

HOME Reformer

Now it's Pilates

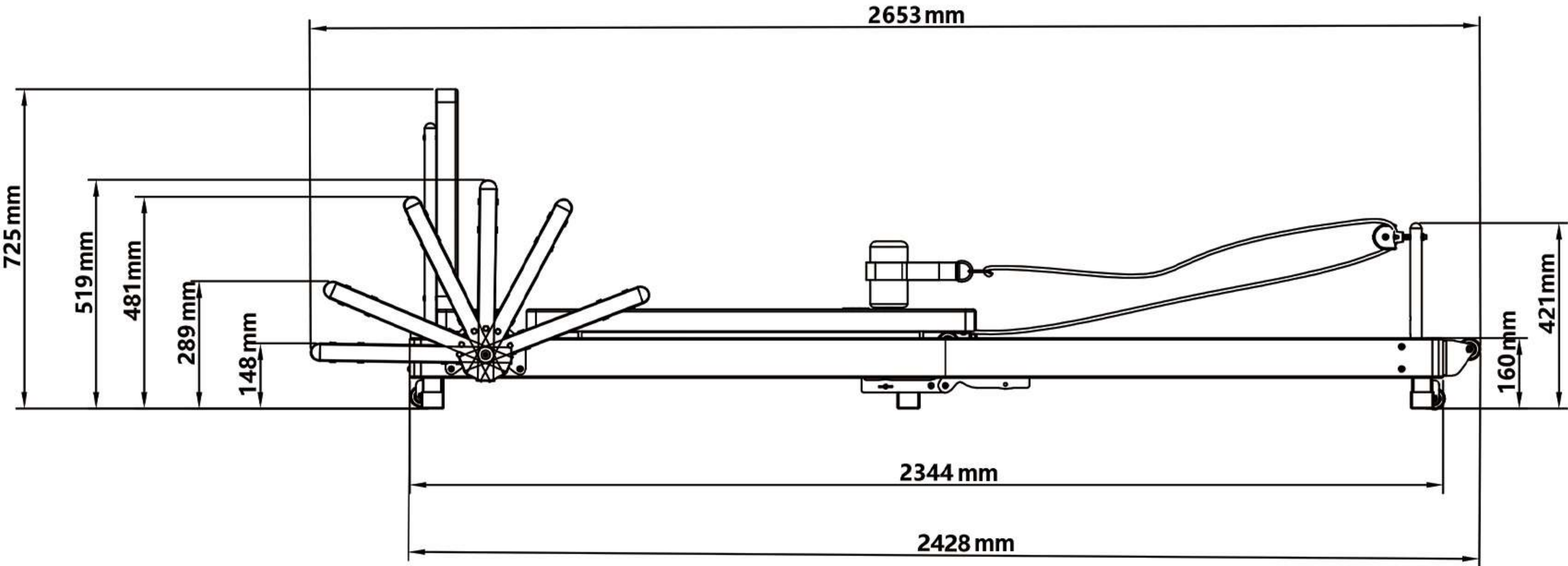
Instruction manual



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 springs.
- 7. The protector should be careful not to let children ride on the top to 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.

02 Size



03 Product Composition



Accessory Pack 1:



M10*40 Bolt x2



Spacer sleeve x2



Limit pillar x2



Gasket x2



Large hex wrench x1



Small hex wrench x2

Other accessories:



Armrest board x2



Hand rail rod x1

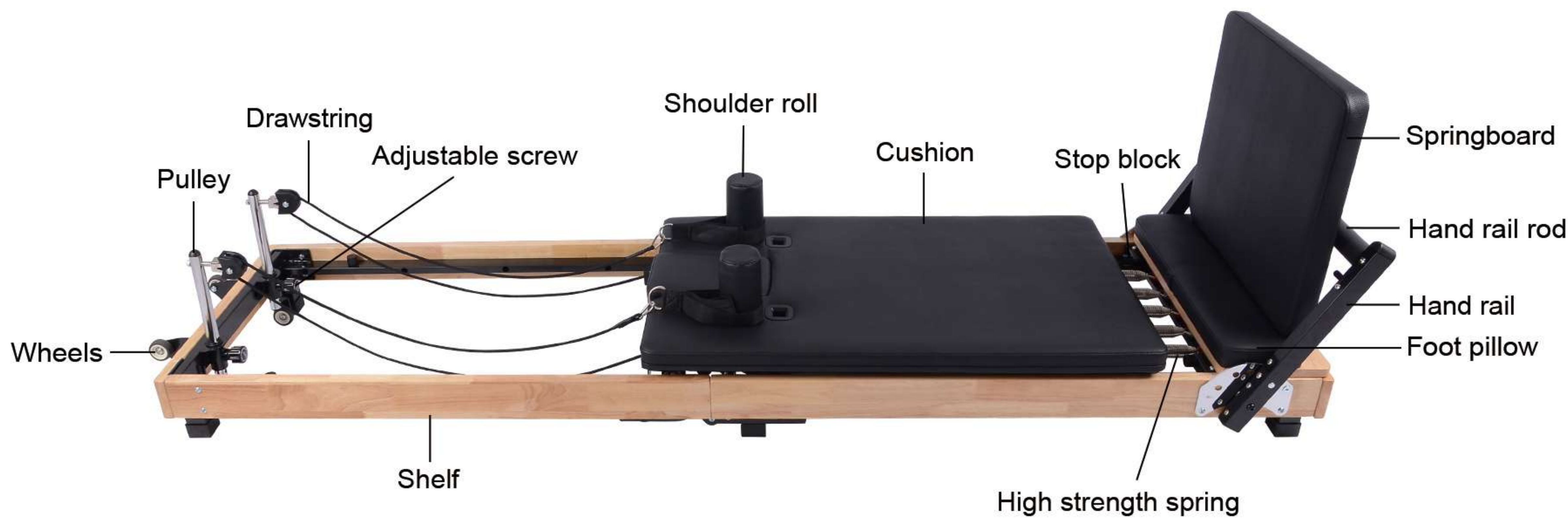


Shoulder roll x2



Springboard x1

04 Product 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. Open the packaging, cut the zip ties, and remove the accessories.



2. Check the quantity of accessories.



3. Pull out the folding pins on both sides of the top fold.



4. As shown in the picture, lift the folding armrest and unfold the frame. (Note that two people can also collaborate to unfold the framework)



5. Take the pulley rod, loosen and pull out the adjustable knob.



6. Insert the pulley rod and release the adjustable screw to lock the gear.



7. As shown in Figures 5 and 6, install the pulley rod on the other side.



8. Insert the M10X40 bolt into the spacer and insert it into the armrest. Install a gasket in the bottom hole of the board on the other side.

Installation steps 02



9. Use a large hex wrench to tighten the bolt.



10. Take two small hex wrenches and unscrew the top knob screw of the handrail.



11. Insert the handrail rod into the hole.



12. Insert the knob screw into the armrest hole and tighten it with two small hex wrenches.



13. Use two small hex wrenches to unscrew the knob screw from the handrail.



14. Insert the handrail rod into the hole.



15. Insert the armrest into the hole, install the knob screw and tighten it with a small hex wrench.



16. Insert the M10x40 screw into the spacer, insert it into the bottom hole of the armrest board, install a gasket on the other side, and tighten it with a large hex wrench.

Installation steps 03



17. Lift and remove the foot pillow.



18. Remove the spring as shown.



19. After removing all the springs, push the cushion back to othe side.



20. Install the limit post onto the limiter and tighten it.



21. Install the limit post on the other side of the limit device and tighten it.



22. By attaching the spring to the hook, the number of springs can be adjusted to control the force.



23. Put back the foot pillow.



24. Install two shoulder pad as shown in the picture.

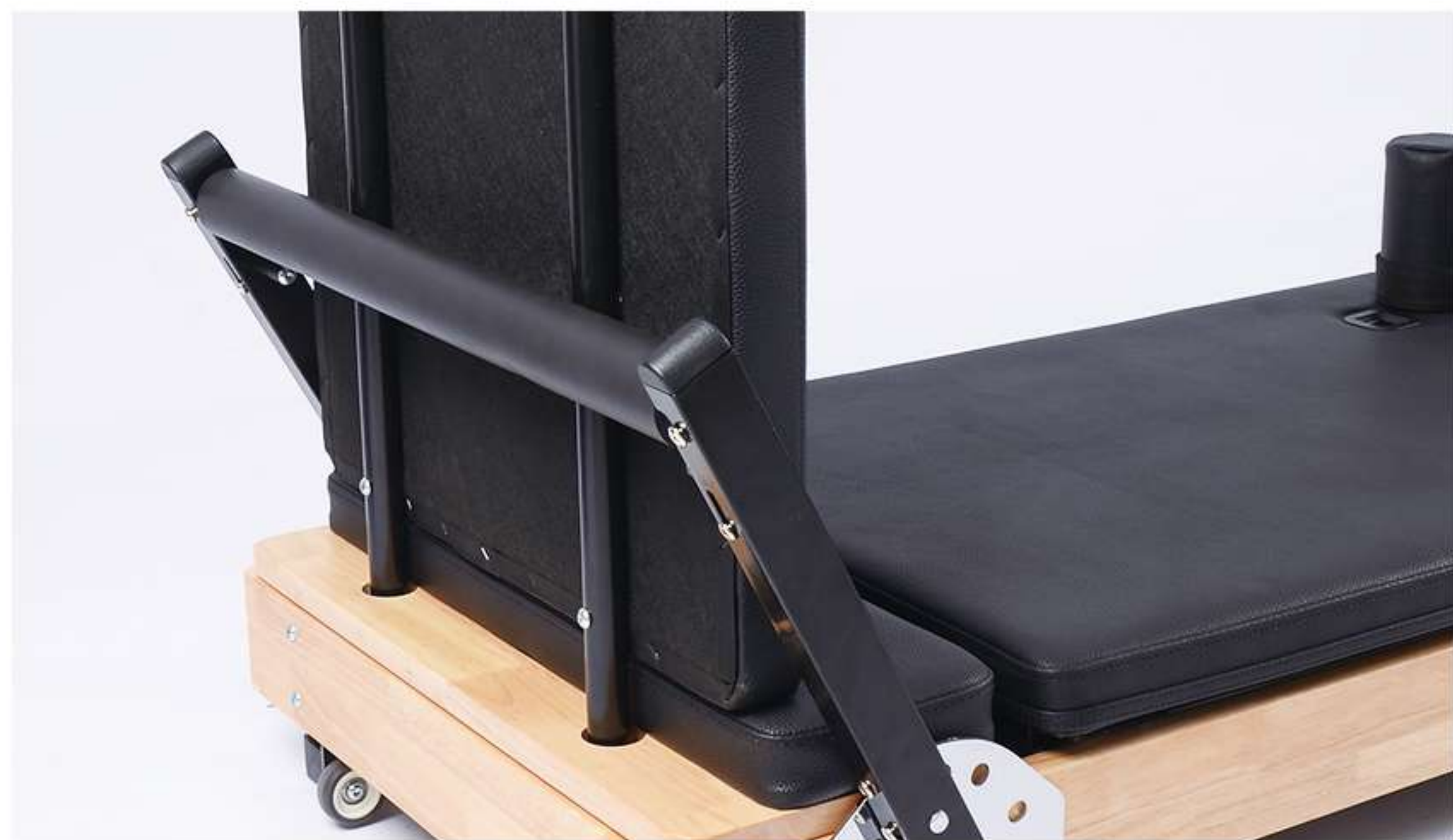
Installation steps 04



25. Pinch the adjustment levers on both sides below the armrest.



26. Adjust the armrest rod to the position shown in the picture.



27. Insert the springboard into the slot.

(Note: The position of the armrest is very important. Please confirm that it has been adjusted to the correct position before using the jump board!)

Step of folding 01



1. Remove the springboard.



2. Adjust the armrest tube to the position shown in the picture.



3. Pull out the adjustable knob and take out the pulley rods on both sides.



4. Grasp the folding armrest below the panel and lift it upwards.



5. Insert two support pins into the side holes on both sides to lock the steel frame.



6. Insert the pulley rod into the buckle on the back of the panel.



7. Insert the shoulder into the back hole of the panel.



8. Folding completed.

NOTE WHEN USING AGAIN



1. Remove the pulley rod from the back of the panel.

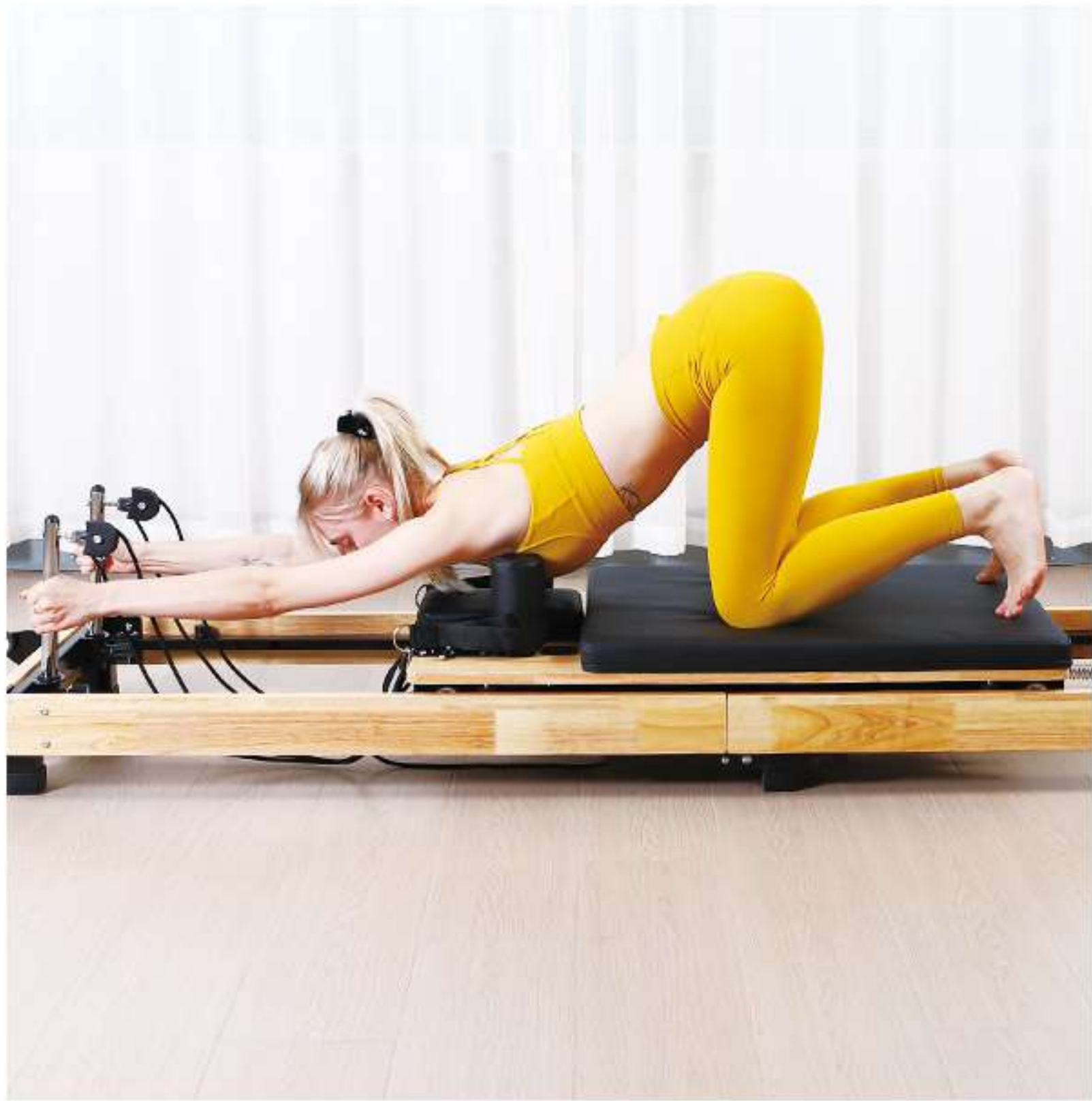


2. Take out the shoulder rest on the back of the panel.



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

Concentrated upper limb exercise



Spine stretching

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



Mermaid

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



Side twist

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



Exercise abdominal and arm muscles

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



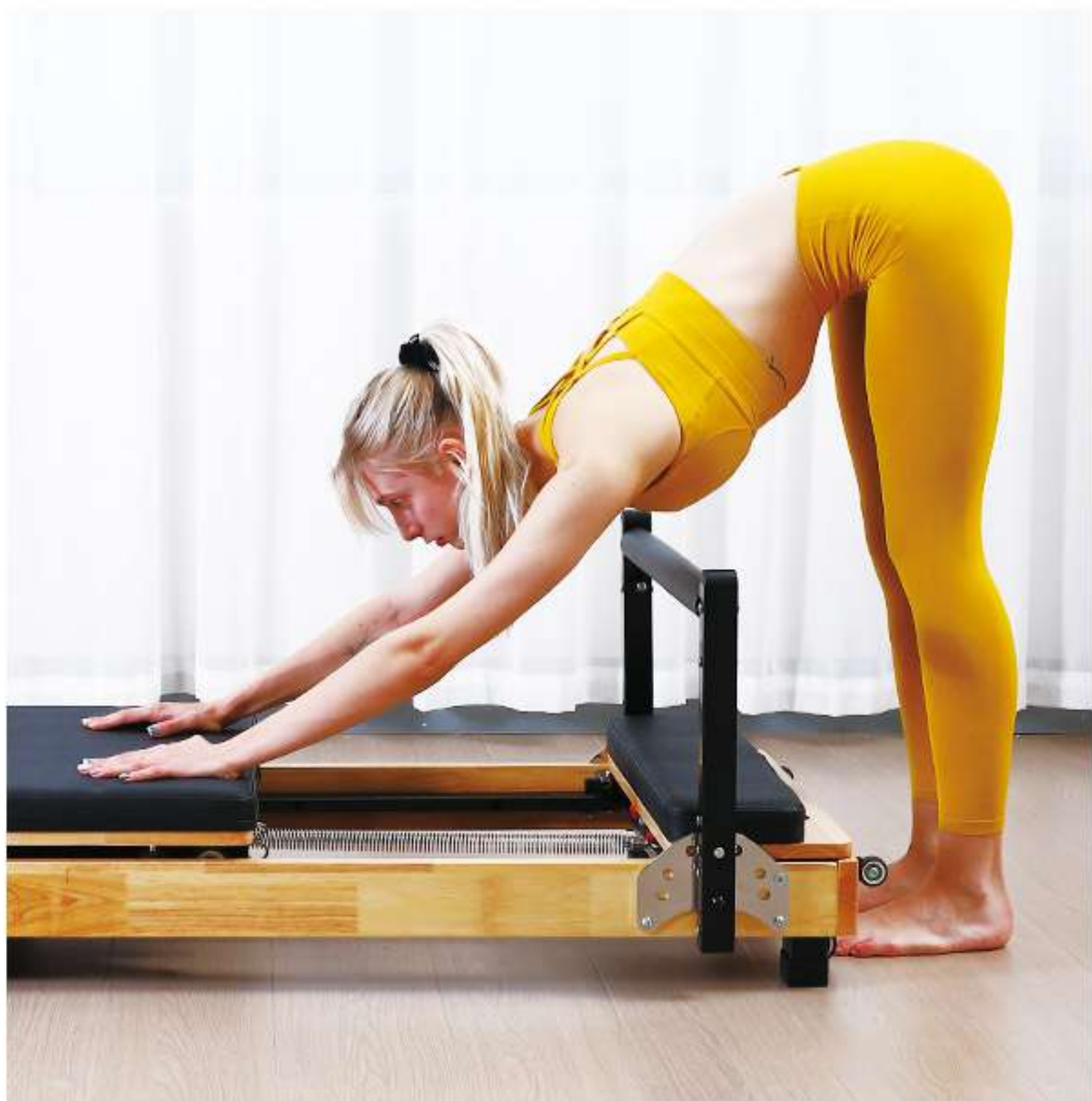
Improving the spine ,waist exercise

Grasp the drawstring and rotate your body with the roller down.



Relieve discomfort in the back and shoulders

Grasp the drawstring and open your chest with your arms bent.



Spine stretching

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



Shoulder exercise

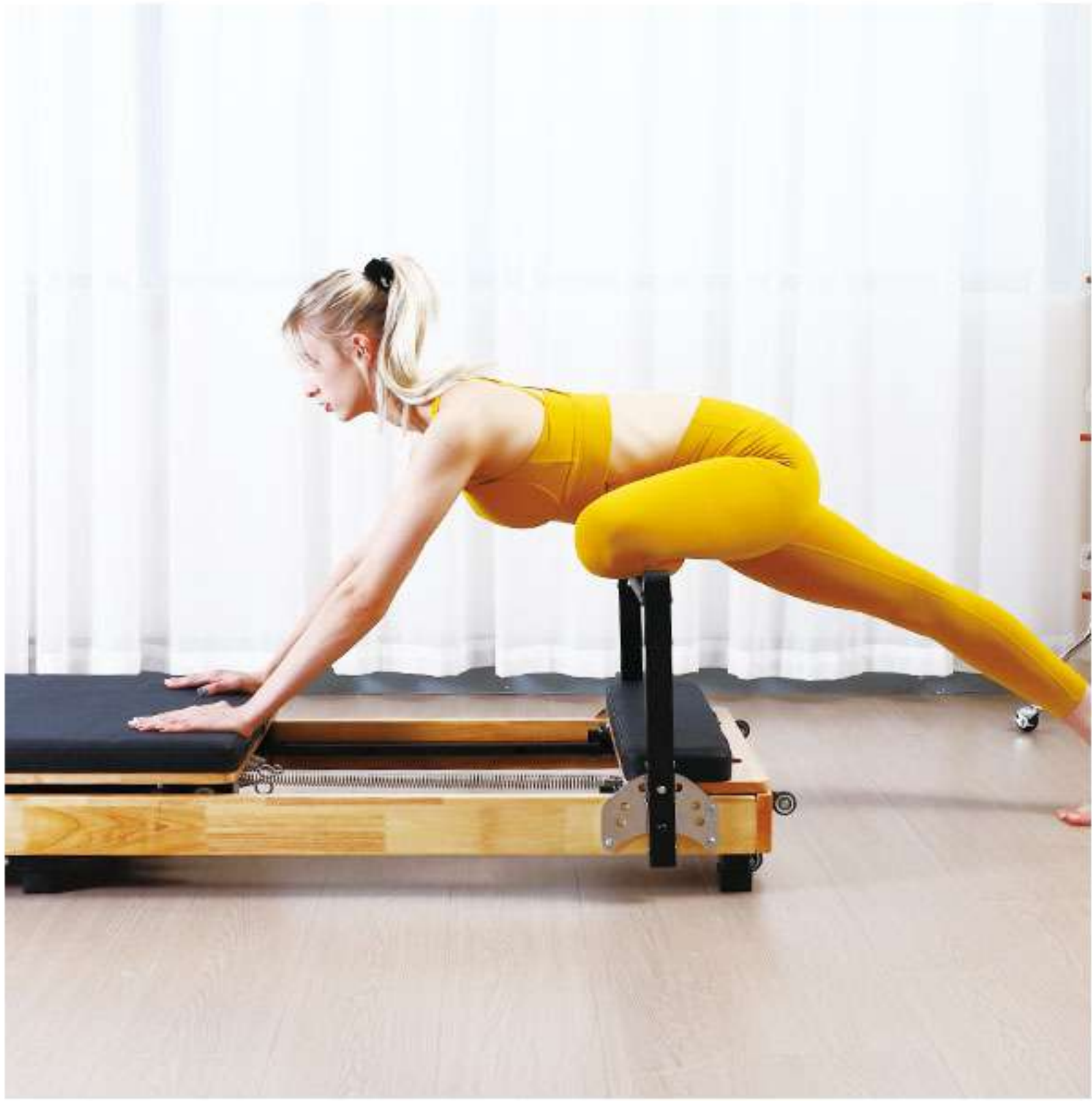
With both knees on the cushion, one arm grasps the drawstring to open the shoulder joints.



Shoulder flexion

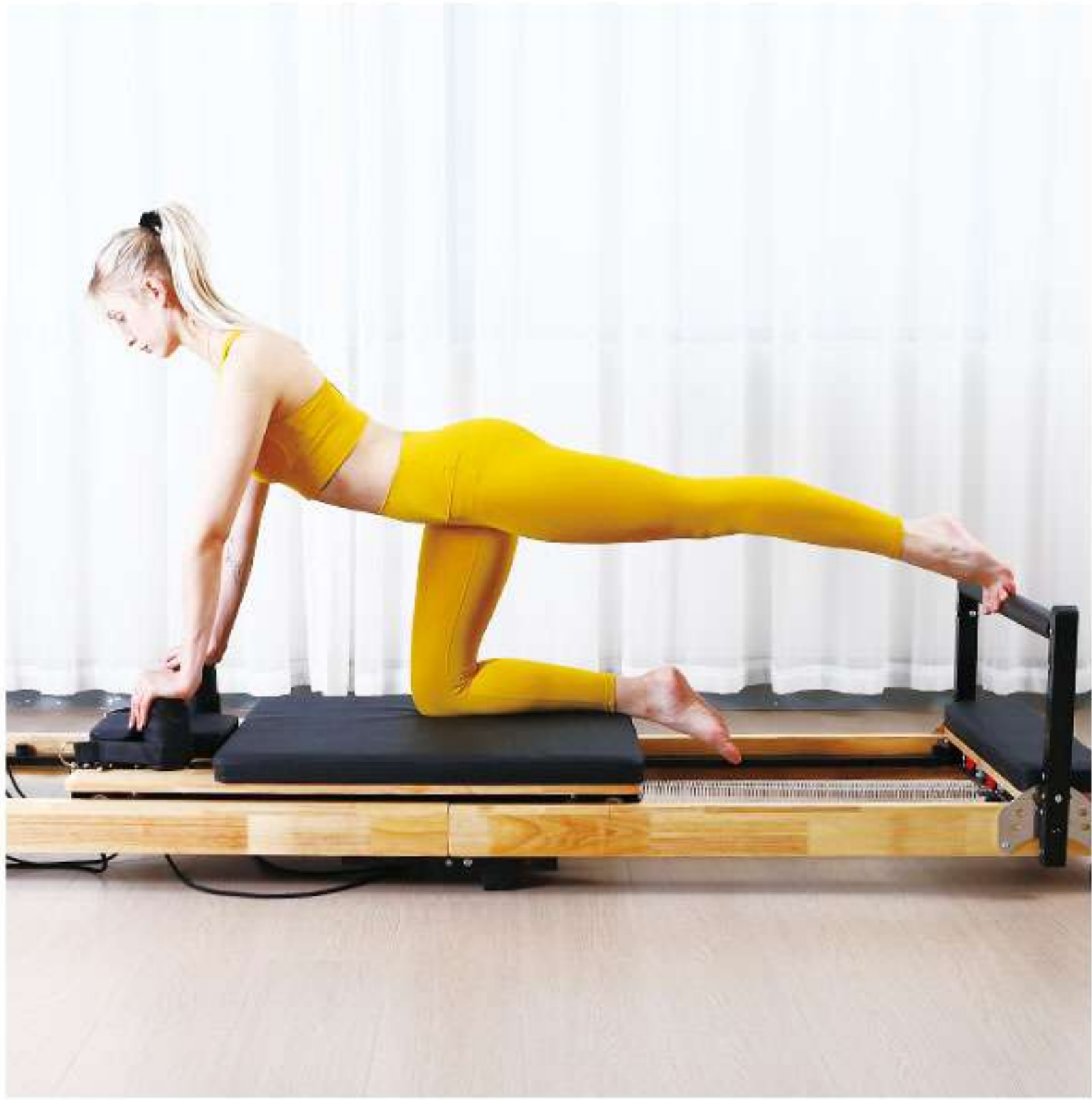
With both knees on the cushion, control the center and push and pull your arms forward.

Concentrated lower limbs exercise 1



Buttock’s stretching

Place one foot in a cross-legged position behind the handrail rod, while pushing and pulling the cushion, while stretching the hip muscles.



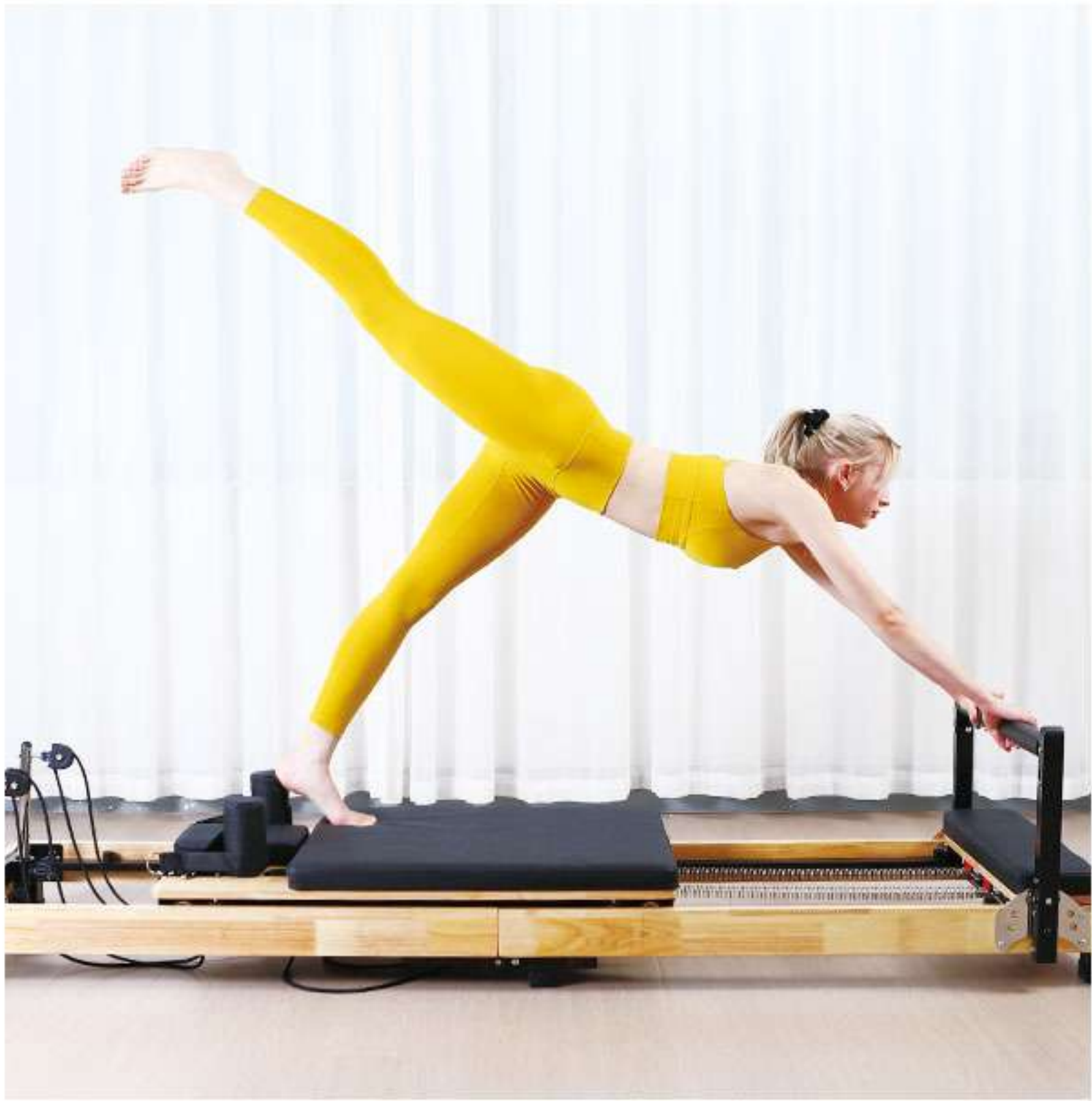
Hip extension reverse

Put your hands on the shoulder pad, one foot on the handrail rod, and use the hip muscles to push and pull.



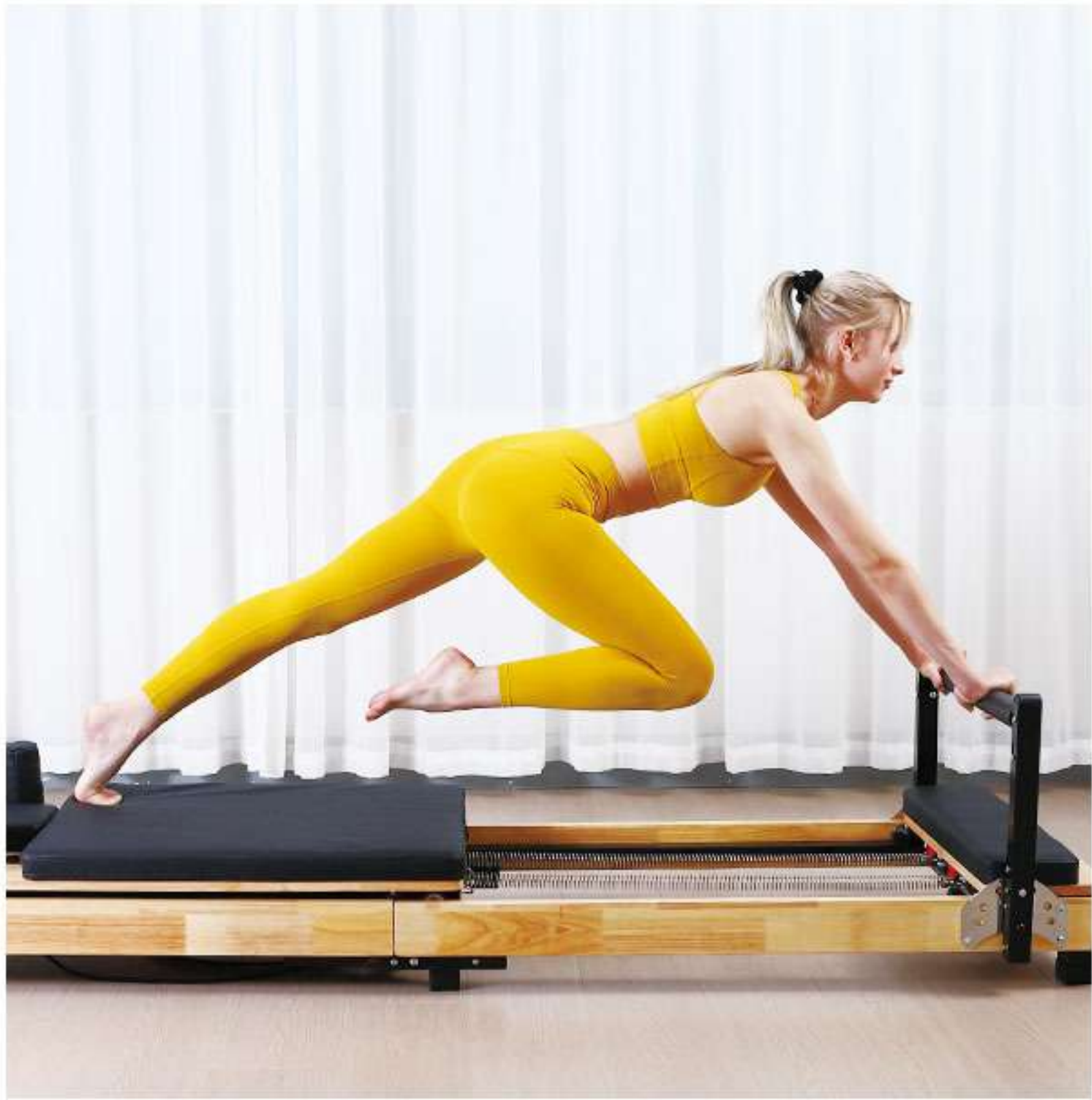
Psoas stretching Relieve back pain

Place one foot on the cushion and extend it backwards. At this time, put your strength behind the supporting leg to keep your upper body upright.



Exercise the muscles of the buttocks and legs

Be careful not to lower your waist excessively and lift one leg up hard on your hips.



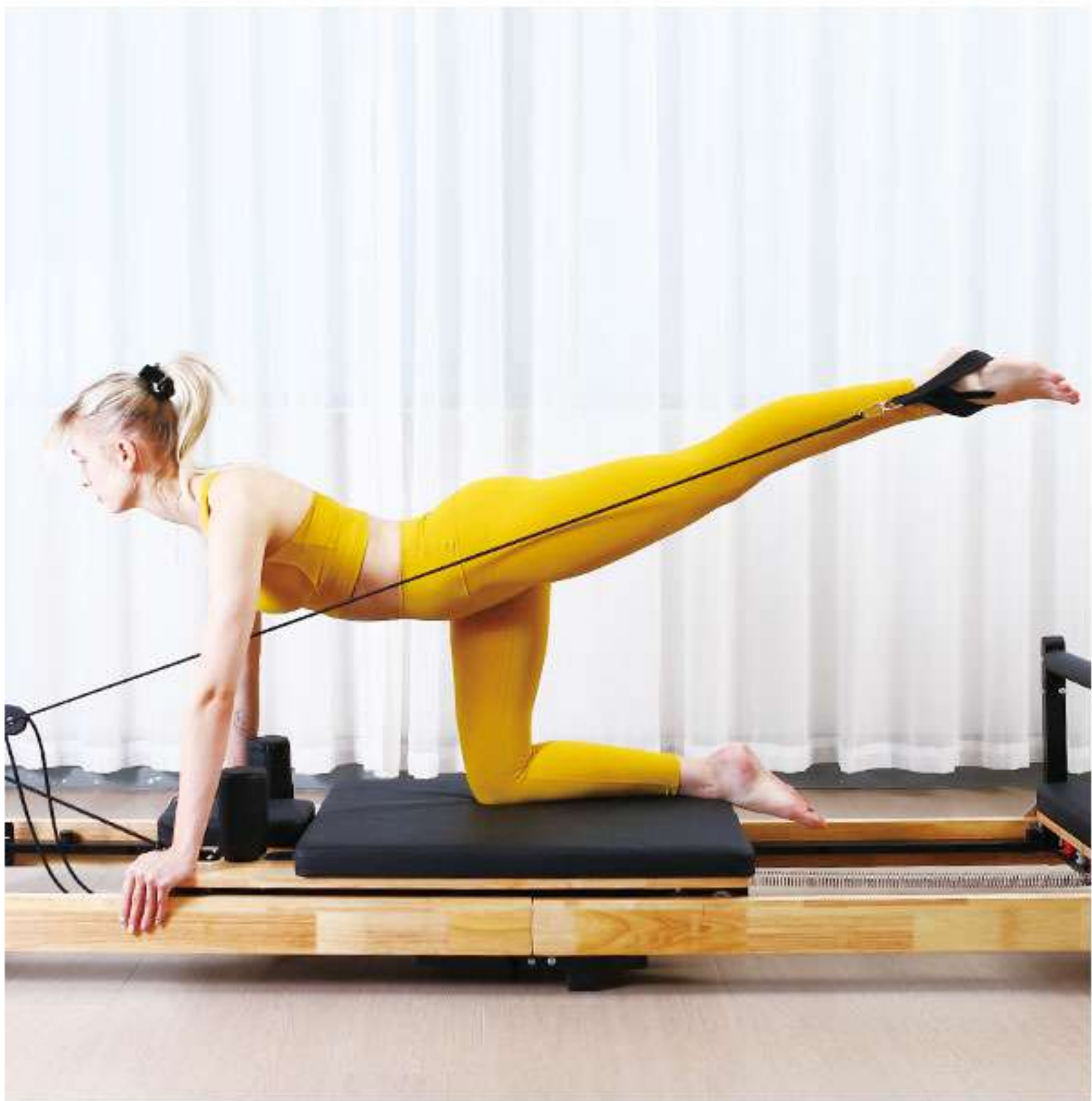
Hip knee movement

Don't shake your body, lift your knees toward your abdomen and then extend back.



Psoas stretching Relieve back pain

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



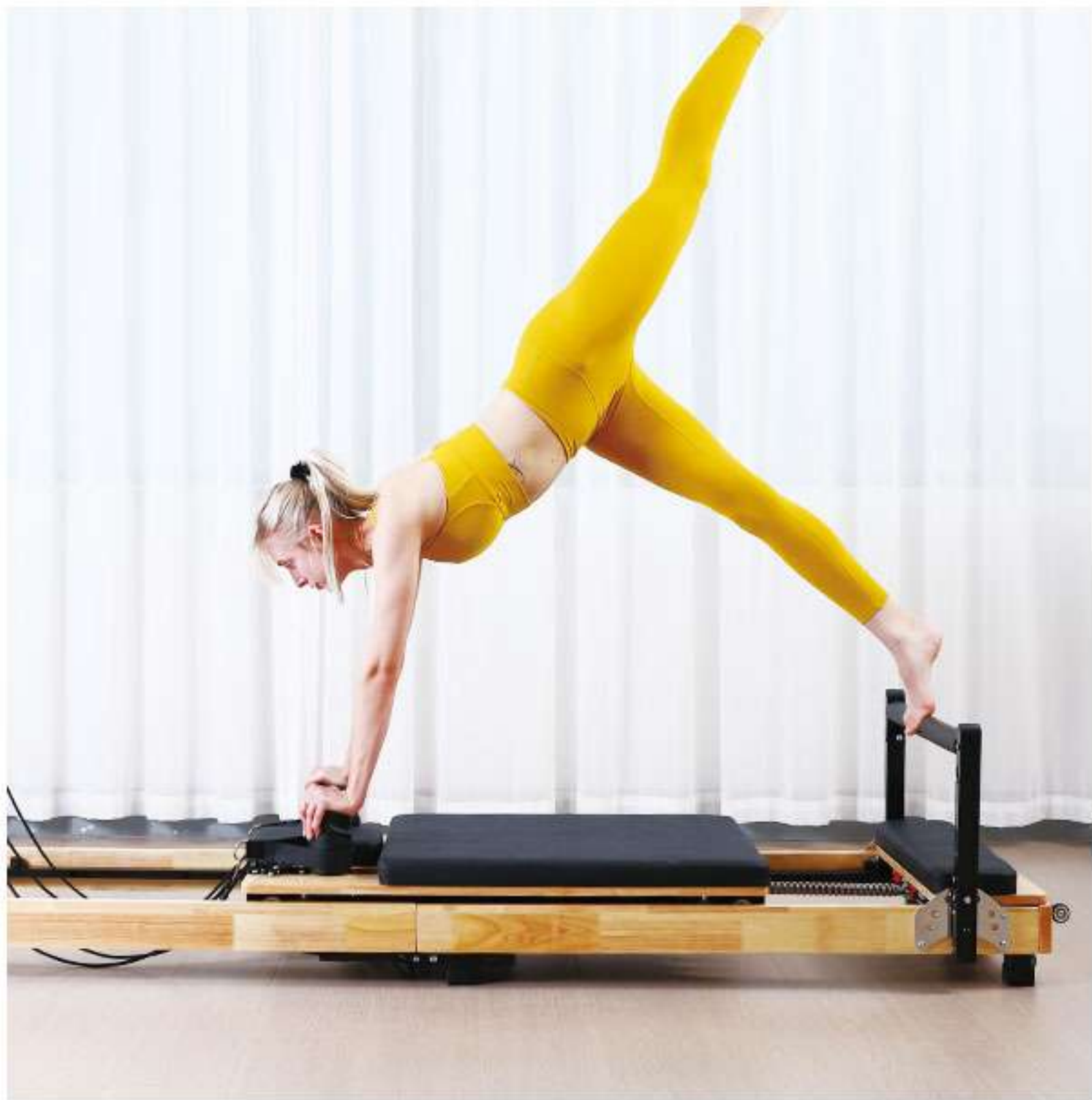
Hip extension wiht strap

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



Improving pelvic bones ,leg muscles

Kneel on the cushion with one knee, place the other foot on the handrail rod, grasp the center of gravity and open the knee.



Hip extension reverse

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

Concentrated lower limbs exercise 2



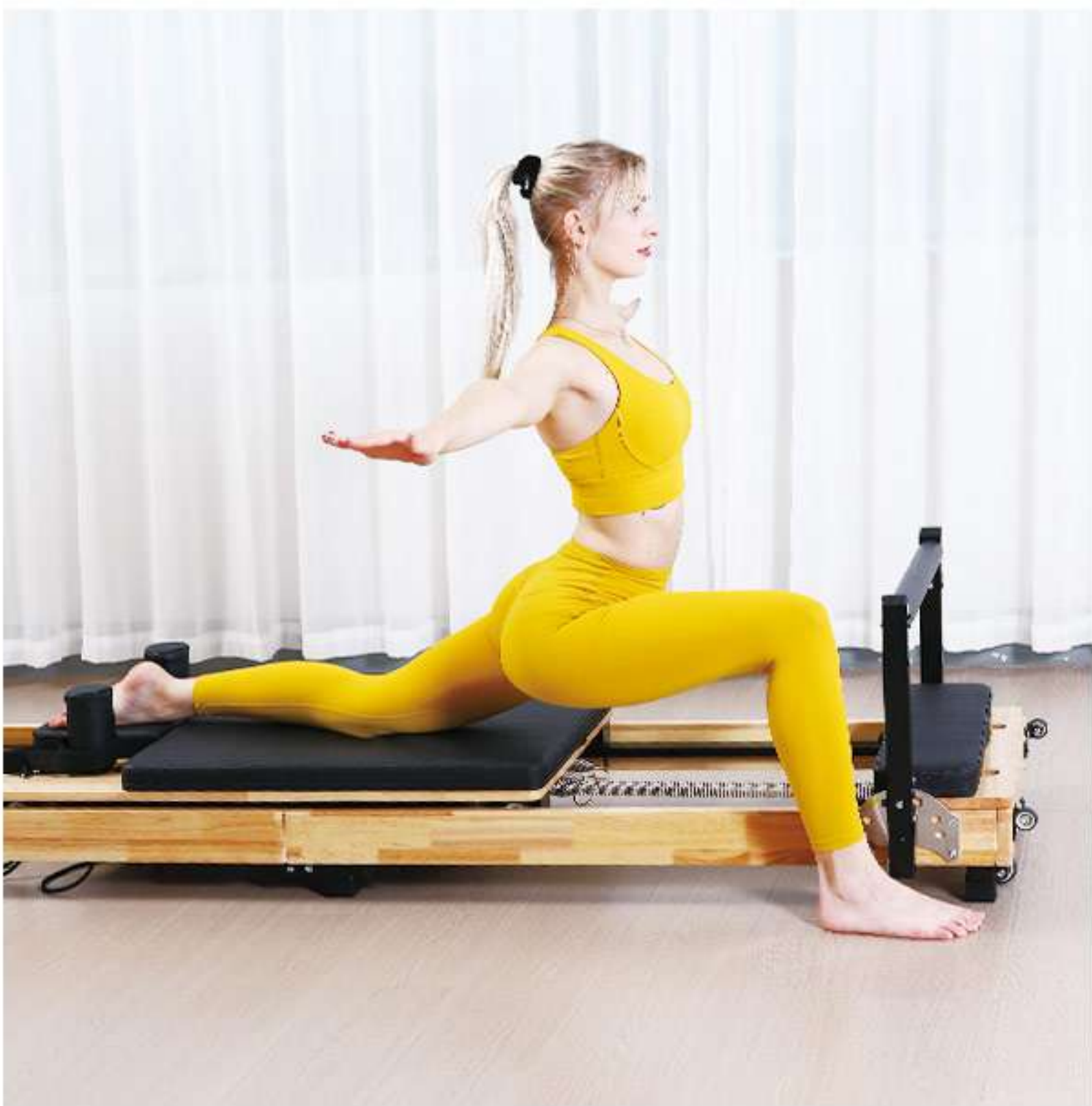
Hamstring stretching1 Improvement of back

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



Hamstring stretching2 Improvement of back

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



Strengthen muscles Buttocks and inner thighs

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



lunge reverse Muscle strengthening

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



Adductor exercise2 Train inner thigh

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



Strengthen muscles

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



Adductor stretching Train inner thigh

Put one foot on the shoulder pad and one foot on the ground. Exercising stretch the inner thigh muscles.



Side lying Improve 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 improvement

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

Concentrated lower limbs exercise 3



Frog exercise

Bend your knees, step on the Jumping board with force, and straighten your knees.



Hamstring stretching Improvement of back

Place one foot on the mat and stretch it backwards, holding the Jumping board in your hand. At this point, place the force behind the supporting leg and slide the cushion back and forth.



Spine stretching

On the knee, stretch the upper limbs forward, Grasp the Jumping board with your arms and stretch your spine.



Mermaid

Step on the Jumping board, stretch your arms and bend down to move your ribs.