

Pilates Pro Chair (Life's A Beach)

To Set Up the Chair:

1. Take the chair out of the box or storage.
2. Place it on a **flat and steady surface** (like a floor or non-slip mat).
3. Open the chair legs **fully** so it stands upright.
4. Lock any **safety pins** or latches into place.
5. Attach the **resistance springs** if needed (follow your specific workout level).
6. Make sure the **pedals move smoothly** before you begin.

To Fold and Put Away:

1. Unhook the **resistance springs** (if they're still attached).
2. Remove any accessories.
3. Fold the **pedals and legs** inward.
4. Lock the folded chair with its **latch or strap**.
5. Store it in a **cool, dry area**—keep away from moisture.

Safety Tips:

1. Place the chair on a **flat, non-slip surface** to keep it from sliding.
2. Always **check springs and parts** before using.
3. **Hold onto something stable** (like a wall or chair) when first trying moves.
4. Go slowly—**start with beginner exercises** if you're new.
5. Use **bare feet or grip socks**—avoid regular socks as they may cause slipping.
6. If the chair feels **wobbly, loose, or damaged**, stop using it and check all parts or contact the manufacturer.