

PilatesMethod Alliance

A Non-Profit Organization

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Studio Weekly Maintenance Check List SAMPLE

General Equipment check list:

- make sure all warnings and user manuals for equipment are read thoroughly and understood
- do not modify equipment in any way
- do not use the equipment if worn, broken or damaged
- keep body, hair and clothing free of all moving parts
- never allow children to be around or on equipment
- if you are using the equipment daily, we strongly suggest a bi-monthly maintenance program
- a periodic inspection of your springs is critical due to the potential of serious injury resulting from spring failure
- wipe all equipment down daily
- thoroughly clean 1 time weekly

Reformer:

- check all straps for security, hooks and attachments
- check tracks for build-up
- check wheels for wear, etc
- check all bolts for tightening and security and retightening if necessary
- check springs for wear
- check footbar pad and make sure footbar is tightened
- check headrest for security
- silicone spray tracks as needed
- check straps/ ropes for wear and security

Trap table:

- check all bolts on poles for tightness
- check all spring hooks and attachments
- check springs
- check safety strap
- check leg straps
- wash leg straps every 2 weeks

High Barrel:

- check barrel slide bolts for tightness

Magic Circle:

- check for sharp edges
- check all bolts for safety

Ped-o-pul:

- check all bolts for security

Chair:

- check springs and attachments
- check hinges for foot plate and foot plate attachments
- if high chair check all attachments