

Activshape Pilates

User Manual



ATTENTION:

Before starting to assemble and use the device, please refer to the manual.

Connecting the power supply

The device must be connected to a grounded socket. There is exact information about the required voltage on the nameplate.

- The device is subject to the recycling process. Dispose of electrical parts only to containers designated for this purpose or return them to a nearby waste collecting centre.
- The device needs to be placed on a smooth surface.
- Make sure that the electric wire is not damaged.
- All types of repairs should be performed by an authorized service centre.

Unique pilates equipment with rehabilitation benefits

As a world largest manufacturer of innovative fitness & spa equipment we would like to introduce an unique pilates equipment for hot yoga exercise in a pilates capsule heated to the body temperature 36,6°C/100°F which enhance body shape and rehabilitation benefits.

This is a hot pilates capsule blends the elements of traditional mat pilates and our much more contemporary hot pilates. The InfraRed Pilates capsule offers a method of exercise and physical movement designed to stretch, strengthen, and sculpt the body as well as challenge and strengthen the cardiovascular and lymphatic systems.

This exercise is taught in a capsule heated to 100F/36.6C degrees and special humidity inside to help the body stretch, detoxify and provide for an invigorating workout. Infrared Pilates capsule combines high intensity intervals and circuit training as well as pilates all perfectly choreographed to high energy and upbeat music to make you feel motivated, powerful and sexy and release more energy!

You could find resistance ropes inside Infrared pilates hot capsule. Each resistance adjusted 1,5kg or you could manually adjust a resistance before pilates workout. Using a ropes as dumbbells you will move through a series of poses. This new style of yoga will help you build strength, flexibility and balance, plus it's a great way to firm up and tighten your body and enhance your body shape.



You could get yoga class in hot capsule will challenge and energize mind and body. Also elevate a heart rate, tone of muscles and strengthen your core. Set to energizing pilates music in a heated capsule, this hot yoga class incorporates the hottest moves for a truly unique and exciting pilates or yoga workout. The capsule temperature is set around 100F or 36.6C degrees with special humidity.

Informative touch screen display integrated with iPad and your iPhone will show a positions for pilates exercises. A bottom pilates table goes out before workout for convinient position to come inside pilates machine.

Workout in InfraRed heated pilates capsule more meditative, restorative and effective than traditional yoga or pilates. 40 static hot yoga poses showing on color display with an energizing and challenging flow. Taught in a pilates heated to 36.6 *C/100 *F degrees with special humidity, this hot yoga class offers all the benefits of held postures while adding a modified vinyasa flow to increase the heart rate and build internal heat.

Our heated pilates capsule offers a total body workout designed to tone and sculpt every major muscle group.



More than 40 positions for exercise inside heated pilates capsule.

This hot pilates class is designed to detoxify, recharge and restore the body, mind and soul. InfraRed Pilates capsule is a best solution as an innovative equipment for any hot yoga studio or hot pilates center. InfraRed Pilates hot capsule is designed to balance the active and passive energies of the body. This will facilitate in opening the physical body in a more-dynamic and energetic way.

Using our unique equipment for pilates or hot yoga you could create a class is designed to burn fat tissue and blast calories as well as provide a rehabilitation benefits during a pilates class. It's a total body workout that is carried out barefoot on a mat. With InfraRed Pilates hot capsule you could provide a fun, high-energy classes that consists of a warm up, high intensity cardio with tabatas and hand weights are incorporated to strength and tighten muscles, followed by some abs and a light cool down. The pilates capsule temperature will be set at 36.6C/100F degrees which is body temperature. Your clients will sweat like crazy while working every muscle group!

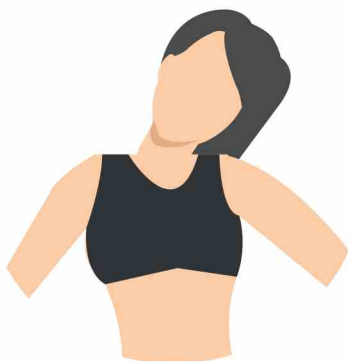
To shape up and get fit, building muscle tissue is essential with Infrared pilates hot capsule. To burn calories and lose weight in hot pilates capsule. Also high or low intensity cardiovascular exercises should do inside this innovative capsule for hot yoga or hot pilates.

This class in hot pilates capsule offers a full-body workout combined with elements of cardio, core training and lifting free weights. This high or low intensity workout is always varied and client never do a two of the same workouts, because display will always show a new position. You could offer amazing unique pilates class using the heat with special humidity. Pilates class inside Infrared Pilates capsule will push whole body to the limits while the heat detoxifies you during workout. Using our hot yoga capsule you will build naturally, tighten your core and give you a maximum benefits during workout.

This is the best hot pilates or hot yoga equipment for your pilates or yoga studio.

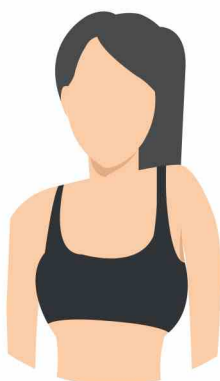
Before starting to train

Training should begin with a warm-up. Next pass to aerobic exercises, and end up with loosening. Warming up prepares the body for exercises. Upon completion of training, repeat the exercises to relax the muscles after force exercise. Below are examples of exercises to warm up and relax:

**1**

HEAD TURNS

Move your head to the right and left, to feel a gentle stretch of neck muscles. Then move your head forward and backward, touch the chest with your chin, and tilt the head back. Repeat the exercise several times.

**2**

ARMS INCLINATIONS

Lift your right arm towards your ear then lift your left arm. Repeat the exercise several times.



3

STRETCHING

Reach as high as you can with your hands.
Alternately reach up with your left and right hand.
Repeat the exercise several times with the right and left hand.



4

QUADRICEPS STRETCH

Rest one of your hands on the wall to steady and pull your leg to the buttocks, as shown in the figure. Repeat the exercise for both legs.



5

STRETCHING THE ACHILLES TENDON

Put two hands against the wall and lean forward. With one leg make a stride and gently push your body. Repeat the exercise several times on both legs.



6

BENDS

Touch your toes with your hands. During the bends, keep your knees straight, shoulders and arms relaxed. Repeat the exercise several times.



7

ABDUCTOR STRETCHING

Sit on the ground, put your feet together, and try to touch the floor with your knees. Repeat the exercise several times.



8

HAMSTRING STRETCHING

Sit on the ground, straighten one leg, and bend the second one. Reach out a hand towards the extended leg and hold on to this position for a few seconds. Relax and repeat on the other leg.

Program definition

Ginoide

For a pear-shaped body

Androide

For a apple-shaped body








Volume









For body that have all volume. The shape of body isn't like an apple or a pear.

Ernia

This module is specific exercise if the customer have problem with his back.



Ginoide - program description

GINOIDE - SIMPLE Number of positions 13 x 3min (from Position 1 to 13)		
Training position in program process	Video	Description
Position 1		LEG TO THE TOP – 90angle
Position 2		LATERAL POSITION LEFT OR RIGHT - MOVEMENT OF THE LEG - 45angle
Position 3		LATERAL POSITION LEFT OR RIGHT - MOVEMENT OF THE LEG WITH BENDING AND 45angle
Position 4		LATERAL POSITION LEFT OR RIGHT - MOVEMENT OF THE LEG – 45angle WITH TWISTING
Position 5		LATERAL POSITION LEFT OR RIGHT - MOVEMENT OF THE LEG - CIRCLES
Position 6		BACK POSITION - FROG MOVEMENT OF BOTH LEGS - 15angle
Position 7		BACK POSITION - FROG MOVEMENT - LEFT OR RIGHT LEG

Position 8		BACK POSITION - SCISSORS MOVEMENT - 15angle
Position 9		LATERAL POSITION - LEFT OR RIGHT - ONE LEG BENT 90angle AND THE SECOND MOVES DOWN AND UP
Position 10		BACK POSITION - BOTH LEGS 90angle AND OPEN MOVEMENTS WITH STRAIGHT LEGS
Position 11		BACK POSITION - HIP MOVEMENT UP AND DOWN
Position 12		BACK POSITION - ONE LEG BEND WITH A SECOND TWISTED - HIP MOVEMENT UP AND DOWN
Position 13		TWISTING OF THE BENDED KNEES – RIGHT OR LEFT
GINOIDE - BASIC Number of positions 15 x 3min (from Position 1 to 15)		
Position 14		LATERAL POSITION - LEFT OR RIGHT - BOTH LEGS 15angle AND MOVEMENT LEFT OR RIGHT
Position 15		LATERAL POSITION LEFT OR RIGHT - 15angle TWISTING MOVEMENT OF THE LEGS BACK AND IN FRONT





GINOIDE - ADVANCE

Number of positions 17 x 3min (from Position 1 to 17)









Position 16		BACK POSITION - BEND AND STRETCH THE LEGS
Position 17		BACK POSITION - BENDING LEGS - ONE FOR TIME

GINOIDE - EXPERT

Number of positions 19 x 3min (ADVANCE items + additional items from the expert list)







Position 18		An item selected from the list of EXPERT items
		BACK POSITION - LEGS 90angle - FROG MOVEMENT UP AND DOWN
		BACK POSITION - COMBINATION OF THE POSITION 7+8
		BACK POSITION - BOTH LEGS UP 90angle AND DOWN
		BACK POSITION – BOTH LEGS BENDED TO THE CHEST STRAIGHT 90angle AND DOWN








		BACK POSITION – BOTH LEGS BENDED TO THE CHEST - STRAIGHT 90angle AND DOWN - NO PAUSE
		BACK POSITION - ONE LEG BENDED TO THE CHEST - STRAIGHT 90angle AND DOWN - NO PAUSE
		LATERAL POSITION RIGHT OR LEFT - SEMICIRCLE MOVEMENT OF THE LEFT OR RIGHT LEG
		BACK POSITION - RAISING THE HIPS AND THE ROTATION MOVEMENT OF
		BACK POSITION - BRIDGE MOVEMENT
		POSITION ON THE BELLY - LEFT OR RIGHT LEG STRAIGHT 45angle AND MOVEMENT UP AND DOWN ACROSS THE SECOND LEG
		BACK POSITION - BOTH LEGS 90angle OPENED AND BIG CIRCLES
		BACK POSTION - BOTH LEGS TOGETHER AND 360angle CIRCLE
		BACK POSITION - LEGS UP AND OPENED - LEGS DOWN AND OPENED

		BACK POSITION - BOTH LEGS BENDED AND LIFTED TO THE CHEST
Position 19		An item selected from the list of EXPERT items
		BACK POSITION - LEGS 90angle - FROG MOVEMENT UP AND DOWN
		BACK POSITION - COMBINATION OF THE POSITION 7+8
		BACK POSITION - BOTH LEGS 45angle AND MOVEMENTS ON THIS LEVEL TO OPEN THEM
		BACK POSITION - BOTH LEGS UP 90angle AND DOWN
		BACK POSITION – BOTH LEGS BENDED TO THE CHEST STRAIGHT 90angle AND DOWN
		BACK POSITION – BOTH LEGS BENDED TO THE CHEST - STRAIGHT 90angle AND DOWN - NO PAUSE
		BACK POSITION - ONE LEG BENDED TO THE CHEST - STRAIGHT 90angle AND DOWN - NO PAUSE

		LATERAL POSITION RIGHT OR LEFT - SEMICIRCLE MOVEMENT OF THE LEFT OR RIGHT LEG
		BACK POSITION - RAISING THE HIPS AND THE ROTATION MOVEMENT OF
		BACK POSITION - BRIDGE MOVEMENT
		POSITION ON THE BELLY - LEFT OR RIGHT LEG STRAIGHT 45angle AND MOVEMENT UP AND DOWN ACROSS THE SECOND LEG
		BACK POSITION - BOTH LEGS 90angle OPENED AND BIG CIRCLES
		BACK POSITION - BOTH LEGS TOGETHER AND 360angle CIRCLE
		BACK POSITION - LEGS UP AND OPENED - LEGS DOWN AND OPENED
		BACK POSITION - BOTH LEGS BENDED AND LIFTED TO THE CHEST



Androide - program description

ANDROIDE - SIMPLE Number of positions 13 x 3min		
Training position in program process	Video	Description
Position 1		WARMING-UP EXERCISES
Position 2		LEG TO THE TOP – 90angle
Position 3		LATERAL POSITION LEFT OR RIGHT - MOVEMENT OF THE LEG WITH BENDING AND 45angle
Position 4		LATERAL POSITION LEFT OR RIGHT - MOVEMENT OF THE LEG - 45angle
Position 5		TWISTING OF THE BENDED KNEES – RIGHT OR LEFT
Position 6		BACK POSITION - ONE LEG UP AND SMALL CIRCLES

Position 7		BACK POSITION - BENDING LEGS - ONE FOR TIME
Position 8		BACK POSITION - BEND AND STRETCH THE LEGS
Position 9		BACK POSITION - BENDED LEGS AND SWINGING LEFT AND RIGHT
Position 10		POSITION ON THE BELLY - BEND BOTH OF THE LEGS MAX TO THE TOP
Position 11		POSITION ON THE BELLY - PUT ONE OF THE LEG UP TO 45angle AND DOWN
Position 12		BACK POSITION - ONE HAND KEEPING THE LINE AND RAISING UP TO THE TOP
Position 13		BACK POSITION - ONE HAND KEEPING THE LINE AND MAKING SMALL CIRCLES



ANDROIDE - BASIC

Number of positions 15 x 3min (position **SIMPLE** + 2 extra)

Position 14		BACK POSITION - UP AND DOWN LEFT OR RIGHT LEG MIXED 15angle - IN THE AIR
Position 15		BACK POSITION - BOTH LEGS 45angle AND MOVEMENTS ON THIS LEVEL TO OPEN THEM


ANDROIDE - ADVANCE

Number of positions 17 x 3min (positions **BASIC**+ 2 extra)

Position 16		BACK POSITION – BOTH LEGS BENDE TO THE CHEST STRAIGHT 90angle AND DOWN
Position 17		BACK POSITION - LEGS 15angle MOVES RIGHT OR LEFT LIKE "SCISSORS"








ANDROIDE - EXPERT









Number of positions 19 x 3min

Position 18		An item selected from the list of EXPERT items
		BACK POSITION - LEGS 90angle - FROG MOVEMENT UP AND DOWN

ANDROIDE - EXPERT







Number of positions 19 x 3min








		BACK POSITION - COMBINATION OF THE POSITION 7+8
		BACK POSITION - BOTH LEGS 45angle AND MOVEMENTS ON THIS LEVEL TO OPEN THEM
		BACK POSITION- BOTH LEGS UP 90angle AND DOWN
		BACK POSITION – BOTH LEGS BENDED TO THE CHEST STRAIGHT 90angle AND DOWN
		BACK POSITION – BOTH LEGS BENDED TO THE CHEST - STRAIGHT 90angle AND DOWN - NO PAUSE
		BACK POSITION - ONE LEG BENDED TO THE CHEST - STRAIGHT 90angle AND DOWN - NO PAUSE
		LATERAL POSITION RIGHT OR LEFT - SEMICIRCLE MOVEMENT OF THE LEFT OR RIGHT LEG
		BACK POSITION - RAISING THE HIPS AND THE ROTATION MOVEMENT OF

		BACK POSITION - BRIDGE MOVEMENT
		POSITION ON THE BELLY - LEFT OR RIGHT LEG STRAIGHT 45angle AND MOVEMENT UP AND DOWN ACROSS THE SECOND LEG
Position 19		An item selected from the list of EXPERT items
		BACK POSITION - LEGS 90angle - FROG MOVEMENT UP AND DOWN
		BACK POSITION - COMBINATION OF THE POSITION 7+8
		BACK POSITION - BOTH LEGS 45angle AND MOVEMENTS ON THIS LEVEL TO OPEN THEM
		BACK POSITION- BOTH LEGS UP 90angle AND DOWN
		BACK POSITION – BOTH LEGS BENDED TO THE CHEST STRAIGHT 90angle AND DOWN
		BACK POSITION – BOTH LEGS BENDED TO THE CHEST - STRAIGHT 90angle AND DOWN - NO PAUSE

		BACK POSITION - ONE LEG BENDED TO THE CHEST - STRAIGHT 90angle AND DOWN - NO PAUSE
		LATERAL POSITION RIGHT OR LEFT - SEMICIRCLE MOVEMENT OF THE LEFT OR RIGHT LEG
		BACK POSITION - RAISING THE HIPS AND THE ROTATION MOVEMENT OF
		BACK POSITION - BRIDGE MOVEMENT
		POSITION ON THE BELLY - LEFT OR RIGHT LEG STRAIGHT 45angle AND MOVEMENT UP AND DOWN ACROSS THE SECOND LEG



Volume - program description

VOLUME - SIMPLE Number of positions 13 x 3min		
Training position in program process	Video	Description
Position 1		WARMING-UP EXERCISES
Position 2		LEG TO THE TOP – 90angle
Position 3		LATERAL POSITION LEFT OR RIGHT - MOVEMENT OF THE LEG - 45angle
Position 4		LATERAL POSITION LEFT OR RIGHT - MOVEMENT OF THE LEG - CIRCLES
Position 5		LATERAL POSITION LEFT OR RIGHT - MOVEMENT OF THE LEG – 45angle WITH TWISTING
Position 6		BACK POSITION - UP AND DOWN LEFT OR RIGHT LEG MIXED 15angle - IN THE AIR

Position 7		BACK POSITION - BENDING LEGS - ONE FOR TIME
Position 8		BACK POSITION - SCISSORS MOVEMENT - 15angle
Position 9		BACK POSITION - BOTH LEGS 90angle AND OPEN
Position 10		BACK POSITION - PUT ON OF THE LEG UP 15angle AND MAKE CIRCLE MOVEMENTS WITH A FEET
Position 11		BACK POSITION – TWO HANDS KEEPING THE LINE WITH HAND UP AND RAISING TO THE TOP
Position 12		BACK POSITION - ONE HAND KEEPING THE LINE WITH HAND DOWN AND RAISING TO THE HEAD
Position 13		LATERAL POSITION ON THE ELBOW - KEEPING THE LINE AND BENDING

VOLUME - BASIC

Number of positions 15 x 3min (simple + two extra)

Position 14		BACK POSITION - BENDED LEGS AND SWINGING LEFT AND RIGHT
Position 15		BACK POSITION - PUT THE LEGS 90angle - BEND AND UNBEND THEM


VOLUME - ADVANCE










Number of positions 17 x 3min (positions BASIC+ 2 extra)









Position 16		TWISTING OF THE BENDED KNEES – RIGHT OR LEFT
Position 17		BACK POSITION - LEGS 15angle MOVES RIGHT OR LEFT LIKE "SCISSORS"

VOLUME - EXPERT




Number of positions 19 x 3min

Position 18		An item selected from the list of EXPERT items
		BACK POSITION - LEGS 90angle - FROG MOVEMENT UP AND DOWN



		BACK POSITION - COMBINATION OF THE POSITION 7+8
		BACK POSITION - BOTH LEGS 45angle AND MOVEMENTS ON THIS LEVEL TO OPEN THEM
		BACK POSITION- BOTH LEGS UP 90angle AND DOWN
		BACK POSITION – BOTH LEGS BENDED TO THE CHEST STRAIGHT 90angle AND DOWN
		BACK POSITION – BOTH LEGS BENDED TO THE CHEST - STRAIGHT 90angle AND DOWN - NO PAUSE
		BACK POSITION - ONE LEG BENDED TO THE CHEST - STRAIGHT 90angle AND DOWN - NO PAUSE
		LATERAL POSITION RIGHT OR LEFT - SEMICIRCLE MOVEMENT OF THE LEFT OR RIGHT LEG
		BACK POSITION - RAISING THE HIPS AND THE ROTATION MOVEMENT OF
		BACK POSITION - BRIDGE MOVEMENT









		POSITION ON THE BELLY - LEFT OR RIGHT LEG STRAIGHT 45angle AND MOVEMENT UP AND DOWN ACROSS THE SECOND LEG
		BACK POSITION - BOTH LEGS 90angle OPENED AND BIG CIRCLES
		BACK POSTION - BOTH LEGS TOGETHER AND 360angle CIRCLE
		BACK POSITION - LEGS UP AND OPENED - LEGS DOWN AND OPENED
		BACK POSITION - BOTH LEGS BENDED AND LIFTED TO THE CHEST
Position 19		An item selected from the list of EXPERT items
		BACK POSITION - LEGS 90angle - FROG MOVEMENT UP AND DOWN
		BACK POSITION - COMBINATION OF THE POSITION 7+8
		BACK POSITION - BOTH LEGS 45angle AND MOVEMENTS ON THIS LEVEL TO OPEN THEM

		BACK POSITION- BOTH LEGS UP 90angle AND DOWN
		BACK POSITION – BOTH LEGS BENDED TO THE CHEST STRAIGHT 90angle AND DOWN
		BACK POSITION – BOTH LEGS BENDED TO THE CHEST - STRAIGHT 90angle AND DOWN - NO PAUSE
		BACK POSITION - ONE LEG BENDED TO THE CHEST - STRAIGHT 90angle AND DOWN - NO PAUSE
		LATERAL POSITION RIGHT OR LEFT - SEMICIRCLE MOVEMENT OF THE LEFT OR RIGHT LEG
		BACK POSITION - RAISING THE HIPS AND THE ROTATION MOVEMENT OF
		BACK POSITION - BRIDGE MOVEMENT
		POSITION ON THE BELLY - LEFT OR RIGHT LEG STRAIGHT 45angle AND MOVEMENT UP AND DOWN ACROSS THE SECOND LEG
		BACK POSITION - BOTH LEGS 90angle OPENED AND BIG CIRCLES

		BACK POSTION - BOTH LEGS TOGETHER AND 360angle CIRCLE
		BACK POSITION - LEGS UP AND OPENED - LEGS DOWN AND OPENED
		BACK POSITION - BOTH LEGS BENDED AND LIFTED TO THE CHEST

Ernia - program description






ERNIA - SIMPLE Number of positions 13 x 3min		
Training position in program process	Video	Description
Position 1		WARMING-UP EXERCISES
Position 2		LEG TO THE TOP - 90angle
Position 3		BACK POSITION - BENDING LEGS - ONE FOR TIME

Position 4		BACK POSITION - ONE LEG UP AND SMALL CIRCLES
Position 5		BACK POSITION - BOTH LEGS 45angle AND MOVEMENTS ON THIS LEVEL TO OPEN THEM
Position 6		BACK POSITION - BOTH LEGS 90angle AND OPEN MOVEMENTS WITH STRAIGHT LEGS
Position 7		LATERAL POSITION LEFT OR RIGHT - MOVEMENT OF THE LEG - 45angle
Position 8		LATERAL POSITION - LEFT OR RIGHT - BOTH LEGS 15angle AND MOVEMENT LEFT OR RIGHT
Position 9		LATERAL POSITION LEFT OR RIGHT - 15angle TWISTING MOVEMENT OF THE LEGS BACK AND IN FRONT
Position 10		POSITION ON THE BELLY - BEND BOTH OF THE LEGS MAX TO THE TOP
Position 11		BACK POSITION - ONE HAND KEEPING THE LINE AND RAISING UP TO THE TOP
Position 12		BACK POSITION - ONE HAND KEEPING THE LINE WITH HAND DOWN AND RAISING TO THE HEAD

ERNIA - BASIC

Number of positions 13 x 3min

Position 1		BACK POSITION - FROG MOVEMENT - LEFT OR RIGHT LEG
Position 2		BACK POSITION - PUT ONE OF THE LEG UP 15angle AND MAKE THE MOVES WITH A FEET IN FRONT AND BACK
Position 3		BACK POSITION - PUT THE LEGS 90angle - BEND AND UNBEND THEM
Position 4		LATERAL POSITION - LEFT OR RIGHT - BOTH LEGS 15angle AND MOVEMENT LEFT OR RIGHT
Position 5		BACK POSITION - PUT THE LEG 90angle AND BEND ACCROS THE NEXT LEG THAN UP
Position 6		LATERAL POSITION LEFT OR RIGHT - MOVEMENT OF THE LEG - 45angle
Position 7		BACK POSITION - PUT ONE OF THE LEG UP 45angle AND MAKE THE MOVEMENTS ACCROS TO THE NEXT LEG
Position 8		BACK POSITION - BEND AND STRETCH THE LEGS

Position 9		LATERAL POSITION LEFT OR RIGHT - MOVEMENT OF THE LEG - CIRCLES
Position 10		BACK POSITION - PUT THE LEGS 90angle - BEND AND UNBEND THEM
Position 11		BACK POSITION - BENDED LEGS AND SWINGING LEFT AND RIGHT
Position 12		BACK POSITION - BENDING LEGS - ONE FOR TIME
Position 13		POSITION ON THE BELLY - PUT ONE OF THE LEG UP TO 45angle AND DOWN

Metrics

Producer

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