

LADDER BARREL STARK

CODE.: 00266A



Operation and Installation Instructions

User manual

Version 1.0 15/08/2014



Arktus®

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PRODUCT DESCRIPTION

You have just purchased the LADDER BARREL STARK, a high quality equipment designed for you to make the most of the practice of pilates.

Pilates is a method used in physiotherapy treatments for rehabilitation and fitness where duly qualified professional employs sequential exercises practiced in equipment or the ground and aims to improve problems related to injuries and trauma in joints and spine, providing balance and strength without hypertrophy muscle.

This method is practiced in hospitals, doctors' offices, gyms and clinics. Pilates is suitable for physical rehabilitation, improved motor coordination, overall fitness and well-being. It promotes harmony, flexibility and muscle balance.

While many forms of exercise can cause muscle injury, Pilates is based on increased flexibility and strengthening the muscles of the body without causing any damage, but the movements should be consciously controlled, always with the help of a professional so that so there is no injury, providing a better posture, muscle control and breathing in order to strengthen and stretch.

The work with the joints with the bony part and the fact that provide the increased flexibility of the body decreases risks of harm column, sciatic nerve, tension in the neck. The method allows the muscles become stronger, without the impact caused by other types of exercises.

Thinking about the safe and comfortable practice of Pilates, the Arktus offers LADDER BARREL STARK, a high quality equipment produced in 1020 carbon steel and natural eucalyptus wood plates. The joints due products are performed by means of screws systems, nuts, arruelas. Possui padded with pre-cut foam thickness 30 mm and density 33, coated with synthetic courvin 0.8 mm.

This equipment has three fixed poles for exercise and two mobile rods, a pair of tabs for locking the bat.

For best performance, efficiency and life of the equipment it is recommended to read this manual in order to familiarize yourself with the features and device accessories before starting use.

The specifications contained in this manual have been updated when it was published. However, by continuous improvements Arktus policy changes may be made in these specifications at any time.

We are available to answer any questions regarding the use of equipment, and receive comments and suggestions on the same. Before using the equipment you need to read, understand and follow the information in this guide on use each mode available, as well as the indications, contraindications, warnings and precautions

This manual was written to use the LADDER BARREL STARK. It contains general information and instructions on installation, operation, maintenance, safety precautions and the same.

Before starting any physical activity, consult a doctor for a clinical examination to know if you have any contraindications to physical exercise.

GENERAL FEATURES

Figure 1 shows the **LADDER BARREL STARK** with the dimensions of indications.



Figure 1 - LADDER BARREL STARK Measures .

ENVIRONMENTAL CONDITIONS

Temperature for transport and storage.....	5 a 50°C
Ambient operating temperature.....	5 a 50°C
Relative humidity.....	30 a 80%

PRODUCT CHARACTERISTICS

ELECTRICAL CHARACTERISTICS

Not applicable.

MECHANICAL FEATURES

Maximum capacity supported.....	150 Kg
Product length.....	227 cm
Product width.....	81 cm
Product height.....	114 cm
Weight.....	47,19 Kg

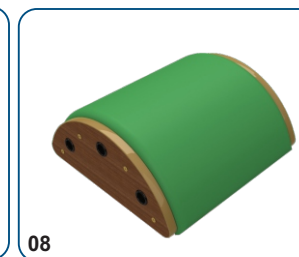
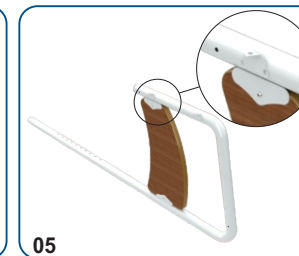
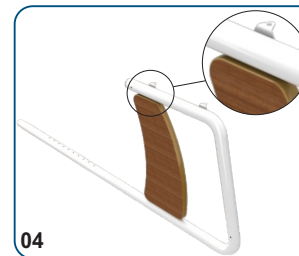
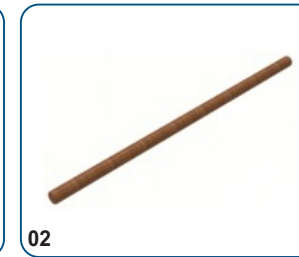
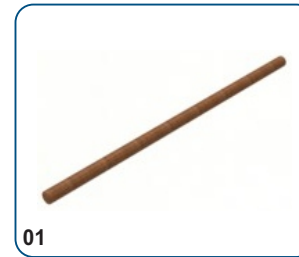
Product structure.....1020 Carbon Steel and Wood natural eucalyptus plate
 Coating wood structure.....film sealer
 Paint structure in carbon steel 1020EPOXI painting

FEATURES PRODUCT CONFIGURABLE

Wraps to secure the top bat, mobile top stick used for balance exercises.
 Knobs for adjusting distance of bats in relation to upholstery, ranging from 28 cm x 74 cm.

INGREDIENTS LIST

ITEM	DESCRIPTION	AMOUNT
01	mobile bar	02
02	fixed bar	03
03	Dish with holes	02
04	left side	01
05	Right side	01
06	locking rear spar	01
07	tower	02
08	upholstered	01



* All images are for illustrative purposes only.

CLIENT KIT

ITEM	DESCRIÇÃO	QUANTIDADE
A	Hexagonal inner head mechanical screw. Ø13 Ø1/4" x 80 mm	04
B	Rubber Shoe PV Ø3/8" x 28mm	06
C	Allen key 4 mm	01
D	narrow steel hex nut carbon galvanized Ø3/8"	06
E	Bulged screw head Ø1/4" x 3/4"	04
F	Stamped washer for tube 2"	04
G	mechanical screw hexagon socket head. Ø17 mm Ø1/4" x 50 mm	06
H	Handle quick release puche	02
I	cylindrical nut Ø1/4"	06
J	Strap bat	04



A



B



C



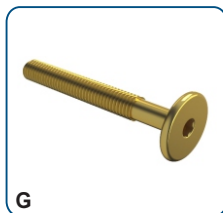
D



E



F



G



H



I



J

DEFINITION OF SYMBOLS

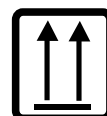
SYMBOLS IN THE EQUIPMENT



ATTENTION!

Refer to the operating and maintenance instructions in the User's Manual

SYMBOLS ON PACKAGING



THIS SIDE UP

Indicates the correct position for transport of the package.



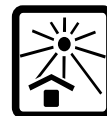
FRAGILE

The content of this package is fragile and should be handled with care.



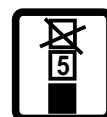
KEEP AWAY FROM THE RAIN

Packaging must not be transported in the rain.



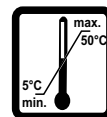
NO SUN

The containers should be stored in cool, dry place, protected from offensive climate action.



EMPILHAMENTO MÁXIMO

Maximum number of identical packages which can be stacked one over the other, number 5 units limit.



TEMPERATURE LIMITS

Indicates the limit temperatures for transport and storage of the package, with the lower limit of 5 ° C and higher than 50 ° C.



RELATIVE HUMIDITY

Indicates ambient relative humidity for transportation and storage, and between 30% and 80%.

CONDITIONS FOR OPERATION

Use only a recommendation and supervision of a qualified professional, can maintain their way of use varied according to the needs of each patient.

PUBLIC INTENDED TO OPERATE THE EQUIPMENT

- HCP
- Physical educators

TYPE FOR ENVIRONMENTAL EQUIPMENT

- Hospital
- Clinic
- fitness academies and rehabilitation

TYPE USER (PATIENT)

- Adult
- Pediatric

CARE



NOTE: This product has weight restriction. It does not support users up to 150Kg.

- NEVER let children play on the equipment, as this may be dangerous.
- CAUTION using the equipment when in optical equipment or adaptation or lack of it.
- If you experience nausea, shortness of breath, pain in the head, tremor, chest pain, STOP immediately and seek medical help.
- NÃO use este equipamento sob o uso de analgésicos, sedativos, estimulantes ou qualquer substância que altere suas faculdades sensoras, motoras e de ulgamento tempo-espaial.
- DO NOT use the equipment if any part of the product is not installed.
- DO NOT use shoes with heels.
- DO NOT spill liquids in any part of the product.
- Não utilizar no equipamento qualquer acessório que não tenha sido recomendado pelo fabricante. Isto pode causar danos ao equipamento. Caso isso ocorra a garantia será cancelada.
- If you come to feel any pain or any other symptoms, STOP THE YEAR
- If you come to feel any pain or any other symptoms, STOP EXERCISING IMMEDIATELY. Consult a doctor and / or your technician responsible professional immediately.

GENERAL INFORMATION

- To perform the assembly and installation of LADDER BARREL STARK and all its accessories, follow the instructions in this manual. Failure to follow these instructions can cause permanent damage to the internal components of the equipment and leave the system not suitable for proper and fully operational;
- Read, understand and follow all the instructions as described in this User's Guide before making the use of this equipment;
- Follow all safety precautions before using the equipment.

INDICATIONS

The exercise performed this equipment should be done under the guidance and supervision of professional duly qualified, who can prescribe appropriate exercise to the needs of each patient.

Pilates is suitable for:

- ☒ Rehabilitation of upper and lower limbs;
- ☒ Prevention of low back pain;
- ☒ Muscle injury improvements caused by poorly executed exercise;
- ☒ Increased flexibility;
- ☒ Muscle strengthening;
- ☒ Respiratory control;
- ☒ Improves coordination and balance;
- ☒ Help postural correction;
- ☒ Allows greater mobility of the joints;
- ☒ Stimulates the circulatory system and blood oxygenation;
- ☒ Relief of chronic pain and muscle tension;
- ☒ Stress relief;
- ☒ Increase physical and mental stamina.
- ☒ Improves self esteem;
- ☒ Reduces fatigue, discomfort and pain.

CONTRAINDICATIONS

There are against absolute indications for the practice of Pilates, for example, in women who have historical or will present placental abruption, persistent vaginal bleeding, pre-eclampsia, severe heart disease, high blood pressure by pregnancy, intrauterine growth retardation, and lack of prenatal care. Moreover, the practice of activity should be avoided by individuals that are experiencing untreated diseases, untreated diabetes, untreated hypertension and thrombosis. In other situations pregnant may have some relative contraindications that limit, but do not preclude the practice of physical activity (diabetes, anemia, hypoglycemia, multiple pregnancy, dilated cervix, obesity or underweight). In most cases Pilates is an excellent choice of physical activity during pregnancy.

WARNINGS / PRECAUTIONS

- ☒ This product should not be used without the supervision of a health professional area, suitable for this procedure, and should not be used as a tool or utensil to other non-therapeutic activities.
- ☒ Should not be wet or exposed in damp places.
- ☒ Not put on high ground, use the ground level.
- ☒ Before use put on a level surface.
- ☒ Do not exceed the maximum permissible load (150Kg).
- ☒ For products that have springs, they must be used only in equipment and always with properly secured securing clips.

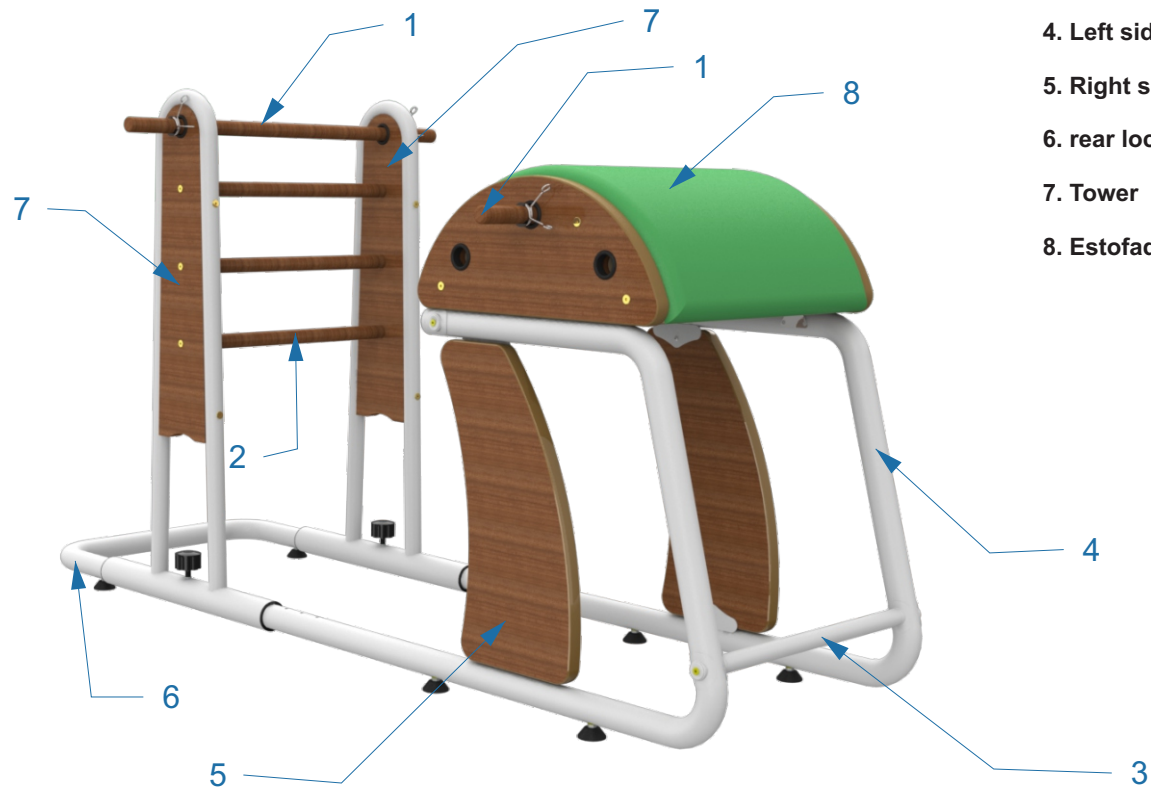
ADVERSE EFFECTS

The adverse effects that can occur is when exercises are performed using muscle groups in isolation, it can lead to muscle strength imbalances leading to overloads and joint damage and even postural imbalance. Should pay attention to the movements while they are running, and what are the muscles or muscle groups that are performing the movement.

NOMENCLATURE

FULL STATEMENT

1. Mobile Bar
2. Fixed Bar
3. Lane with holes
4. Left side
5. Right side
6. rear locking Stringer
7. Tower
8. Estofado



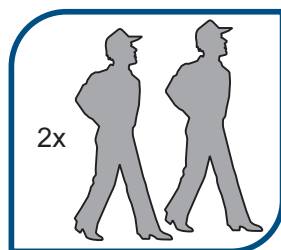
ASSEMBLY INSTRUCTIONS

Before packaging, the pieces of equipment have been rigorously checked and separated. Therefore, the product should be mounted and installed in accordance with the steps outlined in this manual.

TOOLS

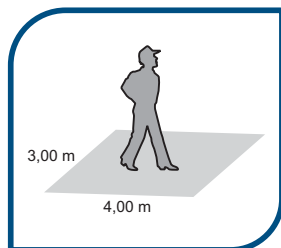
The Arktus provides all the tools necessary to perform the installation of your equipment. Be sure to have them on hand before beginning assembly.

PEOPLE



WARNING: Two people are required to assembling the equipment.

CAUTIONS



During assembly must be properly follow the guidelines in this manual. The equipment is subject to damage during this process, so be cautious when dealing with components and tools.

The equipment must be installed and used in an appropriate environment must be respected the following characteristics in the machine installation area:

- Proper leveling and stability in the use of surface;
- Low humidity;
- Protection incidence of sunlight.

For questions or problems please contact our Technical Assistance ARKTUS.

ASSEMBLY TIME

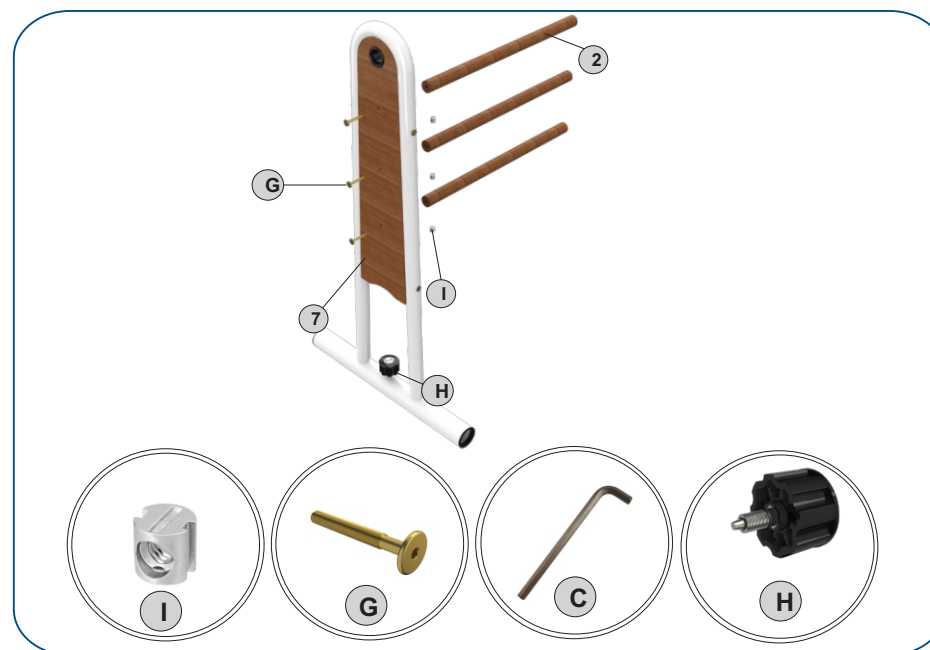


Following the guidelines in this manual estimates a time of 30 minutes for assembly.

ASSEMBLY

STEP 1:

Assemble the fixed rails (2) in the tower (7) using the cylindrical nuts (I) and screws (G), (E) slightly effecting the grip with key aid (C) Screw the handle (H) in the base of the tower (7).



STEP 2:

Mount the second tower (7) in fixed bars (2) using the screws (G) and cylindrical nuts (I) effecting tightening the screw using the key (C) and then screw the knob (H) in the base of the tower (7).



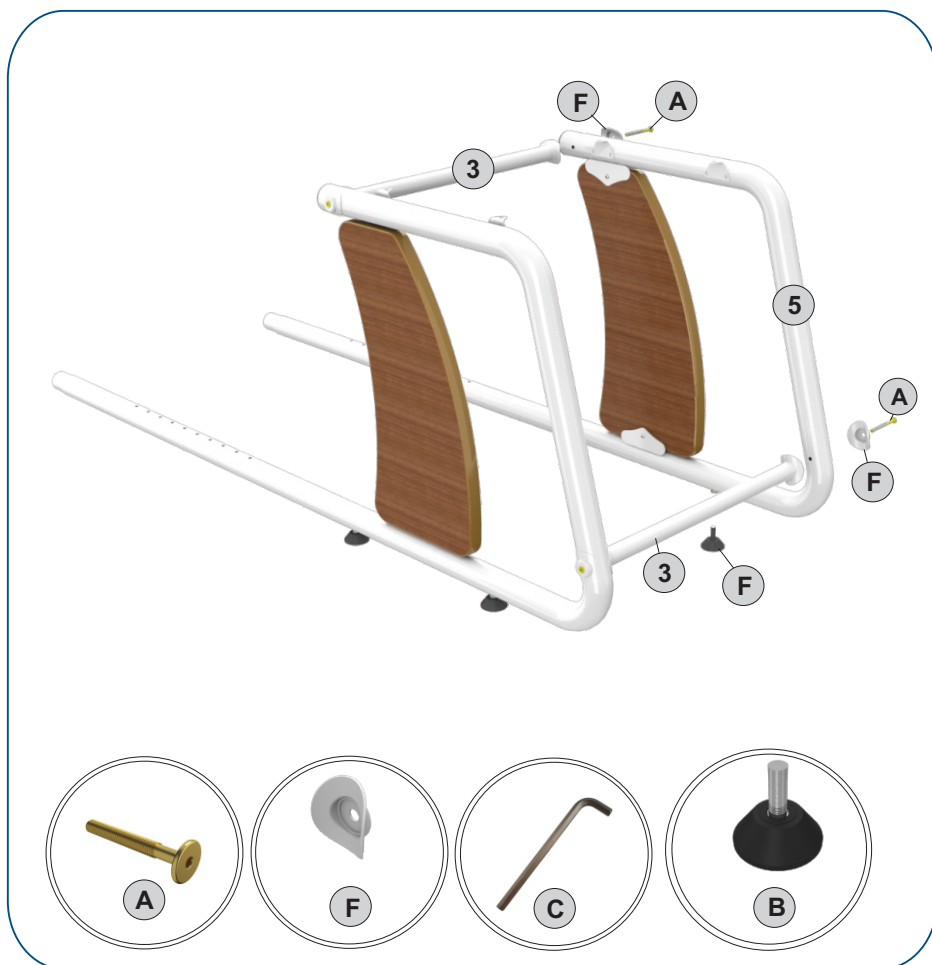
STEP 3:

Assemble the left side (4) with holes in sleepers (3) using the conical washers (F) and the screws (A). Effect the tightening of the bolts using a key (C) Screw nuts (D) and shoes (B) on the base side (4).



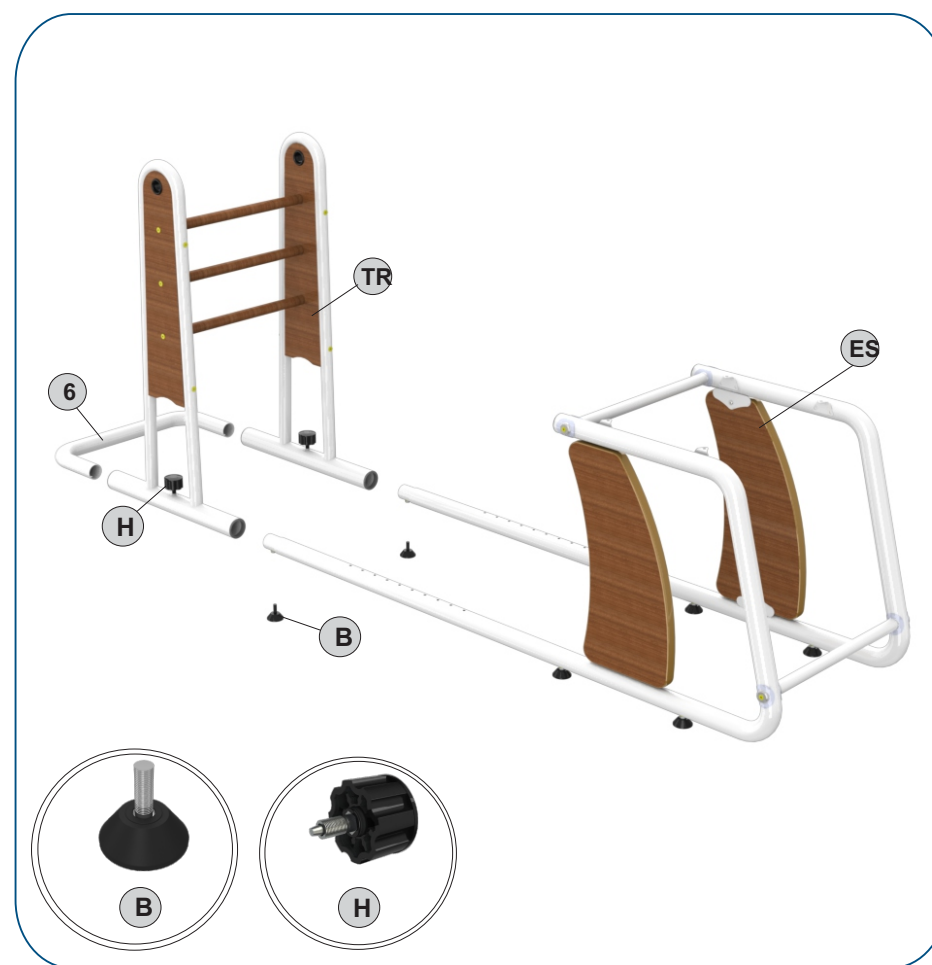
STEP 4:

Assemble the right side (15) in the sleepers (3) using screws (A) and conical washers (F)
Make grip with key aid (C)



STEP 5:

Mount the towers structure (TR) in the structure (DE) using the knobs (H) to set the desired adjustment, push the rear locking rail (6) and screw the shoes (B) in the structure (TR).



STEP 6:

Assemble the upholstery (8) on the frame using screws (E) tighten them with the key (C)



STEP 8:

Assemble the mobile bar (1) according to the need of each year always using the securing clip (J).



STEP 9:

Before using the machine, check that all fasteners are properly tightened and the safety clips in place.



BEFORE FIRST USE

CAUTIONS

Pay attention to the following infrastructure requirements where the equipment has been installed to the correct and safe operation:

- ☒ Products should not be wet or exposed to damp places;
- ☒ Not put on high ground;
- ☒ Use at ground level;
- ☒ Before use always check whether it is on a level surface;
- ☒ Check the correct coupling of the parts of the product;
- ☒ Check the tightness and the correct mounting screws.

PRINCIPLE OF OPERATION / MECHANISM OF ACTION

These devices the various exercises of Pilates technique can be performed. They all serve to make exercises:

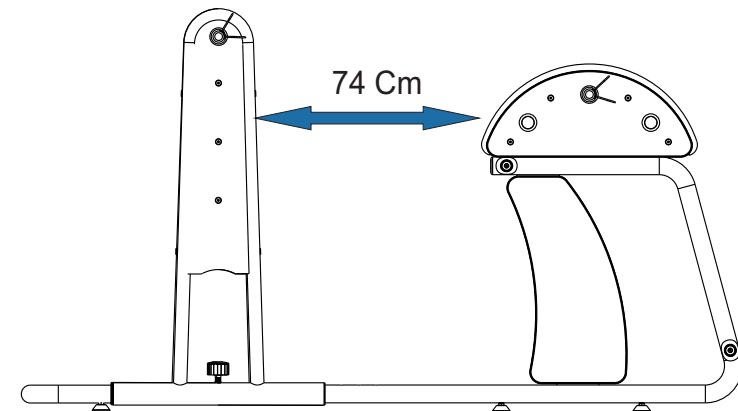
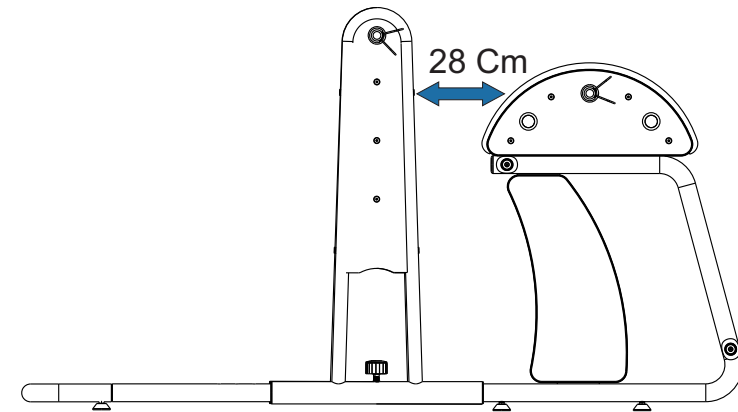
- ☒ Elongation;
- ☒ Spinal mobility;
- ☒ Upper limb strengthening, lower abdomen;
- ☒ Stabilization of the trunk.

OPERATION CONDITIONS

Use only a recommendation and supervision of a qualified professional, can maintain their way of use varied according to the needs of each patient.

ADJUSTING THE BARS FIXED

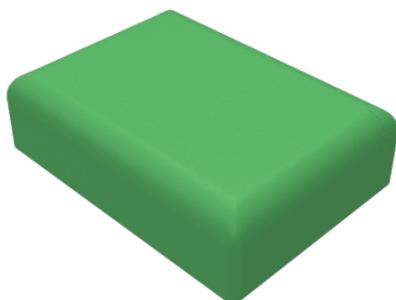
Adjusting the LADDER (fixed bars) compared to the padded range from 28 cm to 74 cm. To make the adjustment must be loose and you pull both handles, following the pull bar tower to the desired position. Loosen the handles ensure that it caught the hitch, tighten the knobs again.



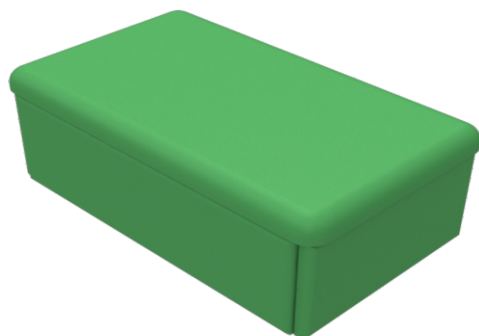
OPTIONAL PRODUCTS

We recommend BOXES FOR PILATES specific products to increase the range of LADDER BARREL STARK exercises.

Mini box for pilates - 00002A



Small box for pilates - 00008A



* The boxes do not accompany the product.

CAUTIONS

Arktus responsible for the technical and safety features of the product only in cases where the equipment has been used in accordance with the instructions contained in the manual, where maintenance, repairs and modifications have solid made by Arktus or in technical service stations authorized and where the components that can lead to device safety and operating risks have been replaced by original spare parts.

DAILY MAINTENANCE

- The cleaning of equipment should be made daily with only soft cloths, clean and lightly moistened with water and mild soap.
- To avoid damaging the finish of the equipment, do not use substances such as benzene, alcohol, thinner and solvents in general.
- The cleaning should be done daily before and after using the machine.
- Do not immerse the device in liquid. If the equipment is immersed accidentally get in touch immediately with Arktus.

PERIODIC MAINTENANCE

- For better conservation and safety, the product must be their fasteners (screws) tightened regularly on preventive maintenance methodology of equipment, it is recommended to evaluate the structure of the equipment monthly.
- It is advisable to exchange springs every twelve (12) months due to wear suffered by the material (thus avoiding breakages and accidents).
- The maintenance should be done by the professional responsible for the supervision and guidance of the exercises performed on the equipment.
- If maintenance is corrective seek authorized service.
- We suggest that a periodic maintenance is done by the manufacturer or the technical service centers authorized every twelve (12) months of use of the equipment.

CORRECTIVE MAINTENANCE / SERVICES

If LADDER BARREL STARK need to maintain contact with Arktus.

All equipment and accessories that are sent to Arktus for services should include:

WARRANTY REPAIR / OUT OF WARRANTY REPAIR

1. Written declaration with the following information:

- Model equipment;
- Number of your machine;
- Contact person with phone number and / or fax;
- Address to issue invoices and invoice;
- Shipping address (where to send the unit after repair);
- Detailed description of the problems;
- Copy of the purchase invoice of the equipment and / or accessories;
- Send the unit to the address specified by the dealer.

The services should be performed only in technical service centers authorized and certified by Arktus.

ENVIRONMENT

To end the life of the appliance and / or accessories, eliminate them so as not to cause damage to the environment. Contact companies focused on selective collection to run recycling procedure.

This product is guaranteed for a statutory period of three (03) months from the date of issue of the invoice of sale, and the Arktus free provides 21 (twenty-one) months as collateral, totaling 24 (twenty four) months as longer term, following the itemized terms and conditions below, whose examination by technical professionals the company finds satisfactorily the existence of the manufacturing defect. Depending on the severity and extent of the problem, the Arktus may opt for replacing the damaged product with a new one. We propose to meet all replacements within 30 days as provided in the Consumer Protection Code.

WARRANTY PERIOD:

WARRANTY PERIOD			
Three (03) MONTHS	Six (06) MONTHS	Twelve (12) MONTHS	Twenty four (24) MONTHS
Molas Amortecedores	Acessórios plásticos Conexões hidráulicas	Courvin Espuma Parafusos Colagens sintéticas	Pintura epóxi Pintura PU Acessórios gerais Agregáveis

The warranty is valid for manufacturing defects and does not include:

- ☒ Misuse, improper efforts, or any different use from that proposed by the Product Manual, or inappropriate use of equipment other than the practice of Pilates exercises by and / or Cross Pilates by authorized persons.
- ☒ Wear on the finish, parts and / or parts occurred by heavy use, inadequate lubrication, substance use (lubricants, cleaners, etc.) not listed in the manual, oxidation or corrosion due to lack of cleaning and / or exposure to adverse conditions such as bad weather, humidity, salt spray, cold and heat.
- ☒ Damage during transport and assembly in violation of the Guide or related to improvements and / or changes to the product or use of parts and tools not specified in the manual.
- ☒ Problems related to inadequate conditions of the location where the product was installed, such as uneven floors, presence of excessive moisture, etc.
- ☒ Damage caused by repair services performed by third parties not authorized by Arktus.
- ☒ Damage caused by accidents, falls, accidents, pest attacks and nature agents.
- ☒ If not followed the guidelines, recommendations, care and specifications given in the manual regarding its use, inspection before each use and preventive maintenance of the product, which are not covered by costs Arktus.
- ☒ Costs of installing the equipment, parts and / or accessories by persons or companies not authorized by Arktus. variações de tensão da rede elétrica fora da faixa indicada no Manual do Usuário.
- ☒ Expenses and / or cleaning and maintenance of equipment not authorized by Arktus.
- ☒ Technical visit rate (inspection and diagnosis) determining that the failure was caused by reasons not covered by this warranty.

Invalidates the warranty:

- ☒ Use of the product in damp and / or exposed to salt spray environment;
- ☒ Assembly and use of the product without following the guidelines of the Manual;
- ☒ Using accessories that are not original equipment;
- ☒ Use of parts other non-original or unauthorized by Arktus;
- ☒ Tampering and / or removal of serial number or product identification label.

CAUTION:

- ☒ It is recommended to exchange the springs within twelve (12) months due to wear suffered by the material, thus preventing breakage and possible injury.

- ☒ It recommends periodic equipment evaluation as described in the Manual, which is run by properly qualified and trained in Pilates and Cross Method Pilates.

- ☒ The repair and / or replacement of the defective product does not extend the warrant period.

- ☒ Using accessories other than the original machine may impair the function and cause damage to the user and the product, and void the warranty.

- ☒ The receipt of the goods by the carrier should be monitored seriously by the customer, for products damaged during transport must be questioned to the carrier upon delivery.

- ☒ For questions, for further information and / or defect complaints observed during the period of guarantee for the equipment shall be effected directly to the Care and Quality

- ☒ Center (NAQ) through 0800 200 8022 or email quality @ arktus .com and will be attended by:

- ☒ Customer ID and / or company;

- ☒ Sales of the related tax document identification number if regarding any claimed defect. (We suggest sending photos and / or videos related to the claimed defect to facilitate the issuance of the report, which will make its service even faster.)

- ☒ Shipping charges are manufacturer's liability only in the first ninety (90) days after this deadline will be responsibility of the caller.

- ☒ Arktus reserves the right to alter the general, technical and aesthetic, or make improvements to its products at any time without incurring the obligation to make the same in the products in stock and already sold.

- ☒ This Warranty Statement applies to products sold and installed in Brazil, from the date of issue of the Fiscal purchase note. For your peace of mind, preserve it with the tax document and manual within easy reach.

GUARANTEE CERTIFICATE

Client name: _____

Address: _____

Complement: _____

Subdivision: _____

City: _____

UF: _____ ZIP code: _____

Data da Compra: ___/___/___ Invoice: _____

Serial Number: _____ No Lot: _____

Equipment: _____

Note: _____

CUSTOMER SERVICE

WEB SITE

www.arktus.com.br

NAQ
(Service and Quality Center)

Hours:
Monday to Friday from 8:00 to 18:00
Saturday from 8h00 to 13h00

0800 200 8022

Arktus Indústria e Comércio de Produtos para Saúde Ltda.
 Antonio Victor Maximiano street, 107 – Block A
 Parque Industrial II - ZIP Code: 85.825-000
 Santa Tereza do Oeste - PR - Brazil
 Phone/Fax: +55 (45) 3231-8000
 Operating Permit
 ANVISA: 802844-5
 Technical manager: Alex Fernando Zani
 Crefito: 8/8409-F



FINAL CHECK LIST OF CUSTOMER KIT LADDER BARREL STARK

Dear Customer, ARKTUS company through the hard Quality Control ensures the integrity of all the items listed in this check list, belonging to the purchased product. When unpacking your product, we ask to confer the available items in the box with the product. If the package is breached or missing any items, please contact stating the serial number for the necessary arrangements.

CONFERENCE RESPONSIBLE (ARKTUS):	
FULL NAME	
DATE	

PRODUCT CODE		00264A	
CLIENT KIT			
ARKTUS	CODE	DESCRIPTION	AMT
	100494	mechanical screw hexagon 1/4 "x 80 mm	04
	105148	rubber shoe PV Ø3 / 8 "x 28 mm	06
	100498	Key ALLEN 4mm	01
	100424	close carb steel hex nut. galvanized Ø3 / 8 "	06
	105494	Screw head bulged Ø1 / 4 "x 3/4" mm	04
	505311	stamped washer to Ø2 tube "	04
	100609	mec screw. sext. int. cab. 17 mm flat Ø1 / 4 "x 50 mm	06
	105673	maniple	02
	100595	cylindrical steel nut carbon Ø1 / 4 "	06
	106101	Strap bat	04