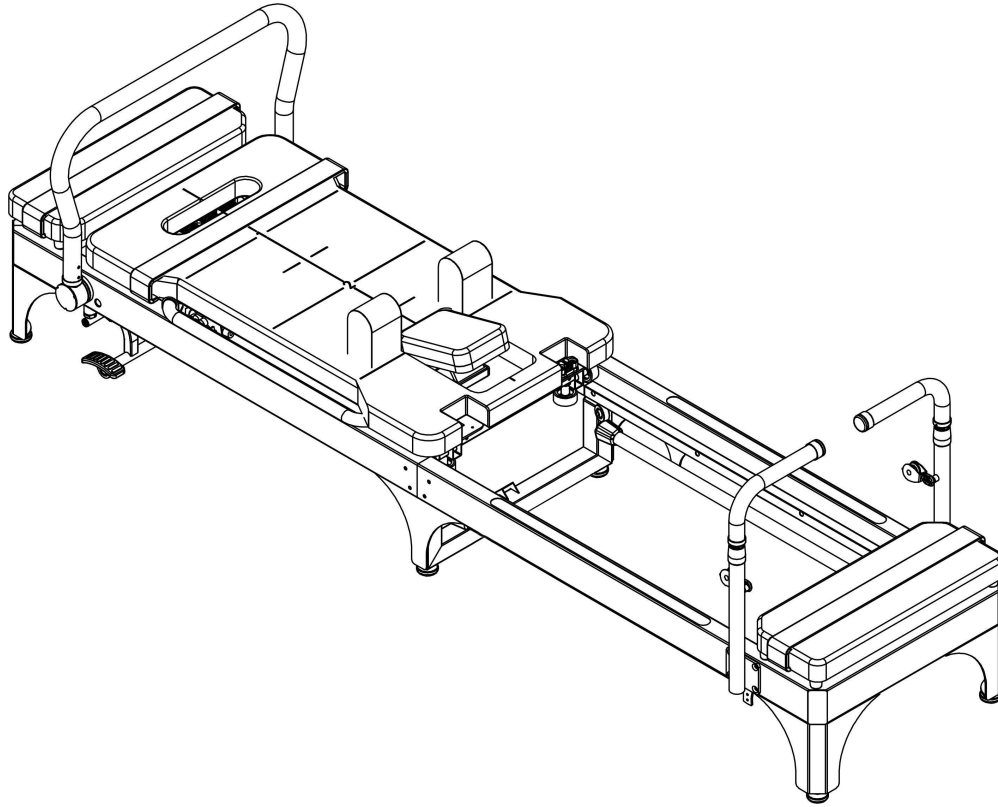


Pilates reformer



Please read the manual carefully before using this

equipment

I .Safety Precautions

Before using this product, please read the following safety precautions in detail.

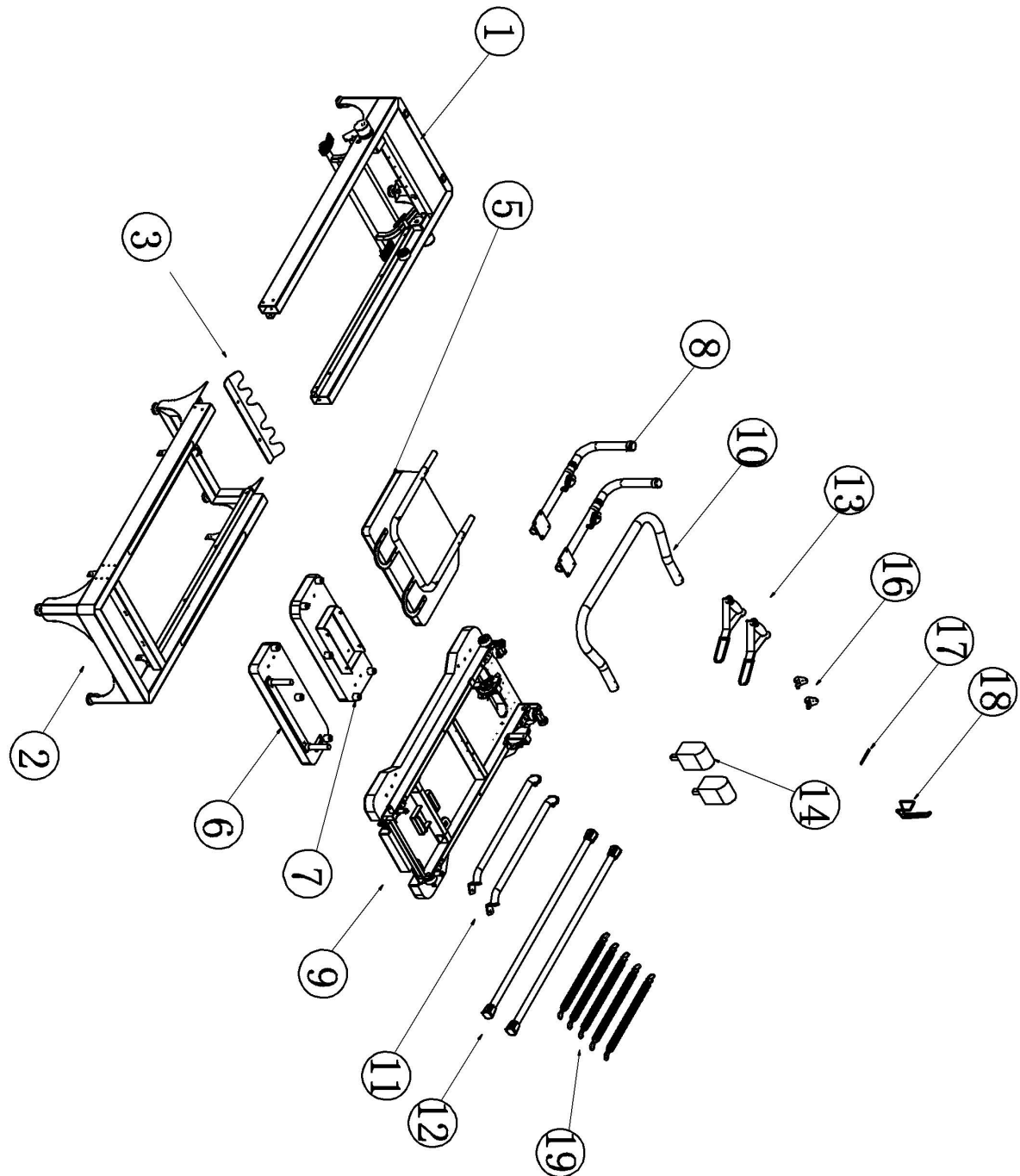
Be sure to store this user manual in an easily accessible place for future reference.

- * Before starting any sports course, consult your doctor for best training advice
- * The maximum user weight of this machine is 130Kg.
- * Warning: improper / overtraining can cause health damage. If you feel unwell while training at home, please stop immediately
- * Please follow the correct training details in the training guide
- * The training can only be started after the whole machine is assembled, adjusted and inspected correctly.
- * You have to stretch and warm up before you start
- * If you feel dizziness, nausea, chest pain or other symptoms, please stop training and seek medical assistance immediately
- * Only the original parts provided by the original manufacturer can be used (see the list on the attached page)
- * Assembly must be carried out in accordance with the assembly instructions
- * Use only suitable tools for assembly and seek assistance if necessary
- * The machine can only be placed on a flat, non slip surface.
- * All adjustable fittings shall be marked with adjustable safety markings and shall be in accordance with the instructions
- * All adjustable accessories must be locked to avoid sudden sliding in use
- * This product is specially designed for adults
- * Keep your hands away from any moving parts
- * The resistance can be adjusted according to personal preference.
- * Wear appropriate clothes and shoes when using the product. Do not wear loose clothes or shoes. It may be involved in the rotating parts.
- * Make sure there is enough space when using the equipment
- * When installing or disassembling equipment, pay attention to non fixed or mobile parts.
- * A mat must be placed under the machine to protect the carpet or floor from damage
- * Avoid using and storing the machine in the place with high humidity and dust or outdoors. Be careful not to place the machine in the place easy to touch water and damp, high humidity, dusty environment or outdoor.
- * Ensure that the machine has at least 2000 x 1000mm area free from any interference
- * The company shall not be liable for any special, indirect, incidental or consequential loss caused by or related to any person's purchase or use of these products

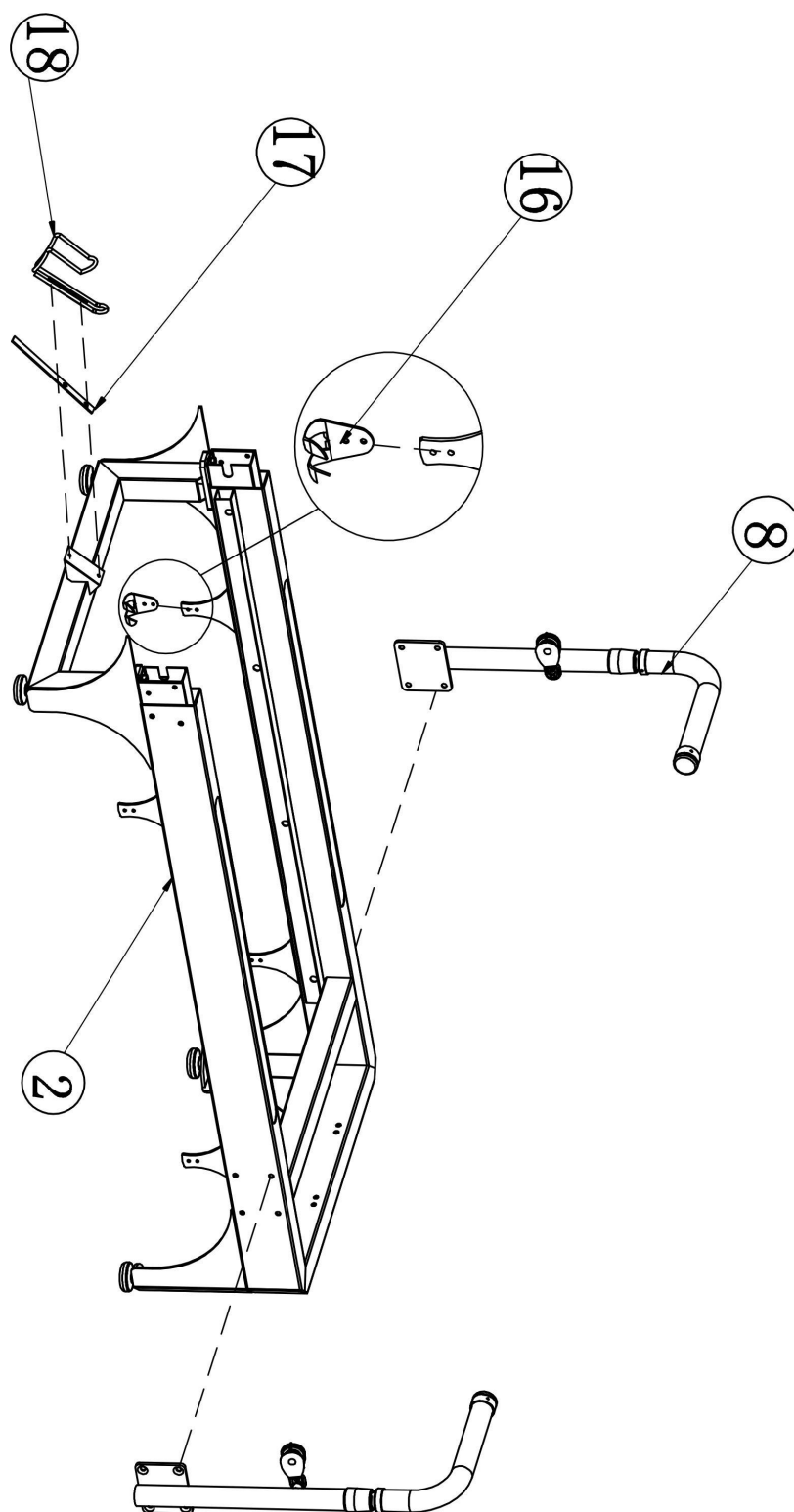
II . Installation instructions:

Please read this instruction carefully before assembling this machine. We have prepared all kinds of fasteners. As long as you install according to the following steps, I believe you can complete the assembly soon.

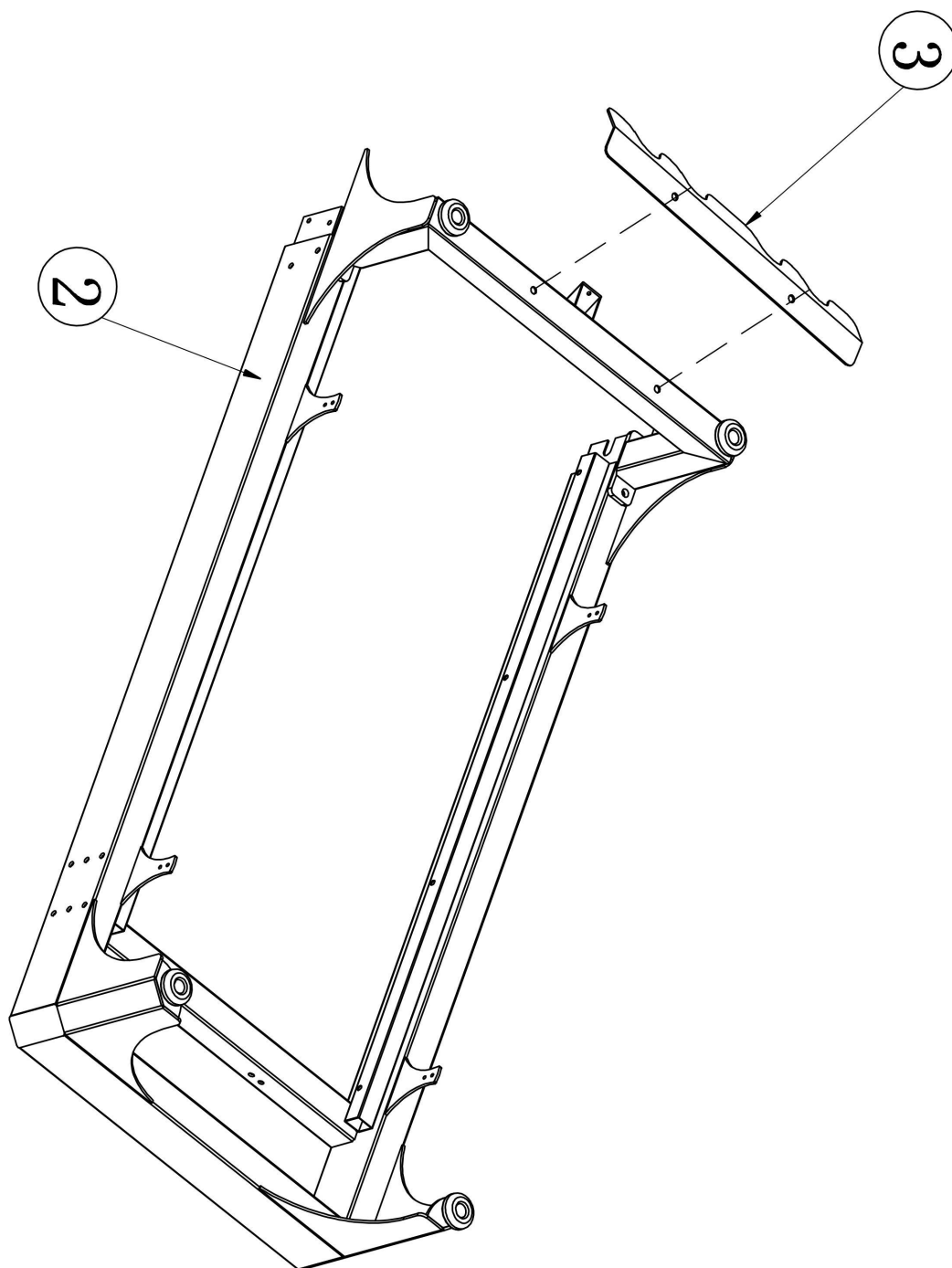
Step 1: remove the bubble pad wrapped on the mechanical parts, and then find out the following parts and install them according to the figure below;



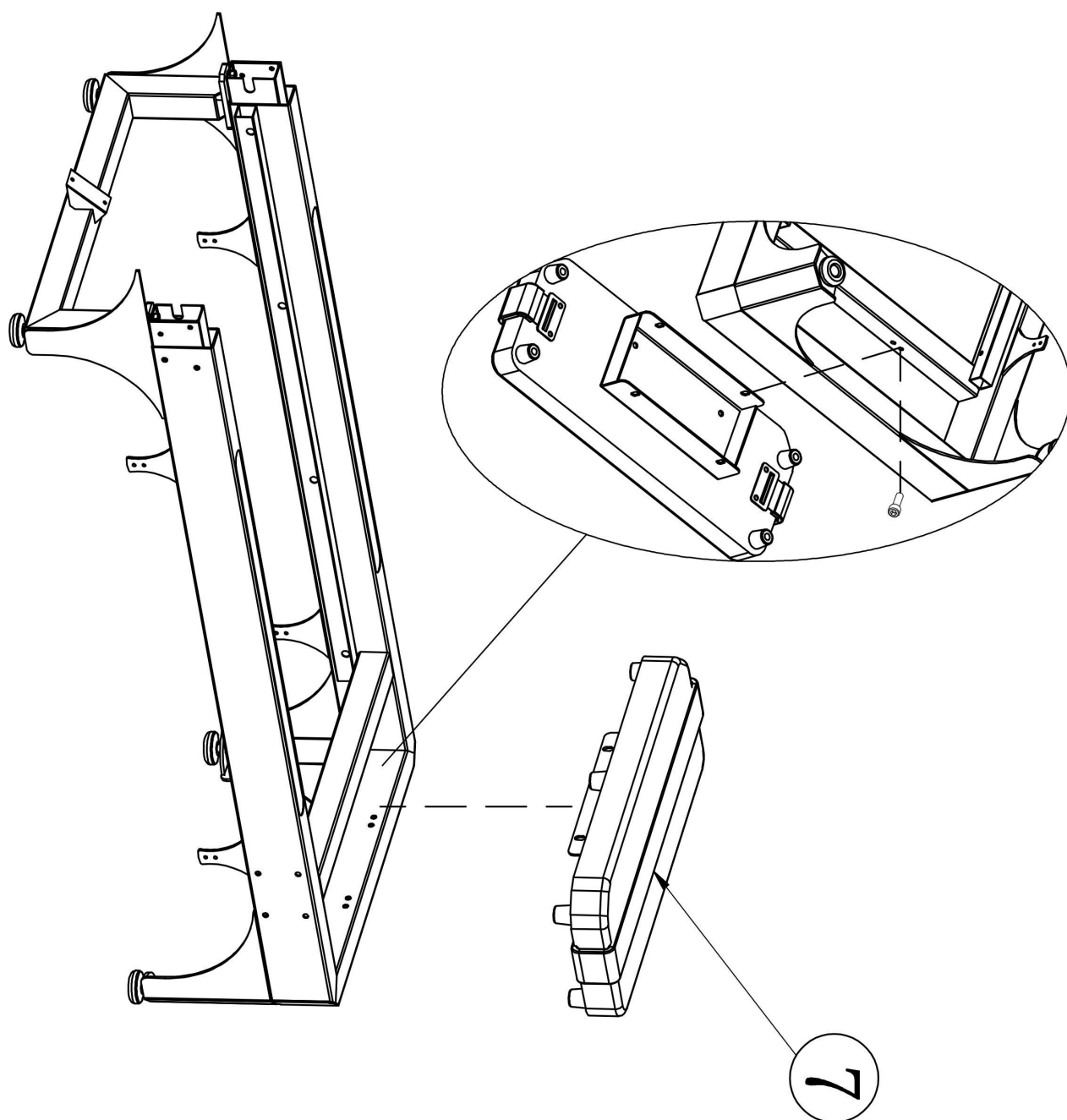
Step2: Install the main frame ②. Find the following accessories as shown in the figure below. All screws are installed in a fixed position and can be removed by removing.



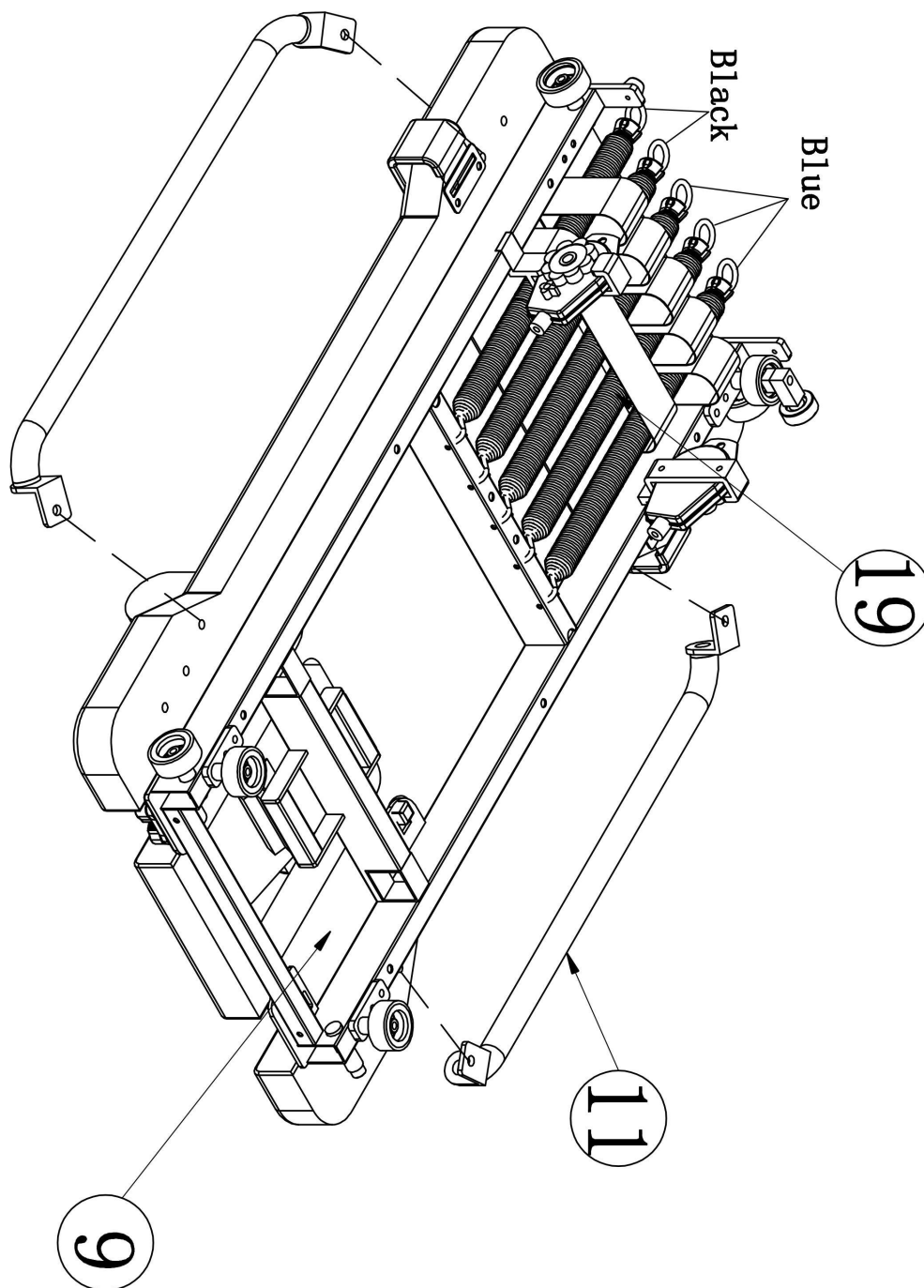
Step3: The dumbbell rack ③ is installed, and the following accessories are found as shown in the figure below. All screws are installed in a fixed position and can be removed after removal.



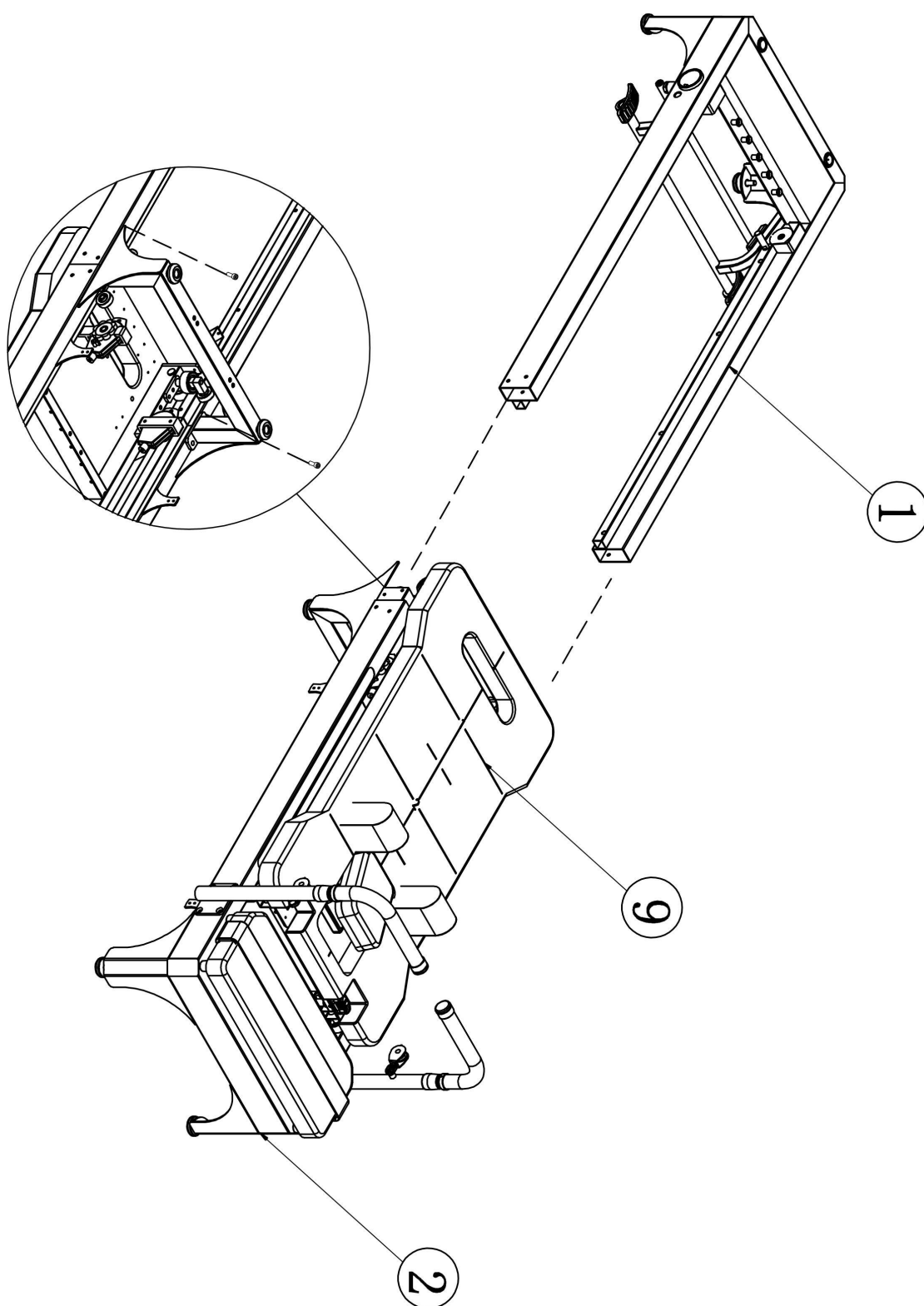
Step 4: The front pad ⑦ is installed. Find the following accessories as shown in the figure below. All screws are installed in a fixed position and can be removed by removing.



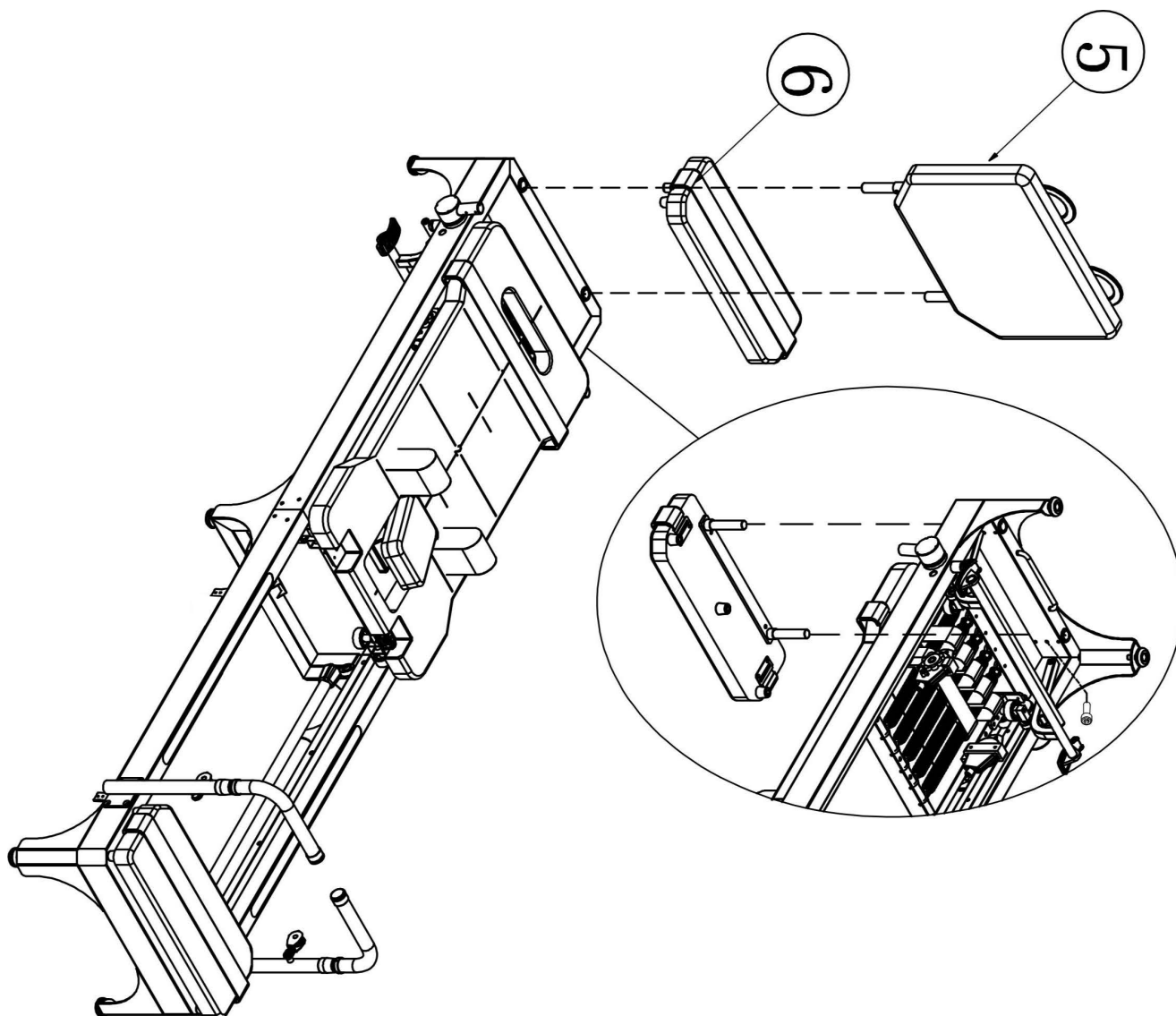
Step 5: The movable frame ⑨ is installed. Find the following accessories as shown in the figure below. All screws and screws are installed in a fixed position and can be installed after removing.



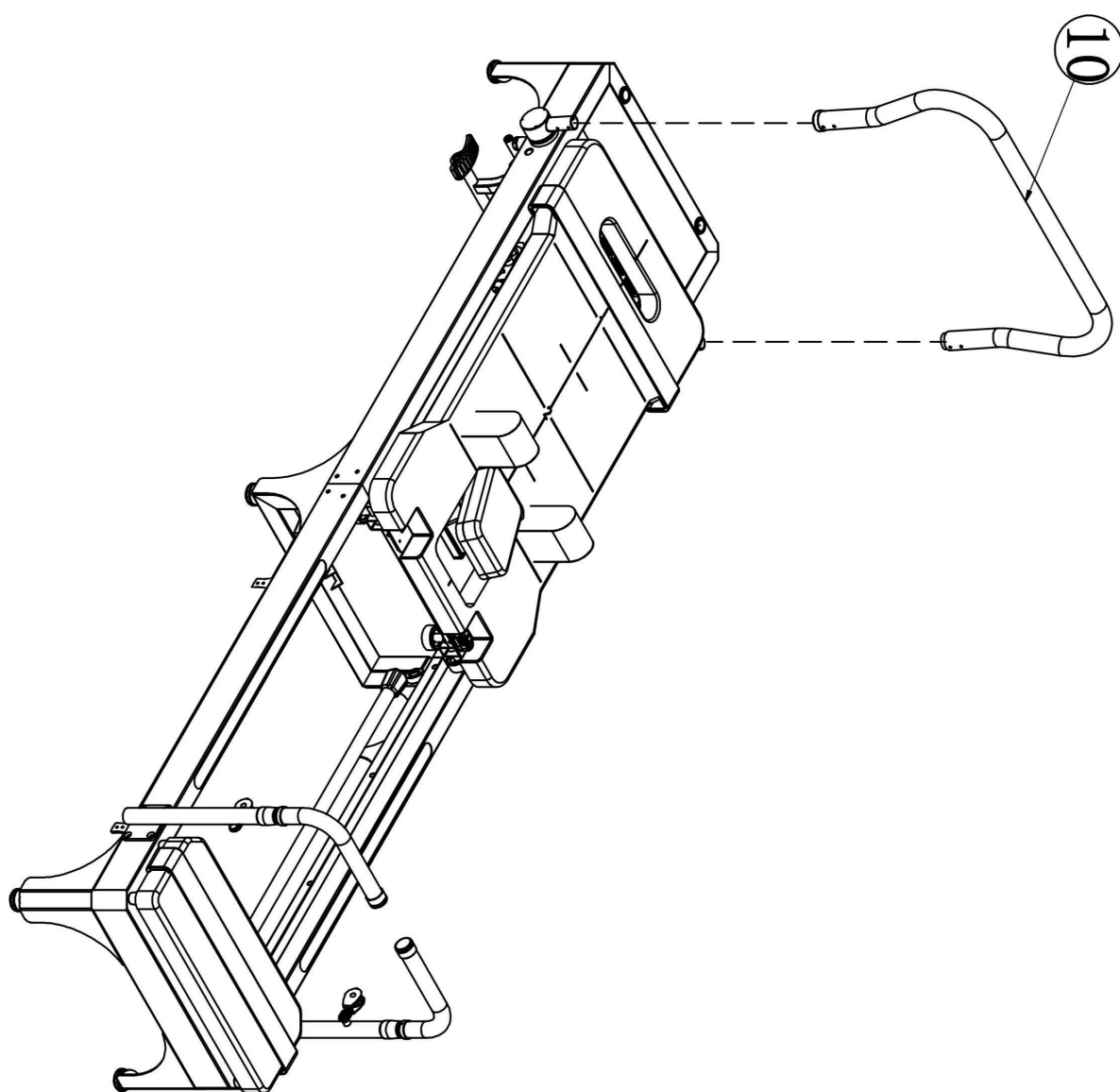
Step 6: Before and after the installation of the front and rear frames, first install the movable frame ⑨ on the rear main frame ②. Take care to remove the screws in the enlarged view, and then install the front frame ① as shown below.



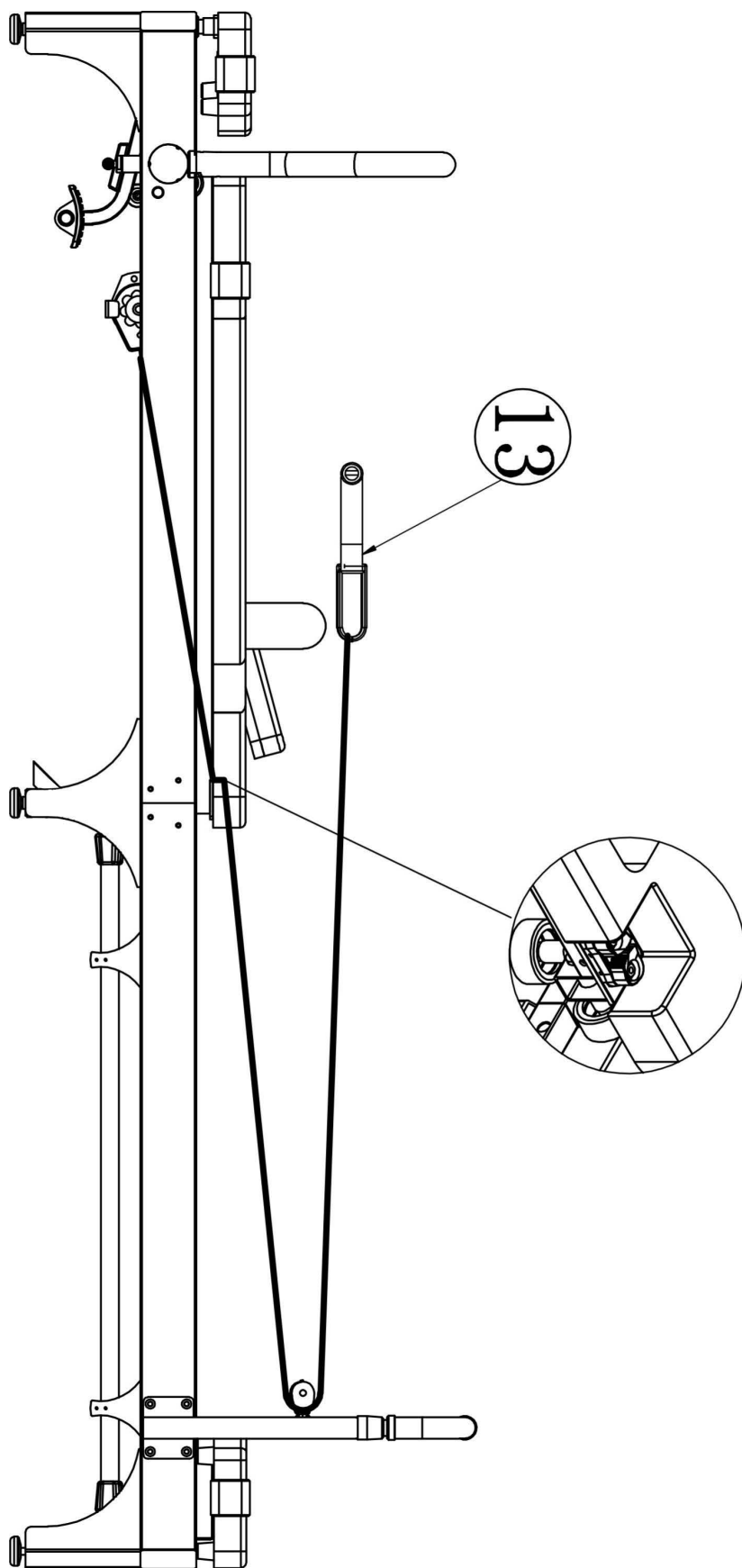
Step 7: The rear cushion ⑥ is installed, and the movable frame ⑨ is first installed on the rear main frame ②. Note that in the enlarged view, the screws are first removed and then installed as shown in the following figure. When the jump board ⑤ needs to be replaced, the same action is taken.



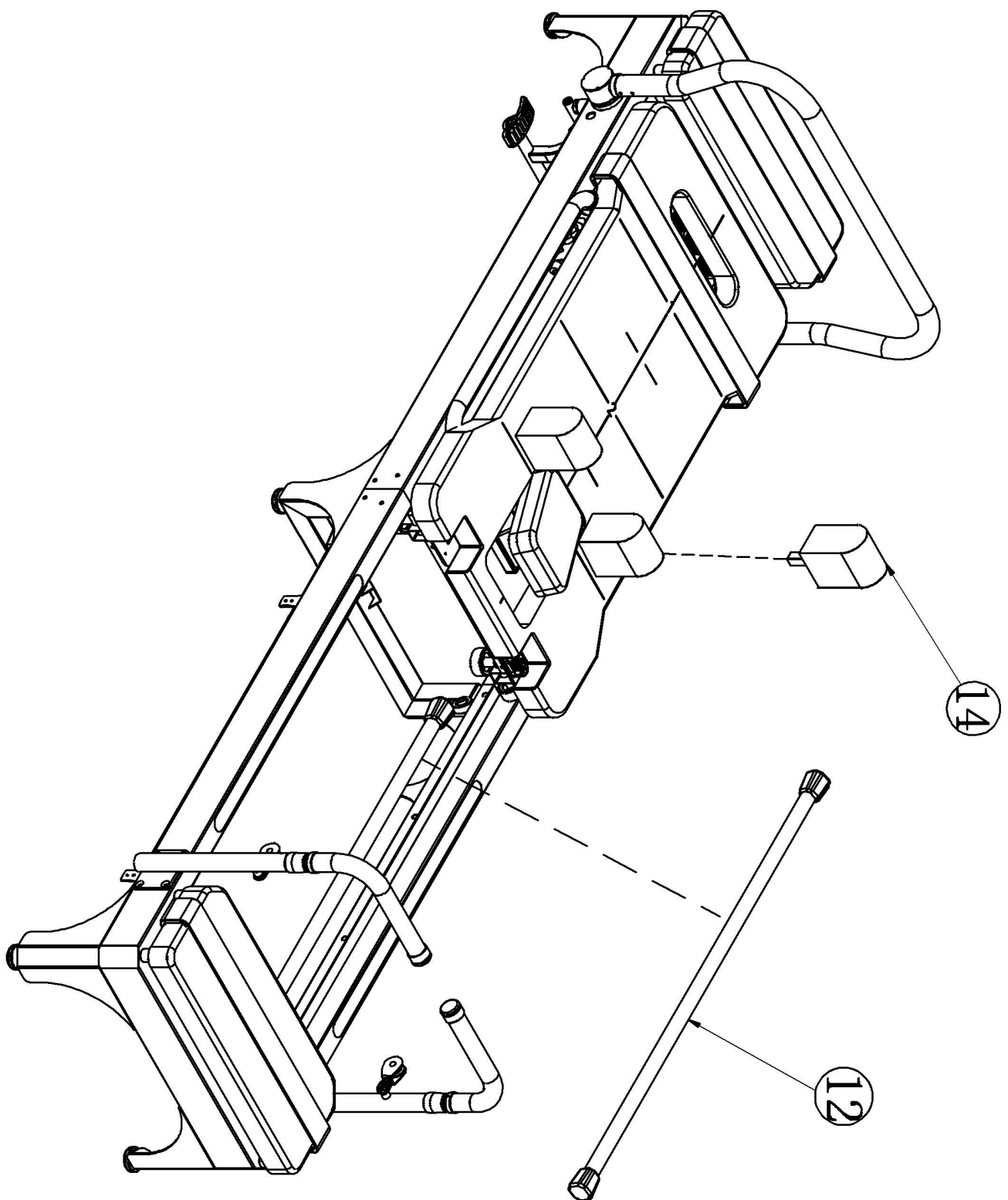
Step 8: To install the footbar ⑩, find the following accessories as shown in the figure below. All screws and screws are installed in a fixed position and can be removed after removal.



Step 9: Install the rope ⑩, find the following accessories as shown in the figure below, pay attention to the enlarged picture, the rope passes through the rope clamp



Step 10: To place and install the accessories, find the following accessories as shown below, and place them as shown below



Parts List

Serial No.	NO.	Name	QTY		Serial No.	NO.	Name	QTY
1	①	front frame	1		16	⑩⑥	Body bar hook	4
2	②	rear main frame	1		17	⑩⑦	Bottle holder fixing plate	1
3	③	Dumbbell rack	1		18	⑩⑧	Bottle holder	1
4	④	/	0		19	⑩⑨	springs	5
5	⑤	Jump board	1					
6	⑥	rear cushion	1					
7	⑦	Front pad	1					
8	⑧	Handle bar	2					
9	⑨	movable frame	1					
10	⑩	footbar	1					
11	⑪	Carriage handle	2					
12	⑫	Body bar	2					
13	⑬	rope	2					
14	⑭	Shoulder rest	2					

III .Maintenance guide

» **Daily cleaning:**

The surface of the equipment shall be wiped after being dried with cotton cloth soaked with diluted neutral detergent;

Wipe the sliding part with cotton cloth and Degreaser

» **Daily inspection:**

Is the pulling rope twisted, worn or loose?

Is the connection part of the frame tight and reliable?

Is the rotation or part smooth and noisy?

Is there any defect in motion diagram and warning sign?

» **Weekly maintenance:**

Check whether the fasteners of the instrument are loose.

Check whether the moving parts of the device move smoothly and whether there is any abnormal noise during the movement.

If necessary, please wash thoroughly and refuel properly. (as shown in the figure)