

Pilates machine installation and use instructions

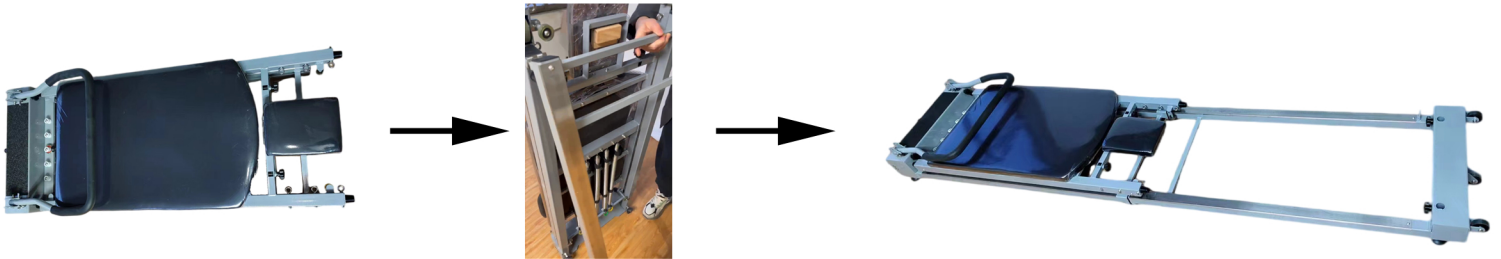


Accessories and main body in the reformer after unpacking

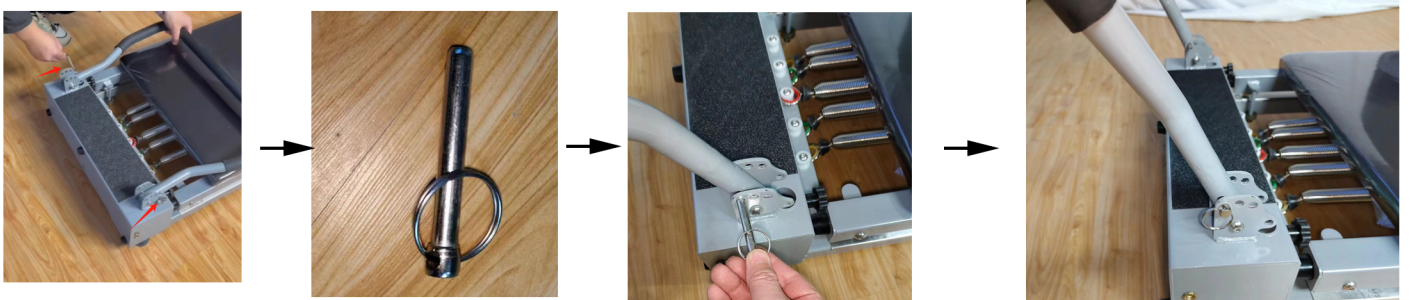
- ① Reformer Frame ② rectangle box ③Foot rest ④Pulley Post/Risers ⑤Leg strap ⑥Long Foot strap ⑦Shoulder Rest

installation steps:

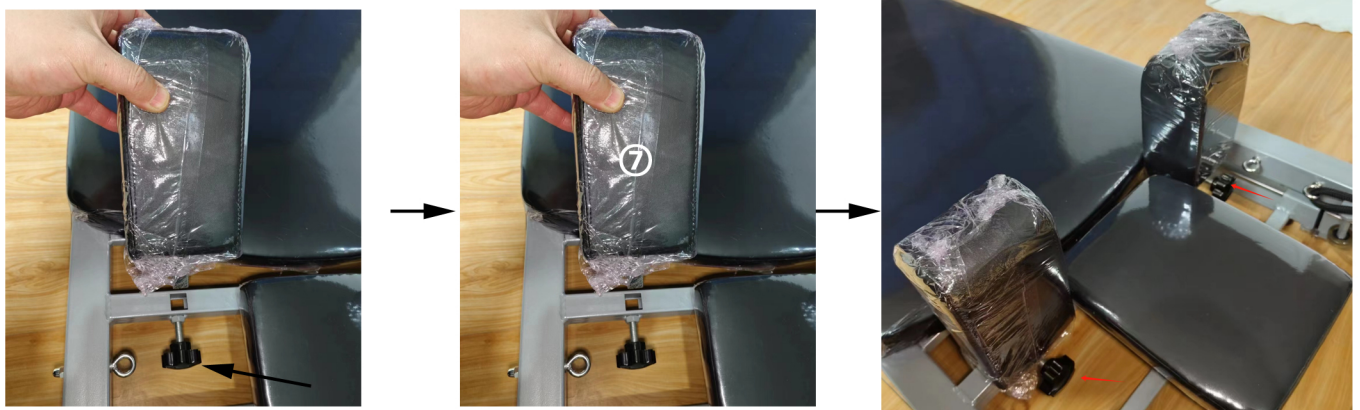
1. Put ① up and open, As shown below



2. Remove the pull pin above the Foot bar, adjust the Foot bar to fit into the pull pin



3. Loosen the plum screw, insert the 7, and tighten the plum screw

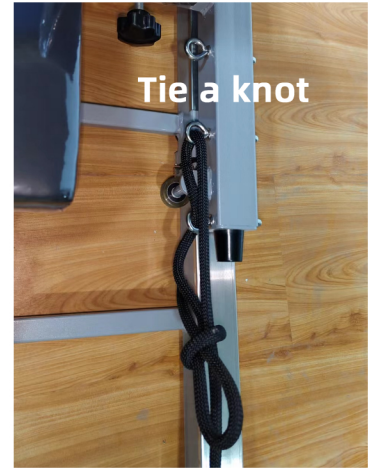
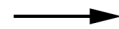
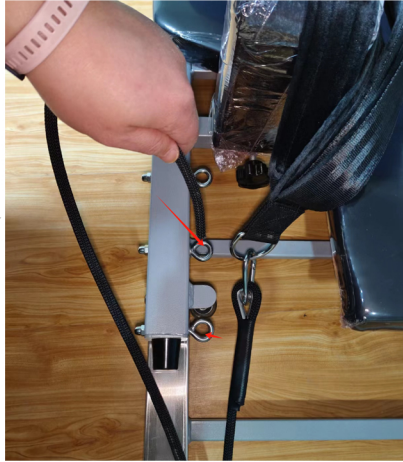


4. Loosen the bottom plum screw, insert ④, and tighten the plum screw

As shown below



5. Insert one end of the ⑥ into the ⑦ Pulley Post, then tie it into the round hole of the ①



6. Remove the flange ring above the ⑤, screw it into the hole of the main body ①, and hang the ⑤



7. Loosen the plum screw, insert ③ into the round hole, and tighten the plum screw



8. Installation finish drawing

