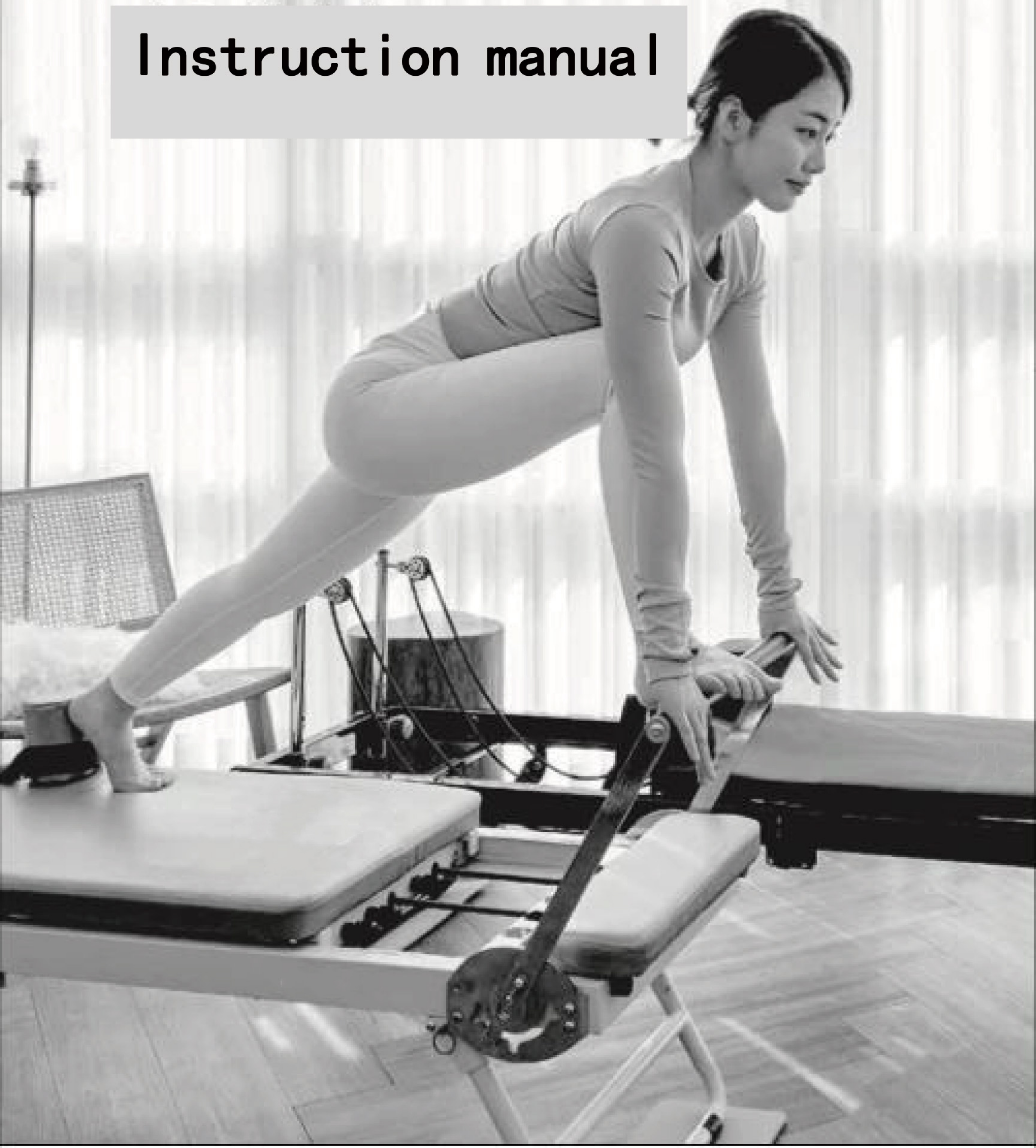


HOME Reformer

Now it's Pilates

Instruction manual



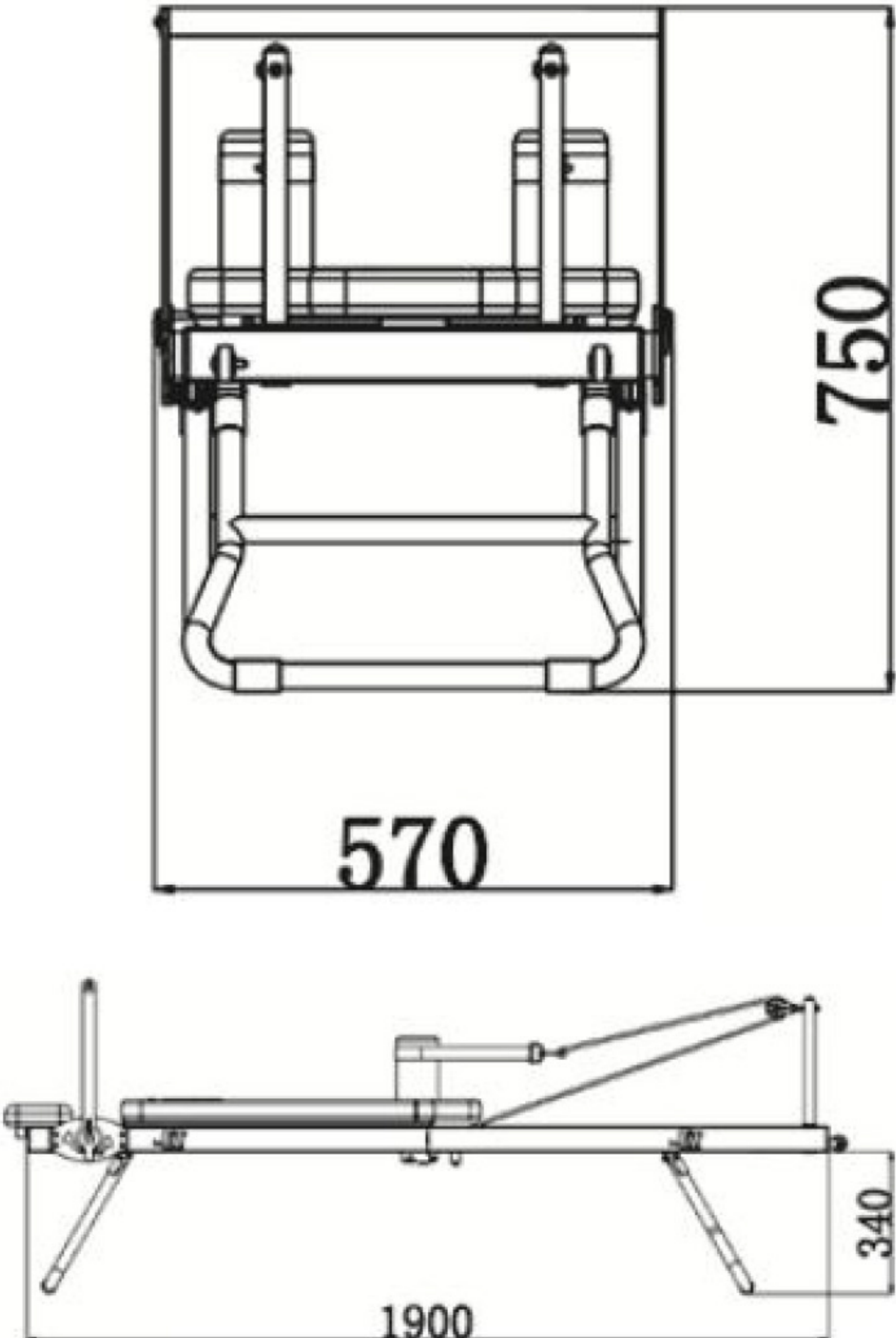
01 Precautions

1. In order to prevent customer safety accidents, please confirm the tightness of the screws before using the product.
2. Excessive use by unskilled persons is prohibited.
3. Please be careful not to pinch your fingers when unfolding or folding the product.
4. Please do a simple stretch before using the product.
5. Fix the fixing clips of the legs before use.
6. Please be careful not to pinch your hands when adjusting the strength of the bandage.
7. The protector should be careful not to let children ride on the top to play and play.
8. This product should be installed on the floor, not near the machine with water vapor, dirt and heat.
9. We will not be responsible for any accidents that occur after use for other purposes other than the manual or the method of use uploaded on YouTube.
10. When the product is changed arbitrarily, A/S may be paid or it may not be possible to perform A/S.

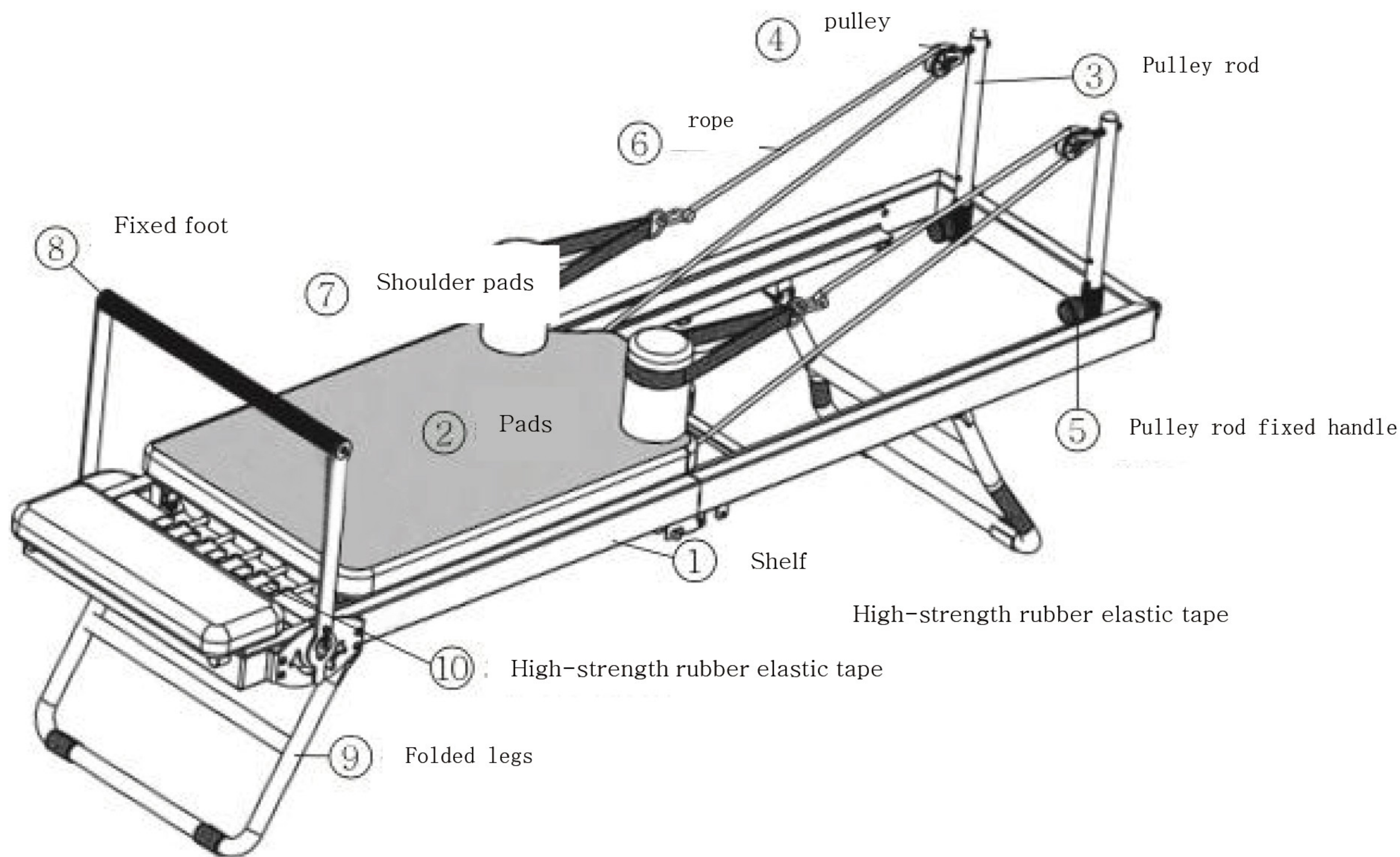
02 Product Composition



03 Size



04Product manual



05 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.

*When clamping the safety clip, please lift your legs slightly, the clip will easily enter after shaking it from side to side.

1. Now clamp the fixing clip at the fixed foot. 2. 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.

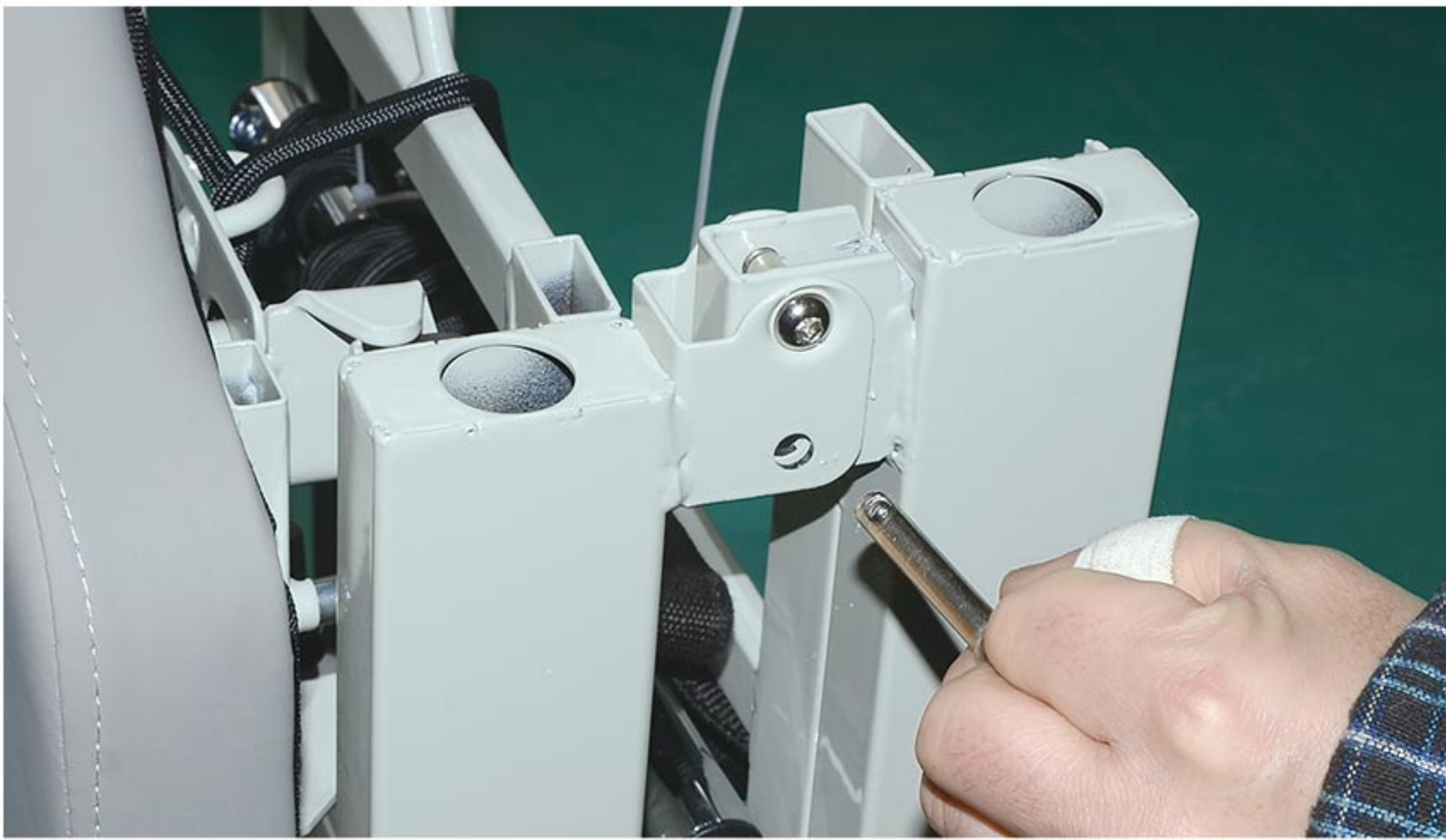
Installation steps 01



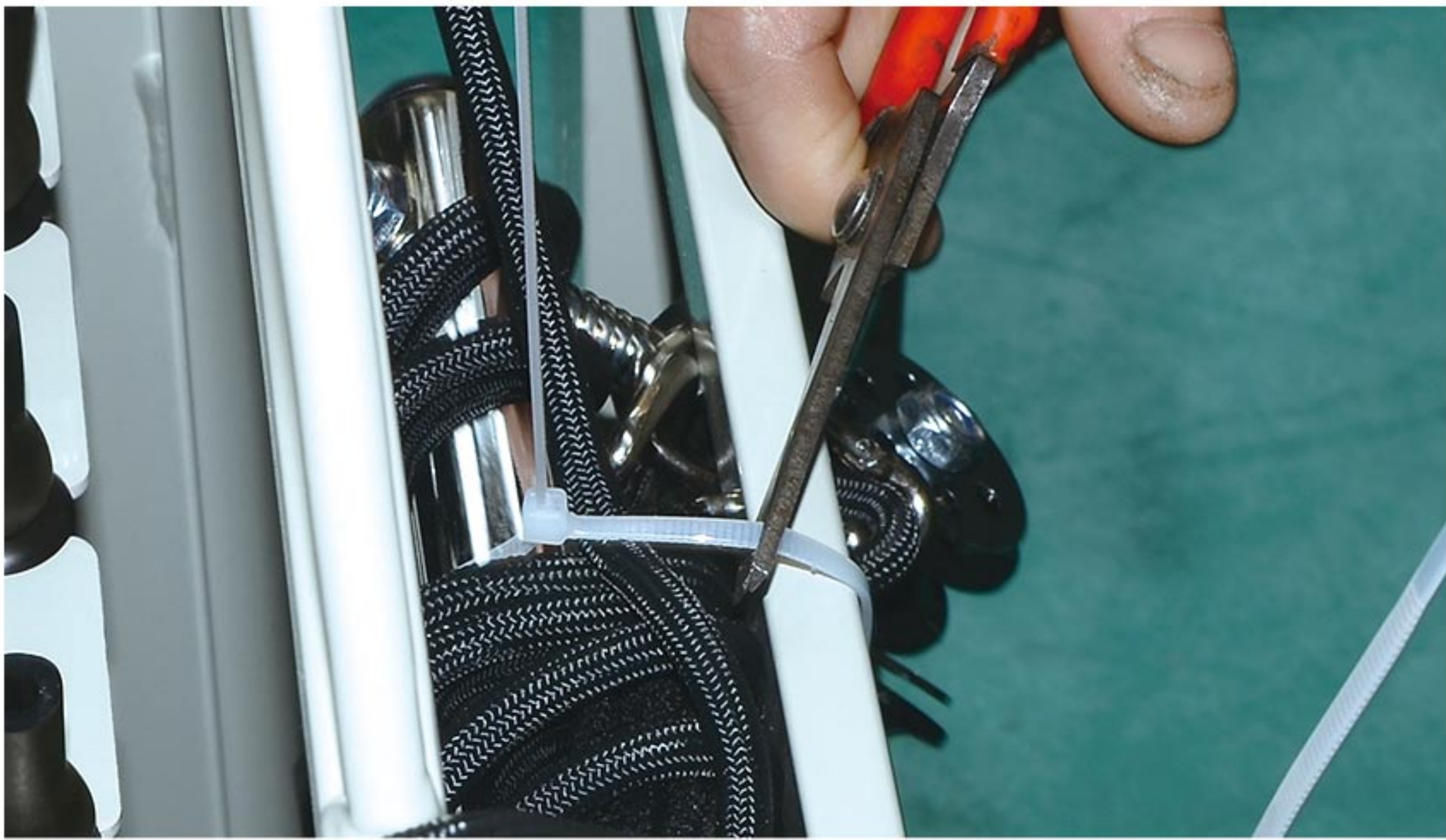
1. Check whether the Pilates bed outer box is complete.



2. Open the package and take out the corresponding accessories.



3. Pull out the two side latches in the upper fold.



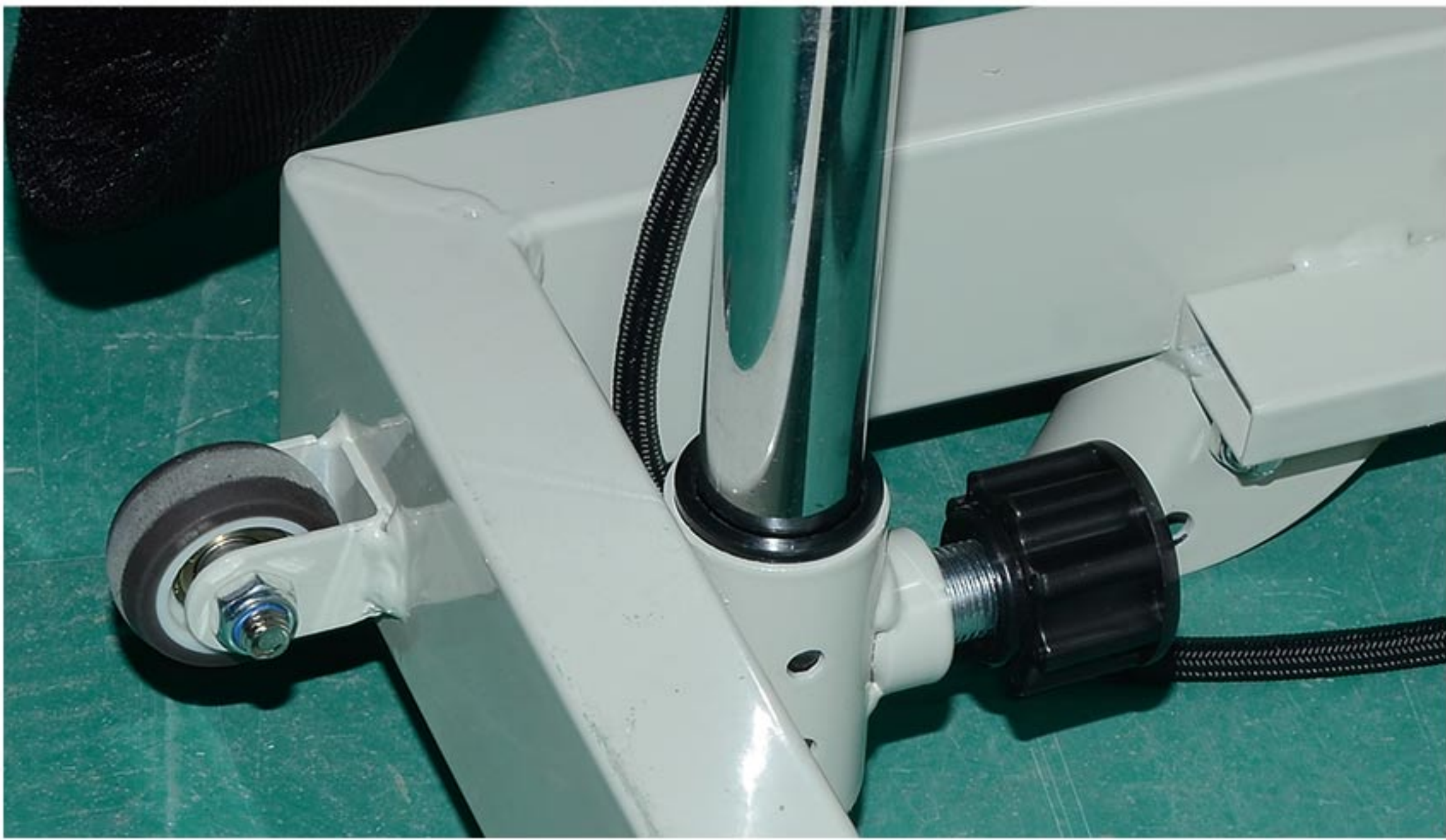
4. Break the binding tie and take out the drawstring rod.



5. Unfold the frame and pull out the adjustable nut.



6. Insert the pull rod and release the pull screw to lock the gear.



7. Pull the rope rod on the other side as shown in Figure 6. Install it in steps as shown in Figure 7.

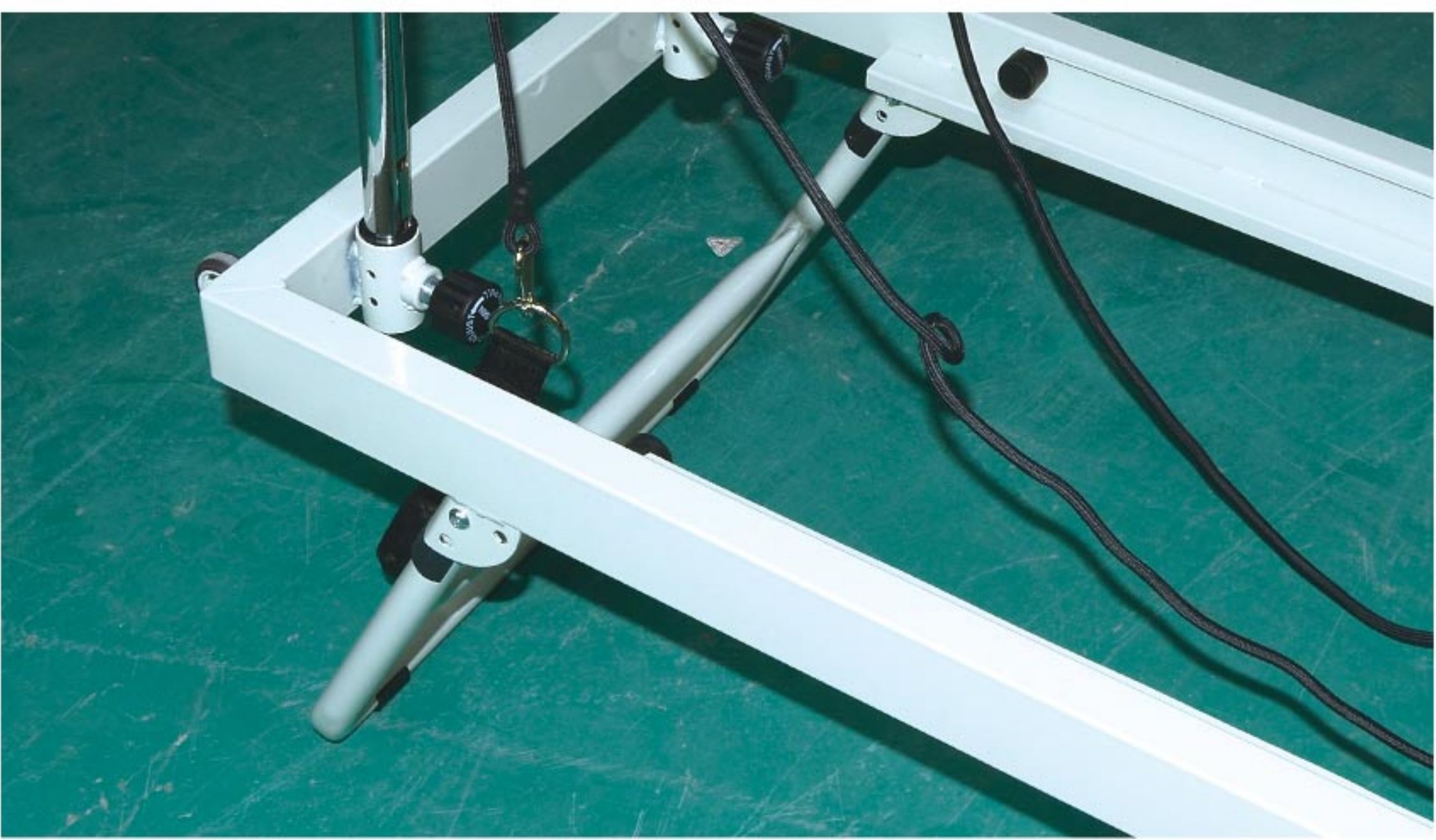


8. Pull out the latches of the rear foot side tripod.

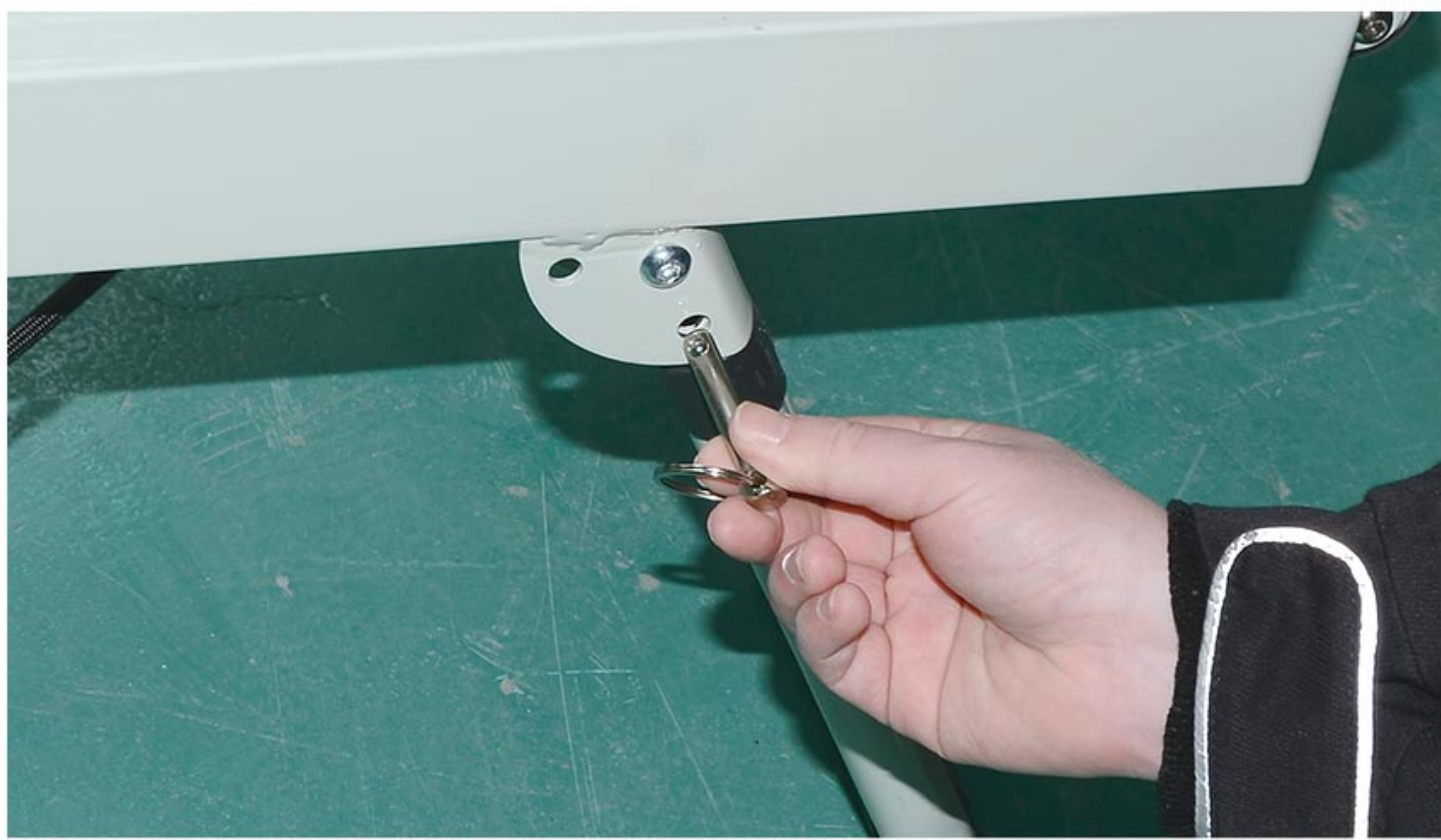
Installation steps 02



9. Pull out the front and side tripod latches.



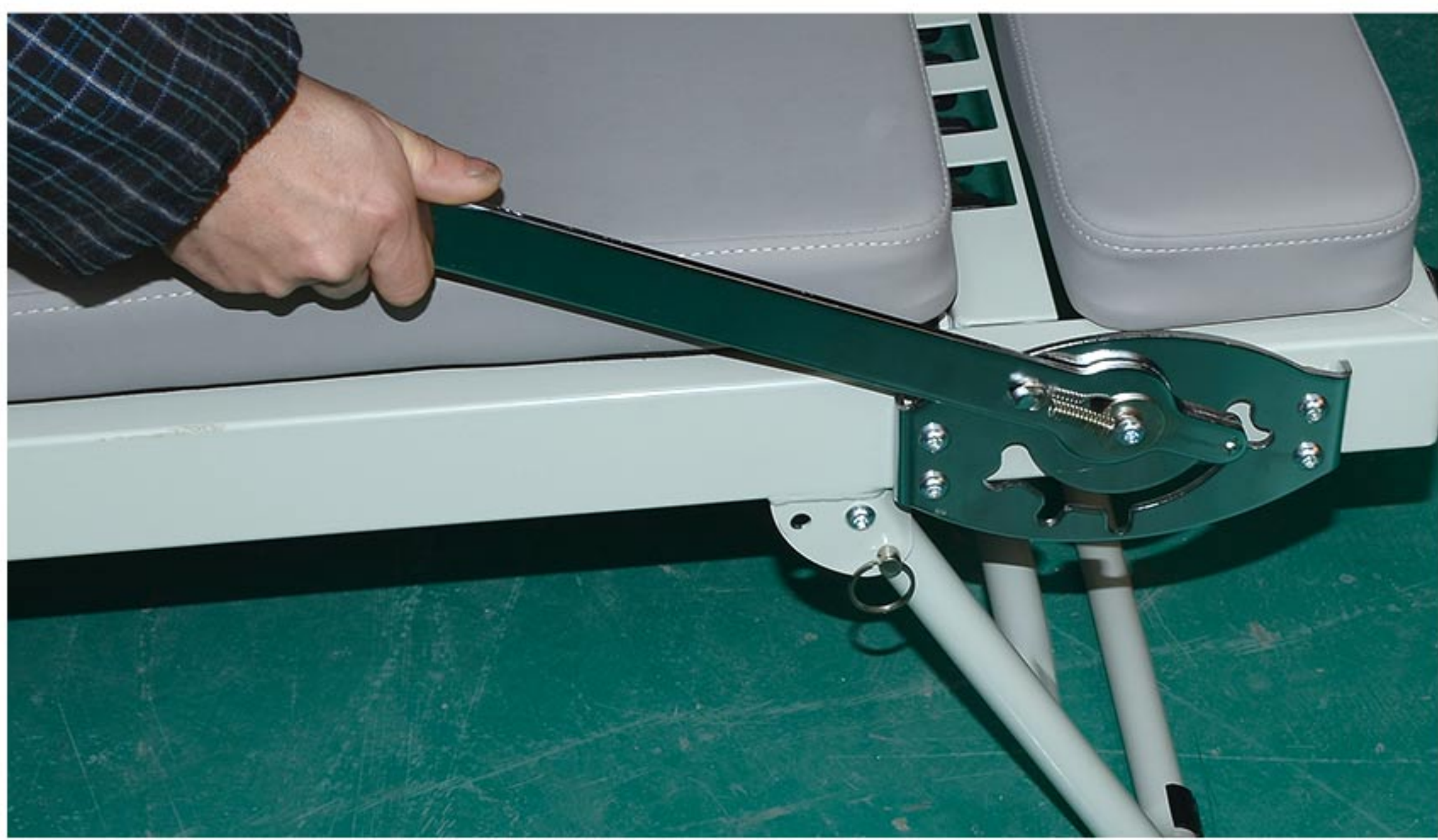
10. Lift the frame, pull apart the tripod, Make sure the tripod is fully deployed.



11. Insert the two side pins back into the holes and lock the rear tripod.



12. Pull the tripod, insert the two side pins back into the holes, and lock the front tripod.



13. Lift both side handrails.



14. Adjust the armrest to the middle gear.



15. Take the horizontal bar of the handrail and unscrew the two head screw gaskets with an Allen wrench.



16. Place the cross bar in the two head slots of the handrail.

Installation steps 03



17. Tighten the screws of the two head gaskets with an Allen wrench.



18. Lift up and remove the small headrest.



19. Remove the tension retainer as shown.



20. After removing all retainers, push the cushion back.



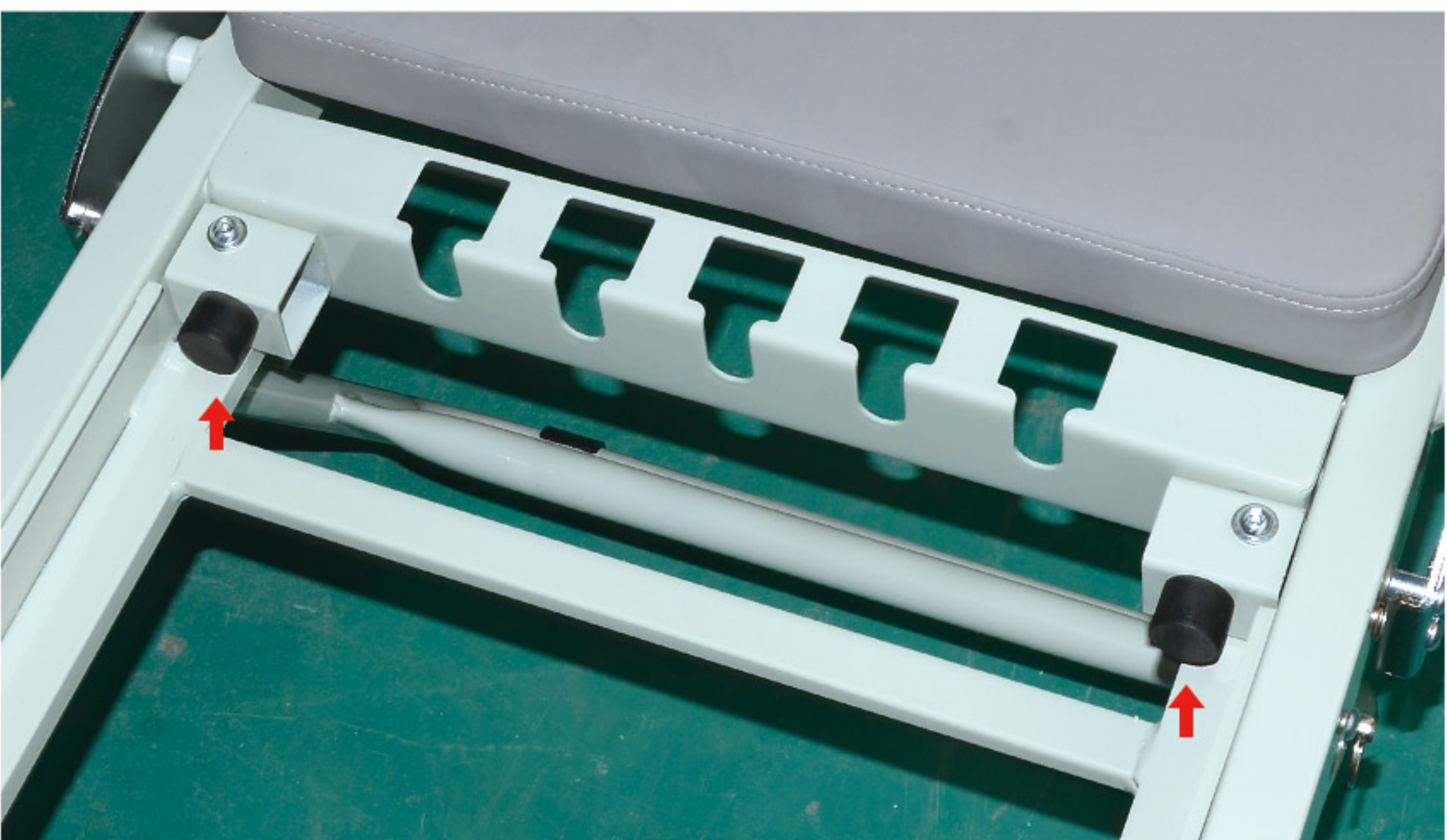
21. Take a limiter and screw and insert it into the lower hole.



22. Screw on the nut.

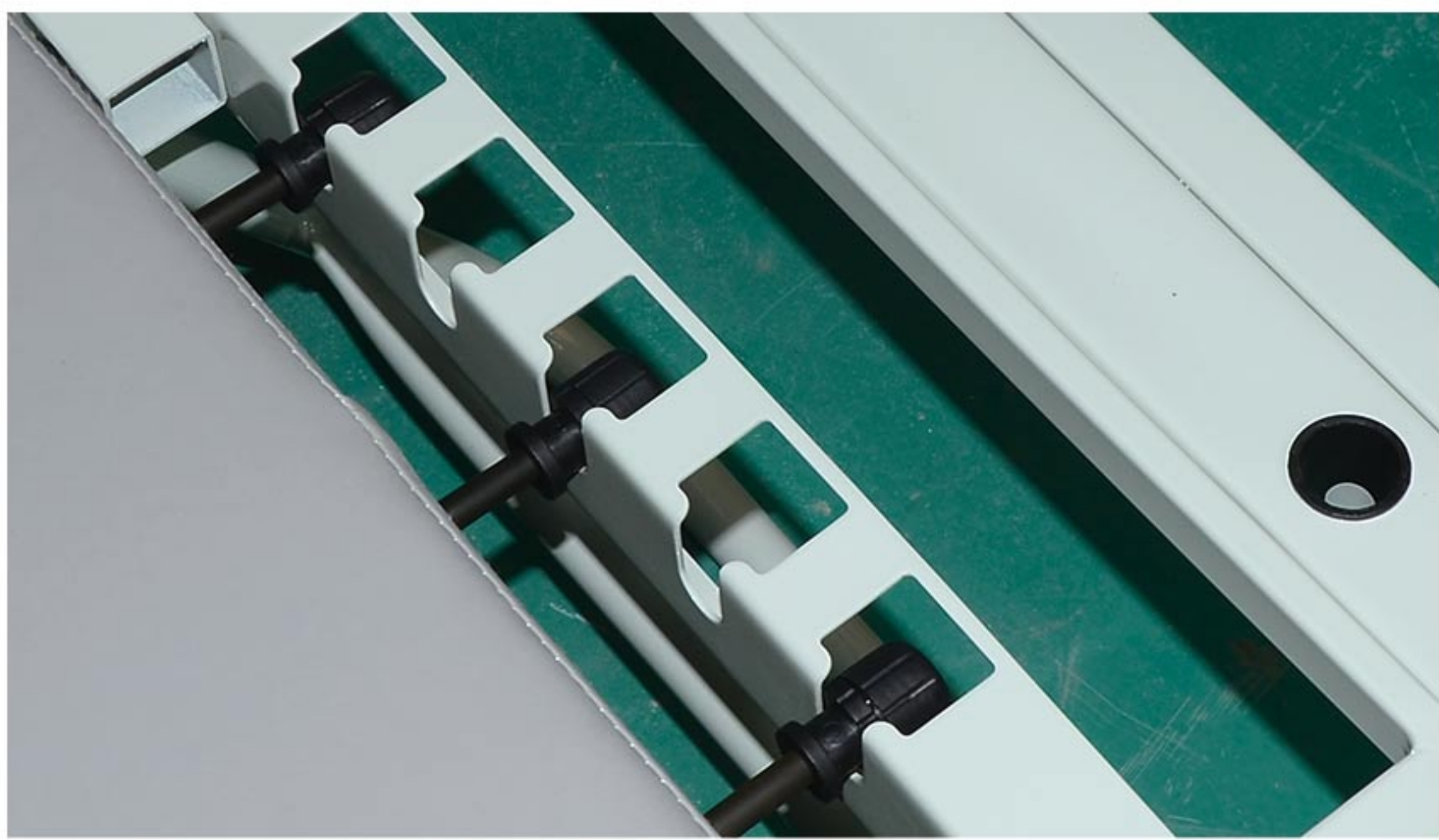


23. Use an Allen wrench and an open end wrench to tighten the screws.



24. Install the retainer as shown.

Installation steps 04



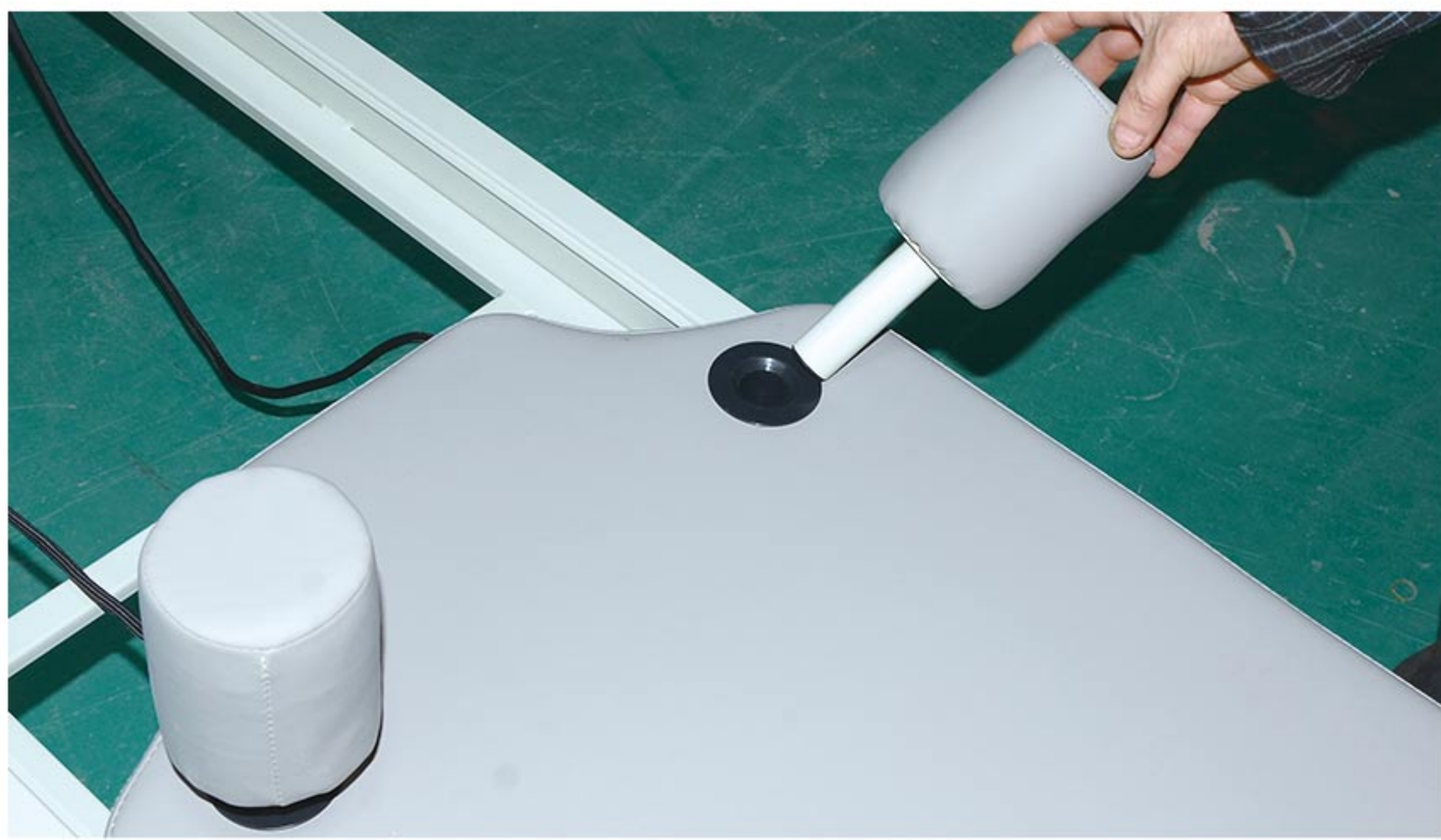
25. Clamp the tension retainer into the frame.



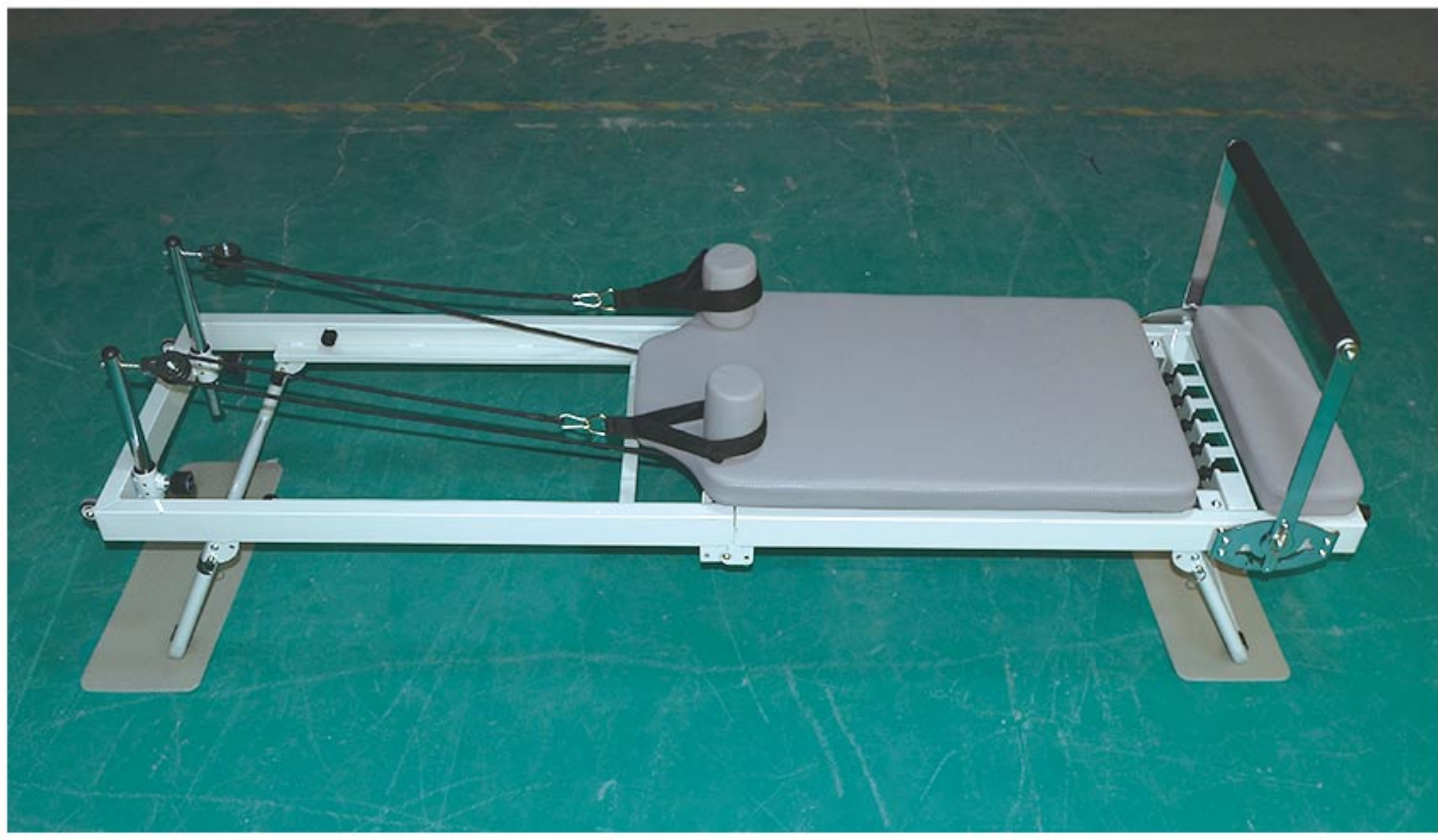
26. It can adjust the number of fixed device roots and control the strength when using.



27. Put back the pillow.



28. Install two shoulders as shown in the picture.



29. Put a cushion on the bottom of the tripod and install the pilates bed.

Step of folding 01



1. Pull out the four latches on the front and rear legs.



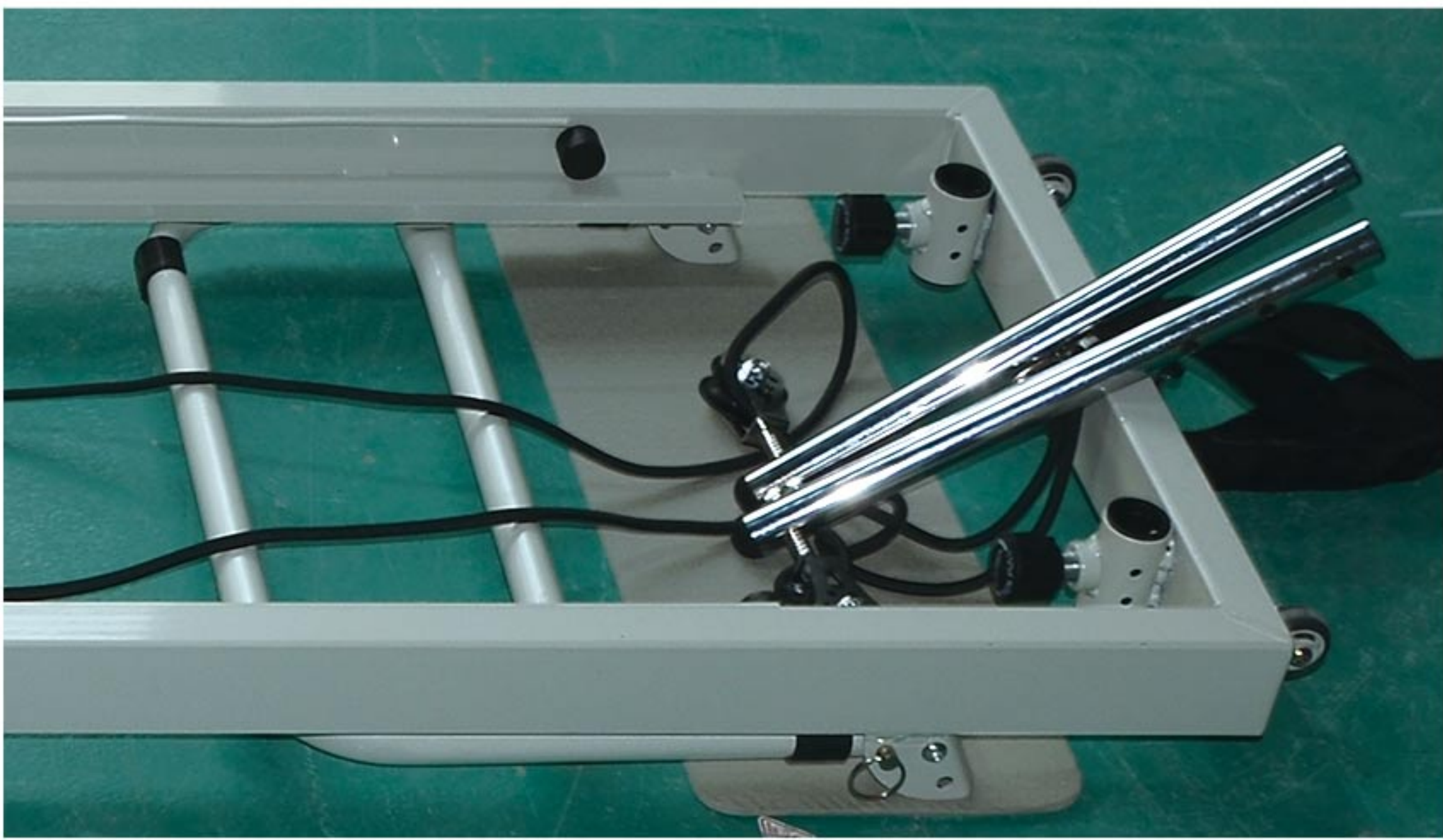
2. Lift the frame and fold the tripod.



3. Put down the handrail.



4. Insert the latch back and lock the front and rear tripod.



5. Take out two pulley rods.



6. Hold the folding armrest under the board and lift it upward.



7. Insert the latch into the two side holes to lock the frame
Take the pulley rod and place it in the storage hole.

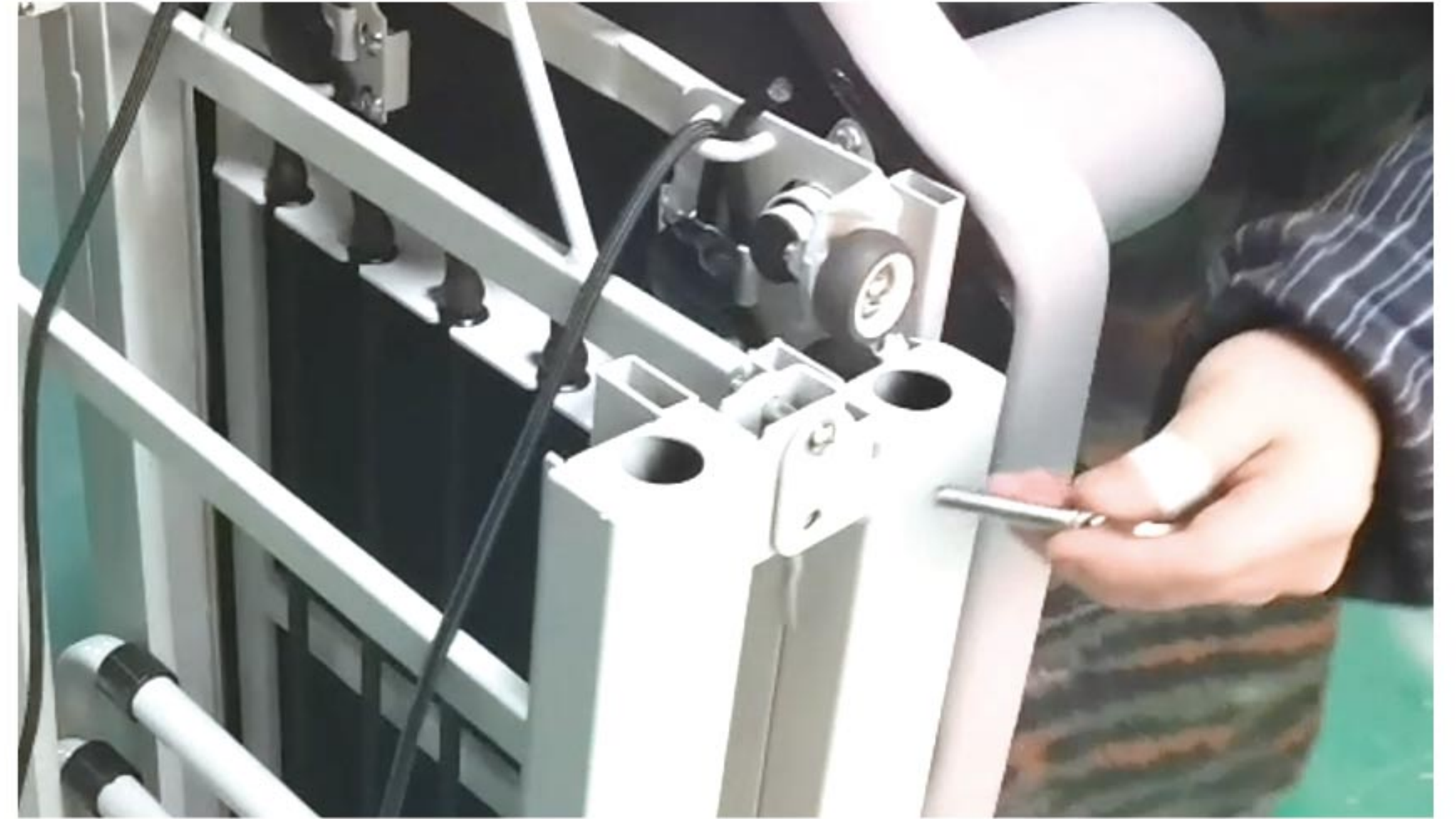


8. The folding is complete

NOTE WHEN USING AGAIN



1. Take out the two side slider rods and the shoulder.



2. Pull out the two side latches and unfold the frame.

PRECAUTIONS FOR PANEL INSTALLATION



The pulley is not put into the slide rail, and there is resistance to pushing forward. It will damage the limit bar.



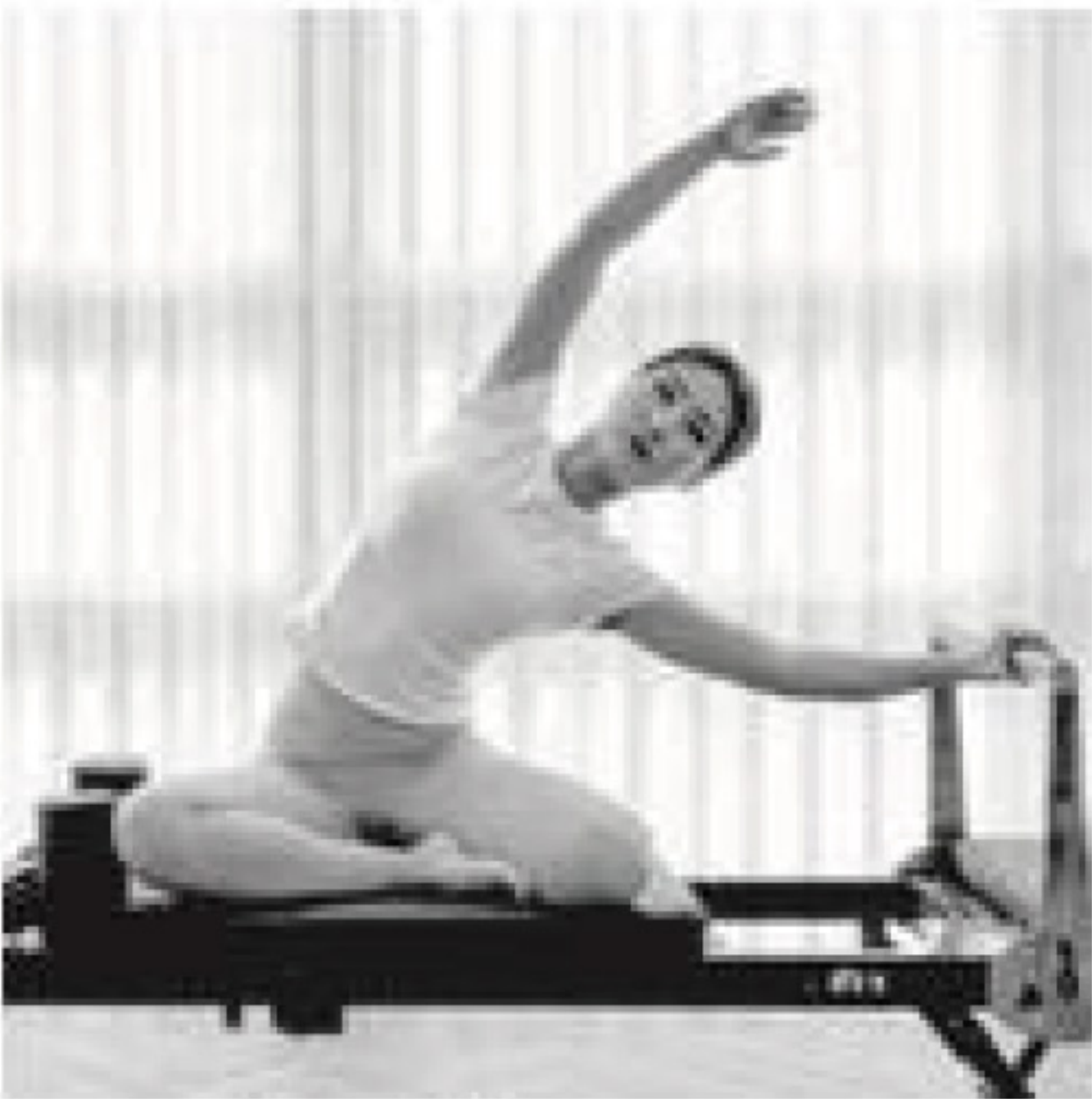
The pulley is placed in the slide rail and can be pushed and pulled back and forth.

Concentrated upper limb exercise



Spine stretching (척추 스트레칭)

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



Mermaid (멜구리 스트레칭)

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



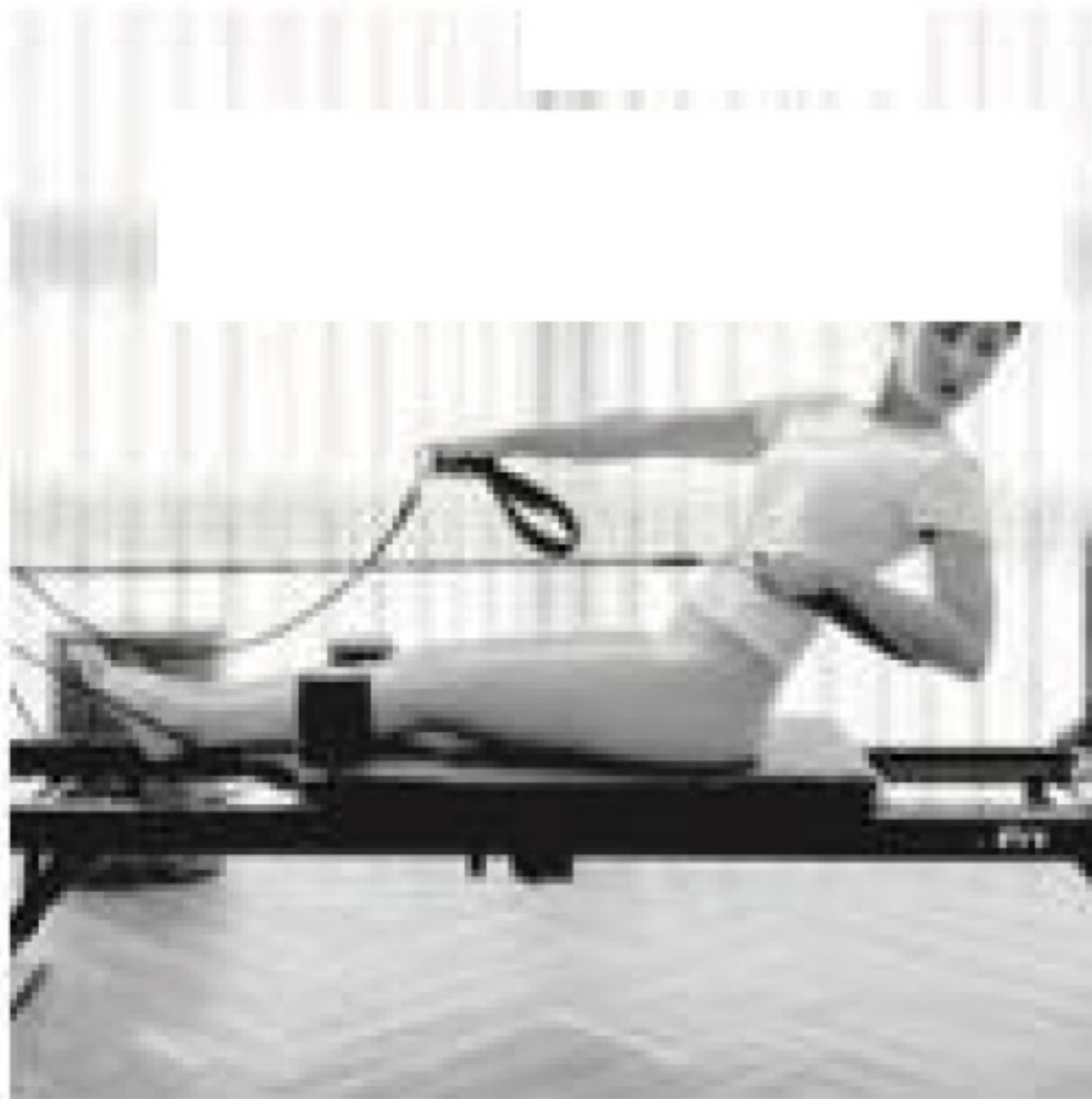
Side twist (척추교정, 허리 활동 개선)

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



Abdomen and arms muscle strengthening

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



Spine twist, waistline correction

Grasp the stretch belt and rotate your body with the roller down.



Back and shoulder pain relief

Grasp the stretch strap and open your chest with your arms bent.



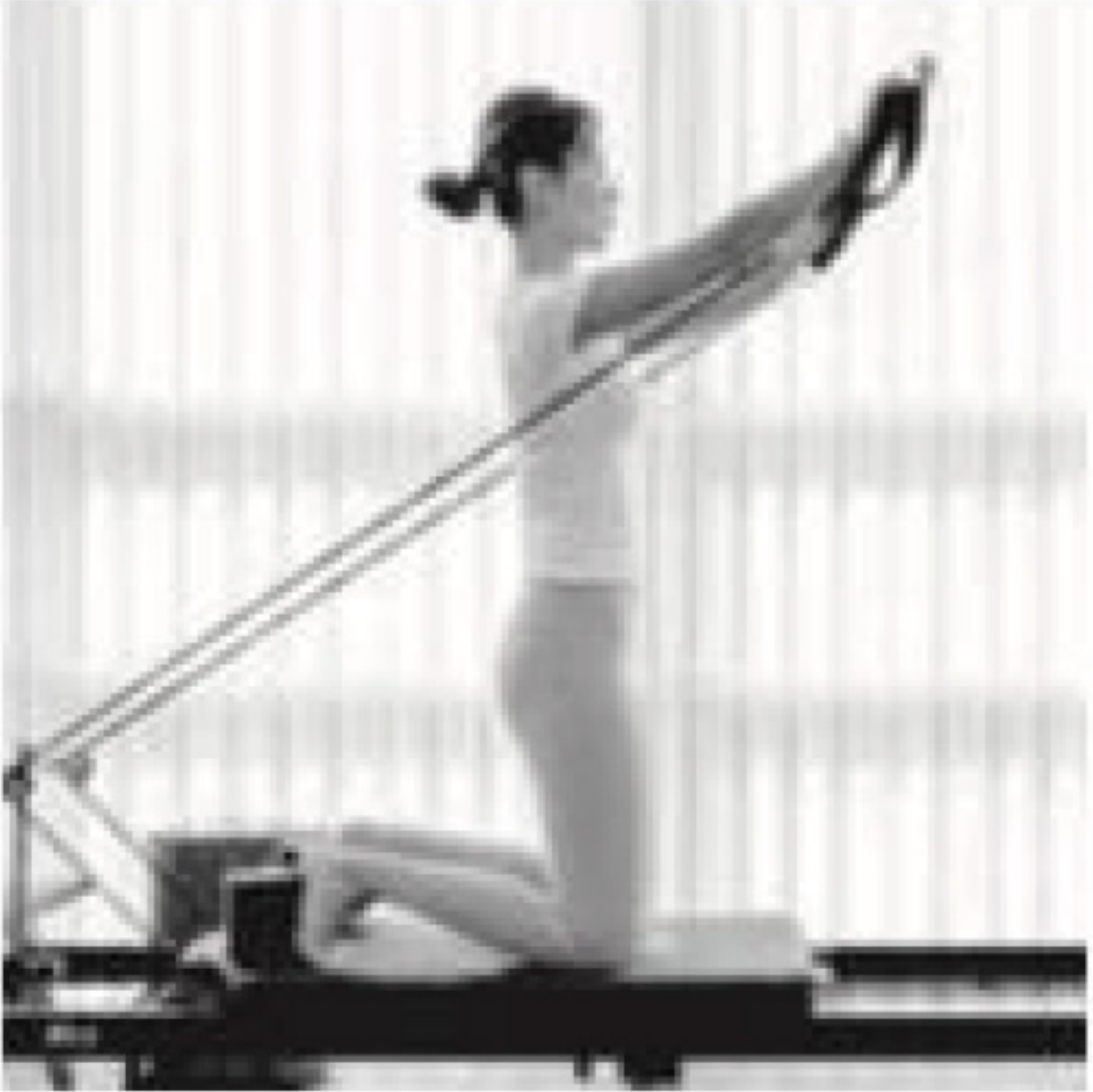
Spine Stretching (척추 스트레칭)

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



Shoulder exercise (어깨 운동)

With both knees on the ground, one arm grasps the stretch strap to open the shoulder joints.



Shoulder flexion (어깨 운동)

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

Concentrated lower limbs exercise 1



Buttock's stretching

Place one foot in a cross-legged position behind the fixed foot pole, while pushing and pulling the mat, while stretching the hip muscles.



Hip extension reverse

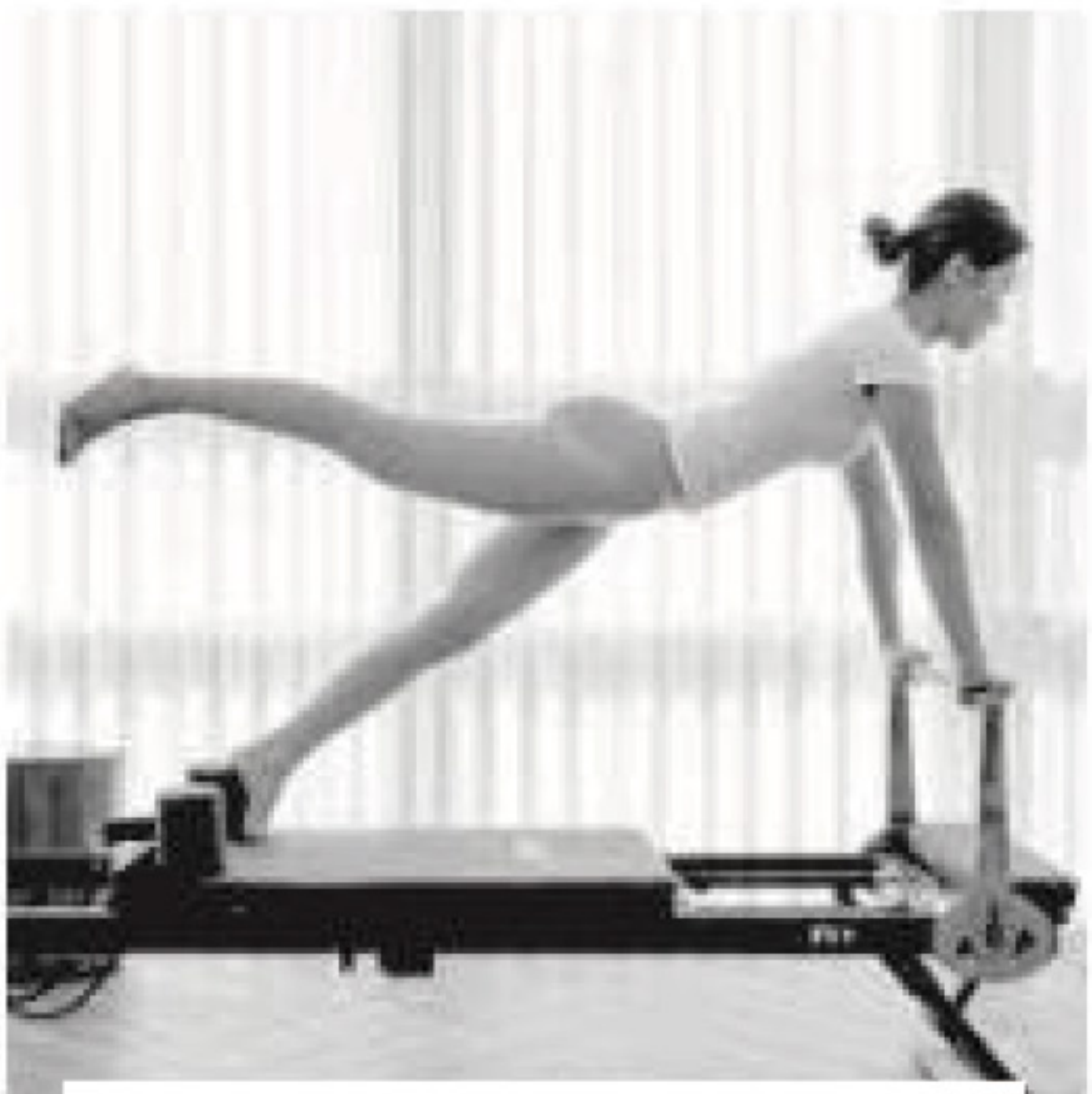
Put your hands on the shoulder lever, one foot behind the fixed foot bar, and use the hip muscles to push and pull.



Psoas Stretching

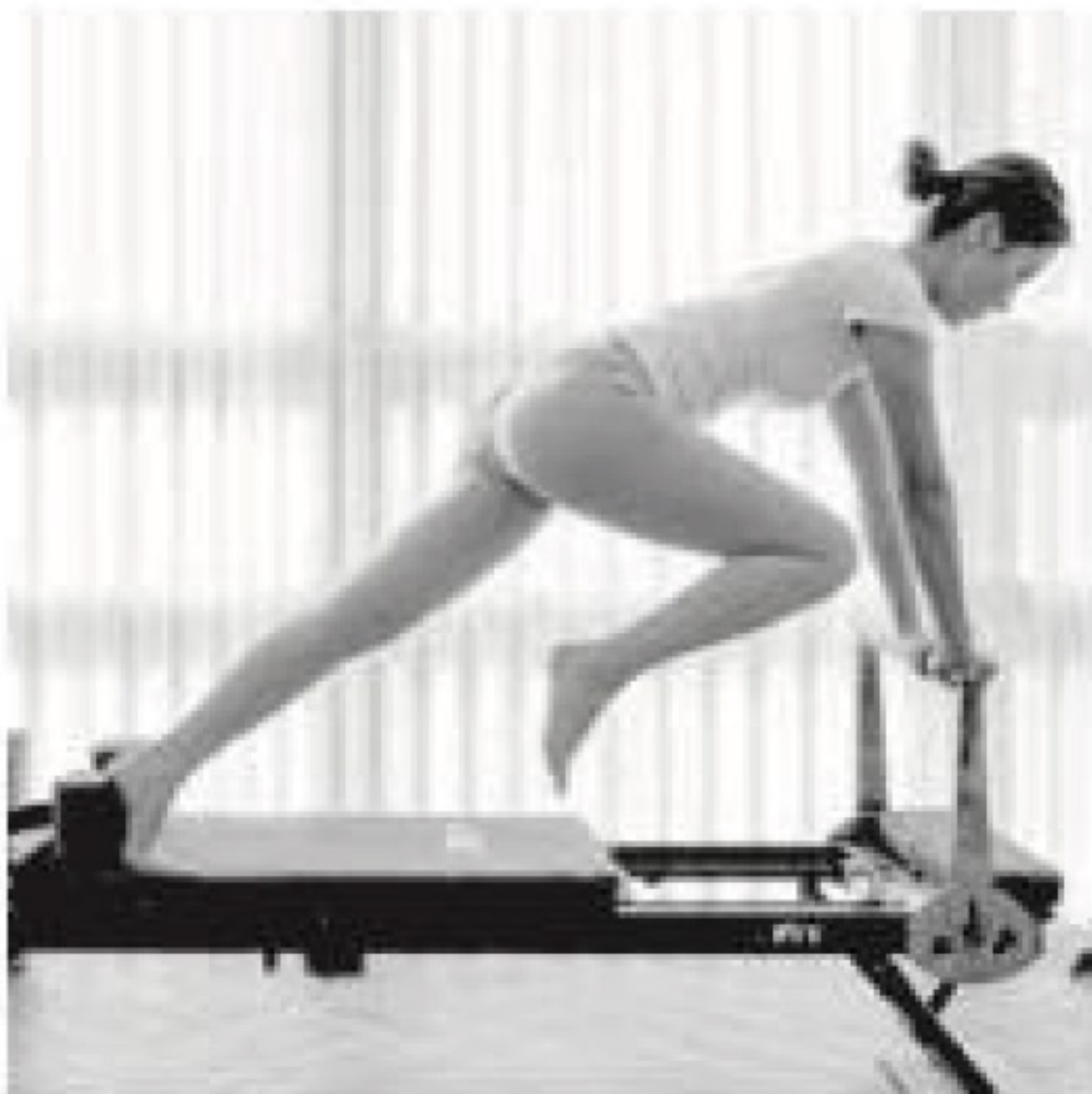
Improvement of back pain

Place one foot on the mat 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 Stretching

Improvement of back pain

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



Hip extension wiht strap

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



Pelvic correction, leg muscle

Kneel on the ground with one knee, place the other foot on the fixed foot pole, grasp the center of gravity and open the knee.



hip extension reverse2

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

Concentrated lower limbs exercise 2



Hamstring Stretching1 Improvement of back

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



Hamstring Stretching2 Improvement of back

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



Lunge1 Muscle strengthening of the buttocks and inner thighs

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



lunge reverse Muscle strengthening

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



Adductor exercise2 Train inner thigh

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



Lunge2 Muscle strengthening

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



Adductor Stretching Train inner thigh

Put one foot on the shoulder lever 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.



Frog exercise Pelvic correction,

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



For more detailed actions
and instructions, please
find “Pilates Sisters” on
Youtube (refer to the QR
code)



Parameters of electronic products and daily necessities according to the management law

| | |
|---|--|
| 1. Product name：I’ m fit Pilates Reformer | 2. Material: iron frame, ABS, PP, sponge |
| 3. Income source: I’ m fit Association | 4. Origin: China |
| 5. Size: 1125*560*275（mm） | 6. Weight: 30KG（including box 32KG） |
| 7. Note: Separately marked in the manual | 8. Caution for use: It is forbidden to use detergents, chemicals and heating appliances! Pay attention to strong impact! |

*Quality Assurance

When the product is defective, the compensation shall be made in accordance with the notice of the Ministry of Finance and Economics “Provisions on the Protection of Consumer Loss by Product Category”.

Product Warranty

| | | | | |
|----------------------|---------|------------------------------------|-------|-----|
| Product name | | During maintenance | | |
| Filates Reformer | | One year from the date of purchase | | |
| Purchase date | | Year | Month | Day |
| Customer information | Name | | | |
| | Address | | | |
| | Tel | | | |