



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™ Spine Corrector

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™ Spine Corrector has orthopedic padded cushioning and easy-grip padded handles. Its curved bottom design makes it easier to lift and reposition. The BASI Systems™ Spine Corrector is designed to take advantage of the F2 System™ add-on, which brings leading-edge functionality to barrel work! With the innovative F2 System™, springs can be attached at a multitude of angles and resistance levels for expansive and innovative repertoire.

### Dimensions

SPINE CORRECTOR - width 14.8" / 37.5cm x length 38.6" / 98cm x height 15.7" / 40cm



### Getting Started with your BASI Systems™ Spine Corrector

Welcome to the BASI Systems™ Spine Corrector! In your box you will find the BASI Systems™ Spine Corrector. There is a BASI Systems™ tote bag that holds the smaller pieces: a pair of easy-grip padded handles, eight screws, a wrench, a cleaning cloth and a BASI Systems™ key chain.



#### Attach Handles

Slide a handle into a port on the side of the Spine Corrector. Secure it with four screws, using the wrench. Repeat these steps to attach the other handle. Your BASI Systems™ Spine Corrector is now ready to use.



## F2 System™

There is so much to share about the innovative F2 System™! We hope it will inspire and take your Spine Corrector 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 Spine Corrector 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.



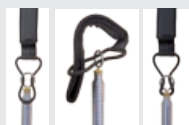
### Adjust F2 System™

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

## Materials

BASI Systems™ Spine Corrector is made with the finest custom manufactured materials. We use beech wood for sturdiness, 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™ Spine Corrector is shipped to you in a special recyclable container designed to be folded down or used for other things.

## Care and Maintenance

BASI Systems™ Spine Corrector 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™ Spine Corrector 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.