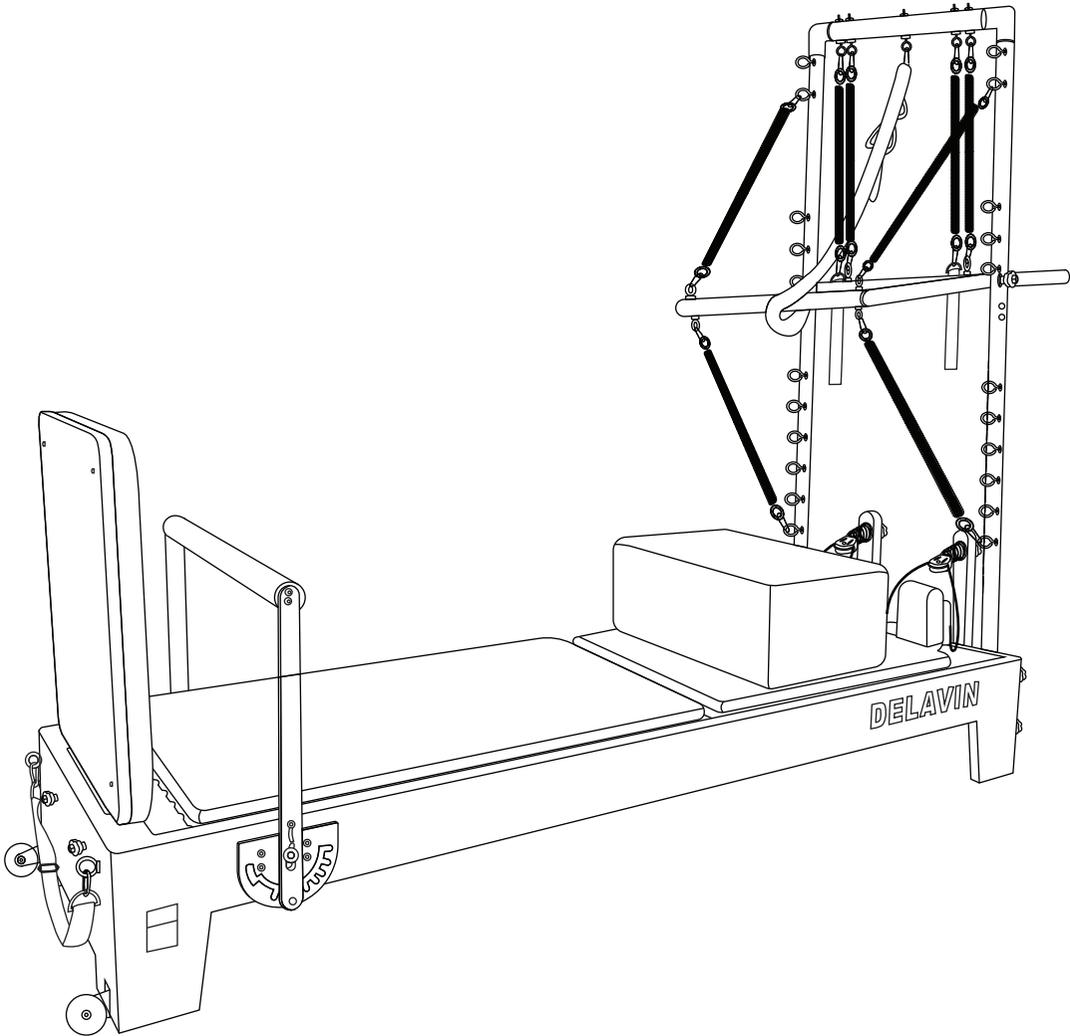


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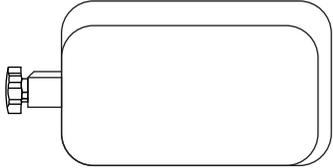
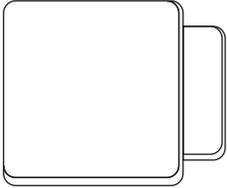
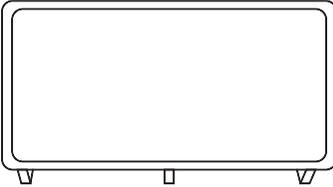
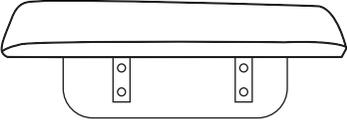
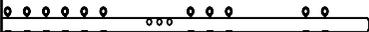
## Pilates Reformer Instruction Manual



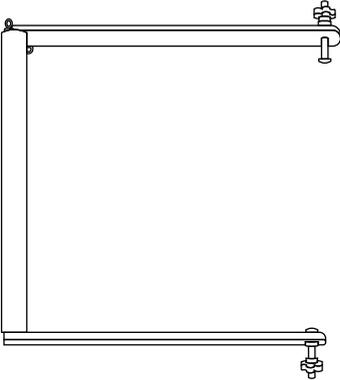
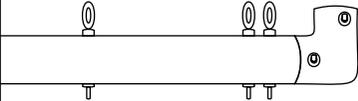
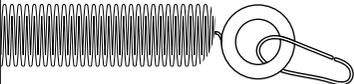
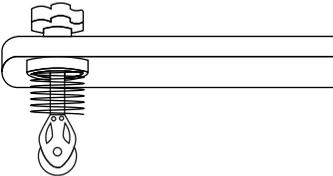
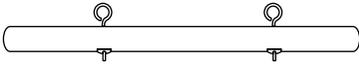
## SAFETY NOTICES:

1. Prior to assembling the pilates reformer, please carefully read all the contents in the instruction manual to ensure correct installation.
2. Users should read this manual before use, familiarize themselves with all warnings and precautions of the pilates reformer.
3. Before commencing exercise, users should consult a physician based on their physical condition, follow the doctor's advice to prevent health accidents.
4. If at any point during exercise you feel dizzy, lightheaded, or experience pain, stop training, consult a doctor, and have a medical check-up.
5. Keep children and pets away from the pilates reformer; this equipment is intended for use by adults only. Children are not allowed to use the pilates reformer or play nearby during its use.
6. Ensure that the pilates reformer is correctly assembled and tightened before initial use.
7. We recommend having two people assemble this product.
8. Before use, check for wear or looseness in the pilates reformer components and ensure safety. Tighten or replace any worn or loose parts before use.
9. Select an exercise method that best suits your physical strength and flexibility level.
10. For your safety, ensure that there is a distance of at least 1.64 feet between the training equipment and any obstacles.
11. Individuals weighing over 220 pounds should not use the pilates reformer.
12. When using the pilates reformer, wear comfortable clothing and avoid loose or dangling garments to prevent entanglement with the equipment.
13. Exercise caution to maintain balance when using and installing the pilates reformer, as losing balance may lead to falls and bodily injuries.
14. Place the equipment on a solid, flat surface for use.
15. It is recommended to place protective layers on the floor and carpet surfaces to prevent damage to the ground.

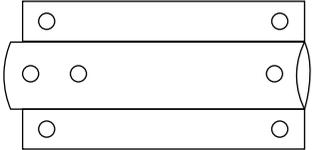
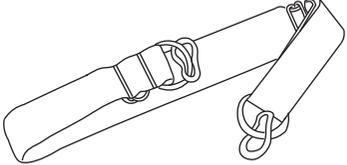
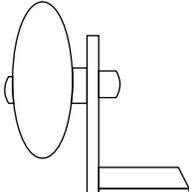
# Parts List

No.	Description	QTY(pcs)	
1	Shoulder pads	2	
2	Padded jump board	1	
3	Padded platform	1	
4	Foot pad	1	
5	Reformer box	1	
6	Vertical bars	2	

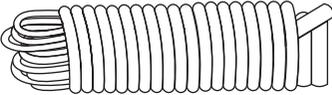
# Parts List

No.	Description	QTY(pcs)	
7	Push-through bar	1	
8	Crossbar	1	
9	Springs	8	
10	Cable pulley columns	2	
11	Roll-down bar	1	

# Parts List

No.	Description	QTY(pcs)	
12	Hand/Foot straps	2	
13	Tower pipe bases	2	
14	Hand /foot strap	1	
15	Small columns	2	
16	Safety belt	1	
17	Wheels	2	

# Parts List

No.	Description	QTY(pcs)	
18	Ropes	2	

# Hardware List

1



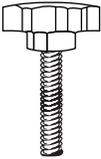
4PCS

2



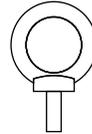
4PCS

3



2PCS

4



2PCS

5



4PCS

6



4PCS

7



4PCS

# Installation Process:

## Assembly instructions:

On the principle of easy assembly

Everything in this section refers to ensuring that pilates reformer can be assembled very easily and correctly.

A. Choose a location with sufficient space to assemble the pilates reformer, ensuring there is ample room around it.

B. Place all components in a clean area and lay them out on the floor. Remove all packaging materials, but do not discard them until assembly is complete. If any parts are missing, contact customer service via email.

C. When assembling the pilates reformer, make sure all components are assembled according to the assembly diagram.

## **WARNING**

▲ **THIS PRODUCT MUST BE INSTALLED BY AN ADULT.**

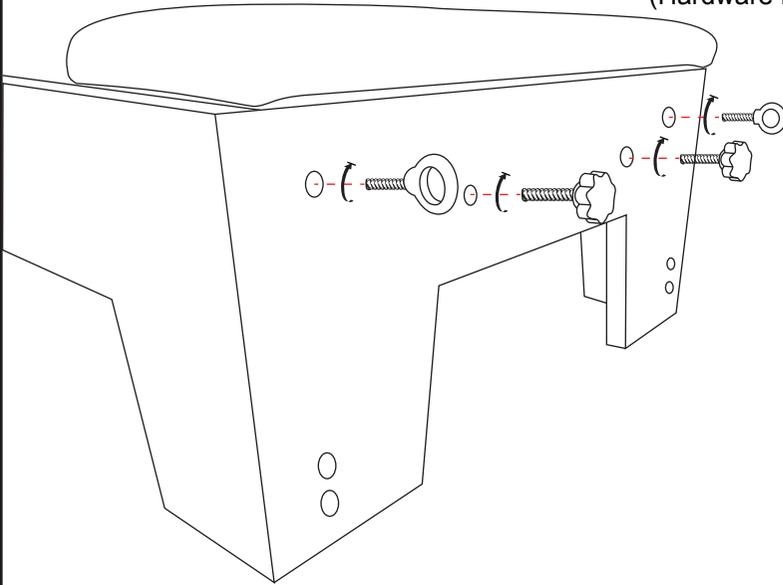
Keep children and animals away While installing the product.

▲ Improperly assembling or positioning the product may be dangerous.

# Assembly Step

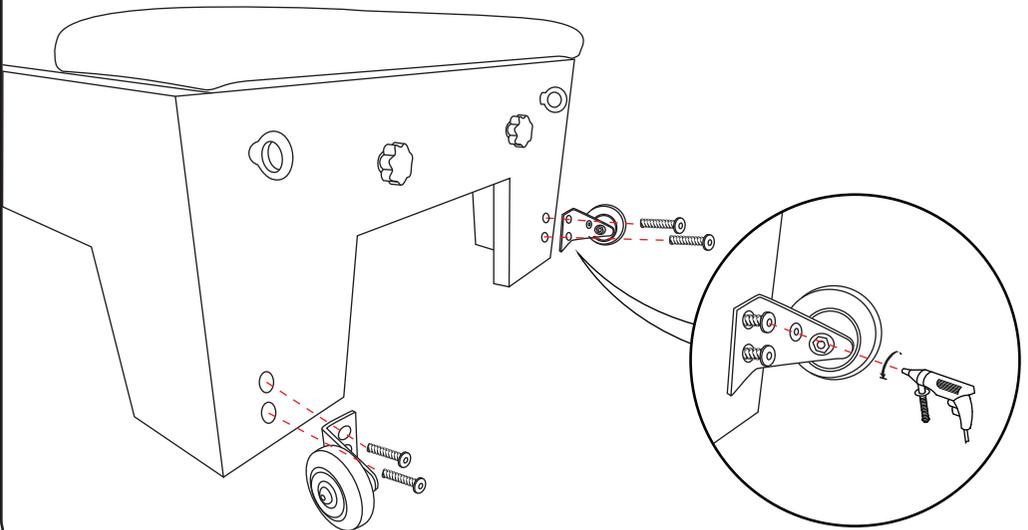
## Step 1

Tighten the star knob screw (Hardware NO.3) and screws (Hardware NO.4) clockwise.



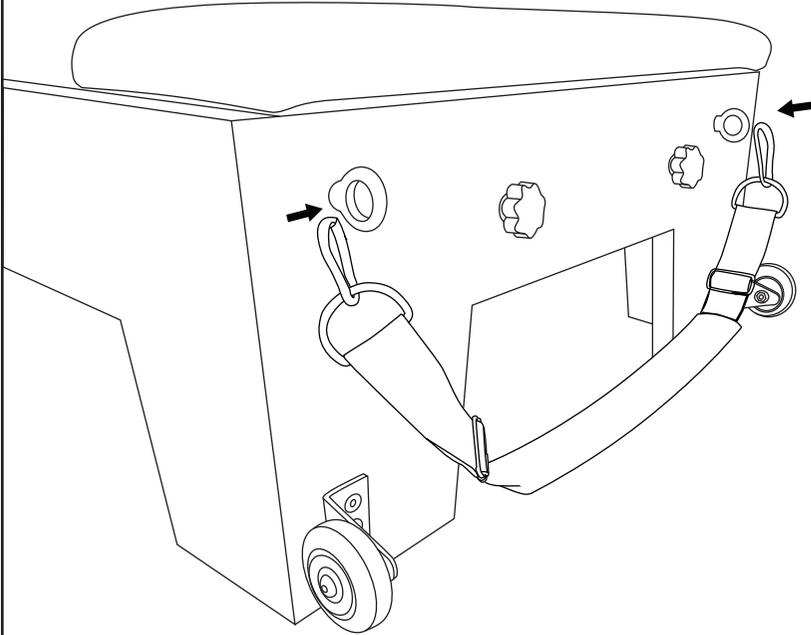
## Step 2

Install the wheels (Part NO.17) by tightening the screw (Hardware NO.5).



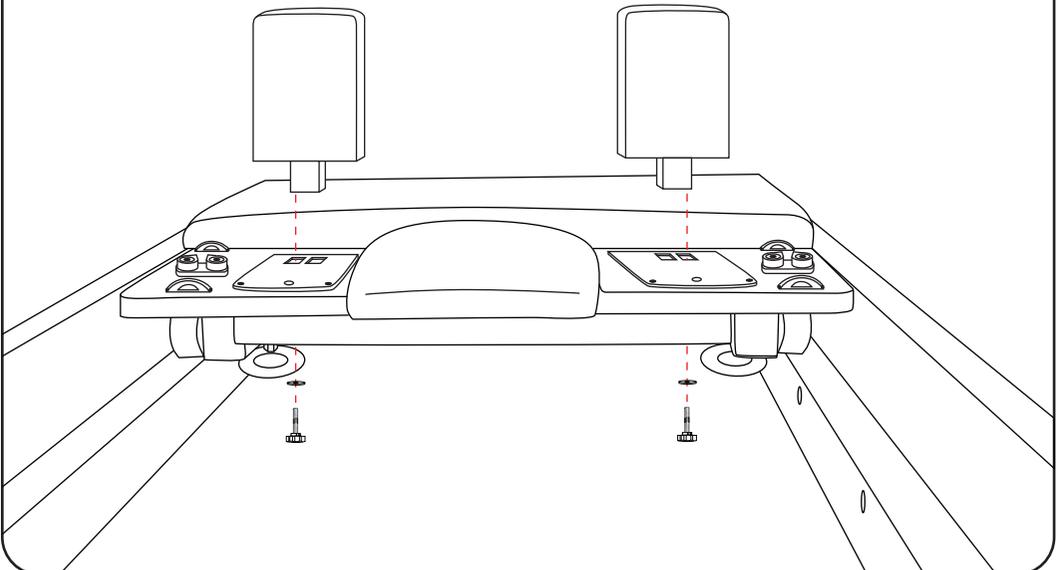
**Step 3**

Install the safety belt (Part NO.16) using the safety belt hook.

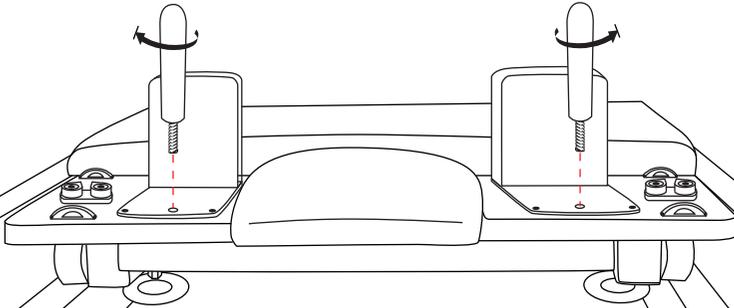


**Step 4**

Insert the shoulder pad (part NO.1) into the hole, then tighten the knobs and washers below to ensure it is securely fixed.



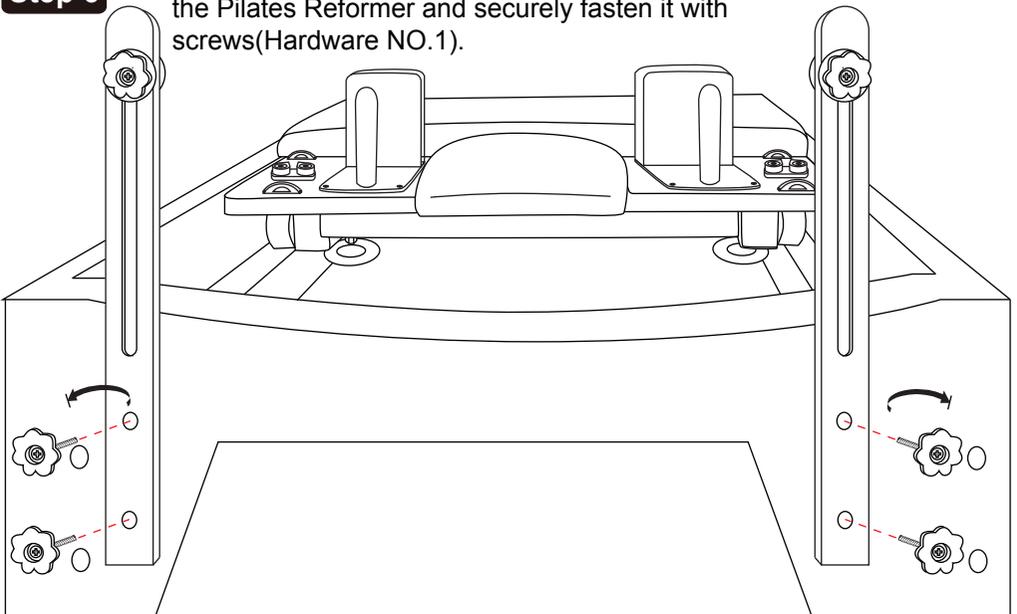
## Step 5



Secure the small column(Part NO.15) in the hole by tightening it.

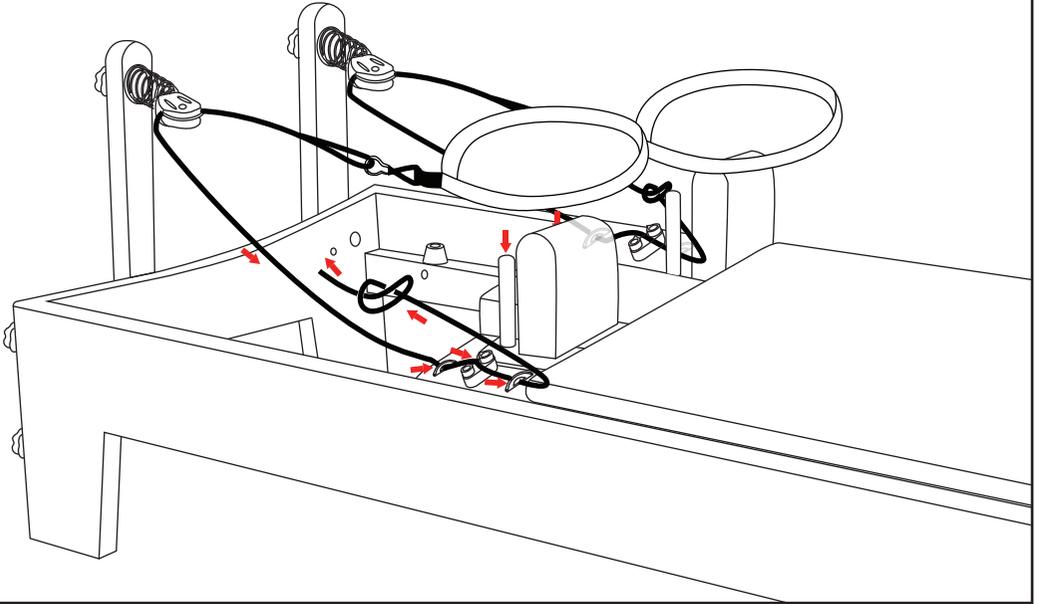
## Step 6

To install cable pulley column, place it at the rear end of the Pilates Reformer and securely fasten it with screws(Hardware NO.1).



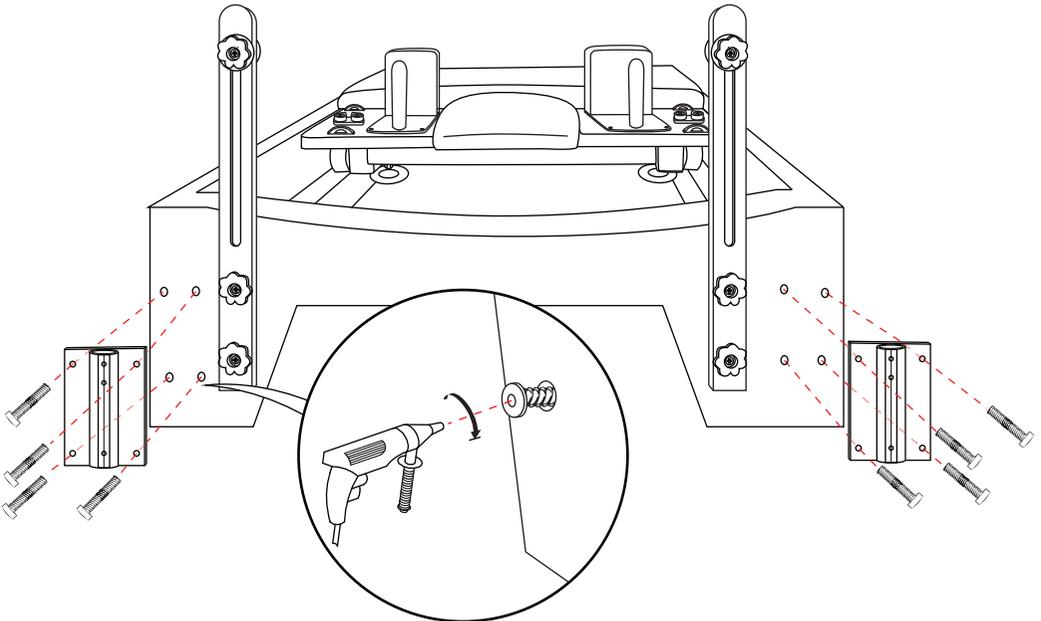
### Step 7

Thread the rope(part NO.18) through the pulley, pass it through the threading device, and then tie a knot to ensure it is secure.



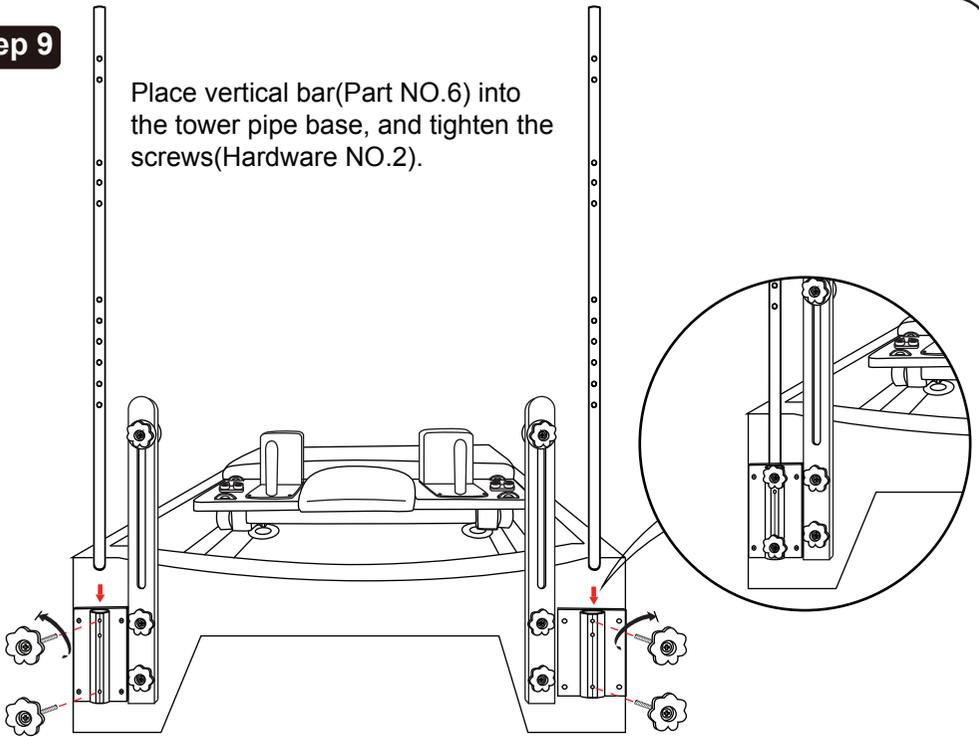
### Step 8

Install the tower pipe base(Part NO.13).



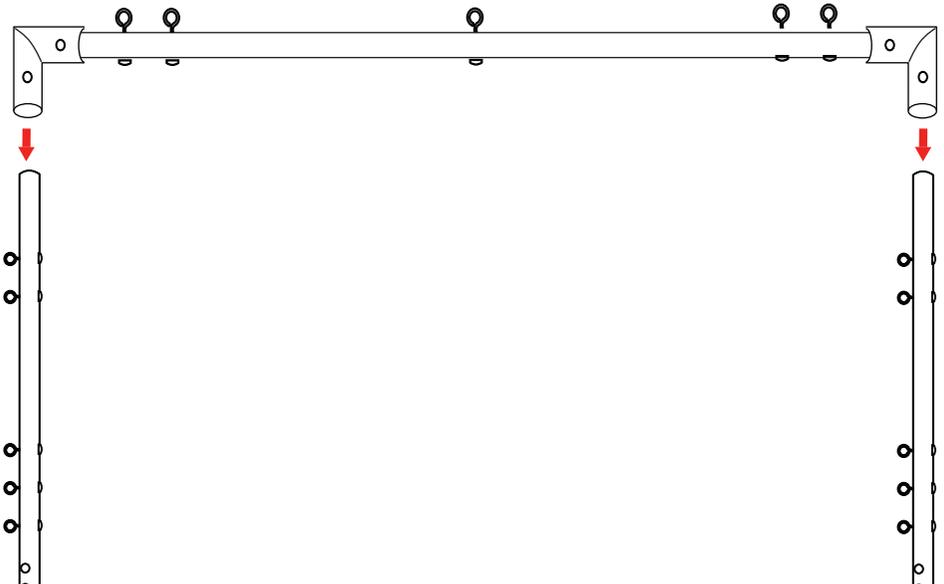
### Step 9

Place vertical bar(Part NO.6) into the lower pipe base, and tighten the screws(Hardware NO.2).

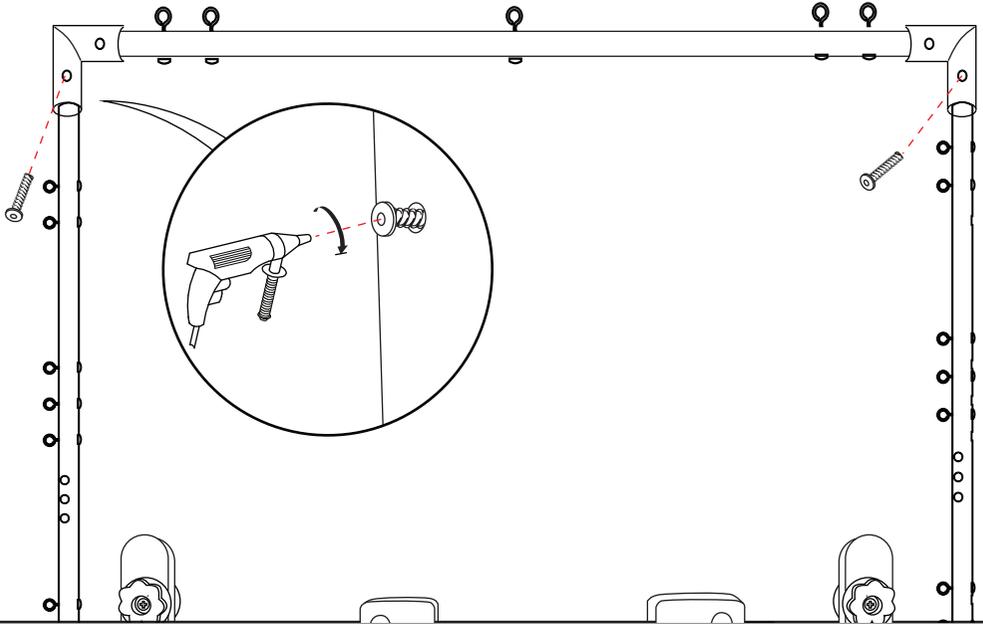


### Step 10

Place crossbar(Part NO.8) on top of vertical bar(Part NO.6) , and tighten the screws.

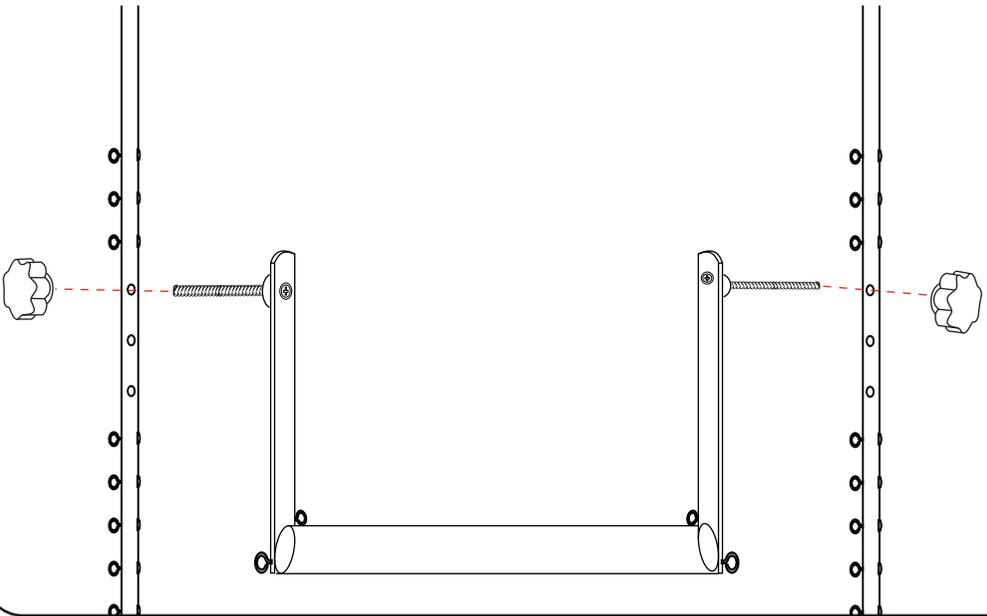


## Step 11



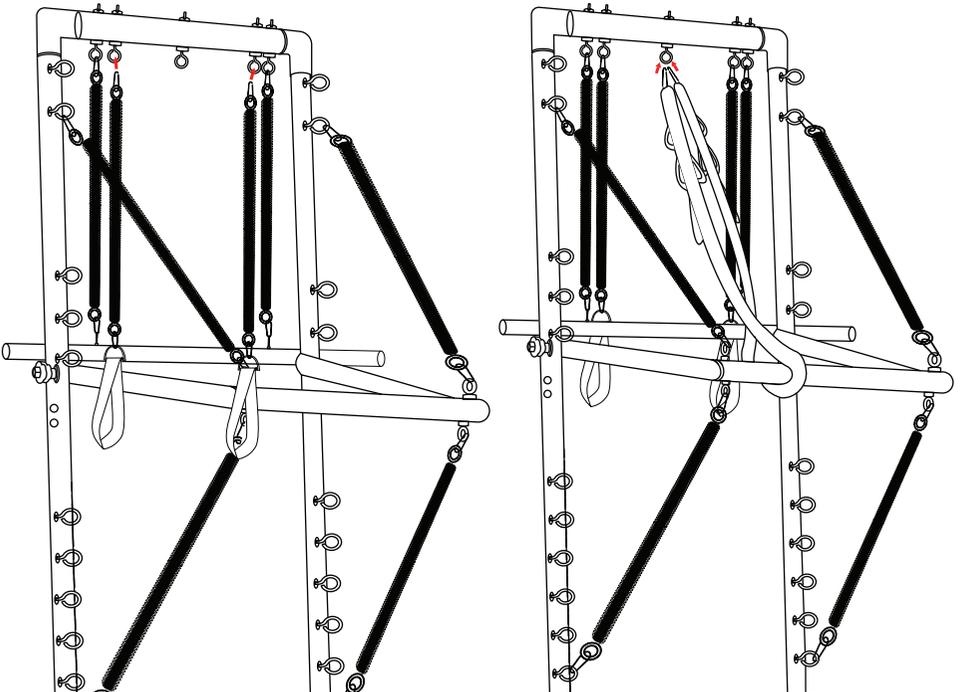
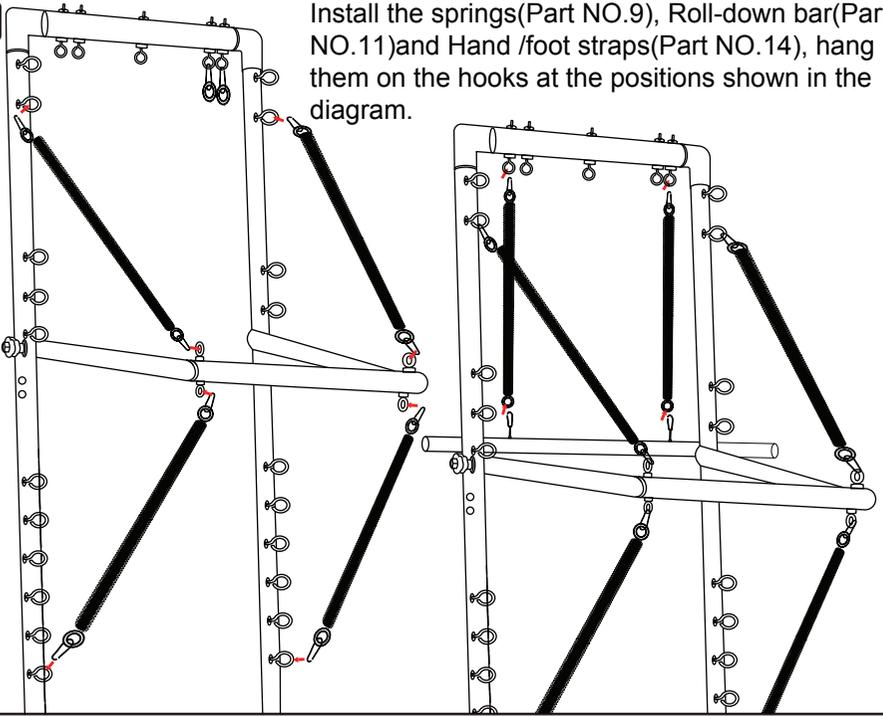
## Step 12

Install push-through bar (Part NO.7) on vertical bar (Part NO.6).



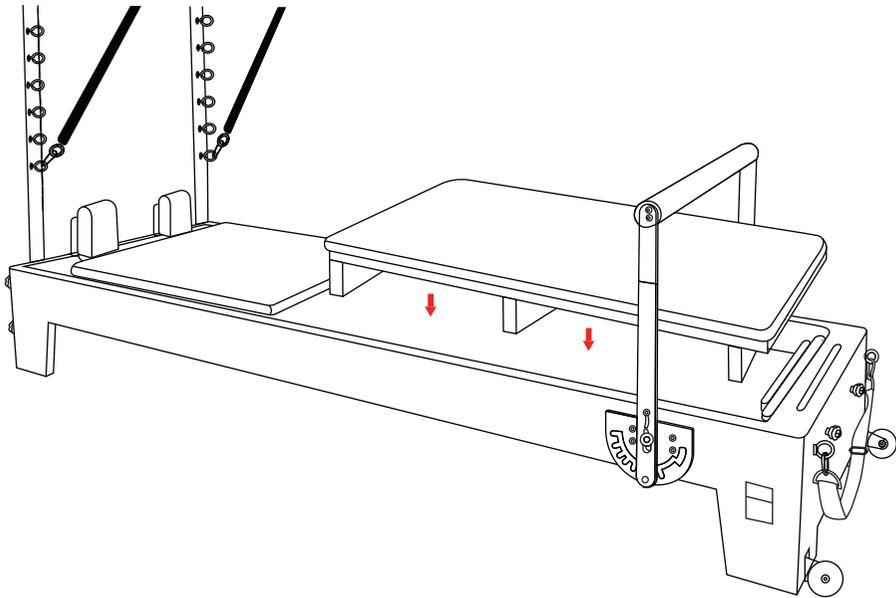
### Step 13

Install the springs (Part NO.9), Roll-down bar (Part NO.11) and Hand /foot straps (Part NO.14), hang them on the hooks at the positions shown in the diagram.



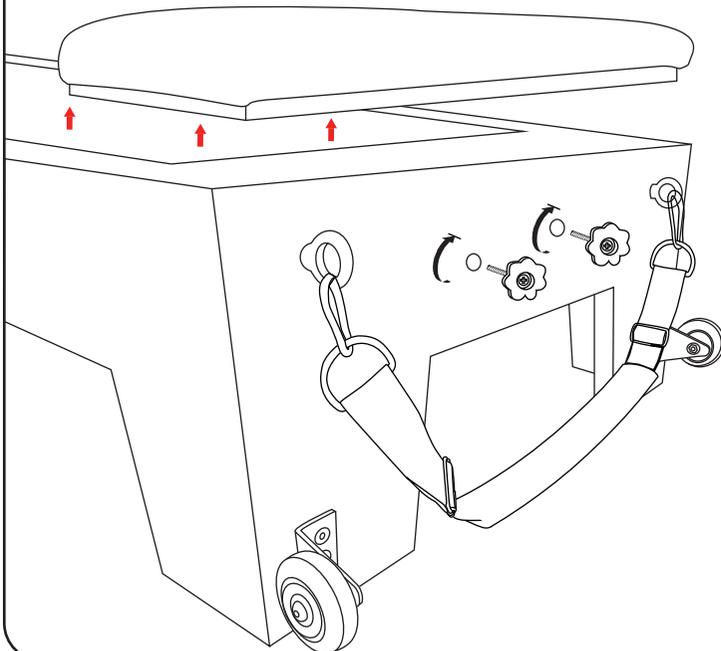
**Step 14**

Place padded platform(Part NO.3) into the Pilates machine.



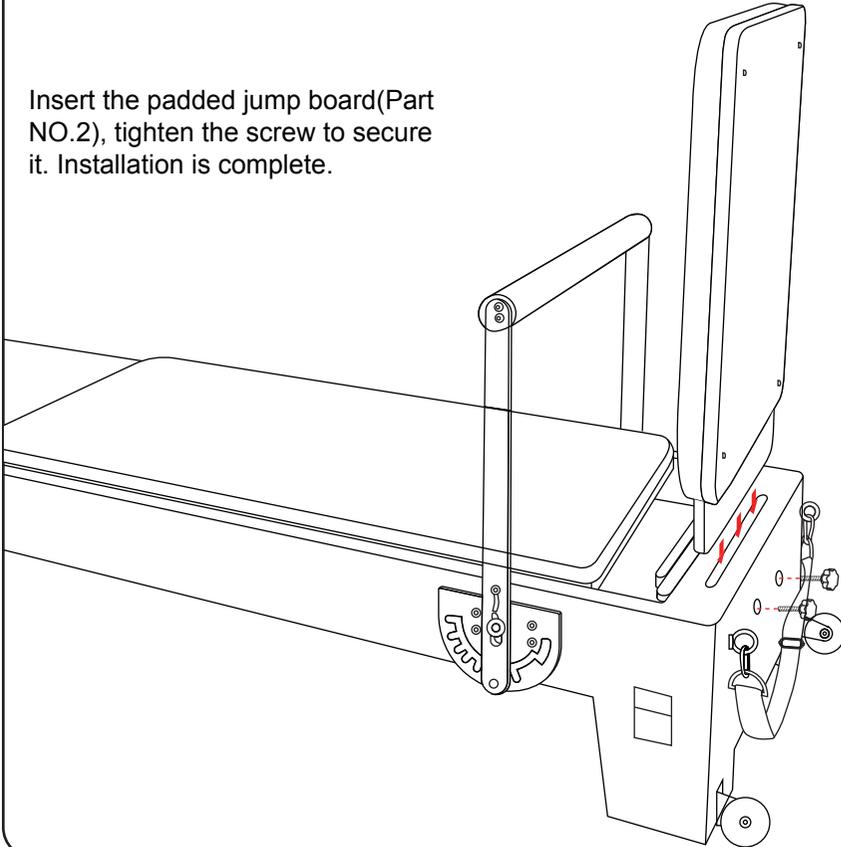
**Step 15**

Turn the screw counterclockwise to remove the foot pad(Part NO.4) .



## Step 16

Insert the padded jump board (Part NO.2), tighten the screw to secure it. Installation is complete.



## Storage :

1. Store the pilates reformer in a clean and dry place to avoid moisture and swelling of the wood, in order to extend the product's lifespan.
2. It is recommended to have two people work together when moving Pilates reformers to ensure stability and safety during the movement process.
3. Avoid exposing pilates reformers to direct sunlight for extended periods of time, as prolonged exposure to sunlight may cause wood drying and cracking.