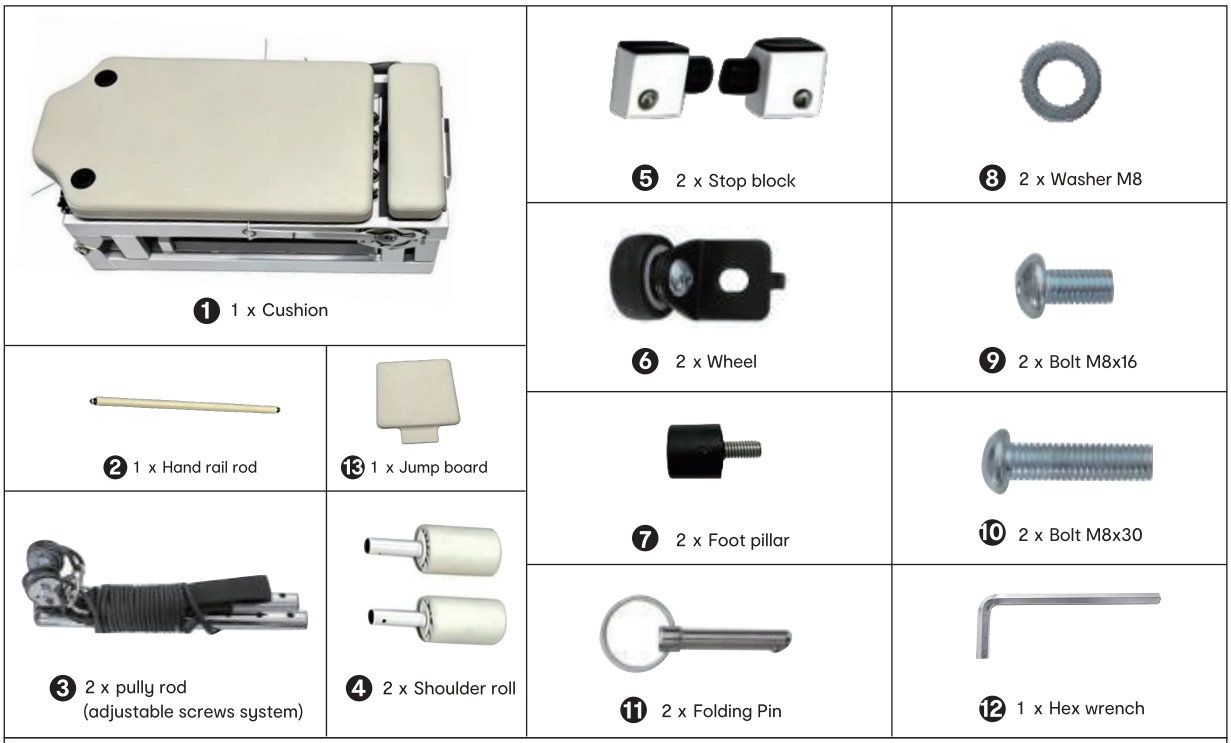
43766758
PILATES REFORMER
Instruction manual

01 Precautions

1. To prevent customer safety accidents, please check that all screws are tightly secured before using the product.
2. Please read the instructions carefully before use.
3. Be careful not to pinch your fingers when unfolding or folding the product.
4. Do some light stretching before using the product.
5. Secure the leg fixing clips before use.
6. Be careful not to pinch your hands when adjusting the resistance of the spring tubes.
7. Do not allow children to sit or play on top of the protector.
8. If you tend to sweat during workouts, keep a towel nearby to wipe down the equipment.
9. Dress appropriately when using the Reformer. Avoid dangling jewellery, scarves, or loose clothing that could get caught in the spring tubes. Wear grip socks or go barefoot to prevent slipping.
10. Only remove spring tubes when they are not under tension.
11. Before stepping or sitting on the Reformer, make sure at least one or two spring tubes are attached to prevent the carriage from sliding out from under you. Whenever possible, step onto a stable surface first.

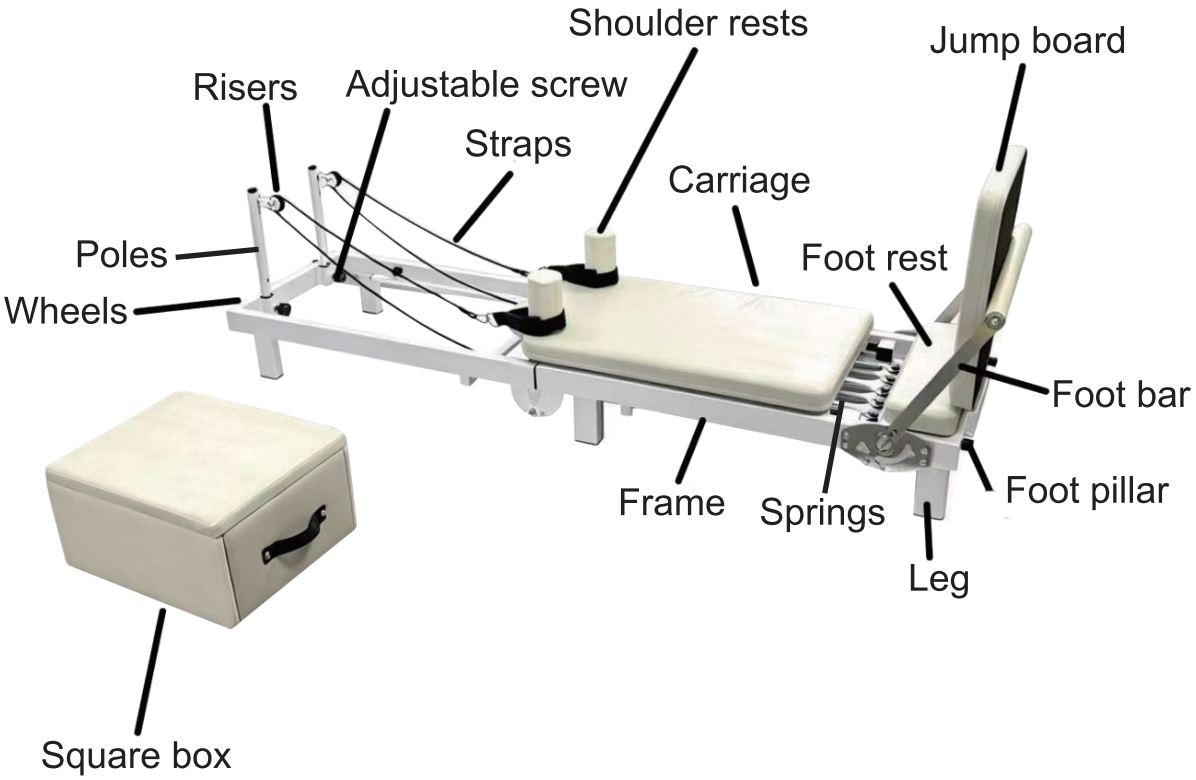
02 Components



Square Box List



03 Product manual



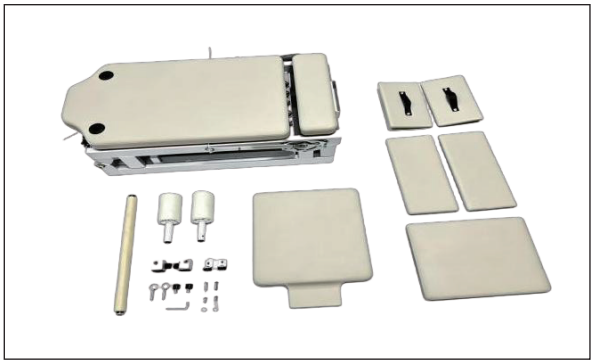
04 Assembly method

Precautions when assembling

* Please be careful not to pinch or press your hands when folding.
* Because of the risk of injury, be sure to operate with two people when moving or assembling the product.
* The clip will easily enter after shaking it from side to side.
* Now clamp the fixing clip at the fixed foot. Clamp at the end of the reverse side.
* When it is difficult to change the angle, you can slightly loosen the screws connecting the two fixed feet and readjust it.

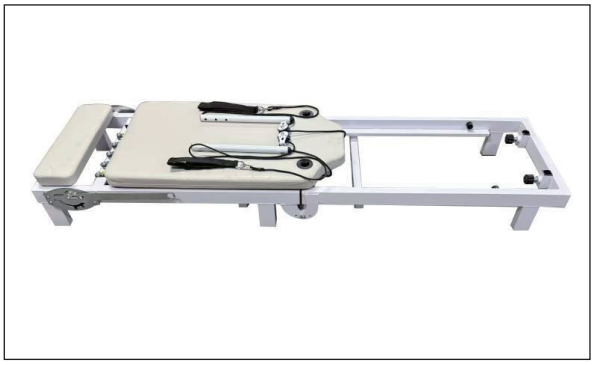
Installation steps 01



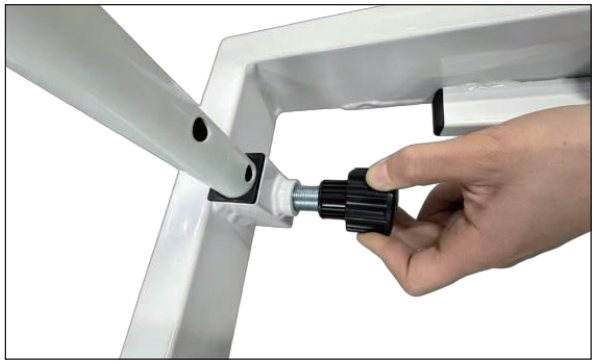


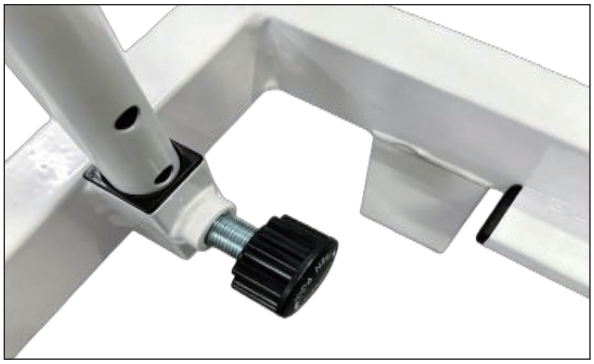
1. Check the packaging for any damage, then open and take out all items, and check for any missing items.





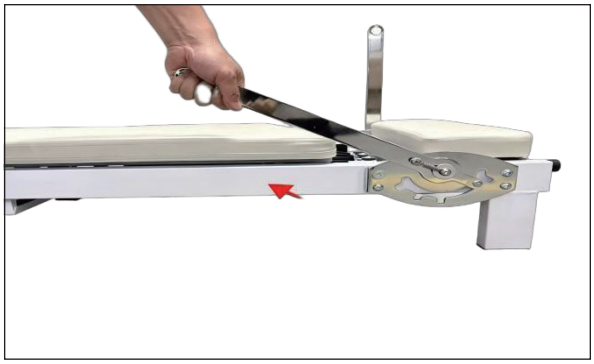
2. Remove the fixing pins on both sides and cut off the white cable ties, then the Pilates reformer can unfold as shown in the picture.

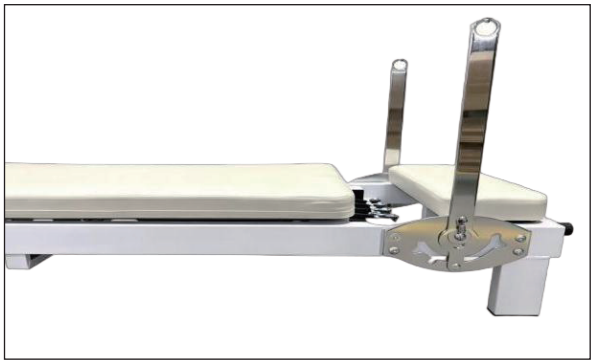




3. Loosen the adjustable knob and gently pull outward, insert the pulley rod, align it with the hole position, and then tighten the adjustable knob.

Installation steps 02





4. Pull the armrest rod gently toward the arrow, then adjust it to the position shown in the figure.







5. Use the Allen wrench to remove the screws and washers from the armrest tube, align the armrest tube with the position shown in the picture, and then install the screws and washers.

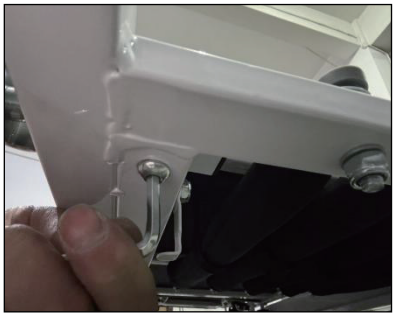






6. Remove the footrest cushion and release all Spring resistance tubes.

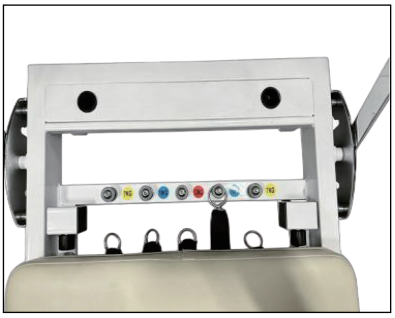
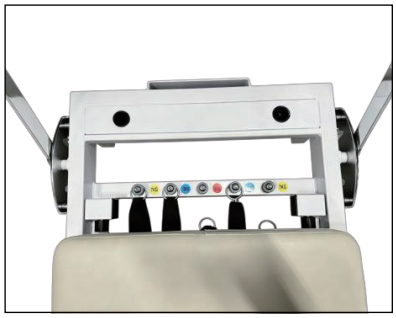




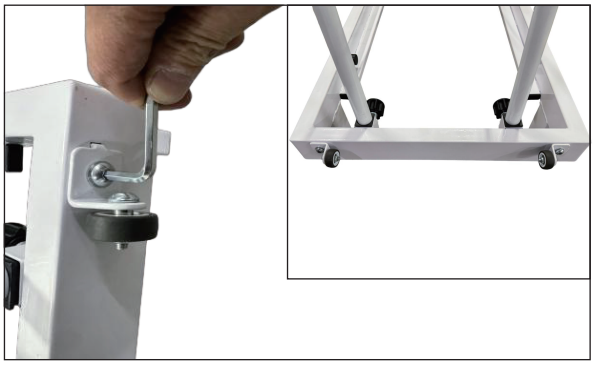
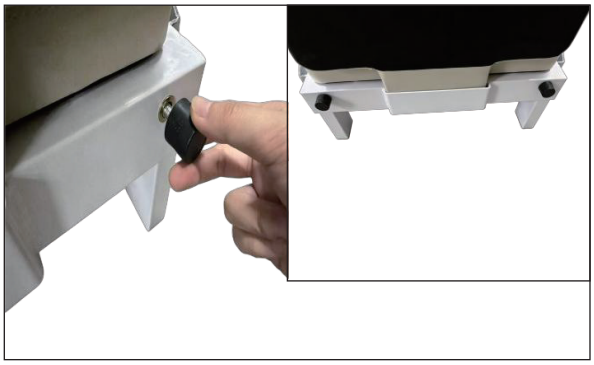


7. Install the stop blocks at the position shown in the picture.

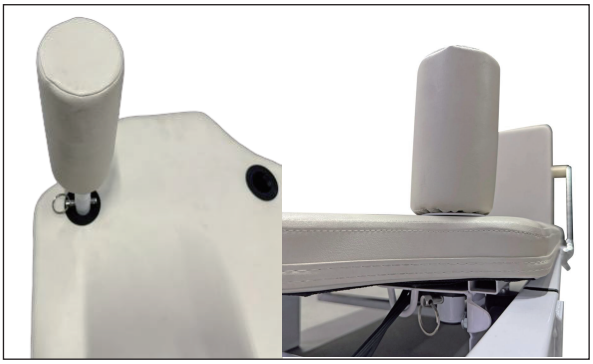
Installation steps 03


8. Install the spring resistance tubes (please install the quantities of spring resistance tubes according to the personal situation), and cover the footrest cushion back.

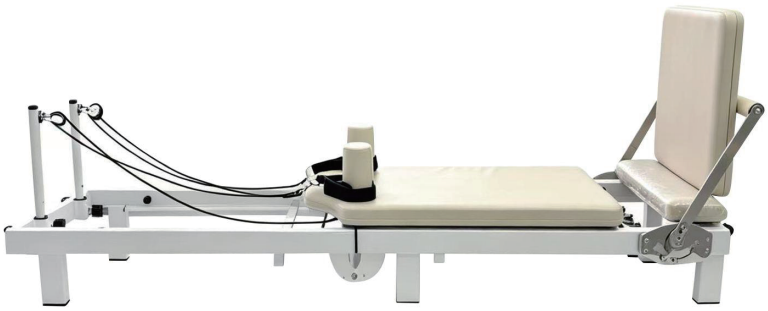
9. Install the wheels on the frame of the side with the pulley rod and install the footholds on the frame of the side with the footrest cushion.



10. Install the shoulder pad and use lock pin to fix the position.



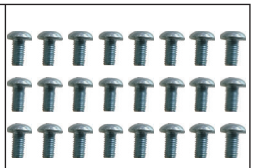
11. Insert the jump board into the main frame and use the handrail to press against the back of the jump board for fixation.



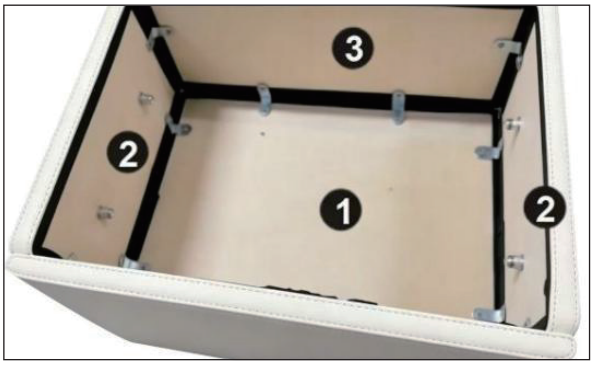
12. Then the installation is complete.

Installation steps 04

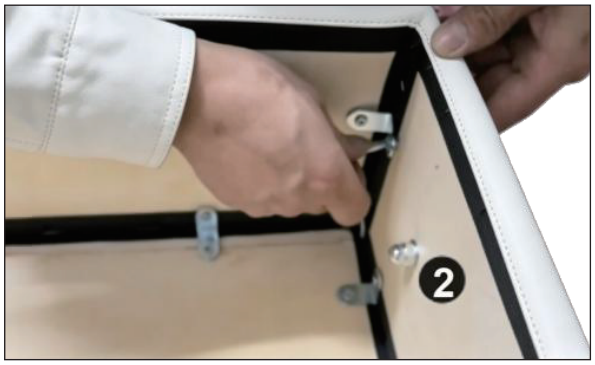
Assembly Square Box

				
❶ 46x36cm x1	❷ 32x20cm x2	❸ 46x20cm x2	❹ Fixed bracket x12	❺ Screw x24

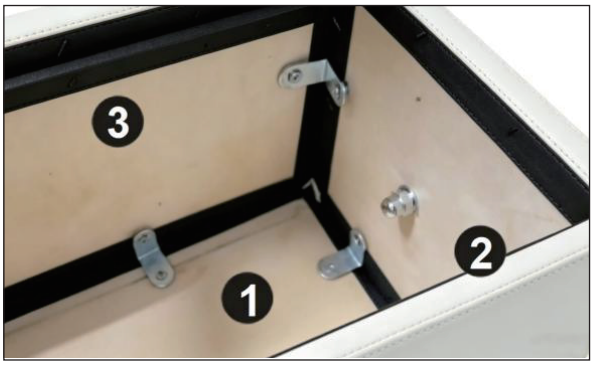
Note: Please install all the screws first and then tighten them together.



1. Take out the square box and unfold the four sides of the board.



2. Take the fixed bracket and insert screws onto the board surface.

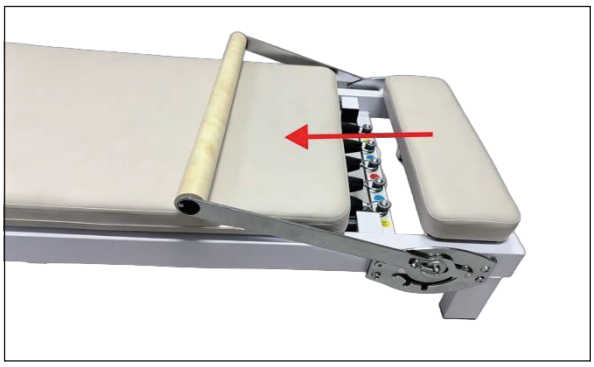


3. Install the remaining fixed brackets and screws as described above.



4. Installation completed.

Step of folding 01





1. Adjust the armrest tube to the position shown in the picture and take out the footrest cushion.





2. Then loosen the knob and remove the pulley rod. Grasp the bed frame, lift it, and fold it.







3. Then insert the fixing pins. Place the shoulder pad and pulley rod into the hole as shown in the picture, and the folding step is complete.