



Pilates Precision and Flow™

"I see the equipment as an extension of myself when I practice and teach, and therefore I want it to inspire my work, my movement and my spirit."
Rael Isacowitz, Founder BASI Pilates®



BASI Systems™ Cadillac

BASI Systems™ equipment delivers a breakthrough in precision and flow for Pilates movement. The intelligent design of BASI Systems™ brings together over thirty years of Pilates practice and research with the highest quality custom materials and craftsmanship.



The BASI Systems™ Cadillac provides smooth movement, with unprecedented adjustability. With the largest mat in the industry and fine-tuning control of spring positioning, it offers ultimate comfort and flexibility.

Dimensions

TRAPEZE TABLE (CADILLAC)
TRAPEZE
HEAD REST

- width 28.3"/ 72cm x length 112.2"/ 285cm x height 88.8"/ 225cm
- width 28.3"/ 72cm x length 102"/ 259cm x height 63.4"/ 161cm
- width 11.8"/ 30cm x length 13.8"/ 35cm

Getting Started with your BASI Systems™ Cadillac

Welcome to the BASI Systems™ Cadillac! In one box you will find the BASI Systems™ cadillac base. The roll-down bar, trapeze bar, headrest and four legs are wrapped in protective plastic. The springs are each packaged in a separate box, labeled by color. There are eight tower springs included, two red, two blue, two yellow and two long yellow. Two black springs are included for the trapeze bar. Long purple springs are available from BASI Systems™.

There is a BASI Systems™ tote bag that holds the smaller pieces: a pair of neoprene straps with non-metal attachments, a pair of aluminum handles with non-metal attachments, a pair of long leg straps, a pair of ropes, safety strap, leg strap, trapeze bar and foot strap. A smaller box contains twenty screws (four of which are extra), two wrenches (size 4 and 5), twelve carabiners, a cleaning cloth and a BASI Systems™ key chain.

In the second box, you will find the cadillac frame which includes two vertical tower frames and a trapeze frame.

Height

The BASI Systems™ Cadillac comes with legs, and depending on your height preference, you can decide whether or not to attach them. The height of the frame is 9.8 inches, 25 centimeters from the floor without the legs. The included extension legs will bring the total height of the frame to 25.2 inches, 64 centimeters. Shorter legs are available from BASI Systems™ that would bring the total height of your cadillac frame to 14.8 inches, 37.5 centimeters.



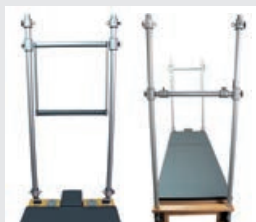
Attach Legs

Turn the BASI Systems™ Cadillac upside down (please use care and at least two people to do this). Align an extension leg to the top of the base and slide it down from the top so that it sits flush. Please keep in mind that the extension leg will not fit properly if pushed in from the side.



Using the two inside and two outside holes, secure the leg to the base with four screws and tighten with the larger, #5 wrench. Repeat these steps to attach the additional three legs. Check all of the screws and make sure they are tightly secured. You can now turn the cadillac right side up.

Install Cadillac Frame



Attach Vertical Towers

The tower with the push-through bar should be attached to the side of the Cadillac with the headrest groove. Locate this groove on one side of the Cadillac base. Hold the tower with the metal eyelets facing the outside of the Cadillac base. Slide the poles into the pole bases on the outside edge of the Cadillac.



Secure the tower by tightening the upper and lower screws on both sides of the pole base, using the smaller, #4 wrench. Repeat these steps to attach the other vertical tower.



Attach Trapeze Frame

Face the trapeze so that the side with the two center bolts is on the same side as the tower that has the push-through bar. Position the trapeze frame over the Cadillac and align the three-way pipe joint connecting tubes with the top of the tower poles. Press the frame down into both sides of the tower frames and secure by tightening the screws with the smaller, #4 wrench.

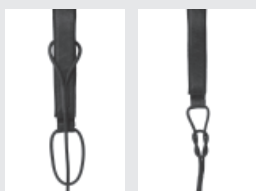
Springs

The BASI Systems™ Cadillac comes with ten springs. The red springs are heavy resistance, the blue are medium resistance, and the yellow and long yellow are light resistance. The extra-heavy black springs are used to suspend the trapeze bar. Purple long springs are heavy resistance and are available from BASI Systems™



Attach Springs

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



Attach Straps

Your BASI Systems™ Cadillac is equipped with two pairs of straps with non-metal attachment loops. Slide the loop of the strap through a spring ring. Pull the loop down and thread the strap through. Pull to secure. To attach the long straps to the trapeze frame, wrap the strap around the frame and thread the strap through the loop and pull to secure.



Push-Through Bar

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

Attach Safety Strap to the Tower

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

Using the Safety Strap with the Push-Through Bar

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



Roll-down Bar

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



Attach Leg Strap

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



Trapeze

Fasten the footstrap to the trapeze using the attached carabiners. Attach the black springs to the trapeze bar using carabiners. Hang the trapeze from the horizontal bar on the trapeze frame, using the black springs. Move the horizontal bar to the desired position by loosening the knobs, sliding it in place and tightening the knobs.



Headrest

The headrest can be attached to the Cadillac by sliding it into the groove of the Cadillac base.

Materials

Your BASI Systems™ Cadillac is made with the finest custom manufactured materials. We use beech wood for sturdiness, aluminum for smooth transitions, antibacterial vinyl to resist wear-and-tear and orthopedic cushioning for comfort. Then we x-ray the springs to ensure their quality and safety. Your BASI Systems™ Cadillac is shipped to you in a special recyclable container designed to be folded down or used for other things.

Care and Maintenance

The BASI Systems™ Cadillac is designed with the highest quality materials to provide ergonomic integrity, comfort and longevity. We recommend that you follow these guidelines to care for your equipment and use it safely.

Springs should be inspected weekly for gaps or kinks. If a gap or kink is found, discontinue use of the spring immediately and replace it. Check that the spring hooks are working properly. It is recommended that all springs be replaced after two years of use. Inspect and tighten the nuts, bolts and screws monthly. Upholstery can be cleaned using the cloth provided or any soft cloth with warm water and soap. For deeper cleaning, use a soft bristled brush with an alkaline-based cleanser and rinse with cold water and a sponge.

Contact us!

We would love to hear how the BASI Systems™ equipment inspires you and enhances your Pilates practice! Please contact us with any questions or stories.

www.basisystems.com / info@basisystems.com

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

About BASI Systems™

BASI Pilates® is a leading Pilates education academy with a reputation for innovation, dedication and academic excellence. BASI stands for Body Arts and Science International, which is the name of the academy and an affirmation of its approach to Pilates studies. The mission of BASI Pilates® is to create and maintain professional standards for the teaching of the Pilates Method and to preserve and perpetuate the gift of Pilates by educating teachers of the highest caliber and providing equipment designed to have biomechanical and aesthetic integrity.

