

Pilates PLANK

INSTRUCTION MANUAL






READ INSTRUCTIONS CAREFULLY AND THOROUGHLY BEFORE FIRST USE

BATTERY WARNING

The Pilates Plank contains replaceable button/coin cell batteries.

- Battery type: LR1130, Nominal battery voltage: 1.5V
- Remove and immediately recycle or dispose of used batteries according to local regulations and keep away from children. Do NOT dispose of batteries in household trash or incinerate.
- Even used batteries may cause severe injury or death.
- Call a local poison control center for treatment information.
- Non-rechargeable batteries are not to be recharged.
- Do not force discharge, recharge, disassemble, heat above 60°C or incinerate. Doing so may result in injury due to venting, leakage or explosion resulting in chemical burns.
- Ensure correct battery types are installed correctly according to polarity (+ and -).
- Remove and immediately recycle or dispose of batteries from equipment not used for an extended period of time according to local regulations.
- Always completely secure the battery compartment. If the battery compartment does not close securely, stop using the product, remove the batteries, and keep them away from children.
- Do not mix old and new batteries, different brands, or types of batteries, such as alkaline, carbon zinc, or rechargeable batteries.

 WARNING	
<ul style="list-style-type: none">• INGESTION HAZARD : This product contains a button cell or coin battery. The Battery type (LR1130) and its Nominal voltage: 1.5.• DEATH or serious injury can occur if ingested.• A swallowed button cell or coin battery can cause Internal Chemical Burns in as little as 2 hours.• KEEP new and used batteries OUT OF REACH of CHILDREN .• Seek immediate medical attention if a battery is suspected to be swallowed or inserted inside any part of the body.	

This symbol  indicates that the product contains a button cell or coin battery.



FEDERAL COMMUNICATIONS COMMISSION (FCC) STATEMENT

15.21

You are cautioned that changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

15.105(B)

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

FCC RF RADIATION EXPOSURE STATEMENT:

1. This Transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.
2. This equipment complies with RF radiation exposure limits set forth for an uncontrolled environment. This equipment should be installed and operated with a minimum distance of 20 cm between the radiator and your body.

THIS DEVICE COMPLIES WITH PART 15 OF THE FCC RULES. OPERATION IS SUBJECT TO THE FOLLOWING TWO CONDITIONS:

1. This device may not cause harmful interference and
2. This device must accept any interference received, including interference that may cause undesired operation.

Timer Model No. SR2212

IMPORTANT SAFETY INSTRUCTIONS

**READ ALL INSTRUCTIONS BEFORE USING THE PILATES PLANK.
DO NOT THROW AWAY THESE INSTRUCTIONS.**

**BEFORE starting any fitness or strength program, consult with your physician or health official.
This will ensure that you engage in the proper strength or fitness program for your age and physical condition.**

Before using the Pilates Plank, answer these questions:

- Have you been sick recently?
- Have you had prolonged dizziness recently?
- Have you been out of breath for no reason recently?
- Have you had chest pain recently?
- Do you currently have any injuries preventing you from exercise?
- Are you pregnant?
- Do you have any conditions or reasons you should NOT exercise?

IF YOU ANSWER "YES" TO ANY OF THE ABOVE QUESTIONS, YOU SHOULD SEEK FURTHER ADVISE FROM YOUR DOCTOR PRIOR TO USING THE PILATES PLANK.

Read the user manual fully and follow all instructions. This helps to ensure your safety.

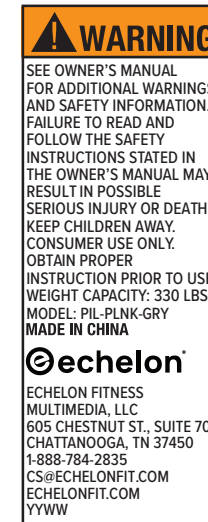
WARNINGS

- ALWAYS use the Pilates Plank on solid, level ground and in a well lit and ventilated area.
- ALWAYS check that the unit is secure before use.
- NEVER allow children to play on or around the unit. This helps protect them from injury from moving parts.
- ALWAYS check the unit before use.
- NEVER use the unit if it is not properly and completely assembled or if it is damaged in any way.
- NEVER exceed the weight limit for this unit. The weight limit for the Pilates Plank is 330 pounds (150 kg). Do not use the Pilates Plank if your body weight is in excess of 330 pounds (150 kg).
- NEVER use the Pilates Plank when sick or fatigued.
- ALWAYS wear proper attire and footwear that fully covers your feet. Long hair should be tied back or tucked away. Ensure that shoelaces are tucked into your shoes.
- ALWAYS warm up/stretch before starting exercise.
- ALWAYS be cautious when getting on and off the Pilates Plank.
- ALWAYS keep hands away from moving parts.
- NEVER overexert yourself or work to exhaustion. If you feel faint, dizzy, short of breath, or if you have chest or other pains, STOP IMMEDIATELY! Consult your physician before using the Pilates Plank again.
- NEVER use accessory attachments that have not been recommended by the manufacturer. Using such attachments may cause injury or damage to the unit and will affect the warranty of the unit.
- ALWAYS ensure that the Pilates Plank is wiped down after each use to keep it sanitary.
- Use this equipment ONLY for its intended use.
- Product is NOT intended for children. Use adult supervision.
- Ensure you have a minimum of three feet of clearance behind and in front of unit. Keep children, pets, furniture, and other objects out of the way when using equipment.

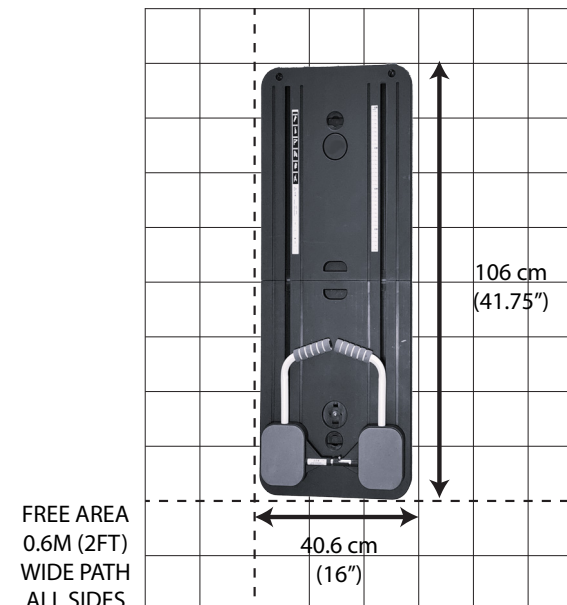
If any problems arise affecting the performance of the Pilates Plank, contact the manufacturer immediately. Always ensure that parts which undergo wear are checked regularly.

THIS SAFETY INFORMATION AND USER MANUAL DO NOT REPLACE THE NEED TO BE ALERT AND TO USE COMMON SENSE WHEN USING THE PILATES PLANK!

WARNING LABEL



Ensure a minimum clearance width of 0.6 meters (24") for access to and passage around the Pilates Plank.



PRODUCT SPECIFICATION

Max User Weight	330 lbs
Product Weight	9 lbs
Maximum Dimensions	41.75" x 16" x 7.75"
Folded Dimensions	16.5" x 4.5" x 21.5"

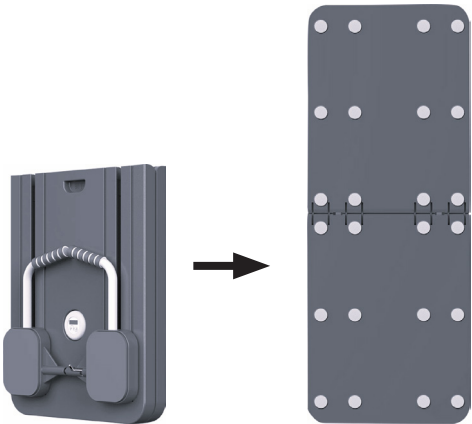
PARTS LIST



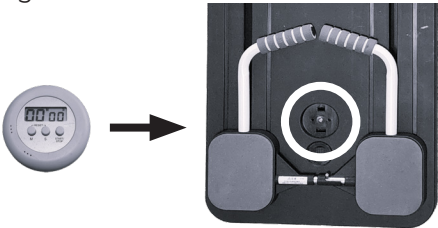
- 1. Pilates Plank
- 2. Stationary Handles
- 3. Timer
- 4. Foam Pad
- 5. Resistance Bands

SET UP

Unfold Pilates Plank and place in desired location.



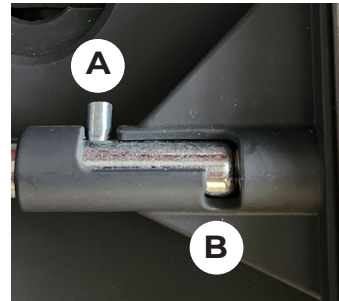
Insert Timer into matching indentation between Sliding Handles.



Rotate Sliding Handles upwards before using Sliding Pads.



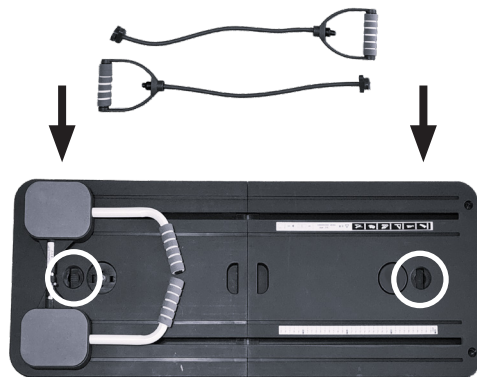
Release the Spring Lock by moving pin from A to B for exercises that require the Sliding Pads to move separately.



Insert Stationary Handles into Stationary Handle slots and turn clockwise to lock into place for exercises placing knees on Sliding Pads.



To attach Resistance Bands, insert end of band into Resistance Band slots and turn clockwise to lock into place.



TIMER



TIMER MODE

- Press any button to activate timer.
- Press Start/Stop to begin timing workout session.
- To Pause and Restart timer while in timer mode, press Start/Stop button.

COUNTDOWN MODE

- Press M to increase minutes by an increment of 1 minute.
- Hold M to rapidly increase minute setting.
- Press S to increase seconds by an increment of 1 second.
- Hold S to rapidly increase second setting.
- When desired time is selected, press Start/Stop to begin countdown of workout session.
- Timer will beep when countdown reaches 00:00.
- Press Start/Stop to silence countdown alarm and reset timer to beginning of countdown.

To reset timer at any time, press M and S buttons simultaneously.

Timer will power off after 10 minutes of inactivity.

BATTERY REPLACEMENT

- Gently remove timer from Pilates Plank and locate battery compartment on back of timer.
- Remove screw then push down and slide battery compartment cover towards center of timer to expose battery.
- Remove expired LR1130 battery and replace with new LR1130 battery according to correct polarity. Positive (+) should face upward when installed correctly.
- Replace battery compartment cover by sliding into place. Be sure cover is securely installed and return timer to Pilates Plank.
- Immediately recycle or dispose of used battery according to local regulations and keep away from children. Do NOT dispose of battery in household trash or incinerate.

EXERCISES

CORE TRAINING



- Place elbows on Sliding Pads and firmly grip Sliding Handles.
- Using abdominal muscles and keeping back straight, stretch torso forward as far as possible without allowing thighs or stomach to touch Pilates Plank and briefly hold position.
- Use abdominal muscles to slide back into crouched position.

HIP TRAINING



- Place feet on Foam Pad and palms on Sliding Pads.
- Straighten legs and balance on tiptoes.
- Use hip muscles to push palms forward and briefly hold position before using hip muscles to pull palms back toward feet.

CAT STRETCH



- Place knees on Foam Pad and palms on Sliding Pads.
- Slowly push palms forward and arch back until head and upper chest rest on Pilates Plank. Thighs should remain straight with bottom as high as possible.
- Hold position for 1 minute before releasing.

BALANCE STRETCH



- Place knees on Foam Pad and palms on Sliding Pads.
- Push palms out until chest is parallel to floor while on hands and knees.
- Raise one leg and opposite arm parallel to floor and hold position as long as possible while maintaining balance.
- Repeat with opposite arm and leg.

WAIST & ABDOMEN TRAINING



- Release spring lock to allow Sliding Pads to move separately. Place hands on Foam Pad and toes on Sliding Pads.
- Use waist and abdominal muscles to balance while moving legs and feet to push sliding pads backward, alternating left and right.

PRONE CRUNCH



- Install Stationary Handles.
- Place knees on Sliding Pads and hold Stationary Handles.
- Use abdominal muscles to pull knees forward toward elbows and briefly hold position before pushing knees back to starting pose.

RESISTANCE BAND TRAINING



- Install Resistance Bands and stand on center of Pilates Plank with feet shoulder-width apart.
- Pull resistance bands as needed for a range of movements to target different muscle groups:
 - * Bicep Curls - Biceps
 - * Lateral Raise - Deltoids
 - * Overhead Press - Triceps and Shoulders
 - * Band Row - Triceps and Shoulders

CARE & MAINTENANCE

- Keep Pilates Plank clean by wiping sweat, dust, or other residue away with a soft, damp cloth after each workout.
- Fold to store in a cool, dry place when not in use.
- Before each use, check resistance bands, sliding pads, handles, and board for signs of wear or damage. If damage or wear is found, discontinue use and contact Customer Service.

NOTES

NOTES

Echelon® 1-Year Limited Warranty

For questions, assistance, or replacement parts, do not return to your retailer.
Contact Echelon customer service below.

For refunds on items not purchased from Echelon directly, please contact your retailer.

Echelon warrants this product to be free of manufacturing defects. Should any such defect develop or become evident within one year from the date of purchase, Echelon will replace the entire product or, at its option, repair or replace the defective part(s) without charge.

Contact Echelon customer service at 833-937-2453 or at cs@echelonfit.com to determine whether it is necessary to return the unit. To return, securely pack the entire unit. Be sure carton clearly identifies sender by name and address. Attach a letter or card describing defect and original sales receipt.

Mail prepaid to Echelon Fitness Returns, 2001 Riverside Drive, Building 2, Chattanooga, TN 37402

This warranty is void if damage or malfunction is due to abuse or failure to operate product in accordance with instructions and on recommended electrical current. This warranty gives you specific legal rights and you may also have other rights which vary from state to state. If you have any questions, or would like to learn more about Echelon, please contact us at 833-937-2453 or at cs@echelonfit.com.

Register your product online at echelonfit.com/pages/register-warranty/

CUSTOMER SERVICE

/ Le service a la clientele / Servicio al Consumidor

833-937-2453 (+1.423.402.9010)

cs@echelonfit.com

DO NOT DISPOSE OF BATTERIES IN FIRE. ALWAYS DISPOSE OF BATTERIES
PER LOCAL & FEDERAL GUIDELINES.

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[ECHELONFIT.COM](https://echelonfit.com)



Read Instructions
Before Opening



PATENT PENDING

REV: 11042024

Made in
CHINA

For indoor
use only

MODEL: PIL-PLNK-GRY