2023/988 on general product safety (GPSR)
- EN ISO 20957-1 — Stationary training equipment (general safety requirements and test methods)
- EN ISO 12100 — Safety of machinery, risk assessment
- EN IEC/IEEE 82079-1 — Preparation of instructions for use
- Regulation (EC) No 1907/2006 (REACH)

A **GPSR Declaration of Conformity** for the product line is provided free of charge on request; it must be kept for 10 years from being placed on the market. The technical documentation is kept at Bodyfit Handels KG, Wiener Straße 190, 4020 Linz, Austria, available for inspection by the competent market surveillance authorities.

18 · 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.

18.1 Overview of warranty periods (abridged version)

Component	Warranty
Wooden frame and load-bearing wooden construction	3 years
Wall bracket and metal fittings	3 years
Steel springs	2 years
Bars, pulleys, straps	2 years
Upholstery (Ped-O-Pull)	1 year
Supplied wall mounting set	1 year (on material)

The warranty does **not extend to the wall mounting** as such and not to damage resulting from poor wall properties or improper installation — this responsibility rests with the operator or the installer carrying out the work. Wear parts (springs, upholstery surface, straps) 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.

19 · Frequently asked questions (FAQ)

What kind of wall do I need for Spring Board / Wall Unit?
Ideally a solid brick or reinforced concrete wall with a minimum thickness of 11.5 cm. For drywall, hollow walls or timber stud walls, a full-surface load distribution plate made of multiplex (min. 24 mm) anchored in the load-bearing structure behind it is mandatory (see Section 9.3).

Can I install the devices myself?
For solid walls with the supplied fastening set, installation by experienced DIY users is generally possible — provided that wall suitability has been reliably confirmed. In case of uncertainty regarding wall properties, in rented apartments, in studios or for drywall, installation by qualified persons is mandatory.

How high should the device be mounted?
See table in Section 9.4 — Spring Board approx. 200–220 cm top edge, Wall Unit approx. 230–240 cm. In studios with mixed body sizes, choose the height so that all intended exercises can be performed safely.

How often do springs need to be replaced?
For intensive studio use typically every 1–3 years, for home use typically every 5 years. In the event of visible deformation, corrosion, uneven spring coil pitch or damaged spring hooks: replace immediately.

What is the difference between the Wall Unit and the Cadillac?
Functionally very similar (springs, push-through, roll-down and trapeze bar). The Wall Unit is wall-mounted and requires significantly less floor space. The Cadillac is free-standing with a surrounding frame — more robust but more space-consuming construction.

Can I reuse the wall anchors after disassembly?
Screws and chemical anchors generally cannot — the anchoring is "spent" after the first loading. When disassembling, properly close the drilling holes; when reinstalling, always use new anchors and screws.

Do I need trainer instruction?
Recommended, especially for the Wall Unit (complex exercise sequences) and the Ped-O-Pull (stability exercises). The Spring Board can be used independently after instruction.

Can the devices be mounted on a thin internal insulation?
No — the fastening must reach through the insulation into the load-bearing wall. Standard screws are too short for this; special solutions (long bonded anchors) and possibly a structural calculation are required. In case of doubt: structural engineering advice.

How do I clean the springs?
Wipe dry or with a soft, slightly oily cloth (resin-free oil). Do not spray springs with water, solvents or cleaners — risk of corrosion.

Who is liable for wall damage caused by the installation?

Responsibility for proper wall mounting and for any wall damage rests with the operator or the installer carrying out the work. For rented apartments, obtain the owner's permission before installation.

20 · Manufacturer and contact information

Person placing on the market / responsible in the EU

The Virtù Line

Bodyfit Handels KG · FN 576312v · LG Linz
Wiener Straße 190
4020 Linz
Austria

Phone: +43 5356 90990
E-mail: info@bodyfit-shop.at
Web: www.virtu-line.com

Service & Support

For service requests, spare parts orders (e.g. springs, spring hooks, pulleys, bars, upholstery, wall-mounting set) 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 trainer before first use. On request, a professional assembly and introduction service — particularly for the **wall mounting** — can be booked through The Virtù Line or authorised partners.

Note: These instructions have been prepared in accordance with the requirements of Regulation (EU) 2023/988 (GPSR), EN ISO 20957-1 and EN IEC/IEEE 82079-1.

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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