THE VIRTÙ LINE

THE VIRTÙ LINE

User Manual

Pilates Mid-Size Equipment

Spine Corrector · Arc · Sitting Box · Wedge · Ladder Barrel

Product line:	The Virtù Line
Scope:	All models of the mid-size Pilates equipment line (Spine Corrector, Arc, Sitting Box, Wedge, Ladder Barrel)
Model, serial number, loading class:	see label on the device
Version / Date:	Rev. 1.3 · August 2026
Manufacturer / Person responsible in the EU:	Bodyfit Handels KG · Wiener Straße 190 · 4020 Linz · Austria
Contact:	+43 5356 90990 · info@bodyfit-shop.at · www.virtu-line.com
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

Table of Contents

1 · Introduction and notes on this document **p. 5**

2 · Safety pictograms **p. 4**

3 · Intended use **p. 6**

4 · Reasonably foreseeable misuse & residual risks **p. 7**

5 · Safety information **p. 8**

6 · Equipment overview (5 models) **p. 11**

7 · Scope of delivery **p. 13**

8 · Technical data **p. 14**

9 · Unpacking, set-up and commissioning **p. 15**

10 · Operation & training information **p. 16**

11 · Maintenance, care and cleaning **p. 19**

12 · Troubleshooting **p. 21**

13 · Transport and storage **p. 22**

14 · Disposal **p. 23**

15 · Conformity (GPSR) **p. 24**

16 · Warranty **p. 25**

17 · Frequently asked questions (FAQ) **p. 26**

18 · Manufacturer and contact information **p. 27**

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.

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

W024 — Hand crushing hazard
Keep fingers clear during adjustments.

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.

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 set-up, 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 of the device. 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 mid-size Pilates equipment line of The Virtù Line:

- **Spine Corrector** — curved wooden, padded element for spinal mobilisation;
- **Arc** — flat arc, usable as a stand-alone device or in combination with the Reformer;
- **Sitting Box** — padded sitting and exercise box, usable stand-alone or on the Reformer;
- **Wedge** — lightweight wedge element for precise positioning, body alignment and joint relief in standing, seated and lying exercises;
- **Ladder Barrel** — free-standing wooden device with adjustable ladder and large barrel element for full-body exercises.

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) 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 **stationary or mobile training equipment** for Pilates exercises. They are intended exclusively for:

- Pilates mobilisation, stretching, strengthening and spinal exercises 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);
- Sitting Box and Arc may additionally, in accordance with their intended use, be placed on the carriage of a Pilates Reformer, provided that the Reformer is designed for this purpose and the Reformer manufacturer permits this in its instructions.

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
- Climbing on the ladder of the Ladder Barrel outside the intended exercises
- Use as seating, step, stool or shelf outside Pilates training
- Use outdoors, in damp rooms or on a wet floor surface
- Impact loading (jumping) onto the device
- Unauthorised modification, conversion or repair
- Use of damaged, worn or non-approved spare parts
- Exceeding the maximum user weight
- Stacking several devices on top of each other for storage
- Use on unstable, soft or slippery surfaces
- 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 or adjustment mechanisms

Residual risks (despite design protective measures)

- **Fall hazard:** When mounting and dismounting, when climbing the ladder (Ladder Barrel), when lying on curved surfaces, when performing exercises beyond head height.
- **Tipping hazard:** Spine Corrector and Arc may tip or slip if loaded unevenly or not placed on a non-slip surface.
- **Hand / finger crushing hazard:** When adjusting the ladder distance on the Ladder Barrel, and when lifting and carrying the wooden elements.
- **Impact hazard:** On wooden edges, ladder rungs, feet.
- **Splintering:** On damaged wooden surfaces — visually inspect before each use.
- **Injury due to incorrect posture:** Caused by poor technique, overload or exercises beyond individual flexibility.
- **Load transferred to the Reformer (only Sitting Box / Arc on Reformer):** Observe Reformer manufacturer approval and max. Reformer load capacity.

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 in the wood, loose screw connections or damaged upholstery.
- Place the device on an **even, stable, non-slip surface** in indoor environments.
- Maintain a free safety zone of **at least 0.6 m** on each side around the device. For the Ladder Barrel: **at least 1.0 m** at the front and rear (fall zone).
- Wear suitable, close-fitting sportswear. Keep loose ribbons, jewellery or hair away from adjustment mechanisms.
- Make sure that **all screw connections and adjustments are tight and properly locked before each use**.
- Do not use the device under the influence of alcohol, drugs or medication that impair reaction or coordination.

DANGER — Fall from the Ladder Barrel

When climbing on the ladder and during exercises performed across the barrel element, there is a **risk of falling from an elevated position**. Train only with sufficient prior experience or under instruction. Keep the rungs free of moisture and never set up the device on slippery floors without a non-slip underlay.

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, intervertebral-disc problems or acute musculoskeletal complaints: **seek medical advice before training**. In particular, exercises with hyperextended back across the Spine Corrector / Arc are contraindicated for spinal disorders.

5.3 Health notice

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

5.4 Safety during set-up and commissioning

- **Spine Corrector / Arc / Sitting Box / Wedge:** usually delivered fully assembled — visually inspect for transport damage, upholstery, screw connections and wood.
- **Ladder Barrel:** unpacking and set-up by **two adults** recommended — the wood and construction make the device considerably heavy (typically 25–35 kg). If the ladder distance or feet need to be assembled or adjusted, tighten all screw connections by hand and re-tighten after a short running-in period.
- Only put the device into operation after **complete commissioning and visual inspection**.

5.5 Safety during operation

- Before each use: visually inspect the upholstery, the wooden frame, the screw connections, the non-slip feet and (Ladder Barrel) the ladder adjustment mechanism.
- When mounting / lying down: take support with both hands in a controlled, slow manner.
- Perform exercises across the device only within a range of motion you can control.
- Never jump onto the device or place yourself on it at high speed.
- Make adjustments on the Ladder Barrel only with the device unloaded.

5.6 Safety during maintenance and cleaning

- Carry out maintenance and adjustments only on the **device that is not in use and unloaded**.
- Use only **original spare parts or spare parts approved by The Virtù Line**.
- Do not use aggressive cleaning agents, solvents, alcohol or scouring agents.
- Clean with a damp cloth — no direct application of water on wood or adjustment mechanisms.

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, and **at least 1.0 m** at the front and rear of the Ladder Barrel. 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 · Equipment overview (5 models)

The following devices are part of the mid-size Pilates equipment line of The Virtù Line. Construction, dimensions and design may vary between models within the line — the properties listed here apply across the product line.

6.1 Spine Corrector

Curved wooden, padded element for mobilisation and stretching of the spine. Construction: wooden frame, fully padded, with recess for the hip and headrest area. Stable thanks to a wide bearing surface; mobile.

Typical use: spinal mobilisation, chest opening, shoulder stretching, abdominal exercises.

6.2 Arc

Flat, lightweight arc made of wood or composite material with two-sided padding. Reversible (convex / concave). Usable as a stand-alone device on the floor or — provided that approval by the Reformer manufacturer is available — on the carriage of a Pilates Reformer.

Typical use: chest opening, gentle spinal mobilisation, stretching, Reformer exercises with arc support.

6.3 Sitting Box

Padded box with a characteristic shoulder recess — usable as a seat, support or elevated surface. Can be used stand-alone on the floor or on the carriage of the Pilates Reformer.

Typical use: seated exercises on the Reformer, support exercises, surface for legs or upper body, shoulder stretching through the recess.

6.4 Wedge

Lightweight, dimensionally stable wedge element with an inclined, padded bearing surface and a non-slip, breathable synthetic-leather cover. Compact and space-saving; usable stand-alone on the floor or as a complement to Reformer and mat training.

Typical use: precise positioning and body alignment, joint relief in standing, seated and lying positions, support for uprighting and clean transitions.

6.5 Ladder Barrel

Free-standing large Pilates device consisting of a curved barrel element and an attached wooden ladder. The distance between the ladder and the barrel is **adjustable** (slide mechanism with locking) to accommodate different body sizes. Load-bearing wooden frame, full-surface padding on the barrel.

Typical use: full-body exercises, intensive stretching, exercises in over-head positions, spinal mobilisation, side bends.

7 · Scope of delivery

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

- Main device (Spine Corrector / Arc / Sitting Box / Wedge / Ladder Barrel)
- Padding elements permanently mounted
- Feet / floor pads (model-dependent)
- Adjustable ladder including adjustment mechanism (Ladder Barrel only)
- Assembly tool (if final assembly is required)
- 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 upholstery, the wooden frame and (Ladder Barrel) the adjustment mechanism. Please report any defects as soon as possible. The statutory warranty rights remain unaffected.

8 · Technical data

This manual applies to **all models of the mid-size Pilates equipment line** of The Virtù Line. The model-specific values (model designation, serial number, loading class, dimensions, net weight, max. user weight) 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)
Construction	Load-bearing wooden frame (e.g., birch multiplex, beech, walnut finish) with metal fittings
Upholstery	PVC cover on a foam core, high-load capacity, easy to clean
Ladder Barrel adjustment	Slide mechanism with locking — typical adjustment range 35–55 cm distance ladder–barrel (model-dependent, see label)
Feet	Non-slip floor pads (felt or rubber)
Operating environment	Dry indoor environments, even and stable surface
Safety distance	≥ 0.6 m all around · Ladder Barrel: ≥ 1.0 m at the front and rear
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 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.

9 · Unpacking, set-up and commissioning

9.1 Unpacking

1. Open the packaging in a clean, level place. Do not cut directly on the device with sharp blades — risk of damaging the upholstery.
2. Set aside packaging material (cardboard, polystyrene, films, wood) and dispose of it in accordance with applicable regulations — see Section 14.
3. Check the scope of delivery against the delivery note and Section 7.
4. Visually inspect the device for transport damage, cracks in the wood, damage to the upholstery and proper screw connections.

9.2 Set-up

1. Choose an **even, stable, dry indoor space** with sufficient safety distance (see Section 8).
2. On smooth floors (parquet, tiles): an additional non-slip underlay is recommended — particularly for the Ladder Barrel and for exercises across the Spine Corrector / Arc.
3. Place the device on its intended feet — no shifting of weight, no wobbling.
4. **Ladder Barrel:** Adjust the ladder–barrel distance to the trainee's body size (see Section 10.4) and securely lock the adjustment.

> **WARNING — Lifting and carrying**
> The Ladder Barrel is a heavy device weighing approx. 25–35 kg. Lift and carry **only with two persons**, with a straight back, lifting from the legs. Do not use upholstery or ladder rungs as carrying handles — they may come loose.

9.3 Visual inspection before initial commissioning

- Wooden frame without cracks, without loose wooden parts, without splinters
- Upholstery without damage, firmly attached to the frame
- All screw connections tightened by hand
- Feet clean, non-slip, fully present
- (Ladder Barrel) Adjustment mechanism smooth-running, locking acts securely
- Device does not tip or wobble when leant on or stepped on

9.4 Initial commissioning

Start with simple exercises with a small range of motion to familiarise yourself with the device. Increase range of motion and difficulty only after safe handling.

> **Re-tightening after running-in:** Ladder Barrel — re-tighten all screw connections by hand after the first **5 training sessions** or after 2 weeks. Then as part of regular maintenance (Section 11).

10 · Operation & training information

10.1 Before each training session

- Carry out the visual inspection in accordance with Section 9.3.
- Check the safety distance — movement area free of furniture, walls, obstacles.
- Wear suitable sportswear, tie back long hair, remove jewellery.
- Warm up before training, in particular before spinal and stretching exercises.

10.2 Spine Corrector, Arc, Sitting Box, Wedge — stand-alone use

1. Place the device on a level, non-slip surface.
2. When lying down: support yourself with both hands in a controlled manner, slowly roll into position.
3. Perform exercises only within an individually controllable range of motion.
4. When leaving the position: roll out in a controlled manner, support yourself with both hands.

10.3 Sitting Box / Arc — on the Reformer

> **CAUTION — Check Reformer suitability**
>
> Before use on the carriage of a Reformer: **consult the Reformer manual of the respective manufacturer**. Make sure that the Reformer is approved for the additional load of Sitting Box / Arc and that the maximum permissible total weight (Reformer + Sitting Box / Arc + trainee) is not exceeded.

1. Reformer carriage in rest position; springs hooked according to the exercise.
2. Place the Sitting Box / Arc centrally and flat on the carriage — no overhang at the carriage edges.
3. Before loading: check stability and seating firmness.
4. Perform exercises in accordance with the Pilates teaching tradition or under the guidance of a qualified trainer.

10.4 Ladder Barrel — distance adjustment

1. Leave the device unloaded — no one may be on the ladder or barrel during adjustment.
2. Release the locking of the distance adjustment (lever or thumb screw).
3. Slide the ladder gently to the desired distance — typical orientation: leg length of the trainee.
4. Securely close the locking.
5. Check the distance by gentle shaking — no play permitted.

> **WARNING — Crushing hazard during adjustment**
> Keep hands and fingers clear of the area of the guide rails during the sliding process. Grasp only the gripping surfaces provided (ladder uprights).

10.5 After training

- Check the device for visible damage, loose screw connections and unusual noises.
- Wipe the upholstery dry and clean.
- Store the device at its set-up location in a child-safe manner and inaccessible to third parties — see also Section 13.

10.6 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.

10.7 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.

10.8 Muscle groups involved

Training on these devices 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.

10.9 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

Interval	Action
Before each use	Visual inspection: wood, upholstery, screw connections, feet, (Ladder Barrel) adjustment mechanism
Weekly (with intensive use)	Clean upholstery, check feet, re-tighten all screws by hand
Monthly	Detailed inspection of wooden frame for cracks, upholstery for damage, adjustment mechanism for smooth running
Annually (studio use)	Full inspection, replace upholstery if necessary, clean adjustment mechanism and treat with resin-free lubricant if necessary
If irregularities occur	Take out of service immediately. Contact: info@bodyfit-shop.at

11.2 Cleaning the upholstery

- Wipe the PVC cover with a damp cloth and mild soap solution.
- No solvents, no alcohol, no alcohol-based disinfectants (unless expressly approved for PVC), no scouring agents.
- Then wipe dry with a dry cloth — no residual moisture.
- If necessary: use special PVC / synthetic-leather care products.

11.3 Cleaning the wooden frame

- Wipe with a dry or slightly damp cloth.
- Never spray with water directly.
- Do not let furniture polish spray reach the upholstery.

11.4 Cleaning the adjustment mechanism (Ladder Barrel)

- Remove dust and fibres from the guide rails (brush, soft cloth).
- If sluggish: apply a small amount of resin-free lubricant to the sliding points — no spray oil on upholstery or wood.

11.5 Maintenance and repair note

WARNING

Repairs, upholstery replacement 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.

12 · Troubleshooting

Problem	Possible cause	Solution
Device wobbles	Feet contaminated; uneven floor; loose screw connections	Clean feet; check the floor; re-tighten all screws by hand
Upholstery is loose or has slipped	Fastening loosened; padding core deformed by overload	Inspect the fastening; if the padding is deformed: take out of service, contact service
Creaking or cracking sounds in the wood	Loosened screw connections; climatic effect (dryness)	Re-tighten the screws; observe the room climate (aim for 40–60 % humidity)
Cracks in the wood or splinters	Overload; impact; material fatigue	**Take out of service immediately.** Contact service — risk of injury.
Ladder Barrel adjustment is sluggish	Contamination of the guide; locking jammed	Clean the guide; treat sparingly with resin-free lubricant; service if necessary
Ladder Barrel adjustment does not hold	Locking worn or defective	Take the device out of service, contact service — no loading possible
Feet slip on smooth floor	Floor too smooth; feet contaminated	Use a non-slip training underlay; clean the feet
Smell after unpacking	Fresh PVC / wood smell (typical, fades away)	Air the room; the smell should be gone after 1–2 weeks

13 · Transport and storage

13.1 Transport

- **Spine Corrector / Arc / Sitting Box / Wedge:** can be carried individually — when carrying, hold the wooden frame, not the upholstery; pay attention to door frames, furniture and other obstacles.
- **Ladder Barrel:** carry **with two persons only**, with a straight back, lifting from the legs. Never lift by the upholstery or by individual ladder rungs — risk of injury and damage. For longer transport (e.g., relocation): lock the adjustment mechanism, protect the upholstery with a blanket if necessary, repack in original packaging or equivalent protection.
- Before each transport: securely lock all adjustments, remove loose parts (accessories) and pack them separately.
- **Floor protection:** On sensitive floors (parquet, floorboards, laminate, vinyl) line the transport route with cardboard, felt glides or a protective mat. **Lift the devices instead of pushing them** — pushing causes scratches and damages the feet.
- After every change of location: check the level, firm stand and the safety clearances according to section 5.7 again.

13.2 Storage

- Store in dry indoor environments, temperature 5–40 °C, relative humidity ≤ 70 % (non-condensing).
- Do not store in direct sunlight or near radiators — upholstery and wood may be damaged.
- Do not stack devices on top of each other (upholstery damage).
- Keep out of children's reach.

14 · Disposal

14.1 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).

14.2 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
- Upholstery (PVC + foam core) → residual waste or proper recycling in accordance with local regulations
- Metal fittings, screws → metal recycling

15 · 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.

16 · 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.

16.1 Overview of warranty periods (abridged version)

Component	Warranty
Wooden frame and load-bearing wooden construction	3 years
Metal fittings and screw connections	2 years
Ladder Barrel adjustment mechanism	2 years
Upholstery (PVC + foam core)	1 year
Feet / non-slip floor pads	1 year

The warranty periods apply from delivery to the end customer. For commercial use (studio), a reduced warranty period applies in accordance with the complete warranty terms. Wear parts (upholstery surface, feet) 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.

17 · Frequently asked questions (FAQ)

Which Pilates Reformer is compatible with Sitting Box / Arc?
In principle, all Pilates Reformers of The Virtù Line. For Reformers from other manufacturers, the Reformer manual must be consulted — the suitability for placement depends on carriage dimensions, load limits and edge construction.

May I work with a fully extended spine on the Spine Corrector / Arc?
Only if no medical contraindications are present (in particular no herniated discs, vertebral blockages, osteoporosis). If in doubt, seek medical advice before training.

How do I adjust the distance on the Ladder Barrel?
See Section 10.4. Adjustment is carried out on the unloaded device using the slide mechanism with locking. Adjust the distance to the leg length of the trainee.

My wooden device creaks — is this a defect?
Slight noises caused by seasonally changing room climate (humidity) are normal for wooden devices. In case of constant creaking: re-tighten screw connections by hand. Persistent or loud noises combined with wobbling or visible changes in the wood: contact service.

My Ladder Barrel slips on a smooth floor — what to do?
Use a non-slip training underlay (Pilates mat, rubber underlay). Clean the feet. Never set up on wet floors.

Do I need trainer instruction?
Recommended, especially for the Ladder Barrel and for intensive spinal exercises across the Spine Corrector / Arc. Incorrect technique may lead to discomfort.

Can I use the device outdoors?
No. The devices are intended exclusively for dry indoor environments. Moisture, UV radiation and temperature fluctuations damage wood and upholstery.

What is the safest way to clean the upholstery?
Damp cloth with mild soap solution, then wipe dry. No solvents, no alcohol (unless expressly approved for PVC), no scouring agents.

How often should screw connections be re-tightened?
For the Ladder Barrel: for the first time after the first 5 training sessions or 2 weeks; then weekly (studio) or monthly (home). For the smaller devices, a monthly visual inspection is sufficient.

Is the upholstery replaceable?
Yes, by The Virtù Line or authorised specialists. Unauthorised upholstery replacement shall void the warranty.

18 · 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. upholstery, fasteners, Ladder Barrel adjustment mechanism) 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 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.

Version Rev. 1.3 · As of August 2026 · Print-ready by The Virtù Line / Bodyfit Handels KG

© 2026 The Virtù Line. All rights reserved. Reprinting, reproduction and transfer — also in extracts — only with written permission.