

Digital Pilates Assembly Guide



WARNING

DO NOT use the XS1 digital Pilates equipment if you suffer from dizziness, vertigo, loss of balance, disequilibrium, or frequent falls. Use the balance bar to assist balance and prevent falling or other injury. If you experience any dizziness, shortness of breath, or pain while exercising on the XS1, discontinue use immediately. OxeFit is not responsible for injuries, accidents, or damages caused by the misuse of this equipment. Consult with your medical provider before using the XS1 digital Pilates equipment. Failure to comply with these warnings could lead to serious injury.

The balance bar is designed only to assist balance during digital Pilates exercises. Only apply light force to maintain balance. The balance bar is NOT a pull-up bar. DO NOT hang on the balance bar. DO NOT apply total body weight. DO NOT use the balance bar outside of its intended design. Failure to comply with these warnings could lead to serious injury. OxeFit is not responsible for injuries, accidents, or damages caused by the misuse or modifications of this equipment.

Carefully read all warnings and instructions in this assembly guide.
If you have any questions or concerns, please contact support@oxefit.com.

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Use these instructions to set up OxeFit's digital Pilates equipment. If you have assembly questions or need assistance accessing digital Pilates, please contact support@oxefit.com.

Equipment



BASE
(quantity: 1)



CARRIAGE
(quantity: 1)

Accessories



BALANCE BAR
(quantity: 1)



MAT
(quantity: 1)



TRI-LOOPS
(quantity: 2)



BALL
(quantity: 1)

Setting Up the Bench

1

WARNING: Make sure the system is **unloaded** when performing step 1.

Lower the slide handles by holding the spring-loaded pull-pin out as you glide the handle down. Release the pull-pin in locking hole #3. Verify the slide handle pull-pins are fully engaged and locked in place by ensuring the orange band around the pin is not visible.



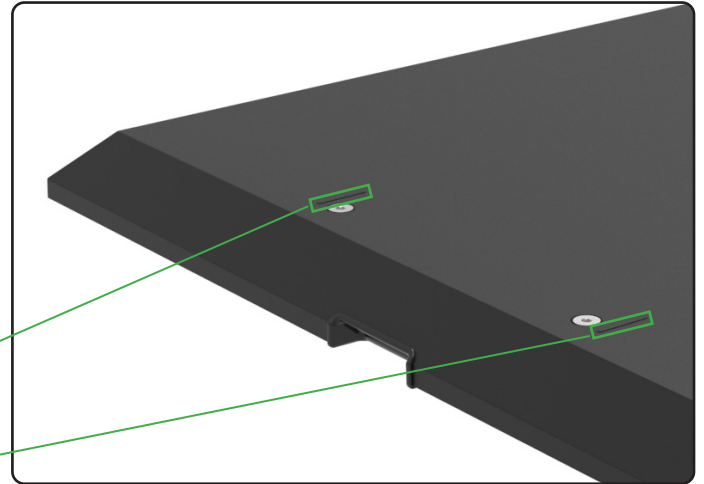
2

Place the base between the vertical positioners.



3

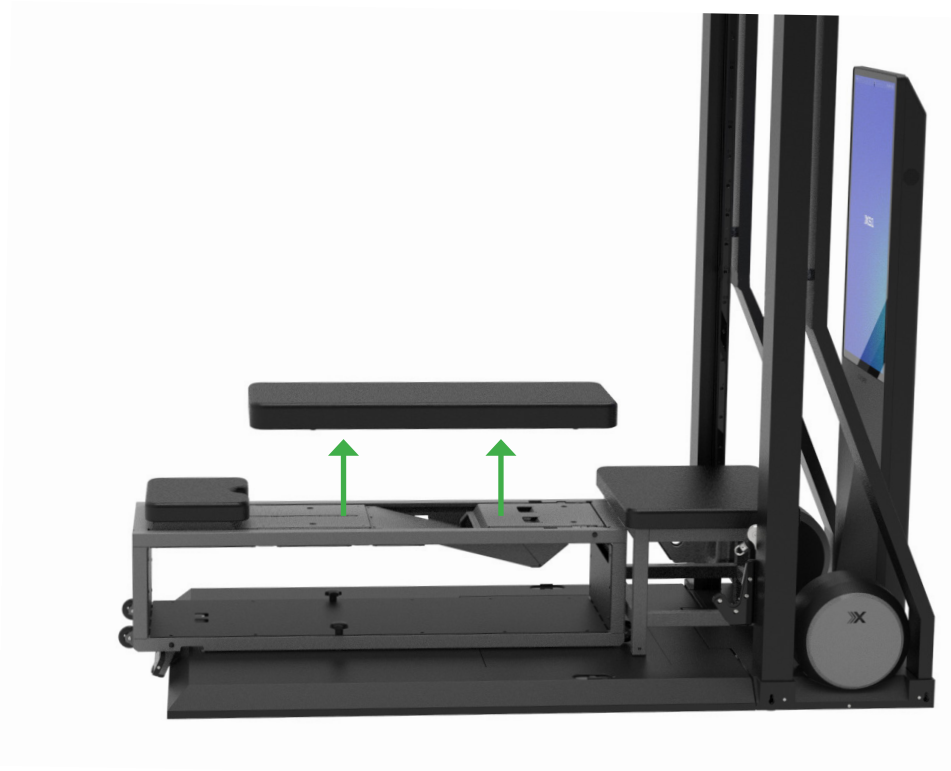
Place the multifunction bench in front of the base. Deploy the kickstand by pressing either the left or right side of the kickstand to stabilize the bench at the end of the deck.



TIP: Use the two small lines at the end of the deck to center the bench.

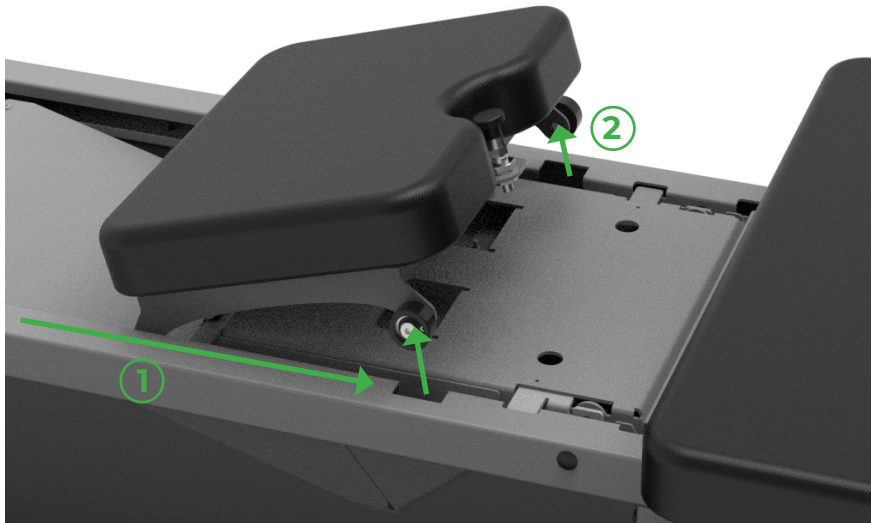
4

Remove the bench pad by lifting it up.



5

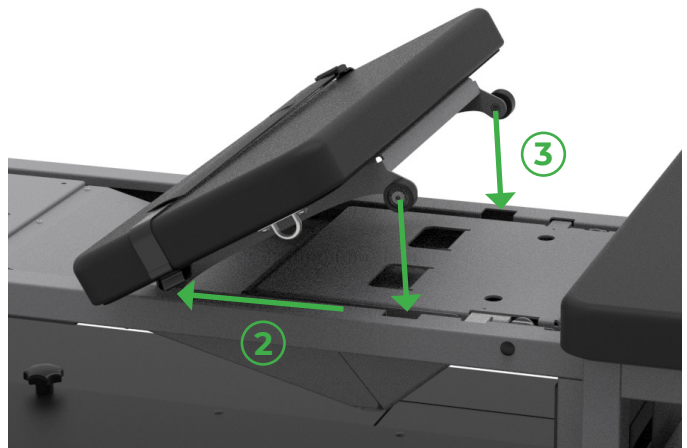
Remove the rowing seat by sliding it forward until the front wheels can be lifted out of the two rectangular slots. Continue to slide the seat forward until the back wheels can be lifted out of the same slots.



NOTE: The location of the rectangular slots on your multifunction bench may differ from what is shown above. Simply adjust step 5 to where your slots are located.

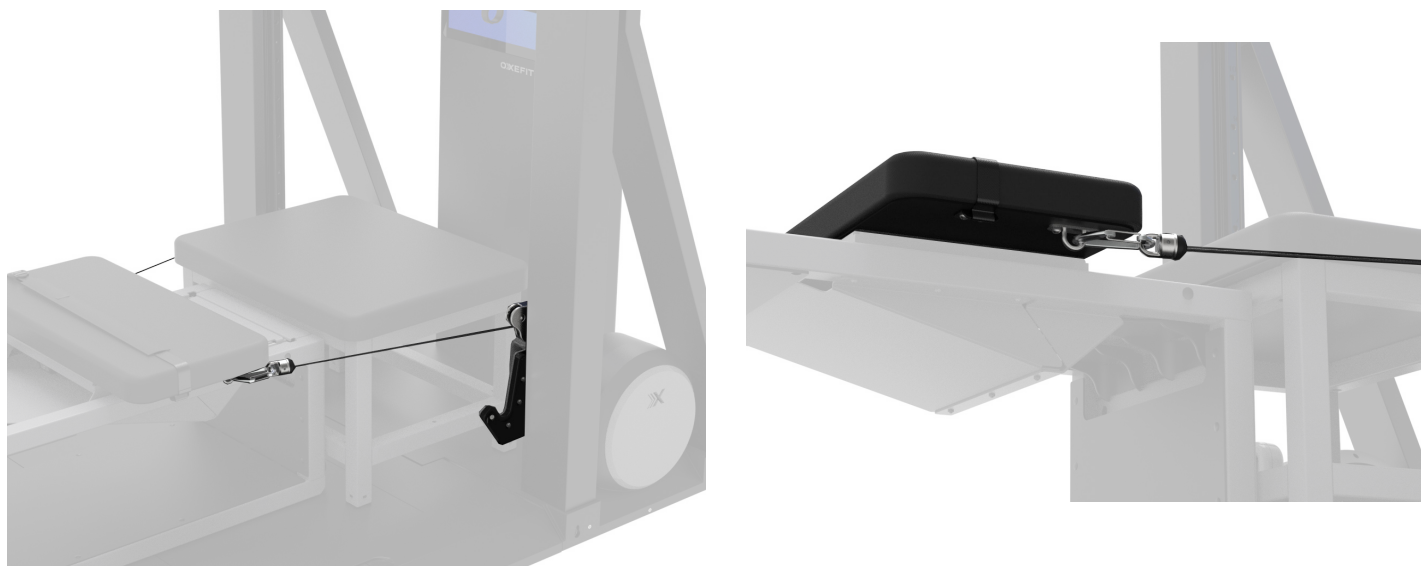
6

Insert the wheels on the foot strap end of the carriage into the rectangular slots from step 5. Continue to slide the carriage backward until the exposing wheels can be inserted into the same slots.



7

Connect the slide cables to the underside of the carriage, as shown below.



Installing the Balance Bar

Use the balance bar to stabilize yourself during digital Pilates. Place the bar at a comfortable height for you to reach and hold on to while exercising. Use the images below as references only. **To remove the balance bar, follow the instructions below in reverse order.**

WARNING: Only apply light pressure to the balance bar.

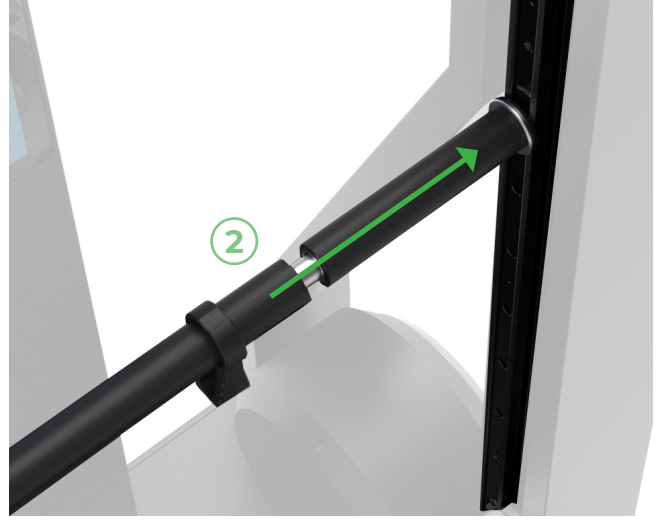
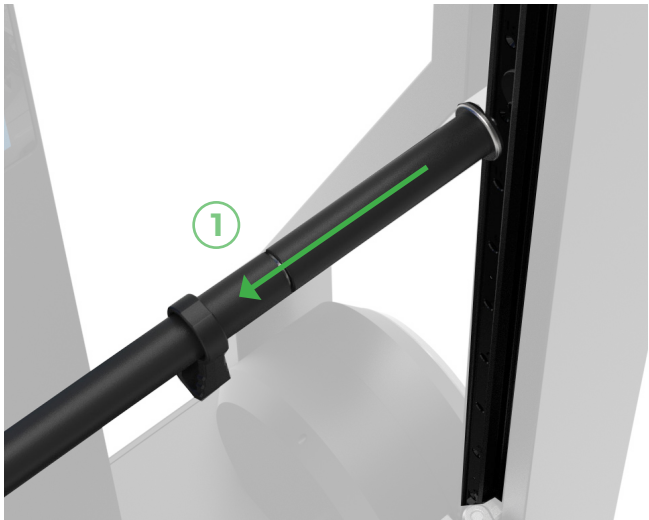
8

Angle the fixed end of the bar to align the pin to a locking hole on the left vertical positioner, then insert into position.



9

Compress the adjustable end of the bar, align the pin with the proper locking hole, then slowly release the tension until the bar is fully expanded. Ensure the bar is level.



10

Slide the locking ring to the gap in the bar. Push the ring towards the touchscreen until it firmly locks in place.



11

Verify that the balance bar is installed correctly by ensuring that it is level and each end is properly inserted into a locking hole.



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