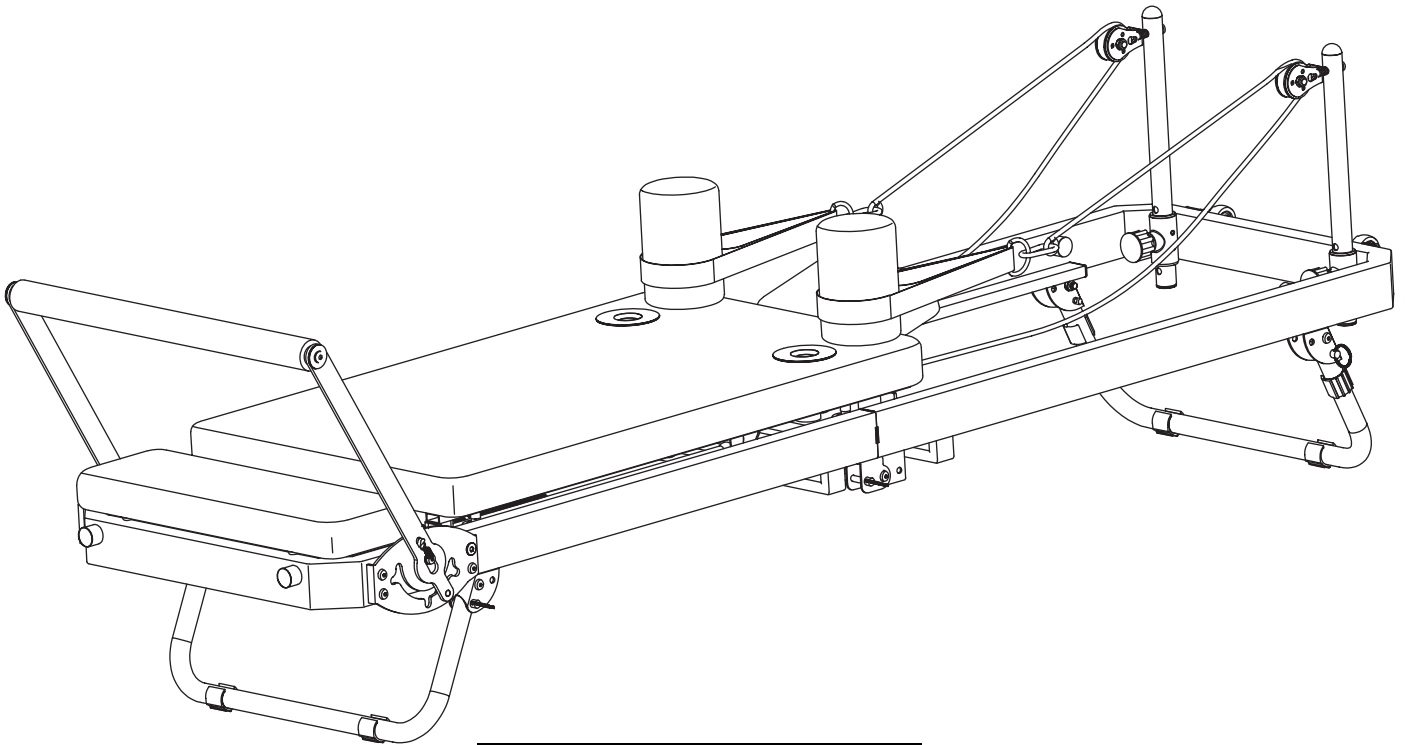


LSG

Folding Pilates Reformer Set

USER MANUAL



Find the
Digital Manual
Online



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

IMPORTANT

All nuts and bolts are to be checked and tightened on a regular basis. This includes pedals and other moving parts. Failure to do so may cause damage to your threads and void your warranty.

NOTE:

Product may vary slightly from the item pictured due to model upgrades. This manual may be subject to updates or changes. Up to date manuals are available through our website at www.lifespanfitness.com.au



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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 have received adequate instruction on the appropriate and safe utilization of this equipment.

This equipment is designed for home use and stored indoors only.

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.

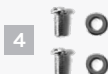
EQUIPMENT USAGE:

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



- 1. 2 x Stop Block
- 2. 2 x M6*65 Bolt
- 3. 2 x Wheel
- 4. 2 x M8*16 Bolt & Gasket
- 5. 2 x Foot Pillar
- 6. 1 x Hex Wrench



- 4 x Leg Clip
- 2 x Folding Clip



1 x Hand Rail Rod



2 x Foot Pad



1 x Headrest



2 x Shoulder Roll



III. ASSEMBLY INSTRUCTIONS

PRECAUTIONS WHEN ASSEMBLING:

- Please be careful not to pinch or press your hands when folding.
- Use two people to move the equipment to avoid injury.
- When securing the pins for the foot, lift the legs slightly and slot the pin into the hole. You may need to wiggle it to get it aligned in the hole. Ensure both sides have the pins inserted.
- If the angles of the feet is difficult to adjust, slightly loosen the screws connecting the two feet and readjust it.



STEP 1

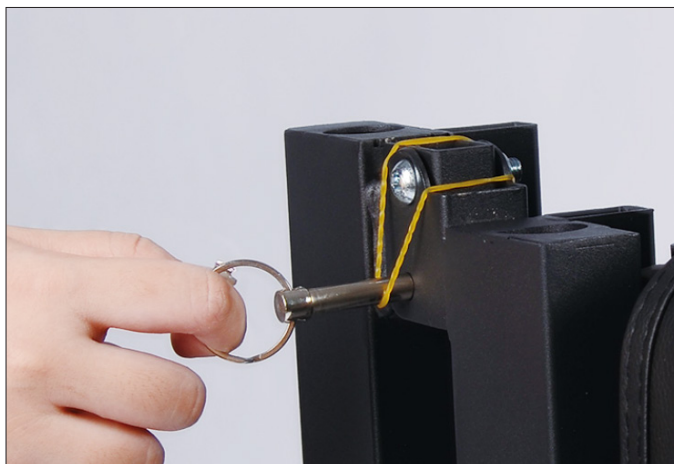
Open the box and remove the contents. Ensure your assembly area is cleared and the equipment will be placed on a flat even surface.



STEP 2

Lay out your parts and check from the manual part list to ensure all the parts are there.

CAUTION: Keep children and pets away as there are some small parts that can pose a choking hazard.



STEP 3

Remove the pins on both side of the frame. The pins lock the frame together when in the folded dimension.



STEP 4

Cut the cable tie that is holding the ropes and pulley together on the frame.



STEP 5

On one end of the frame where the risers go, loosen and pull out the lock pin from the frame. You do not need to fully unscrew this.



STEP 6

Insert the pulley into the pulley slot and release the pin to lock into one of the holes on the risers to adjust the height. Tighten the lock pin.



STEP 7

Repeat for the other side of the pulley.



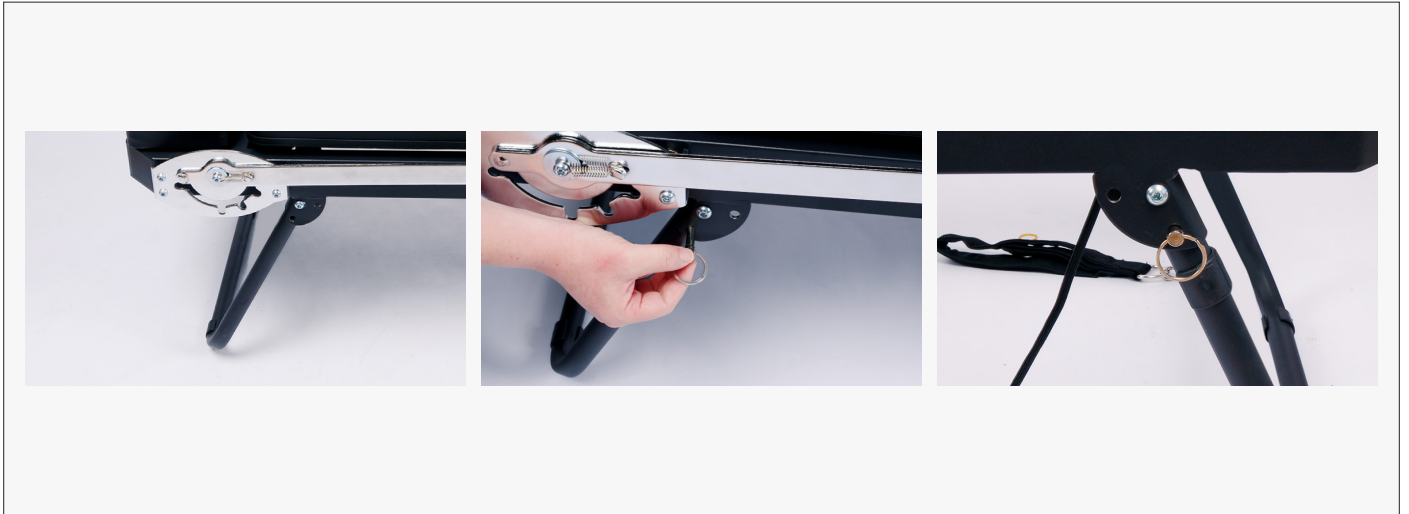
STEP 8

Pull out the two pins on the front foot section.



STEP 9

Pull out the two pins on the rear foot section.



STEP 10

Unfold the rear and front foot and re-slot the pins into position. The legs will sit on an angle as picture. Ensure the pin is fully slotted inside before using.



STEP 11

Lift both sides of the handrail.



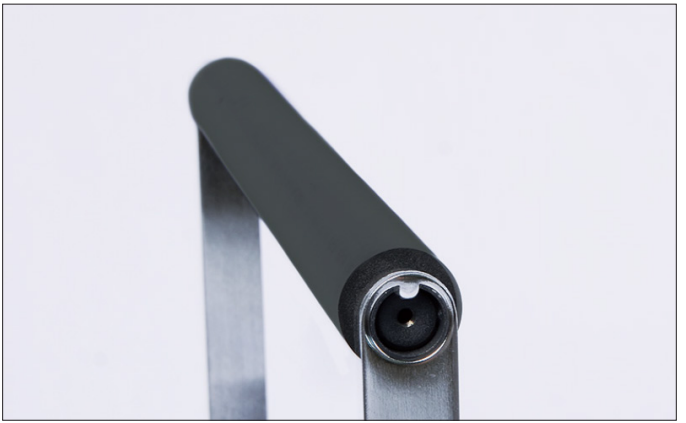
STEP 12

Adjust the angle to the middle gear.



STEP 13

Take the handrail rod and remove the pre-installed screws on both ends with a hexagon wrench.



STEP 14

Align the bolt holes on the handrail rod to the handrail.



STEP 15

Secure the screws back into position using the hexagon wrench.



STEP 16

Take out the foot pads on the frame.



STEP 17

Remove all the springs.



STEP 18

After removing the springs, push the carriage to the other side.



STEP 19

Take a stopper and a screw (M8x65 Bolt) and insert it into the lower hole. The screw has to be insert from underneath so that the thread is facing up.



STEP 20

Use a hex wrench and tighten the bolts from underneath the frame.



STEP 21

Repeat for the other side.



STEP 22

Ensure the stoppers are positioned as shown.



STEP 23

Springs can now be hooked back onto the gear selector according to your desired resistance.



STEP 24

Place the foot pads back onto the frame.



STEP 25

Insert the two shoulder pads onto the slot on the carriage, as pictured.



STEP 26

Take the two transportation wheels and install with screws M8x16 bolt and gasket.



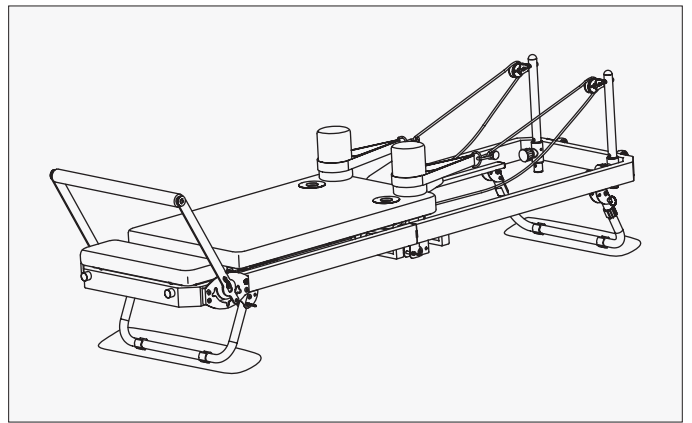
STEP 27

Install the two foot pillars and tighten them to frame.



STEP 28

Insert the small headrest into the carriage frame.



STEP 29

Place the foot mat underneath the frame legs. This will help to prevent from slipping or damaging your floors.

IV. FOLDING INSTRUCTIONS

IMPORTANT:

Before folding ensure all the springs are back into the gear selector to prevent the carriage from sliding.



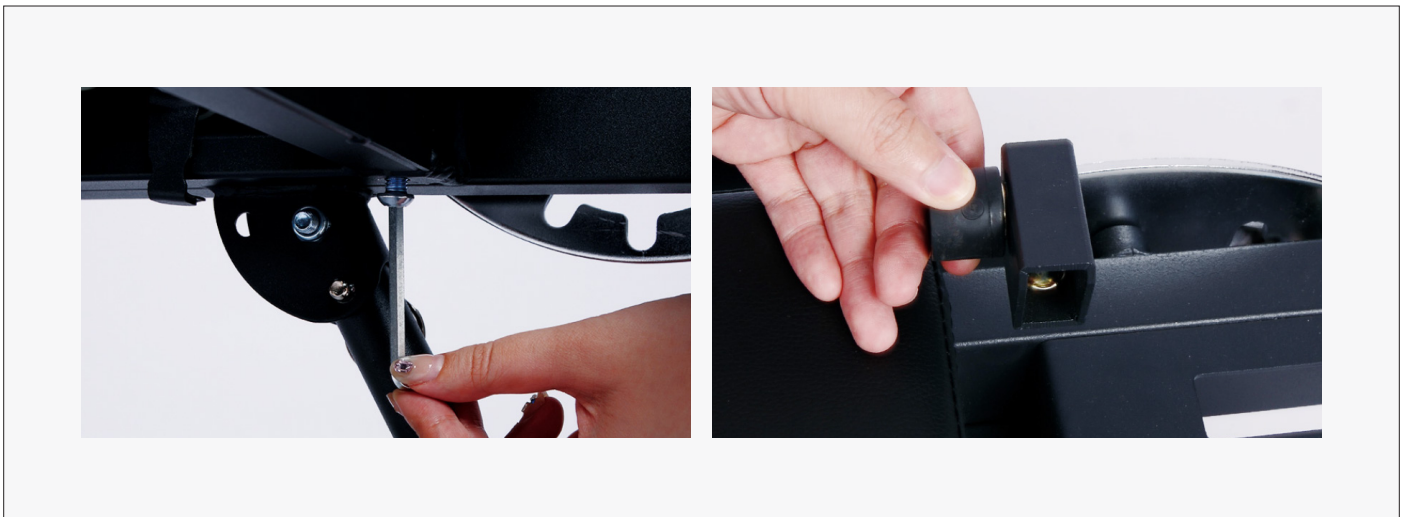
STEP 1

Adjust the handrail until it is at the following angle.



STEP 2

Remove the foot pad from the frame.

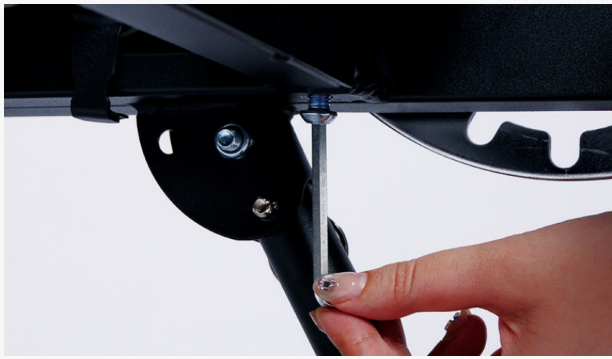


STEP 3

Using a hex wrench unscrew both side for the stopper.

IMPORTANT: Keep this part and the bolts in a safe location so you do not lose it. You can screw the bolts into the stopper to keep them together.

There is no storage compartment for this part on the reformer.



STEP 4

Take off the pins on the front and rear foot.



STEP 5

Fold both of the feet inwards as pictured and re-slot the pin the the hole on the opposite side from the previous slot. See images pictured.



STEP 6

Remove the pulley from the lock pin.



STEP 7

Grasp the folding armrest below the head rest and lift upwards. This will bring the reformer frame to the folded dimension.



STEP 8

Insert the pins to the frame on both sides as pictured.



STEP 9

Place the pulley rod and the should pads into the storage slot as pictured.



STEP 10

Folding is complete.

To unfold the reformer, the steps will be in reverse.

IMPORTANT:

- Ensure the stopper is reattached to the frame before use. This will stop the carriage from damaging the frame.
- All pins must be fully in place and locked.

V. PRECAUTION FOR THE CARRIAGE FRAME



INCORRECT

Before use check the roller guide for the carriage is not above the rail. If the rollers are not touching the rail you will not be able to slide the carriage and can damage the frame.



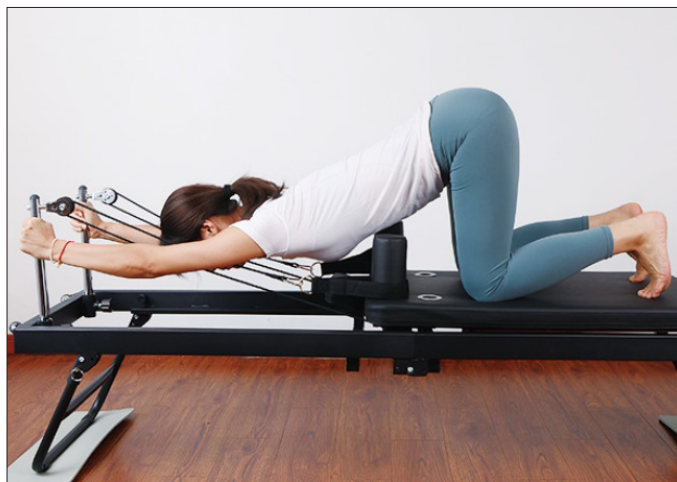
CORRECT

Rollers are touching the frame and the guide is under the rail.

VI. EXERCISE GUIDE

UPPER BODY WORKOUT

DISCLAIMER: Images are for reference only and used to demonstrate exercise movements.



BACK STRETCH

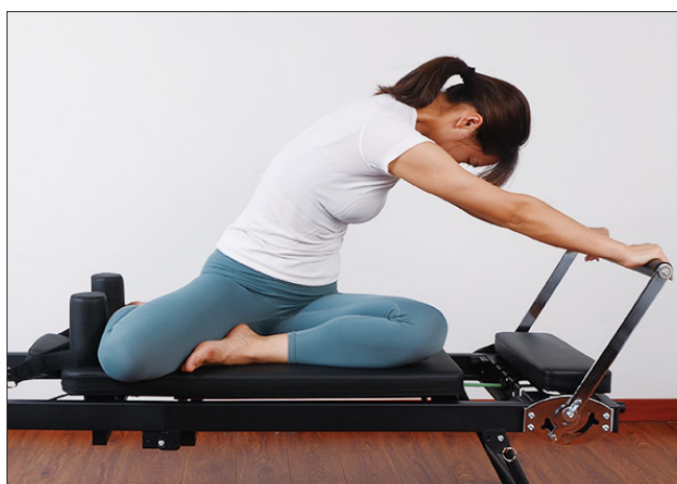
Kneel on your knees and while grabbing onto the pulley post stretch your upper limbs forward to stretch your spine.



SIDE STRETCH

Take the mermaid pose and hold with one arm on the handrail, bend and stretch your other arm over your head to the same side holding the handrail.

Return around and repeat for the other side.



SIDE TWIST (NO ROPES)

In the mermaid pose turn your body to the side to hold onto the handrail with both arms.



ROWS

Hold onto the ropes and pull the ropes back, keeping your arms close to your sides and contract your abdomen muscles.



SIDE STRETCH (WITH ROPES)

Holding both ropes and while pulling one side of the rope, turn your head to the side.



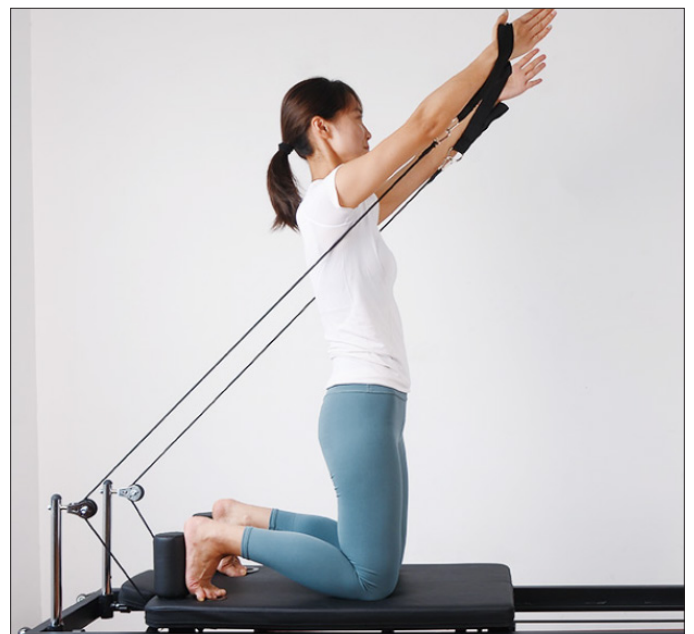
BACK AND SHOULDER PAIN RELIEF

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



ONE SIDE ARM STRETCH

Position yourself facing to the side on your knees and hold one rope with the arm furthest from the pulley. Stretch your arm upwards while pulling the ropes, release and cross your arm to the opposite side then repeat the same motions to pull the ropes upwards.



DOUBLE SIDE ARM STRETCH

Position yourself to face the handrail on your knees and hold both ropes. Stretch both arms upwards while pulling the rope, release and bring your arms to your sides, then repeat the first motion.

LOWER BODY WORKOUT



HIP EXTENSION REVERSE

Place your arms on both shoulder pads, one foot goes on the handrail and the other leg on your knees to the padding. Using the foot on the hand rail push to stretch and pull back with your arm, repeat the push/pull motion.

You can re-position to opposite leg and repeat the same motions.



PSOAS STRETCH

Place one foot on the shoulder pads while holding the front handrail, then stretch behind the supporting leg, keeping your upper body upright.

Repeat same motions to the other leg.



LEG STRETCH

Hold onto the handrail and have one heel on the shoulder pad. With the opposite leg, kick back and stretch your legs upwards. Your waist should be at neutral position and do not lower while performing the exercise.

Repeat the same motions to the opposite side.



BENDED KNEE STRETCH

With one foot on the shoulder pads, bend the other leg forward to your body. Try to keep your body from moving too much while performing the exercise.



LUNGE WITH HANDRAIL

Position into a lunge position with one leg over the foot rail and the other leg with the knee touching the pads and the foot on the shoulder pads.



HIP EXTENSION WITH STRAP

Place your hands on the side of the shoulder pads and place a strap to one foot. You may need to adjust the ropes to suit your leg. With the leg that has the strap, kick back and upwards to stretch then return the leg back to the pads and repeat the first motion.



SIDE SPLIT

Place one foot to the handrail and the opposite leg on your knees and next to the shoulder pads. With the foot on the handrail, push to stretch your leg muscles.

Repeat the exercise to opposite leg.



HIP EXTENSION REVERSE

Place your hands on the shoulder pads and one foot to the handrail. Kick your opposite leg backwards and upwards to stretch the back leg muscles.



HAMSTRING STRETCH 1

- Start in a kneeling position on the reformer with your back leg extended on the carriage.
- Place your front leg's foot on the frame while keeping your spine long and straight.
- Extend the arms forward to grab the frame or footbar.
- Gently press through the back leg, allowing the carriage to move, stretching the hamstrings of the front leg.
- Hold the position while keeping your body aligned, and breathe deeply.
- Repeat on the other side.



HAMSTRING STRETCH 2

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



LUNGE (MODIFIED)

- Begin by removing all the springs from the reformer (to make the carriage move freely).
- Stand in the middle of the cushion with one foot placed at the back.
- Open your arms to both sides, extending your chest and shoulders while maintaining balance.
- Slowly push the carriage with the back leg, engaging your core and glute muscles.
- Return to the starting position and switch sides.



REVERSE LUNGE

- Stand with one foot on the carriage and the other foot on the foot pad.
- Bring your arms straight above your head.
- Slowly bend your front leg (the one on the carriage) into a lunge, while extending the back leg (the one on the foot pad) behind you.
- Engage your core to maintain balance and control as you lower into the lunge.
- Push through the heel of your front foot to return to the starting position.
- Repeat on both sides.



ADDUCTOR EXERCISE

- Stand with one foot on the floor and the other foot placed on the reformer cushion.
- Keep your torso upright and hands on your hips or lightly holding the shoulder rests.
- Without using the reformer's springs, push the carriage out with the leg on the cushion, focusing on engaging the inner thigh muscles.
- Slowly return the carriage to the starting position by engaging the adductor muscles of your inner thigh.
- Repeat on the other leg.



LUNGE (STRAIGHT BACK LEG)

- Stand with one foot on the foot pad and the other foot behind you on the carriage.
- Place hands on hips.
- Engage your core and slowly bend the front knee to lower into a lunge, allowing the carriage to move back with the rear foot.
- Keep the back leg straight.
- Focus on keeping your torso upright and centered.
- Push through the front leg to return to the starting position.
- Repeat on the opposite side.



ADDUCTOR STRETCHING

- Put one foot on the shoulder pad of the reformer machine and place the other foot on the ground. Hold onto the frame or carriage, be careful of your fingers when the reformer moves.
- Lean into the stretch, extending the leg on the ground outward to stretch the inner thigh.
- Focus on engaging the muscles in the inner thigh as you hold the position.



SIDE LYING

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

- Lie on your back on the Pilates Reformer with your head resting comfortably on the headrest.
- Attach the straps to your feet, just above the arches, and place your heels together while your toes point outward, creating a "V" shape.
- Keep your knees bent, and your legs should be in a tabletop position (knees above hips, shins parallel to the floor).

VII. 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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