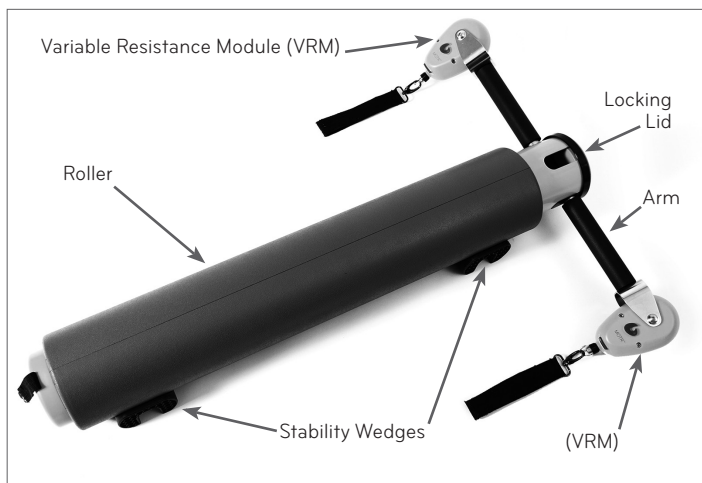


## Start Your MOTR™



### MOTR SET-UP AND SAFETY

1. Stand the MOTR upright with the Locking Lid at the top.
2. Remove the Lid by pressing the green button with your thumb while gripping the handle. Then twist counter clockwise until the Lid is loose, remove it, and set it aside.

\*\*\*\* It is very important that you press the button before turning the Lid. Failure to do so will damage the Lid. \*\*\*\*

3. Remove the Carrying Strap by sliding it out of the slot (a) and unclipping it from the bottom of the MOTR (b). Set it aside.



4. Reach into the Roller and remove the donut shaped foam spacer and the loops. Set them aside.

5. Use the Pull Out Strap to lift the Arm completely out of the Roller.

6. Remove the Pull Out Strap from around the VRM and set it aside. (The Pull Out Strap, Carrying Strap, and foam spacer may also be stored inside the roller as they will not be needed during the workout.)

Fig A

7. Attach the Arm to the top of the MOTR by sliding the tabs on the Arm into the slots on the top of the Roller, round edges down.

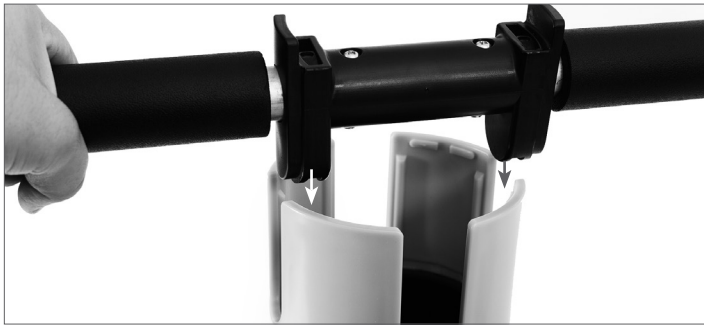


Fig B

8. Place the Locking Lid back on the MOTR with the green button positioned over a slot and rotate clockwise until you hear it click into place.

9. Clip one loop to each VRM.

10. Remove the Stability Wedges from the Arm and place them on the floor where you want the MOTR to be during the workout. Then place the MOTR on the Stability Wedges. Adjust the Stability Wedges so they are under the foam part of the roller and approximately a finger's width from each end.

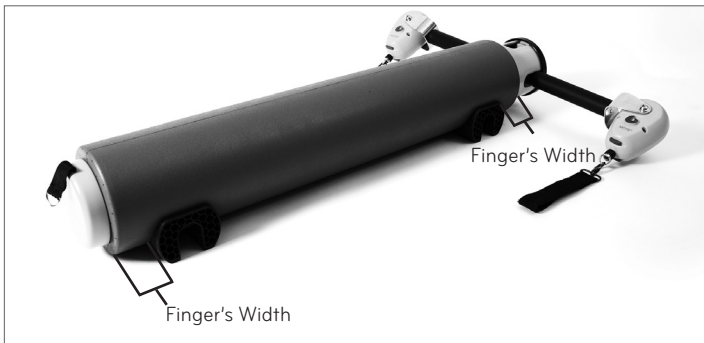


Fig C

11. Rotate the MOTR until the Arm is parallel to the floor.

**CRITICAL NOTE:**

**Never allow the hand straps to recoil uncontrollably. Releasing the hand straps while under tension will damage the VRM.**

**BEFORE EACH USE:**

- » Inspect the hand straps, cords, and buckles for wear.
- » Make sure the lid is securely locked so the Arm stays in place during use.
- » Verify that the VRM bolts are not loose.
- » Make sure the Stability Wedges are no more than a finger's width from the ends of the foam.

**ADJUSTING THE RESISTANCE**

**NOTE: It is very important that the resistance only be adjusted when the cord is fully retracted or the VRM may be damaged.**

LIGHT RESISTANCE: Both buttons OUT

MEDIUM RESISTANCE: One button IN, one button OUT

HEAVY RESISTANCE: Both Buttons IN



Fig D

**SAFETY AND COMFORT ON THE MOTR**

- » To keep the MOTR from sliding on a smooth floor place a yoga mat under the Stability Wedges.
- » To create a softer surface for sensitive clients place a yoga mat or a Mini Mat on top of the roller.
- » To lessen the risk of slipping when standing on the roller, wear flexible shoes or socks with grip.
- » To stabilize the MOTR when it is in Ballet Barre position, place it on a non-slip surface.

**CUSTOMER SATISFACTION POLICY**

**Returns and Warranties**

For complete and current information on returns, shipping, changes, cancellations and warranties, please visit "About My Order" in the online store at pilates.com.