basi SYSTEMS®
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™ Arm Chair Barrel Set

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.

BASI Systems™ Arm Chair Barrel Set brings leading-edge functionality to barrel work! With its innovative F2 System™, springs can be attached at a multitude of angles and resistance levels for expansive and innovative repertoire. The orthopedic padded cushion adds comfort and support. Use it with the ladder and chair box for additional F2 System™ options!

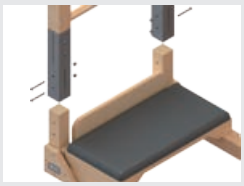
Dimensions

ARM CHAIR BARREL	- width 23"/ 58.5cm x length 40.5"/ 103.5cm x height 37"/ 94.5cm
LADDER	- width 36"/ 91.5cm x length 42"/ 106.5cm x height 37"/ 95cm
ARM CHAIR BOX	- width 18"/ 46cm x length 31"/ 80cm x height 14"/ 37cm
SADDLE (optional)	- width 18.3"/ 46.5cm x length 25.4"/ 64.5cm x height 9.3"/ 23.5cm)

Getting Started with your BASI Systems™ Arm Chair Barrel Set
Welcome to the BASI Systems™ Arm Chair Barrel Set! In one box you will find the BASI Systems™ Arm Chair and the F2 System™. There is a BASI Systems™ tote bag that holds the smaller pieces: a pair of aluminum handles with non-metal attachments and two long yellow springs. In a smaller box there are twelve carabiners, a cleaning cloth and a BASI Systems ™ key chain.

In a second box, there is the ladder with metal attachment sleeves already attached, frame and standing platform. There are also two knobs, four screws and a wrench.

The third box contains the Arm Chair Box, its own F2 System™, a pair of neoprene loops with non-metal attachments and two yellow springs.



Install Ladder
Two metal sleeves are already attached to the ladder frame. Press the metal attachment sleeves of the ladder onto the frame base. Secure the ladder to the base by holding the bolts in place and tightening the screws with the enclosed wrench. Check all screws and bolts and make sure that they are tightly fastened.

Position Ladder
Place the knobs into the holes on either side of the ladder frame. Position the ladder where desired along the track of the frame and tighten the knobs to secure.

Place Standing Platform
Set the platform at the base of the ladder. It can stand up and out of the way when not in use.

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


Attach F2 System™ Base
Press the button on the F2 System™ base and slide it into the desired Arm Chair Barrel or Arm Chair Box 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 though. Clip the carabiner to the desired F2 System™ position.


Attach Straps and Handles
Your BASI Systems™ Arm Chair Classic Set is equipped with a pair of straps and a pair of handles with non-metal attachment loops for quiet use. Attach a carabiner to the loop and attach it to a spring.

Materials
BASI Systems™ Arm Chair Barrel Set 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™ Arm Chair Barrel Set is shipped to you in a special recyclable container designed to be folded down or used for other things.

Care and Maintenance
BASI Systems™ Arm Chair Barrel Set 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!
The BASI Systems™ Arm Chair Barrel Set 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!
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.

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