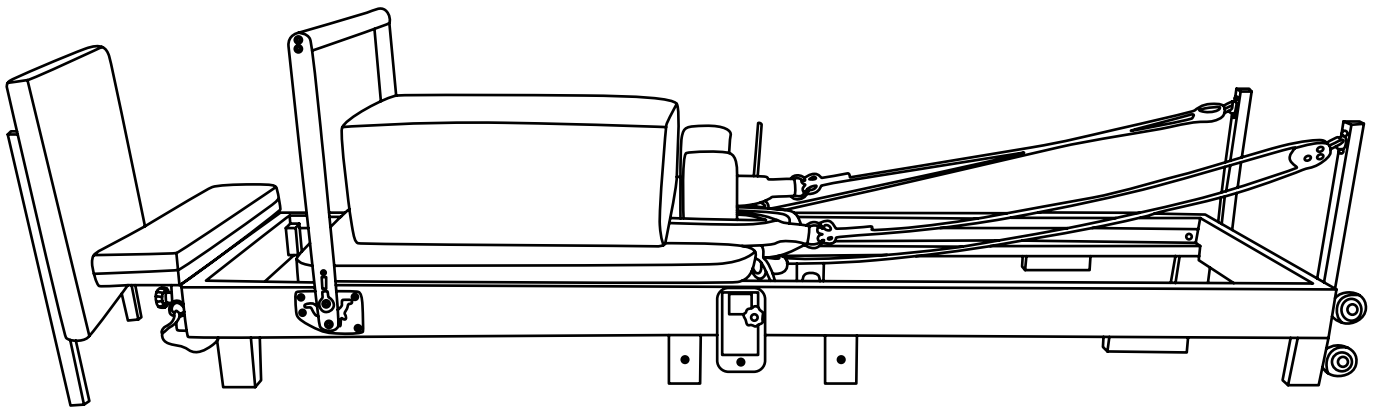




Contour Folding Wood Pilates Reformer Bed

USER MANUAL



**Read all instructions carefully before using this product.
Retain this owner's manual for future reference.**

! IMPORTANT

This manual contains important assembly, safety and warranty information. Read the manual carefully before using your new equipment and keep the manual on hand for future reference.

UNSAFE OR IMPROPER USE OF THIS EQUIPMENT BY FAILING TO READ AND COMPLY WITH ALL REQUIREMENTS AND WARNINGS COULD RESULT IN SERIOUS INJURY.



TABLE OF CONTENTS

I. Important Safety Instructions	03
II. Parts List	05
III. Assembly Instructions	07
IV. Exercise Guide	16
V. Warranty	18

I. IMPORTANT SAFETY INSTRUCTIONS

The proper utilization of Pilates equipment can enhance the execution of numerous Pilates exercises in a secure and efficient manner. Nevertheless, it is crucial to exercise care and caution due to the potential risks associated with exercise equipment, particularly when spring resistance is involved.

If you lack experience or are using this equipment for the first time, it is essential to have a trained professional supervise your usage. It is important to ensure that both you and your clients/patients have received adequate instruction on the appropriate and safe utilization of this equipment.

Equipment Safety Instructions:

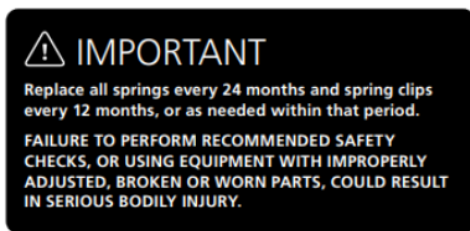
1. Ensure the equipment is placed on a stable and level surface.
2. For optimal performance, allow at least 1m of clear space on either side of the Reformer.
3. Assemble the equipment following the manufacturer's instructions and make sure all parts are securely fastened.
4. Regularly inspect the equipment for any loose or damaged components. Do not use if any parts are broken or malfunctioning.
5. Be careful of fingers from folding/unfolding and moving the carriage.

User Precautions:

1. Consult a qualified healthcare professional before starting any new exercise program, especially if you have any medical conditions, injuries, or are pregnant.
2. Wear comfortable workout attire that allows for freedom of movement.
3. Keep body, clothing and hair free from all moving parts.
4. Remove any jewellery, watches, or accessories that could interfere with your workout or damage the equipment.
5. Start with a warm-up to prepare your body for exercise. Perform gentle stretches and mobilization exercises.
6. Familiarize yourself with the various parts of the reformer equipment, including the foot bar, carriage, straps, and springs.
7. Maintain proper form and alignment throughout your workout. Engage your core and keep your spine neutral.
8. Breathe naturally and avoid holding your breath during exercises.
9. Perform exercises within your comfortable range of motion. Avoid excessive or jerky movements that may cause injury.
10. Stop exercising if you feel pain, dizziness, or discomfort. Listen to your body and rest as needed.
11. This equipment is to be used by one person at a time. Do not allow children to use or be around equipment without adult supervision.

Equipment Usage:

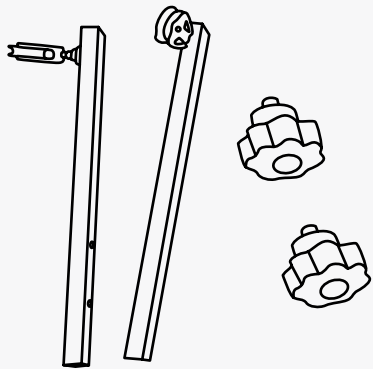
1. Adjust the equipment settings, such as foot bar height and spring tension, according to your instructor's guidance and your fitness level.
2. Always check that the springs and straps are in good condition and securely attached before use.
3. Do not sit on carriage while adjusting levels.
4. Take care when attaching and detaching springs.
5. Place your hands and feet in the designated areas on the carriage and foot bar while performing exercises.
6. Use proper grip and control during exercises to ensure stability and avoid slipping.
7. Avoid sudden movements or excessive force that may cause the carriage to move uncontrollably.
8. Be mindful of the equipment's weight limit and do not exceed it.



Cleaning and Maintenance:

1. Clean the equipment regularly with a mild, non-abrasive cleanser and a soft cloth.
2. Inspect the equipment for any signs of wear or damage for example, springs, ropes and rollers. Do not use if parts are damaged.
3. All hardware should be checked every 2 months to make sure that every nut, bolt and fastener is secure. If, at any time, a component exhibits free play, its hardware needs to be properly re-tightened immediately.
4. Lubricate moving parts, such as wheels or springs, as recommended by the manufacturer.
5. Store the equipment in a dry and clean area when not in use.
6. Any spring that exhibits early signs of fatigue (for example, separation in coils) need to be replaced immediately. High-use facilities should replace springs more often.
7. Over time you may experience some minor "fraying" in the ropes. Fraying is completely normal and to be expected. Any ropes with excess fraying, tearing or other problems need to be replaced immediately.

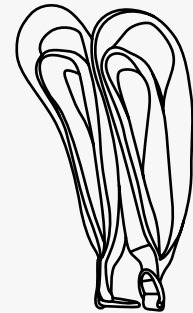
II. PARTS LIST



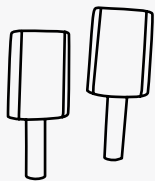
Risers (2x) and Lock Pin (2x)
(pre-installed on frame)



Rope (1x)



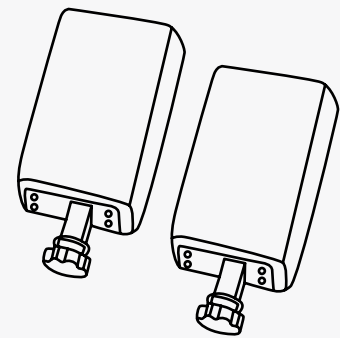
Feet/handle Strap (2x)



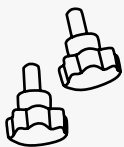
Carriage Stopper (2x)



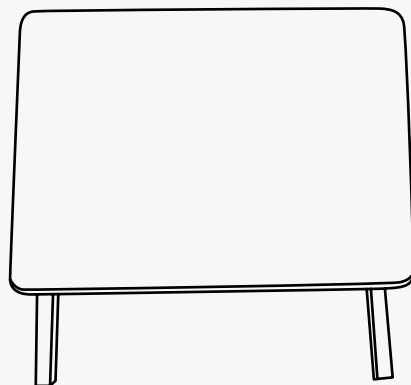
Carabiner Clips (2x)



Shoulder Rest Block (2x)



Lock Pin (2x)



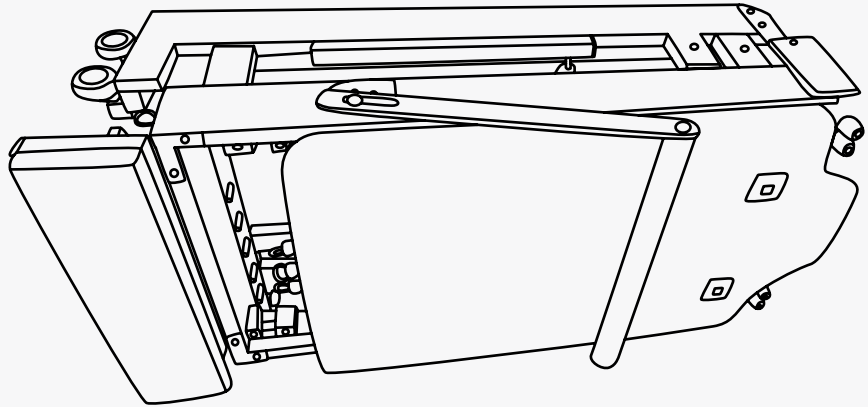
Jump Board (1x)



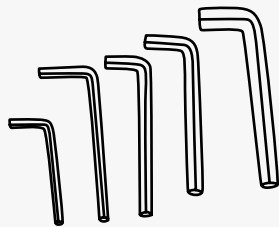
Box (1x)



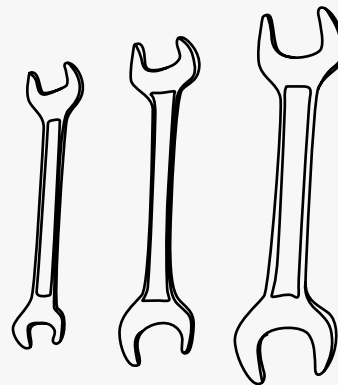
Foot Strap (1x)



Reformer Frame



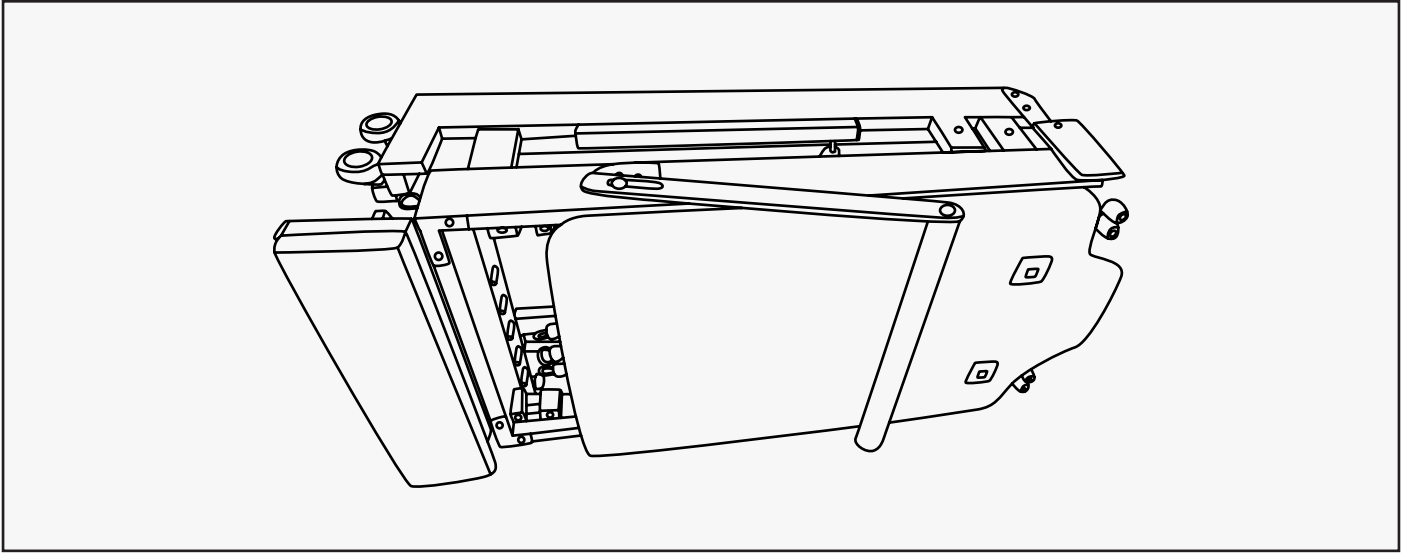
Allen Keys



Wrenches

III. ASSEMBLY INSTRUCTIONS

UNPACK THE CARTON



1. Remove the parts out of the carton. Ensure you have enough space for assembly.

FIG 1

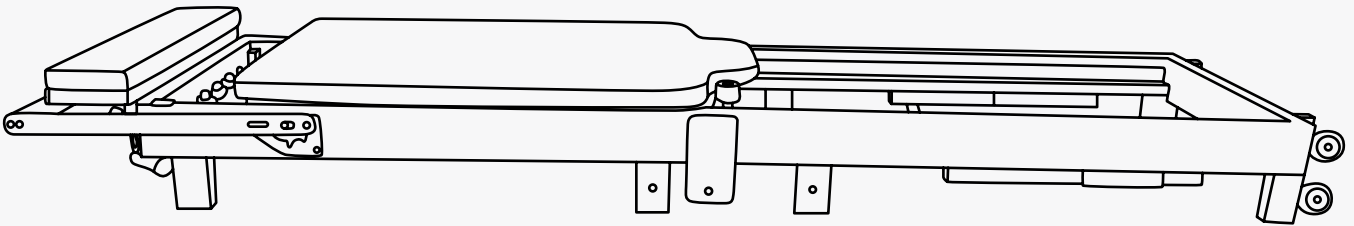
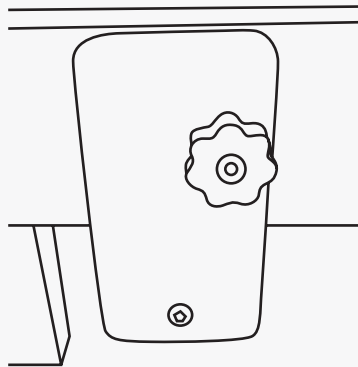


FIG 2



! WARNING

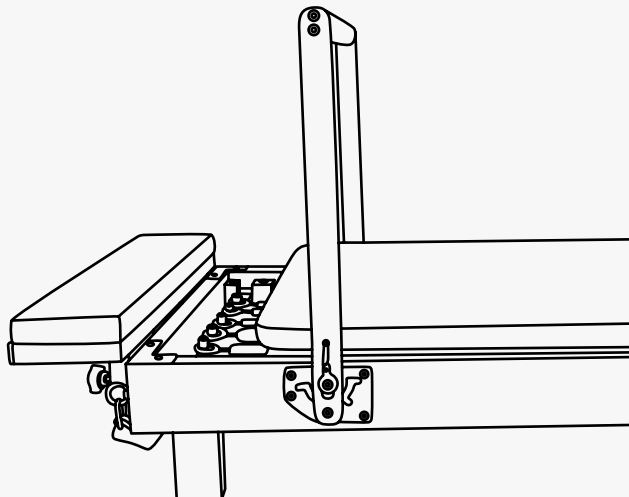
Since no springs are attached, the carriage is not locked in position and may start to roll, be extra cautious when moving the unit.

2. Unfold the Reformer (Fig. 1) and tighten with Lock Pin (2x) (Fig. 2).

ADJUSTING THE FOOT BAR

! WARNING

Ensure that the rod of the foot bar support bar is fully engaged in both of its positioning slots (left and right sides) before beginning any exercise. Failure to do so can result in serious injury.



1. Lift up the Foot bar up and slot to preferred angle.

ASSEMBLE THE SHOULDER REST BLOCKS

FIG 1

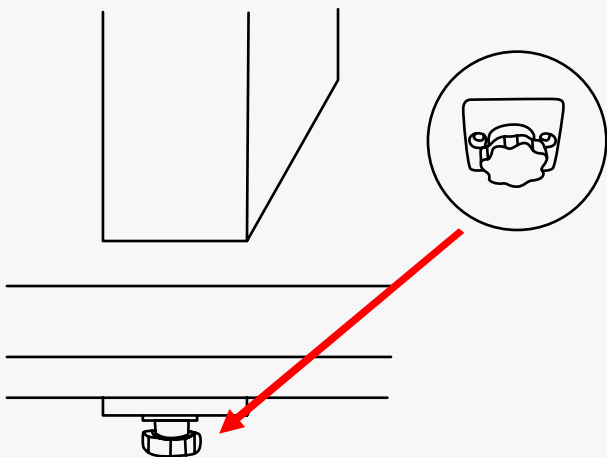
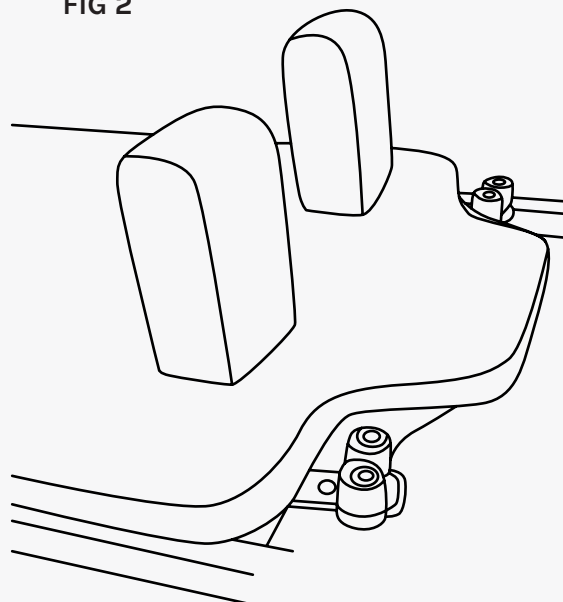
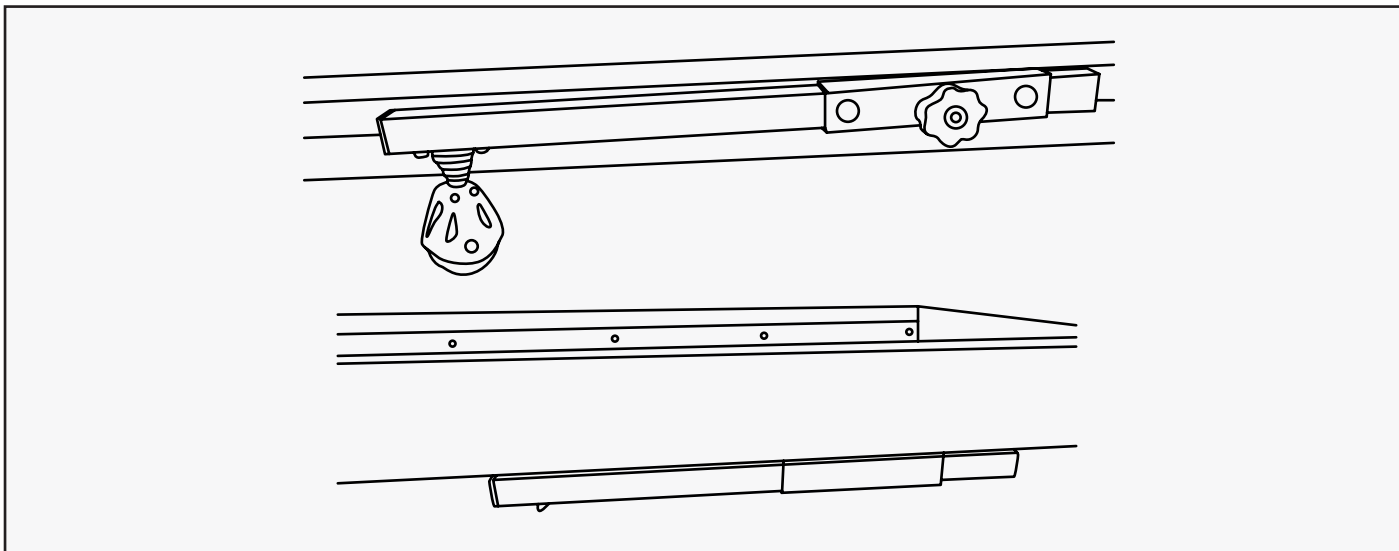


FIG 2

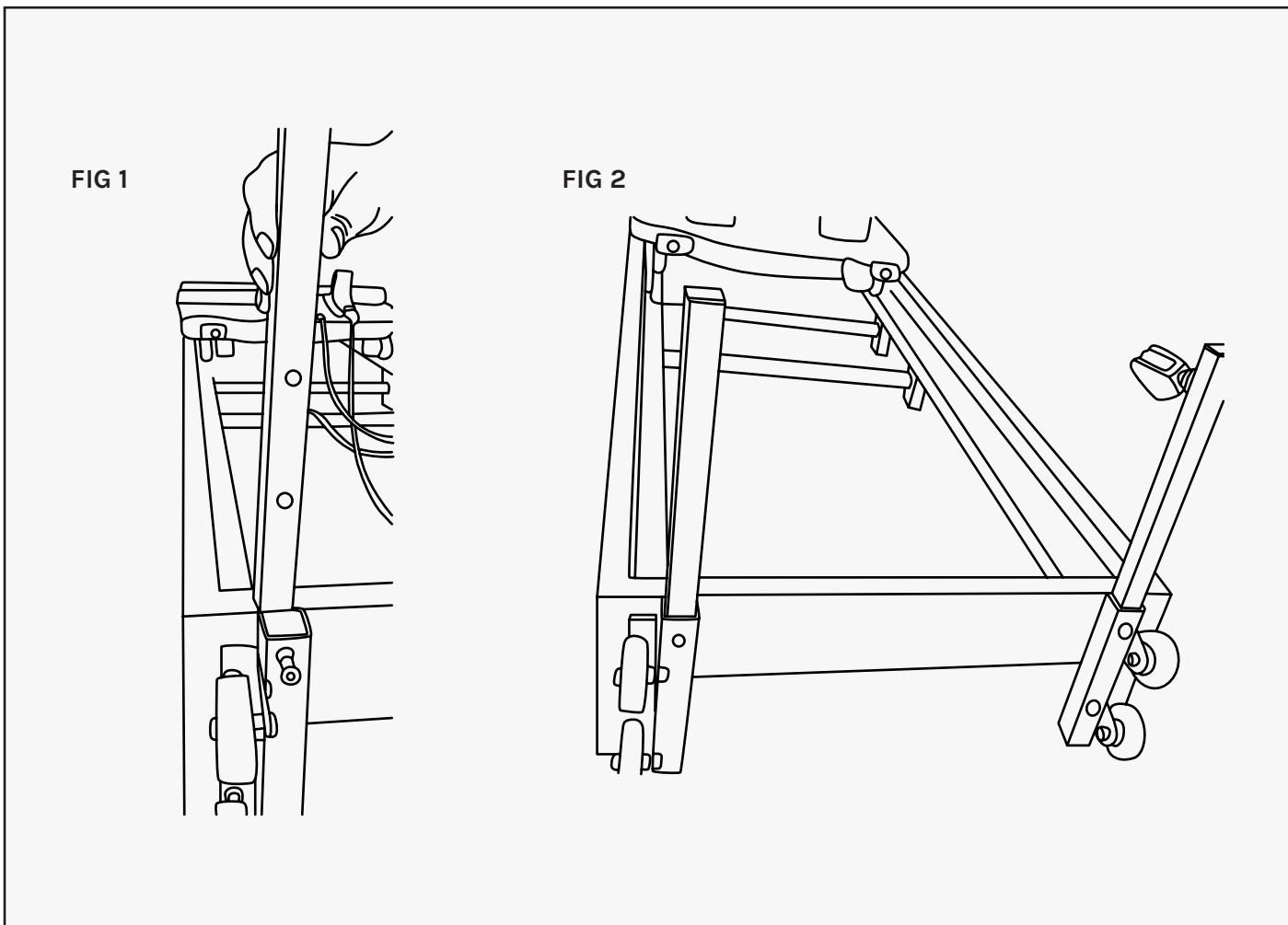


1. Remove the screw and washer from the shoulder rest blocks and secure it to the carriage. Tighten the screws underneath. Repeat for the other side (Fig. 2)

ASSEMBLE THE RISERS AND ROPES



1. Remove the Riser posts from under the Reformer frame by unscrewing the lock pin and sliding out the posts. There is one on each side.



2. Take off the preinstalled bolt on the Riser holder and place the Risers into the back as shown (Fig. 1). Tighten the screw using an Allen key to your preferred height. There are 2 height slots. Repeat the same on other side (Fig. 2).

FIG 1

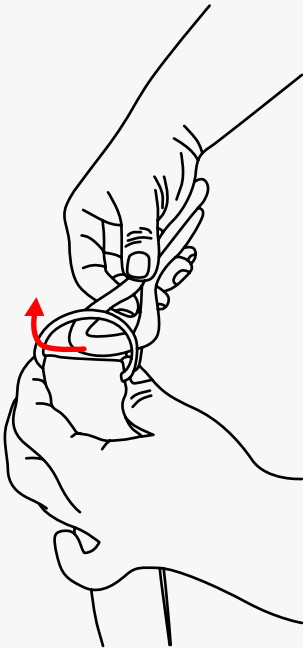


FIG 2

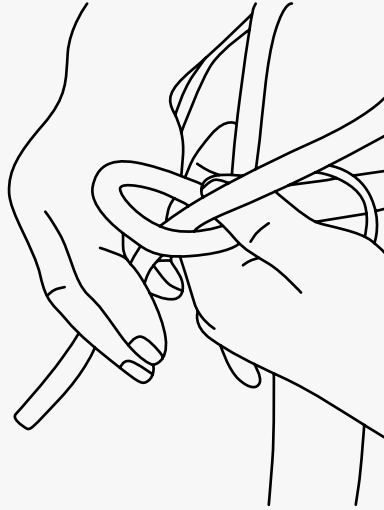
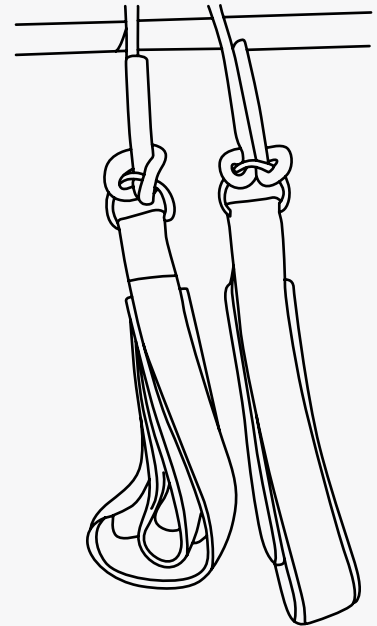
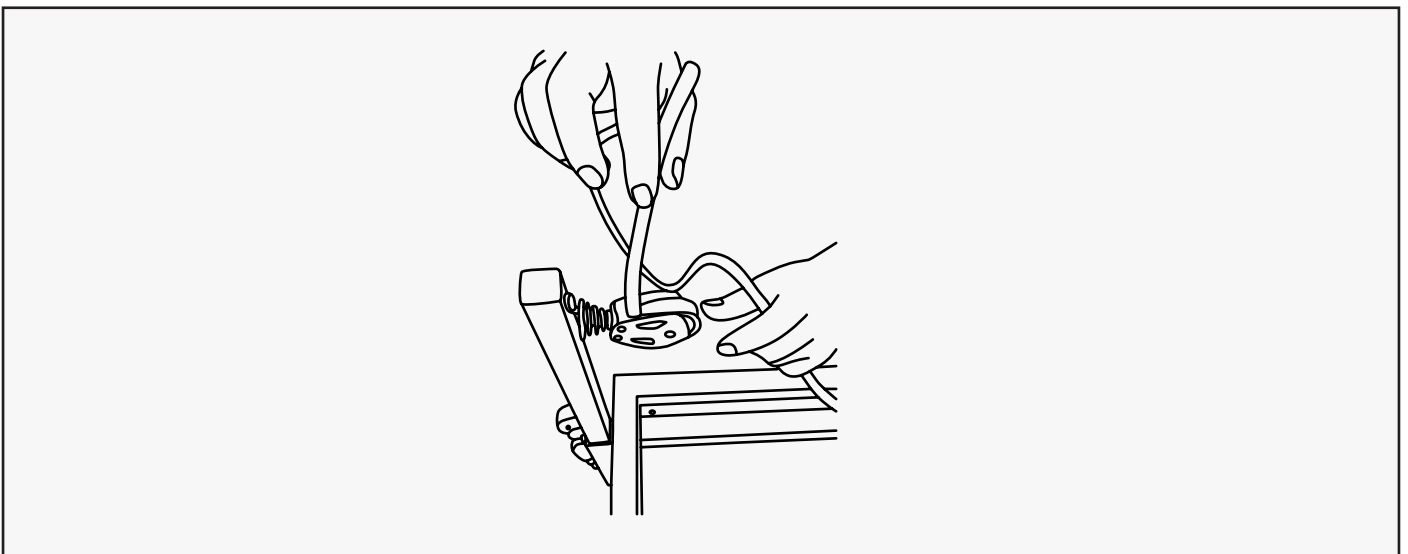


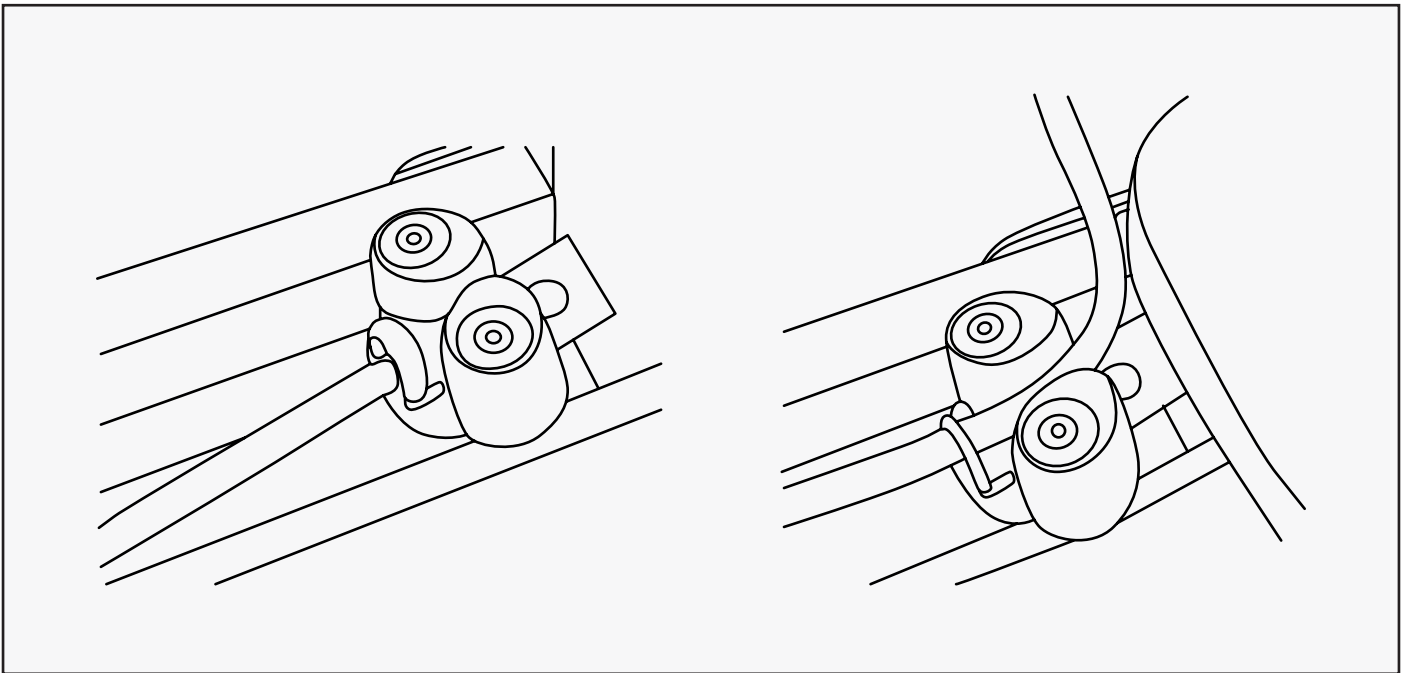
FIG 3



3. Attach the looped end of the rope to the handle strap by feeding the loop to the metal hoop (Fig. 1) then with the other end of the rope, feed it into the looped rope hole (Fig 2). Pull the rope until taut (Fig. 3).
4. Repeat for the other rope then rest your handles on the shoulder blocks.

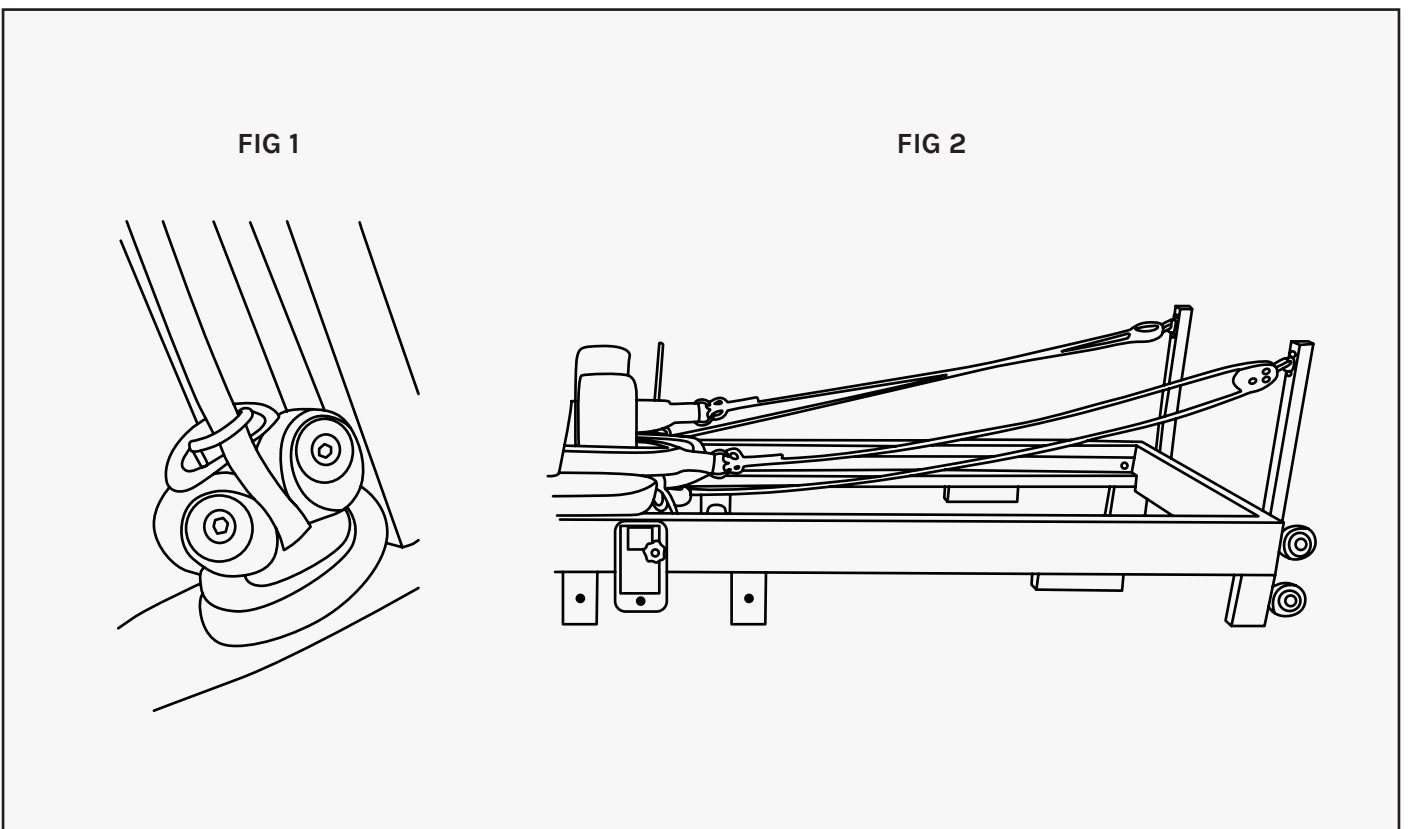


5. Feed the other end of the rope into the pulley on the risers.



7. Then insert them into the rope clamps on the carriage to your preferred length and according to the exercise you wish to perform.

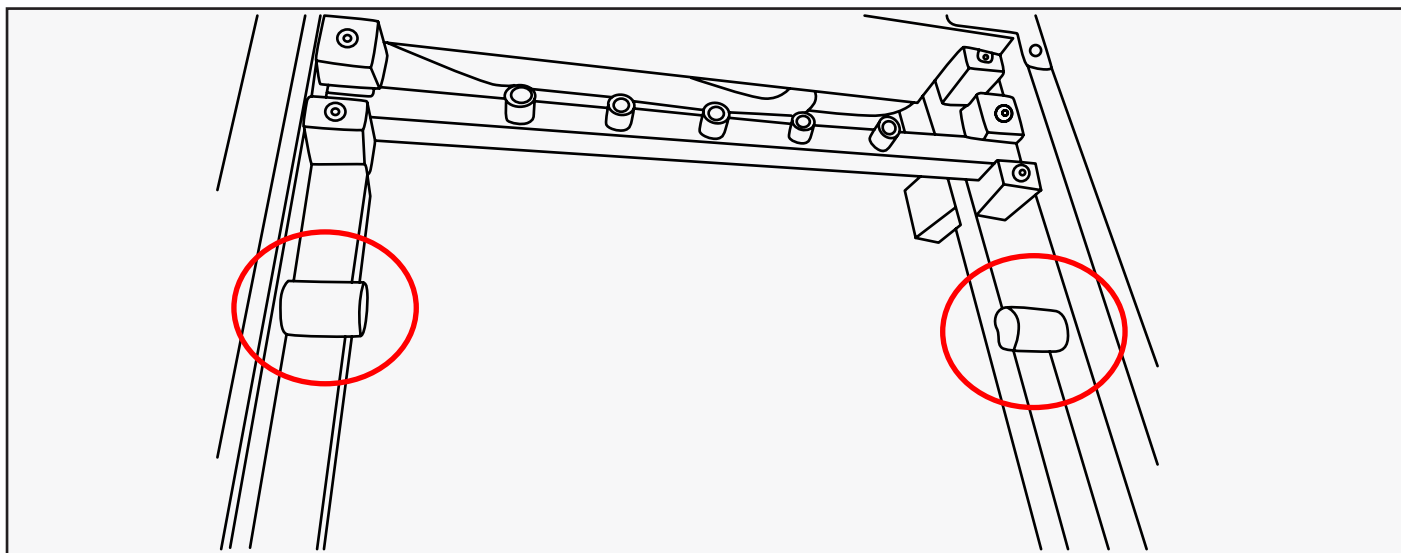
ⓘ **NOTE:** Longer ropes create less tension and shorter ropes create more tension.



8. For the excess ropes, wrap them around the clamp (Fig. 1).

ⓘ **NOTE:** Make sure that the ropes are adjusted to equal lengths and the ropes are properly secured. You can ensure they are even by placing them on the shoulder rest blocks and pulling the rope to the preferred length (Fig. 2).

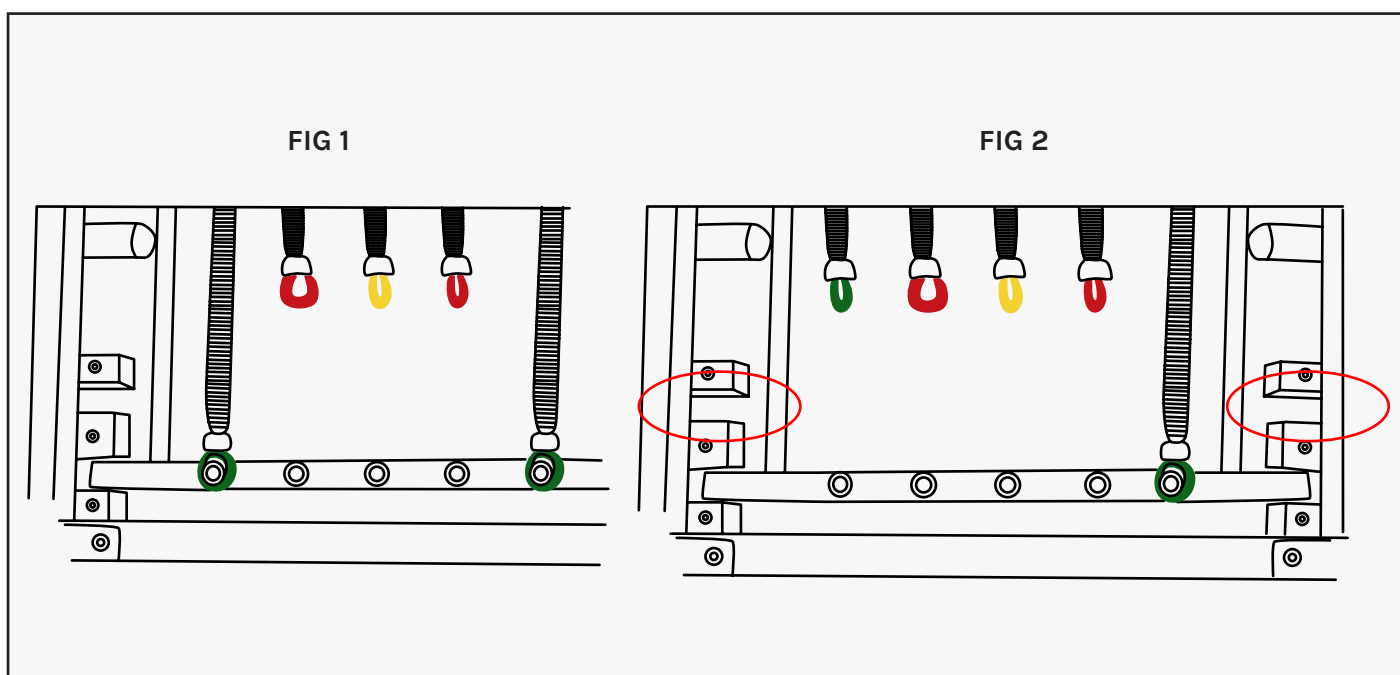
ASSEMBLE THE CARRIAGE STOPPER



1. Screw in the Carriage stopper to the frame as pictured.

! **WARNING:** The carriage stopper must be inserted AT ALL TIMES. Using the Reformer without the carriage stopper may cause damage to the gear bar assembly, rollers or spring holder.

ADJUSTING THE GEAR BAR & ATTACHING THE REFORMER SPRINGS

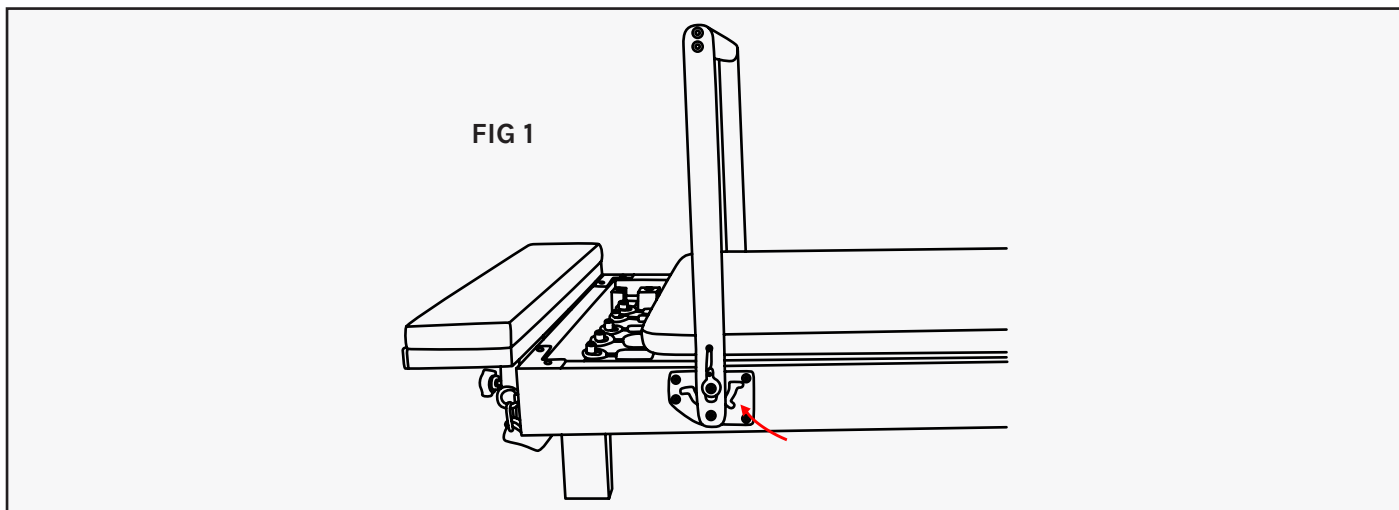


1. Attach the springs to the gear bar to your liking for level of intensity. You can also move the gear bar closer by slotting it in the section pictured on Fig.2.

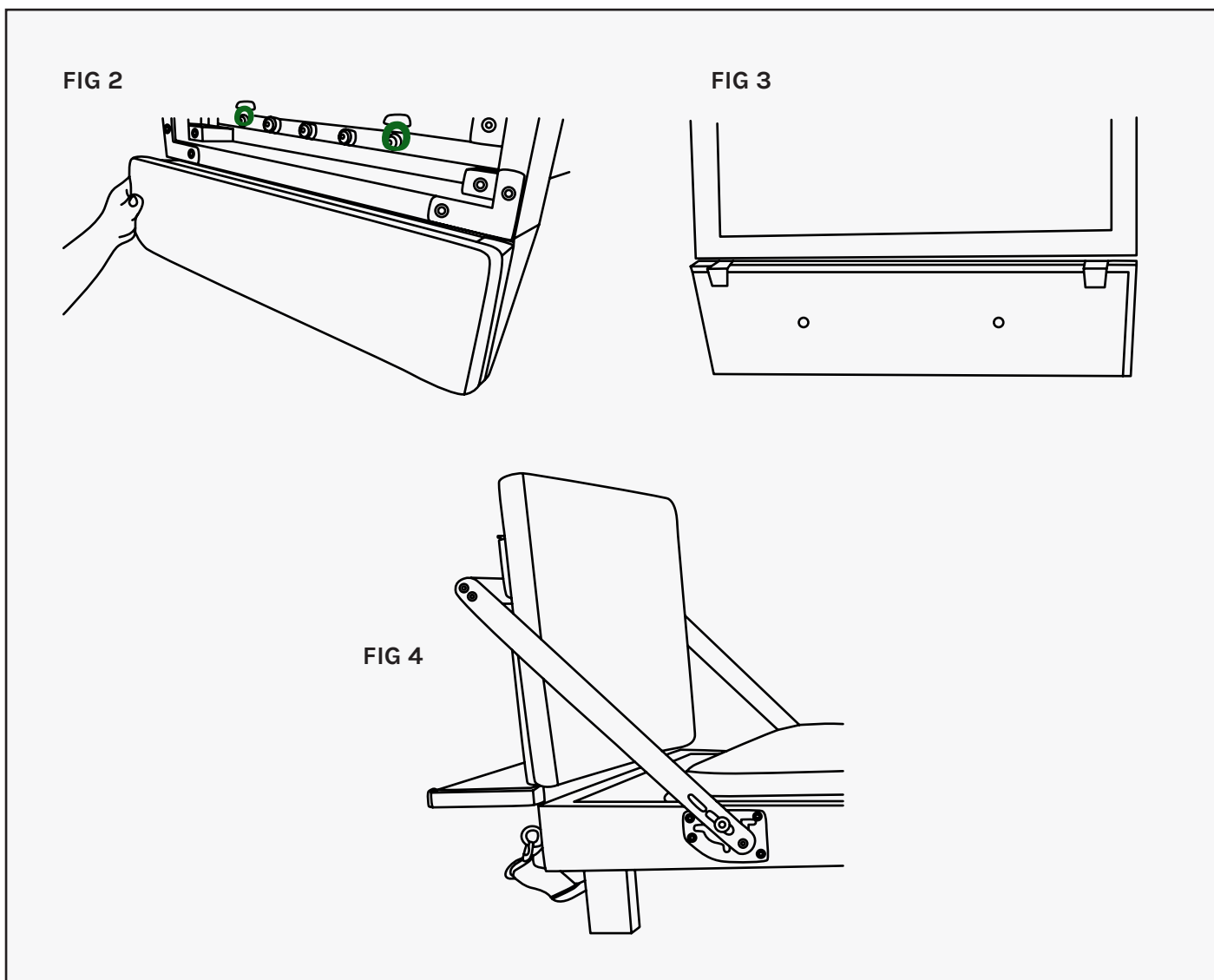
Colour	Green	Red	Yellow
Load	Half Load	Heavy Load	Quarter Load

! **WARNING:** At least one spring must be attached to the gear bar at all times.

ATTACH THE JUMP BOARD



1. Move the foot bar to the 2nd slot from the right as pictured.



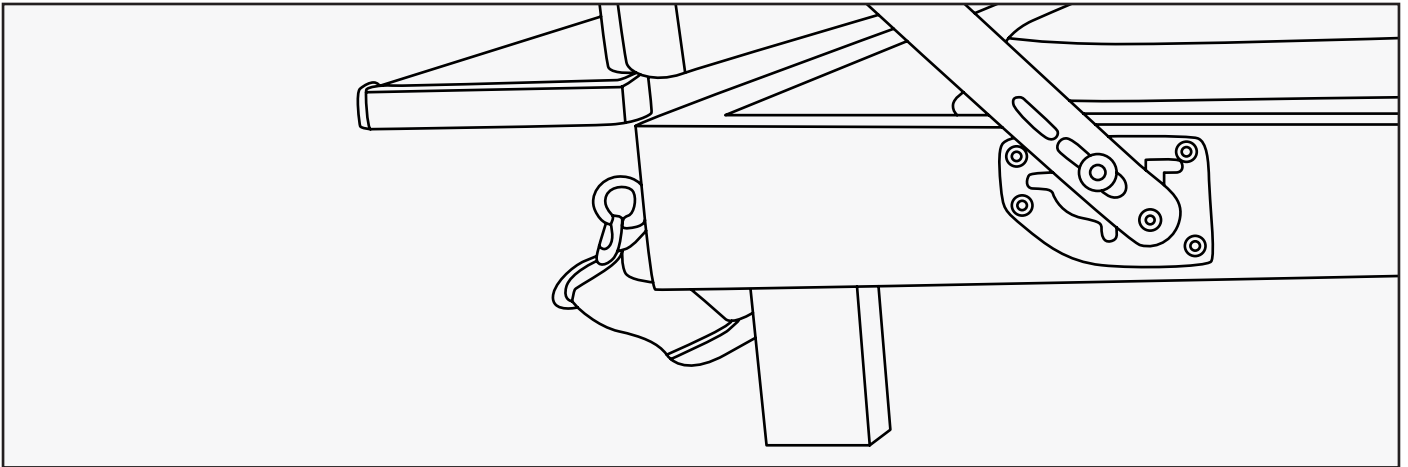
2. Remove the foot platform screw from underneath (Fig 2. & Fig.3).

3. Pull out the foot platform and put the jump board into the same slot (Fig. 4).

USING THE LONG/SHORT BOX

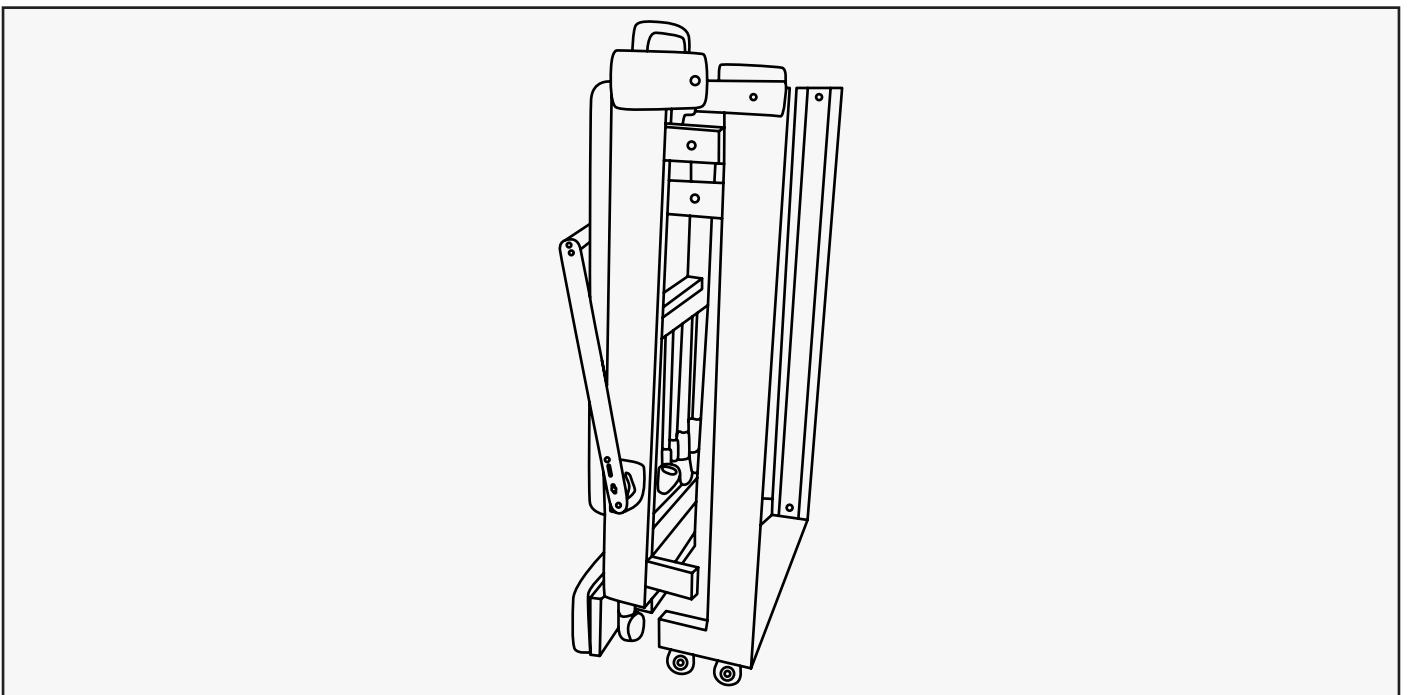
You can place the box on the Reformer vertically or horizontally under the shoulder rest according to your exercise.

ATTACHING THE FOOT STRAP



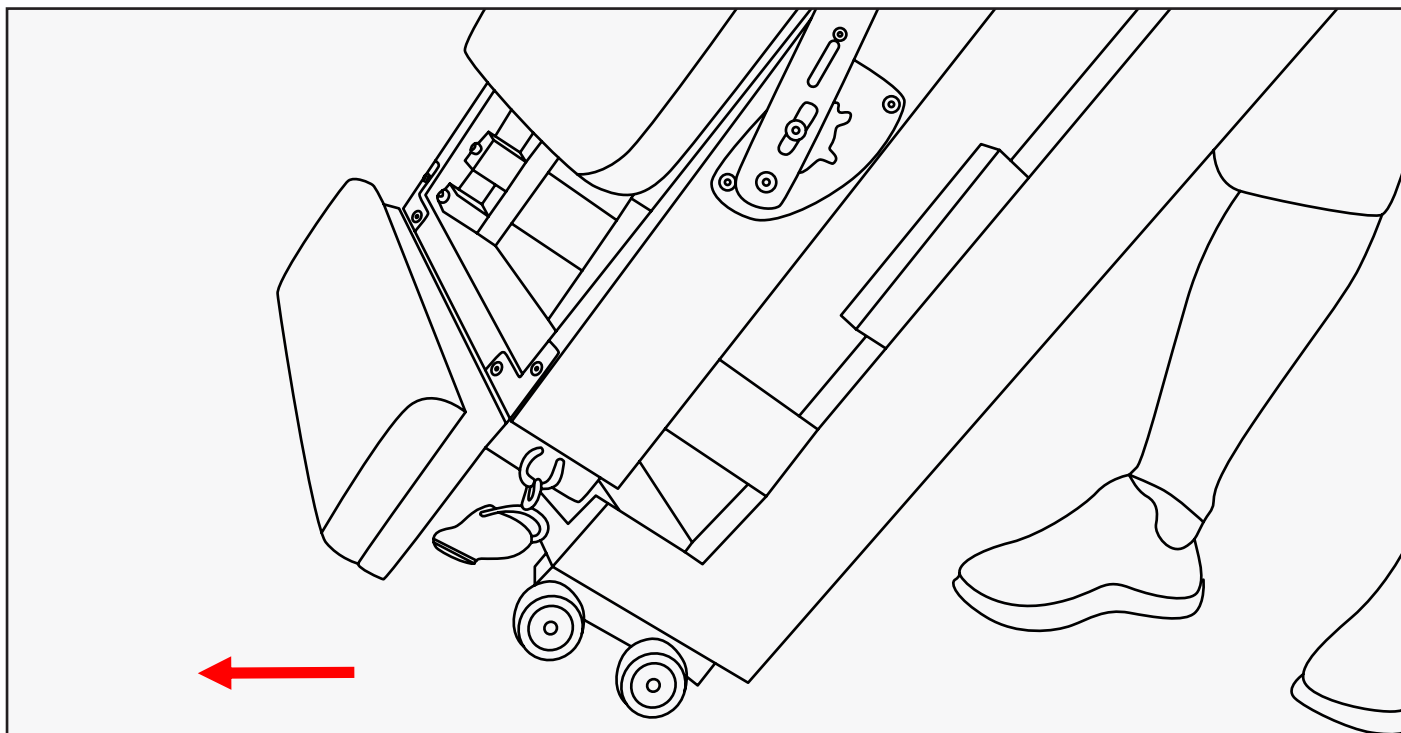
1. To use the foot strap, clip on the carabiner on the side of the foot platform then attach the (1x) Foot strap to the carabiner.

STORING THE REFORMER



1. Remove the ropes and risers and place the risers under the carriage frame.
2. Move the carriage to side with the springs and hook a couple of the springs on to prevent it from sliding.
3. Fold down the foot bar towards head rest.
4. In the middle of the Reformer frame there is a handle. Hold onto the handle and start to pull the Reformer up until the wheels touch the ground and the Reformer is standing upright.

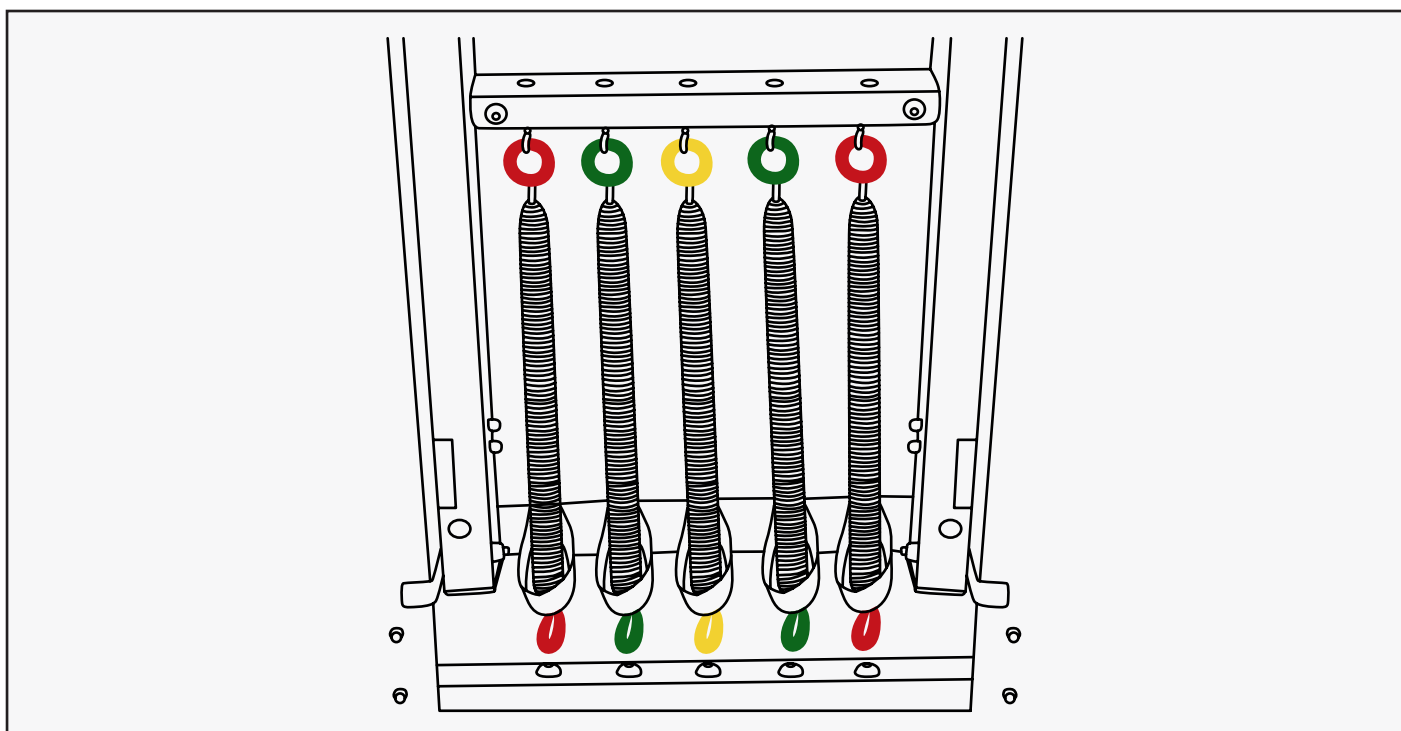
MOVING THE REFORMER



FOLDED:

1. To move the Reformer when it is folded, simply tilt it onto the transportation wheels below and move it to your desired location.

REPLACING SPRINGS



To replace worn springs simply unhook the springs from both ends. Ensure to place the coloured springs in the same spot.

IV. EXERCISE GUIDE

ⓘ PLEASE NOTE:

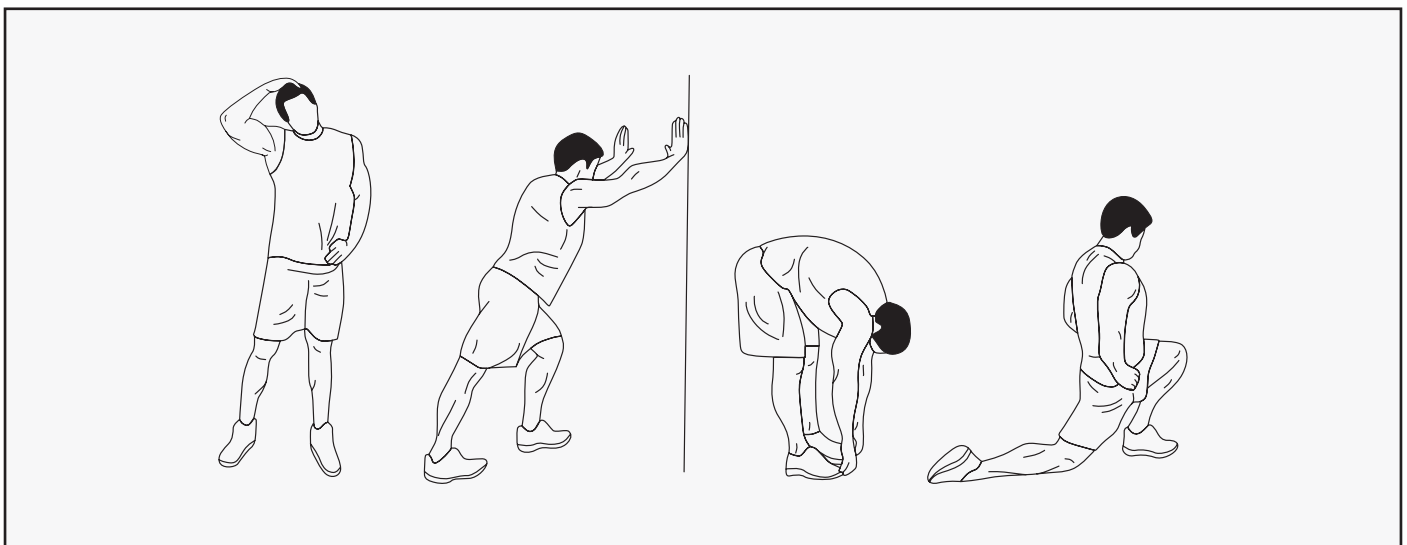
Before beginning any exercise program, consult your physician. This is important especially if you are over the age of 45 or individuals with pre-existing health problems.

The pulse sensors are not medical devices. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensors are intended only as an exercise aid in determining heart rate trends in general.

Exercising is a great way to control your weight, improve your fitness and reduce the effect of aging and stress. The key to success is to make exercise a regular and enjoyable part of your everyday life.

The condition of your heart and lungs and how efficient they are in delivering oxygen via your blood to your muscles is an important factor to your fitness. Your muscles use this oxygen to provide enough energy for daily activity. This is called aerobic activity. When you are fit, your heart will not have to work so hard. It will pump a lot fewer times per minute, reducing the wear and tear of your heart.

So as you can see, the fitter you are, the healthier and greater you will feel.



WARM UP

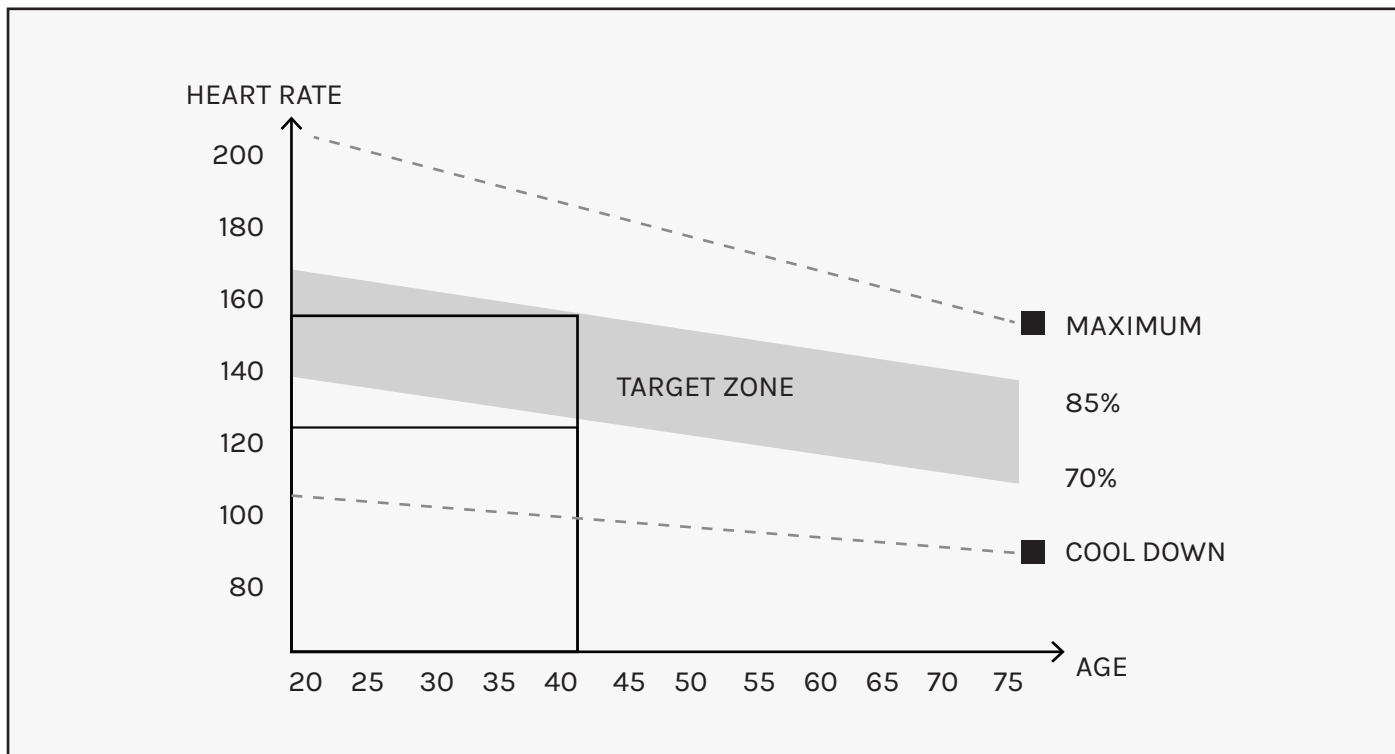
Start each workout with 5 to 10 minutes of stretching and some light exercises. A proper warm-up increases your body temperature, heart rate and circulation in preparation for exercise. Ease into your exercise.

After warming up, increase the intensity to your desired exercise program. Be sure to maintain your intensity for maximum performance. Breathe regularly and deeply as you exercise.

COOL DOWN

Finish each workout with a light jog or walk for at least 1 minute. Then complete 5 to 10 minutes of stretching to cool down. This will increase the flexibility of your muscles and will help prevent post-exercise problems.

WORKOUT GUIDELINES



! This is how your pulse should behave during general fitness exercise. Remember to warm up and cool down for a few minutes.

V. WARRANTY

AUSTRALIAN CONSUMER LAW

Many of our products come with a guarantee or warranty from the manufacturer. In addition, they come with guarantees that cannot be excluded under the Australian Consumer Law. You are entitled to a replacement or refund for a major failure and compensation for any other reasonably foreseeable loss or damage.

You are entitled to have the goods repaired or replaced if the goods fail to be of acceptable quality and the failure does not amount to a major failure. Full details of your consumer rights may be found at www.consumerlaw.gov.au.

Please visit our website to view our full warranty terms and conditions:
<http://www.lifespanfitness.com.au/warranty-repairs>

WARRANTY AND SUPPORT

Any claim against this warranty must be made through your original place of purchase. Proof of purchase is required before a warranty claim may be processed.

If you have purchased this product from the Official Lifespan Fitness website, please visit <https://lifespanfitness.com.au/warranty-form>

For support outside of warranty, if you wish to purchase replacement parts or request a repair or service, please visit <https://lifespanfitness.com.au/warranty-form> and fill in our Repair/Service Request Form or Parts Purchase Form.

Scan this QR code with your device to go to lifespanfitness.com.au/warranty-form





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