



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™ F2 System

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 F2 System™ lies at the heart of BASI Systems™ Pilates equipment. It offers magnificent versatility and previously unattainable precision for spring setting angles and degree of resistance. The levers also serve as handles for performing weight bearing exercises, placing the wrists and shoulders in an optimal position.

You can easily upgrade your existing BASI Systems™ equipment by adding the F2 System™. Simply remove the cover from the pre-prepared hole and insert the socket. It is now ready for use. We hope the F2 System™ will inspire you to take your work to the next level.

Getting Started with your BASI Systems™ F2 System™

Welcome to the BASI Systems™ F2 System™ in your box you will find the F2 System™ set. There are two discs, to main bodies, two handles and a small box that contains eight screws, two caps and a wrench.

F2 System™

There is so much to share about the innovative F2 System™! We hope that it will inspire and take your work to a new level of form and function. Using this system, springs can be attached from different angles and resistance levels.



Attach F2 System™ Base

Press the button on the F2 System™ base and slide it into the desired equipment port. Release the button and rotate slightly until it catches one of the angles inside the mechanism and clicks securely into place.



Attach F2 System™ Handle

Loosen the knob on the F2 System™ base and pull the knob as you slide the handle into the base to the desired hole and position. Release the knob and turn it clockwise to secure the handle.



Attach F2 System™ Cap

Place the cap onto the end of the handle and secure it with the wrench. This will allow repositioning without worrying about the handle becoming dislodged from the base.



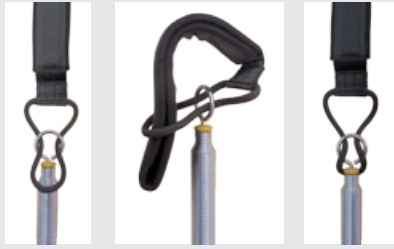
Adjust F2 System™

The F2 System™ handle can be used in a myriad horizontal and vertical angles. Loosen the knob and pull it as you move the handle into the desired position. Turn the knob clockwise to tighten it.



Using Springs

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 F2 System™ position.



Attach Handles

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Materials

BASI Systems™ F2 System™ is made with the finest custom manufactured materials. We use aluminum for smooth transitions and antibacterial rubber for comfort. Your BASI Systems™ F2 System™ is shipped to you in a special recyclable container.

Care and Maintenance

BASI Systems™ F2 System™ 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. For deeper cleaning, use a soft bristled brush.

Contact Us!

The BASI Systems™ F2 System™ is part of a family of products designed to inspire and enhance your Pilates practice. We would love to hear from you. Please contact us with questions or stories!

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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.

