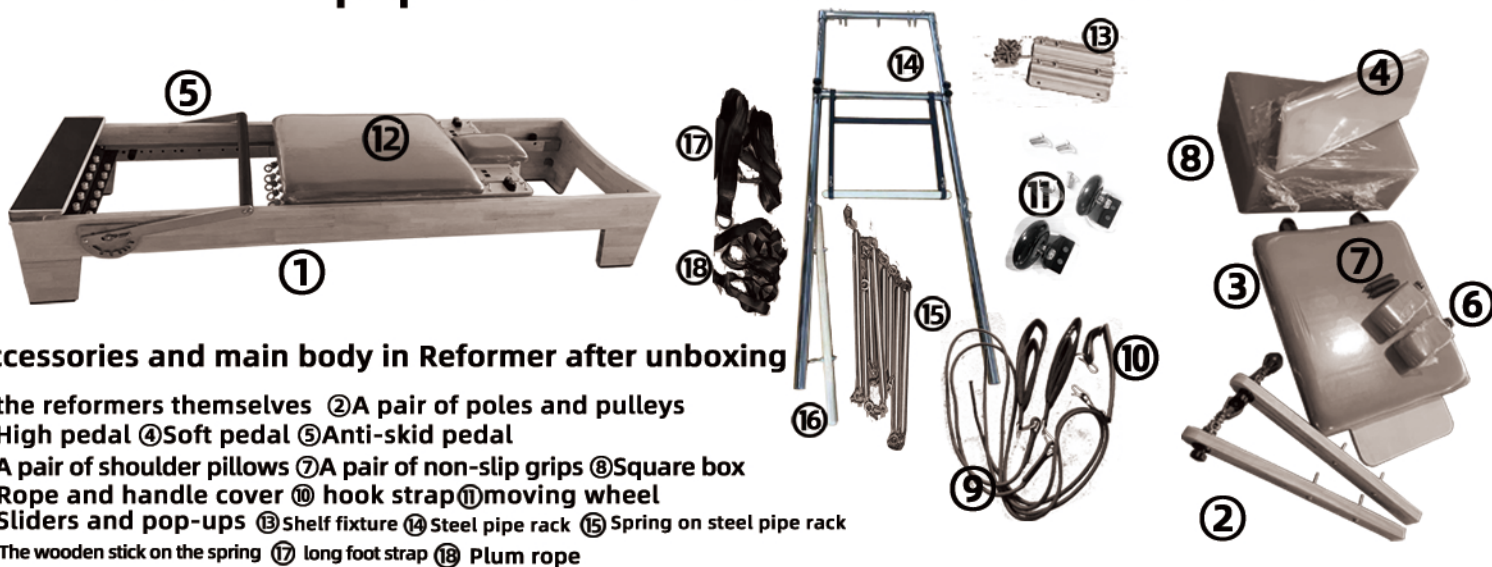


Pilates equipment installation and use instructions



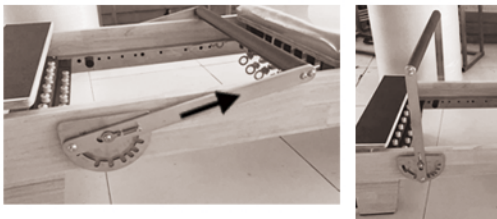
Accessories and main body in Reformer after unboxing

- ① the reformers themselves ② A pair of poles and pulleys
 ③ High pedal ④ Soft pedal ⑤ Anti-skid pedal
 ⑥ A pair of shoulder pillows ⑦ A pair of non-slip grips ⑧ Square box
 ⑨ Rope and handle cover ⑩ hook strap ⑪ moving wheel
 ⑫ Sliders and pop-ups ⑬ Shelf fixture ⑭ Steel pipe rack ⑮ Spring on steel pipe rack
 ⑯ The wooden stick on the spring ⑰ long foot strap ⑱ Plum rope

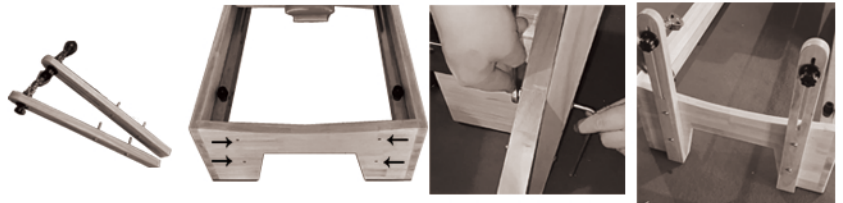
Spring weight Red about 60 lbs 26KG Green about 35 lbs 16KG Yellow about 23 lbs 9kg

installation steps:

1. Lift the pedal bar according to the arrow to change gears



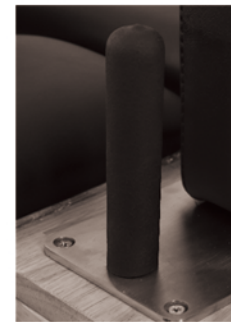
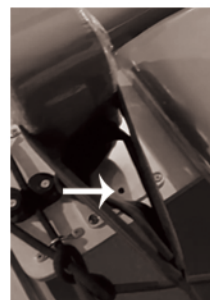
2. Install the ② pole tool on the position indicated by the arrow on the ① main body



3. Remove the torx screw of ⑥ shoulder pillow and install it in the square space of ⑫ (The two holes can be replaced according to the width of the shoulder)

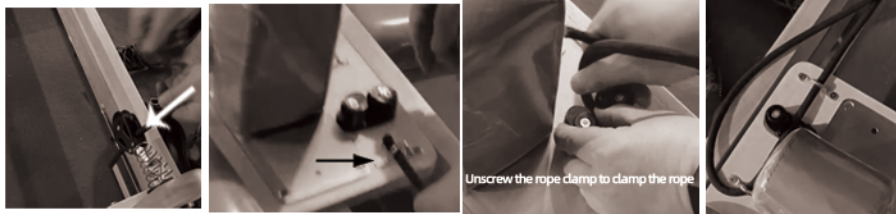


4. Install the handle ⑦ in the small hole near the shoulder pillow



5. Pass ⑨ through the installed ② pulley and add it to the rope clamp on ⑫

6. The rear end of the ① main body installed with ⑪ moving wheels is convenient to move
 Install ⑩ on the flange ring behind the ① main body



7. Remove ⑤ from the ① main body to replace ③ and ④ to practice different movements.



8. Put ⑧ on ① to practice related actions



9. Hang up the pop-up window that suits you according to your own strength



10. Install ⑬ into the body of ①, press the long screw to the position of ○ and the short screw to the position of ●



11. Insert ⑭ into ⑬ as shown and fix ○ to secure it firmly



12. We hang the red spring to the top of the U-shaped bar
We hang the blue spring under the U-shaped bar



13. We hang the green spring to the → position and hang the ⑯ below
We hang the yellow spring to the > position and hang the ⑰ below



14. According to your own exercise needs, you can practice installing ⑱ at this position. Before placing it, push ⑫ on top of ① to the other end and replace ④ for use

