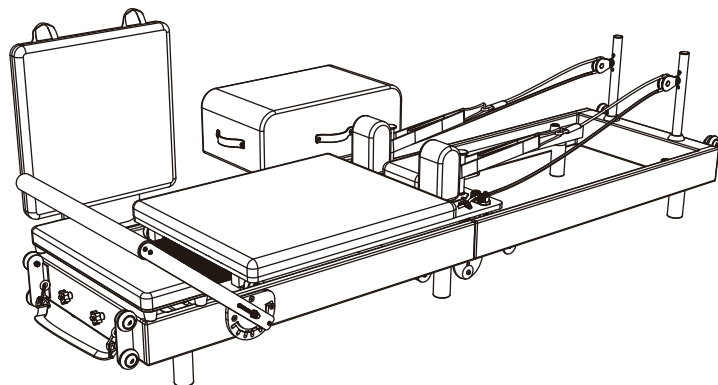


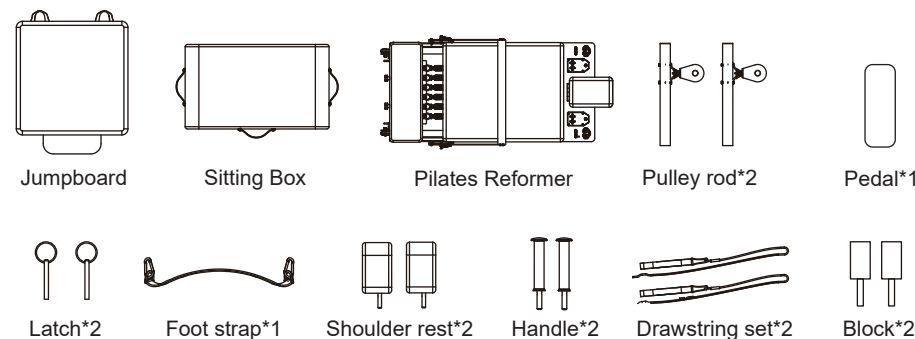
HOME PILATES REFORMER INSTRUCTION



CAUTION:

- 1.Before assembling and using the pilates reformer, it is very important to read carefully all the contents of the instruction, only the correct installation, maintenance and use of the pilates reformer to achieve safe and effective training effect.
- 2.Before using the pilates reformer, the user should consult a doctor about his/her physical condition in order to prevent safety accidents during use.
- 3.It is important to warm up and stretch properly before each use of it.
- 4.Incorrect use of the Pilates Reformer may affect your health. If you experience any discomfort, stop immediately and seek medical attention.
- 5.Keep children and pets away from the pilates reformer, which is intended for adult use only.
- 6.Please place it on a flat surface for use and lay down a protective layer if necessary to prevent damage to the floor.
- 7.Be careful not to pinch your fingers when unfolding or folding it.
- 8.After assembly, please check all bolts and nuts again to ensure they are tightened before use.
- 9.Please perform regular repair and maintenance on easily damaged parts.
- 10.If you find defective parts or hear unusual noises during use, please stop using it immediately and make sure all problems are resolved before continuing.
- 11.Please avoid wearing loose clothing when using this pilates reformer as it may get caught and cause safety issues.
- 12.This pilates reformer is suitable for home use only, and the maximum user weight is 400 pounds.
- 13.It is not suitable for use as a medical device.
- 14.Please pay attention to safety when lifting or moving this pilates reformer.
- 15.During use, any adjustment device should not deviate from the designed state.
- 16.The braking system of this pilates reformer is non-speed-dependent.
- 17.Please keep this instruction properly for future reference.

PACKING LIST:



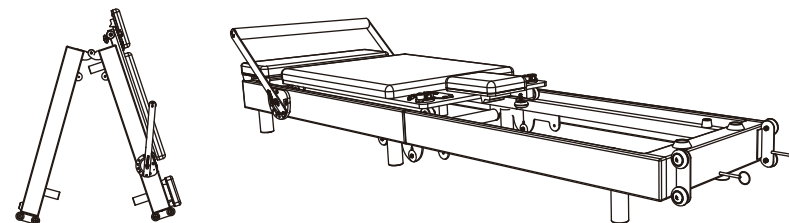
If you are missing any components, please contact us. We will provide you with a satisfactory solution promptly.

Amazon Contact: Log in to your Amazon account > select 'Your Orders' > find the order ID > click 'Contact Seller'.

INSTALLATION STEPS :

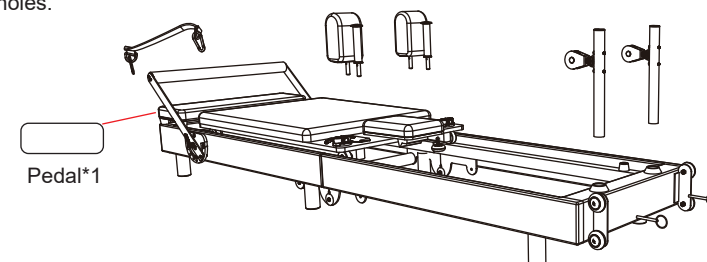
- 1.Take out the pilates reformer, hold the middle handle, and slowly unfold it.

Note: Be careful not to pinch your hands when unfolding. It takes 2 people to lift the main unit and unfold it.

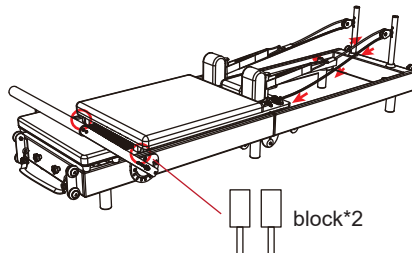


- 2.Install the pulley bar: find 2 pulley bars and 2 latch (as shown in the picture).

When installing, you can choose the upper and lower heights of the pulley bar according to the hole position, and then insert and fix it with the pin. Install shoulder rest*2 and handle*2, and adjust the position according to the width of your own training, and insert them into the holes, and screw the handles into the holes.

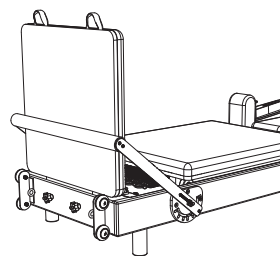


3. Install the pull rope, find the two main pull ropes, as shown in the figure, first pass the main pull rope head from top to bottom through the rope rack pulley, then pull it back to the one-way lock buckle on the slide seat, and then pass it through the rope hole. The length of the left and right sides must be consistent. The length of the main pull rope can be freely adjusted according to your needs. Hang the strap into the main pull rope buckle as shown in the figure.



4. Install the block, as shown in the figure, screw the rubber block into the front hole of the skateboard track. You can choose a foot pedal or a Jumpboard according to your personal exercise situation. When installing, insert it into the front groove and turn the plum knob to lock it.

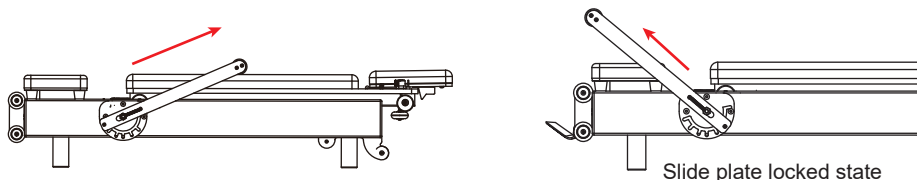
Note: When using the Jumpboard, it needs to be fixed with the horizontal bar handrail, as shown in the picture. Please keep the accessories properly when not in use.



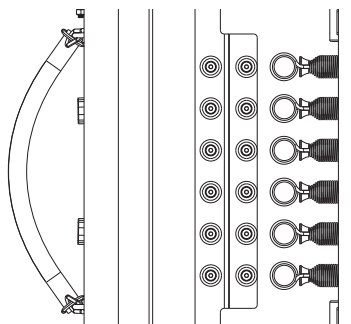
USER MANUAL :

1. Adjust the angle: Pull up the horizontal bar handrail and adjust it to the desired angle so that the fixing bolt is placed in the groove of the adjustment disk.

Note: Before each adjustment, the fixing bolt must be placed in the groove of the adjustment disk.



2. The number of springs determines the pulling force. Please choose according to your actual needs. Pay attention to the order when hanging the springs, and do not hang them crosswise.

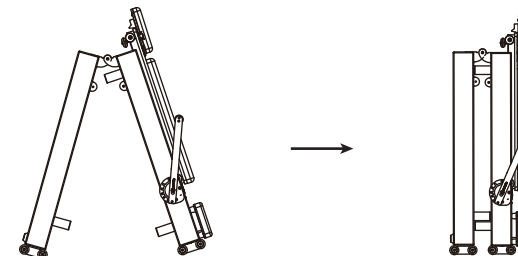


FOLDING METHOD :

1. Lock the slide.
2. Move the pull rope from the handrail to the pulley rod.
3. Stand in the middle of the machine and gently lift the handle until it stands up.

Note: Two people are required to assist. When folding and laying flat, pay attention to the position of the pull rope.

The same steps are followed for unfolding.



MAINTENANCE :

! Maintenance and care of wearing parts:

1. Slide rail/slide seat

Before each use, check whether there is any debris on the slide rail and clean it regularly.

Check the seat pulley and the limit wheel and slide rail at the bottom of the skateboard regularly for damage and cracks.

Warning: If there is any damage, please contact after-sales to replace the original accessories.

2. Webbing

Before each use, check whether the surface of the webbing is broken.

Warning: If there is any breakage, please stop using it immediately and contact after-sales for processing until it is repaired.

Scope of application: This product is only for indoor use. Please stay away from high temperature and humid areas to avoid damage.

The maximum load-bearing capacity of this product is 400 pounds.

About braking: This product is infinitely variable speed and unidirectional resistance. The greater the pulling force, the greater the resistance. When rebounding, the resistance decreases. When the stretching stops, the speed will gradually slow down and stop, and the resistance is 0.

! Safety placement instructions:

Place the device on a flat surface. It is recommended that the distance between the front and rear of the device should be about 20", and the distance between the left and right should be about 20". Do not place the device on an uneven surface, in a damp or wet place, outdoors, or in a closed and airtight place.

This product covers an area of 1.8m² (240*60*30cm)