43599844
PILATES REFORMER
Instruction manual

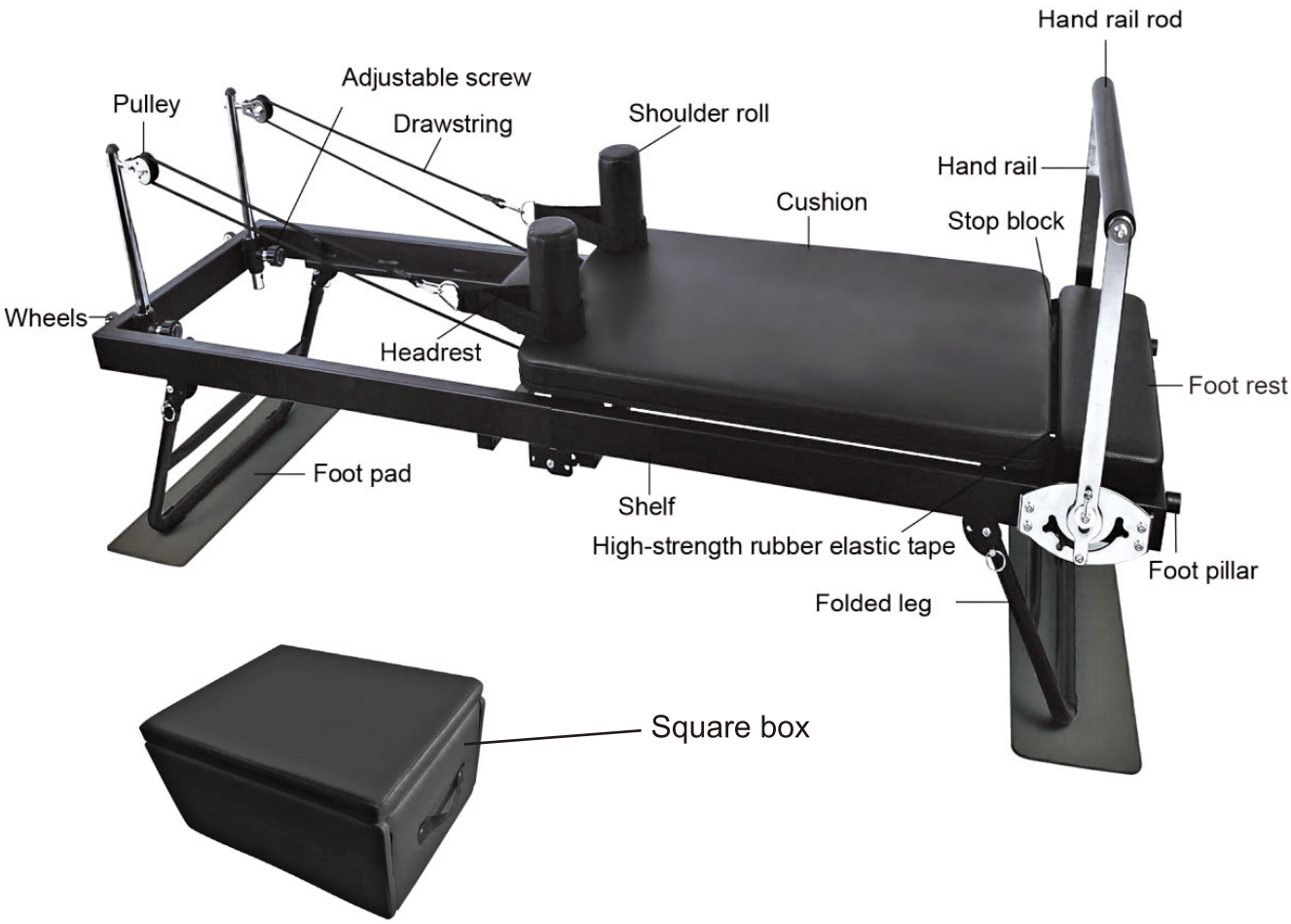
01 Precautions

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 rubber 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 rubber tubes. Wear grip socks or go barefoot to prevent slipping.
10. Only remove rubber tubes when they are not under tension.
11. Before stepping or sitting on the Reformer, make sure at least one or two rubber tubes are attached to prevent the carriage from sliding out from under you. Whenever possible, step onto a stable surface first.

02 Components



03 Product manual



04 Assembly method

Precautions when assembling

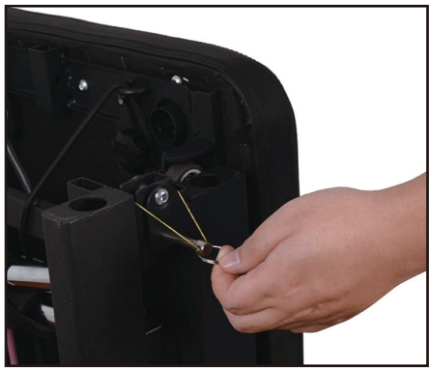
* Please be careful not to pinch or press your hands when folding
* Because of the risk of injury, be sure to operate with two people when moving or assembling the product.
* The clip will easily enter after shaking it from side to side.
* Now clamp the fixing clip at the fixed foot. Clamp at the end 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

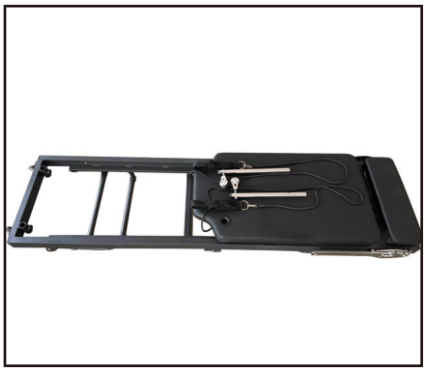




1.Check the packaging for any damage, then open and take out all items, and check for any missing items.

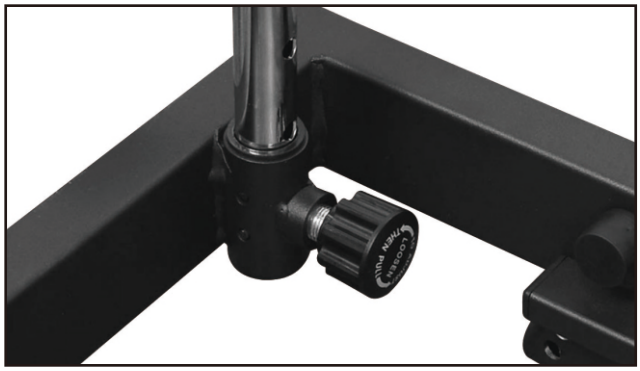






2.Remove the fixing pins on both sides and cut off the white cable ties, then the Pilates reformer can unfold as shown in the picture.





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.











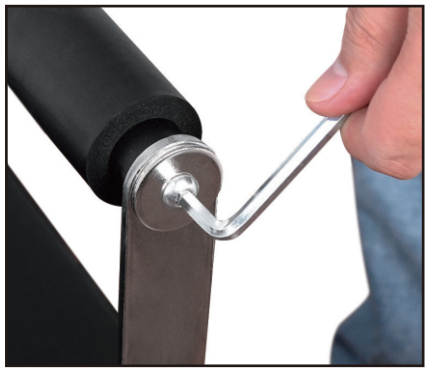
4.Pull out all locking pins, unfold the bed legs, and then insert the locking pins to fix the bed legs.

Installation steps 02




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



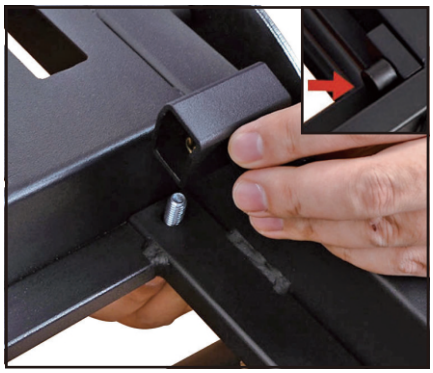


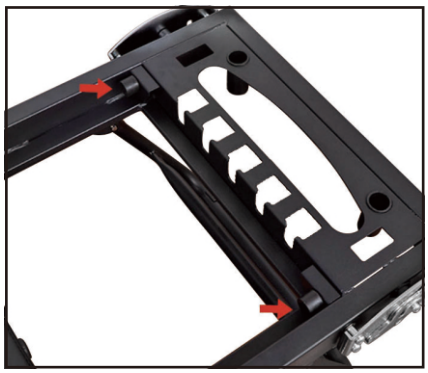
6.Use the Allen wrench to remove the screws and washers from the armrest tube, align the armrest tube with the position shown in the picture, and then install the screws and washers.





7.Remove the footrest cushion and release all rubber tubes.





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

Installation steps 03





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

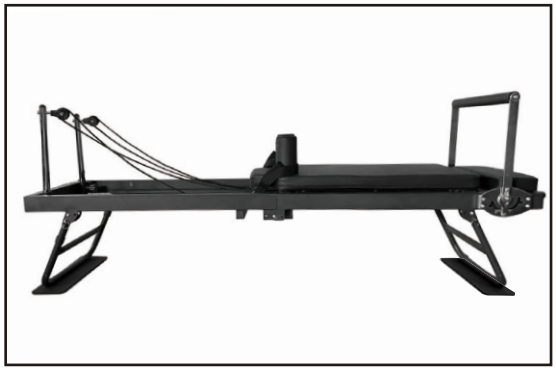





10.Install the wheels on the frame of the side with the pulley rod and install the footholds on the frame of the side with the footrest cushion.




11. Install the shoulder pad and use lock pin to fix the position. Also, you can adjust the height of shoulder pad.

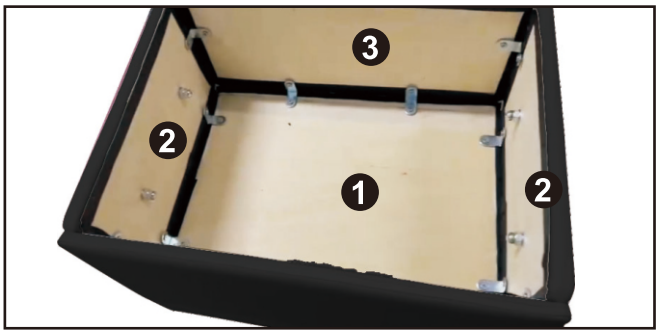
12 .Put the footpads under the bed legs then the installation is complete.

Installation steps 04

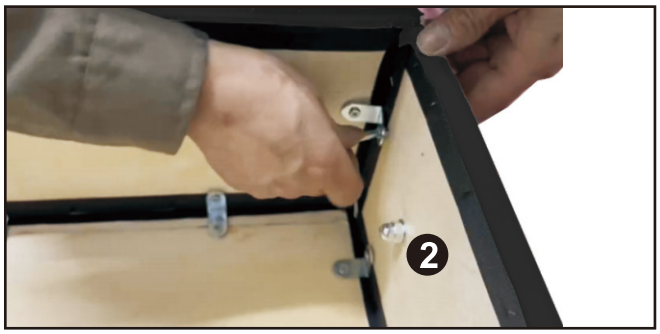
Assembly Square Box

 ❶ 46x36cmx1	 ❷ 32x20cmx2	 ❸ 46x20cmx2	 ❹ Fixed bracket x12	 ❺ Screw x24

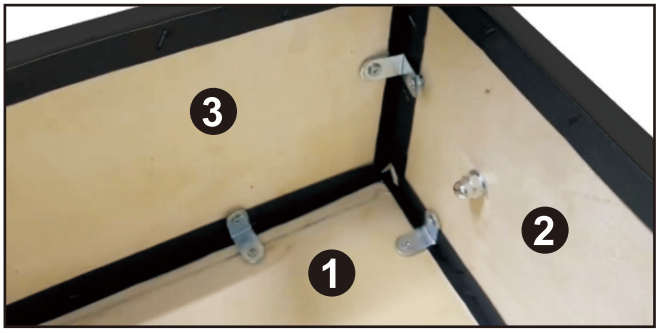
Note: Please install all the screws first and then tighten them together.



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.Use the Allen key to remove the stop block and store them, then put back the footrest cushion.







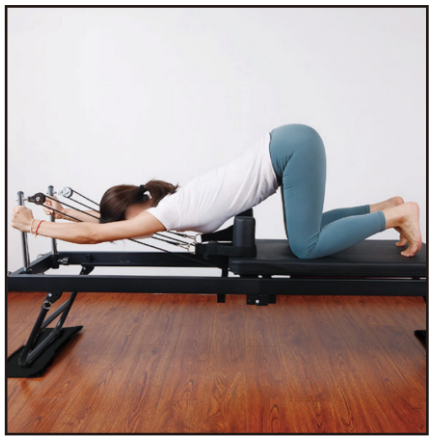
3.Remove the pins on both sides of the fixed bed legs, fold the bed legs, and secure them with the pins. Then loosen the knob and remove the pulley rod.






4.Grasp the bed frame, lift it, and fold it, 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.

Concentrated upper limb exercise



Spine stretching

Kneel on your knees, stretch your upper limbs forward, grab the pole with your arms to stretch your spine.



Mermaid

Take a mermaid pose, one arm is placed on the fixed handrail rod, and the other arm is in a long live pose to stretch the ribs.



Side twist

Take a mermaid pose, rotate your body to the fixed footrest, and push your arms forward.



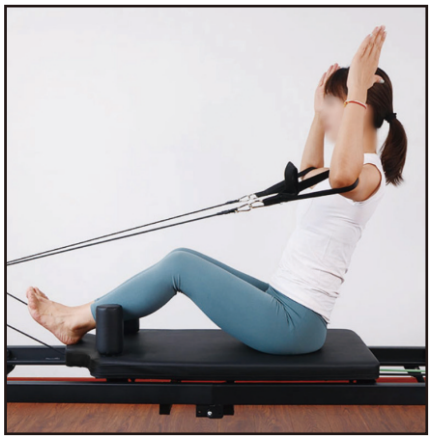
Abdomen and arms muscle strengthening

Grasp the drawstring and stretch your arms backwards while exerting force on your abdomen.



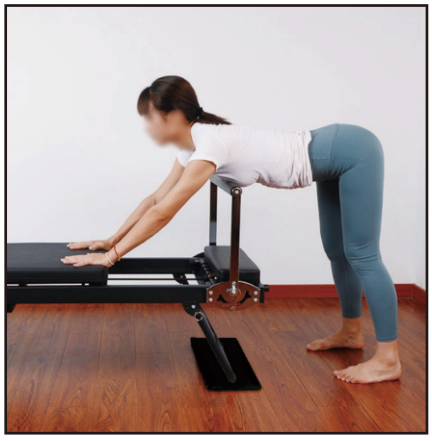
Spine correction, waistline correction

Grasp the drawstring and rotate your body with the roller down.



Back and shoulder pain relief

Grasp the drawstring and open your chest with your arms bent.



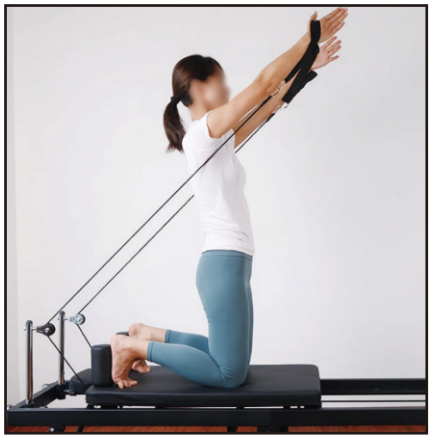
Spine stretching

Pushing the cushion forward while standing upright can help the spine stretch.



Shoulder exercise

With both knees on the cushion, one arm grasps the drawstring to open the shoulder joints.



Shoulder flexion

With both knees on the cushion, control the center and push and pull your arms forward.

Concentrated lower limbs exercise 1



Buttocks stretching

Place one foot in a cross-legged position behind the handrail rod, while pushing and pulling the cushion, while stretching the hip muscles.



Hip extension reverse

Put your hands on the shoulder pad, one foot on the handrail rod, and use the hip muscles to push and pull.



Psoas stretchind Improvement of back pain

Place one foot on the cushion and extend it backwards. At this time, put your strength behind the supporting leg to keep your upper body upright.



Muscle strengthening of hips and legs

Be careful not to lower your waist excessively and lift one leg up hard on your hips.



Hip knee movement

Don't shake your body, lift your knees toward your abdomen and then extend back.



Psoas stretchind Improvement of back pain

Place one foot in front of the handrail rod and place both hands on the handrail rod . Be careful not to lower the waist excessively and stretch the front muscles of the pelvis.



Hip extension with strap

Put your hands on the shoulder pad, hang a drawstring on one foot, and use the hip muscles to stretch.



Pelvic correction, leg muscle

Kneel on the cushion with one knee, place the other foot on the handrail rod, grasp the center of gravity and open the knee.



Hip extension reverse

Put your hands on the shoulder pads and use your hip muscles to lift your feet.

Concentrated lower limbs exercise 2



Hamstring stretching 1
Imorovement of back

Try to stretch your upper limbs and stretch the back muscles of your thighs.



Hamstring stretching 2
Improvement of back

Put one foot on the cushion and stretch back and stretch the supporting leg forward.



Muscle strengthening of the buttocks and inner thighs

After removing all the springs, stand in middle of the cushion, stretch one foot back, and open your arms to both sides.



lunge reverse muscle strengthening

Standing on the cushion, long live to the shoulder lever.



Adductor exercise 2 Train inner thigh

With one foot on the ground and one on the cushion, train the inner thigh muscles without springs.



Muscle strengthening

Stand on top of the cushion, grasp the center of gravity and train.



Adductor stretching Train inner thigh

Put one foot on the shoulder pad and one foot on the ground. Exercising stretch the inner thigh muscles.



Side lying Correct leg lines

After lying on your side, hang a stretch band on one foot and raise your leg up and down while maintaining the curve of your spine.



Frod exercise Pelvic correction

Hang the stretch straps behind your feet and bend your knees, open your knees until your feet form a V shape.