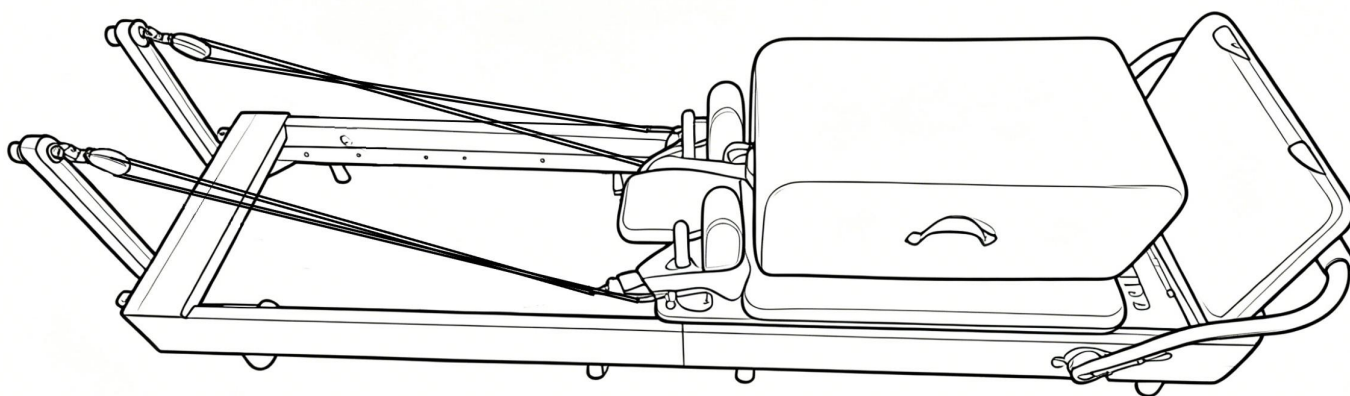
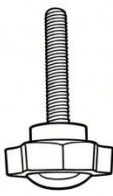
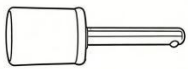
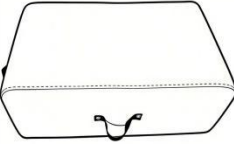


Wood Pilates Reformer

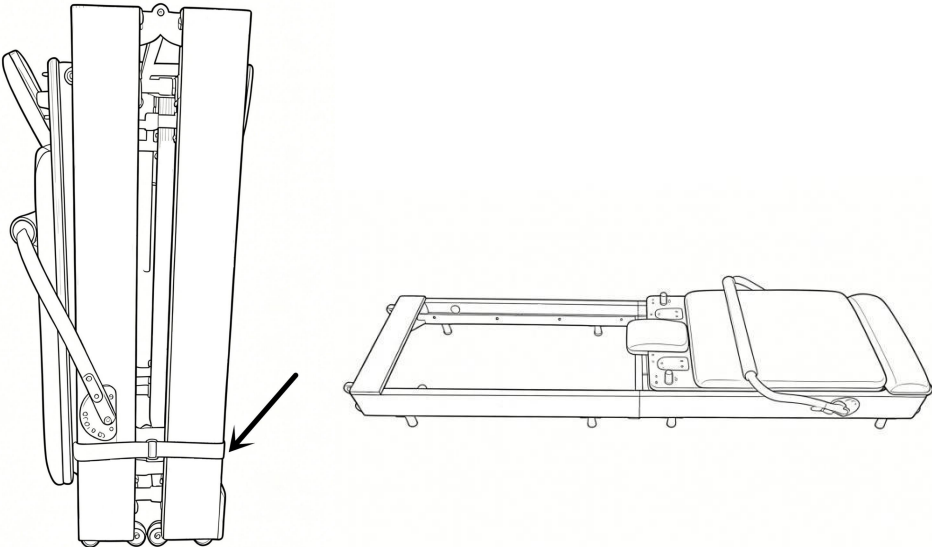


Spare Parts:

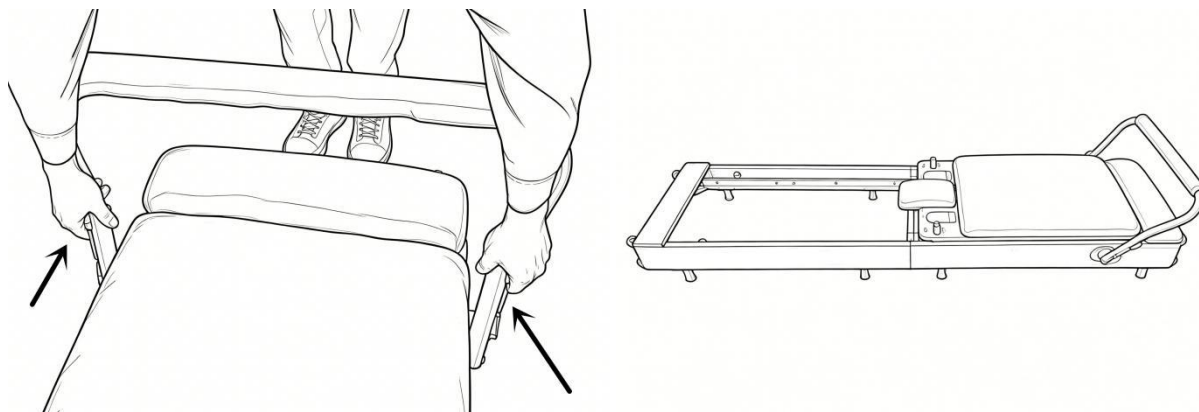
				
#1 Knob * 6	#2 Pulley Rope * 2	#3 Handle * 2	#4 Washer * 4	#5 Stop Block * 2
				
#6 Calf Ties * 1	#7 Shoulder Pad * 2	#8 Sitting box * 1	#9 Pulley Riser * 2	#10 Pulley * 2
				
#11 Foot Pad * 1				

Assembly:

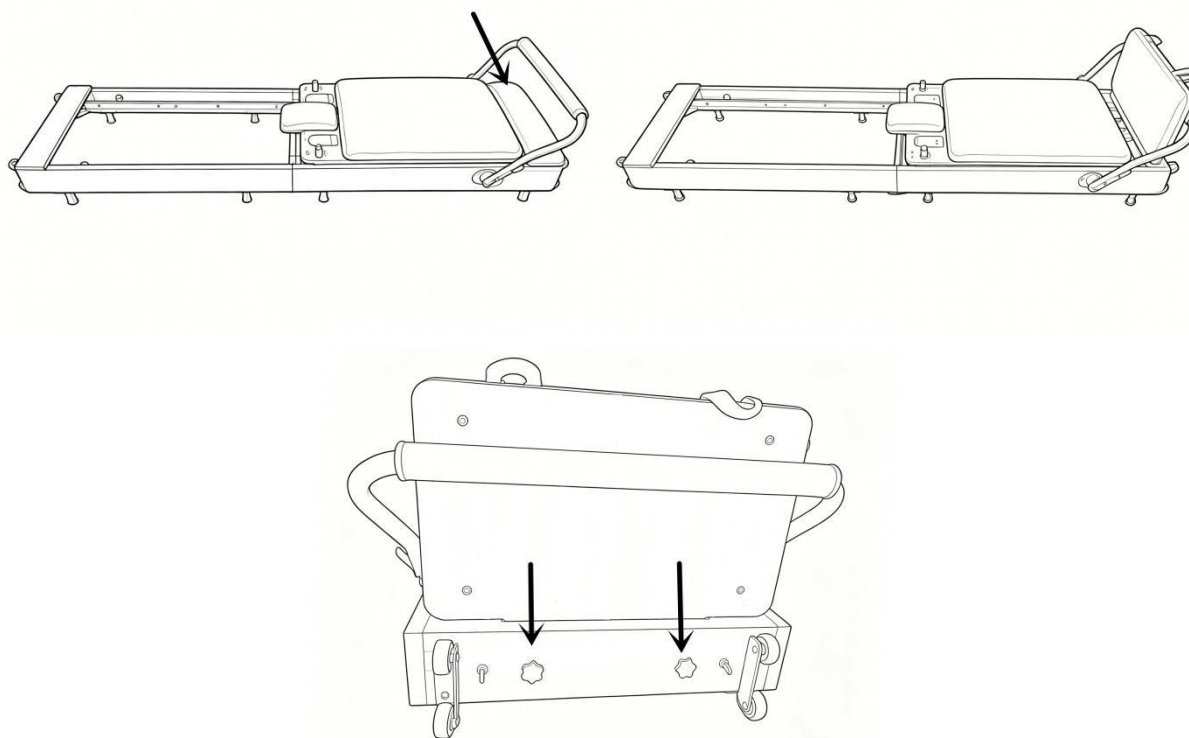
1. Take the main frame out of the box, untie the straps, and unfold the frame carefully.



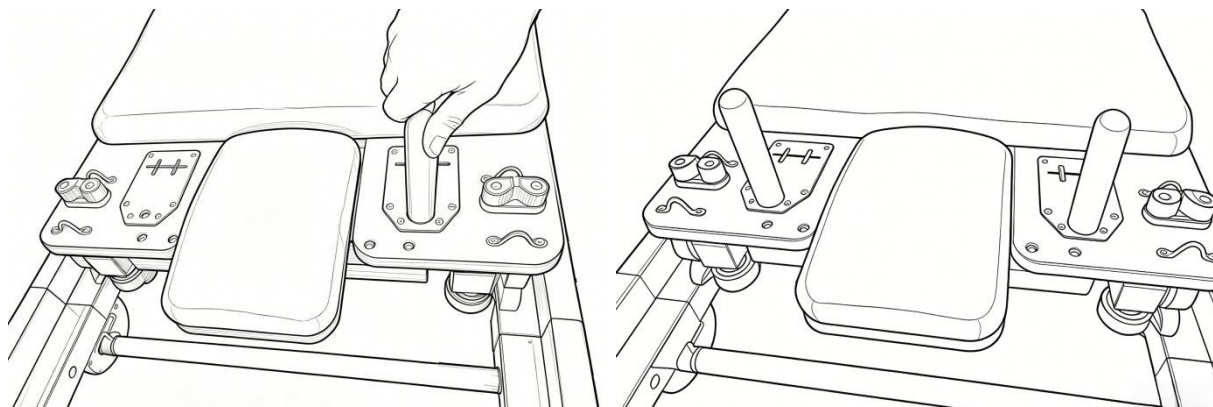
2. Squeeze the two adjustment handles together, then lift the handrail up to the position shown in the diagram below.



3. Remove the small pad from one end of the reformer, then attach the #11 large foot pad to the main frame. Secure it with two #1 knobs on the outer side of the frame.

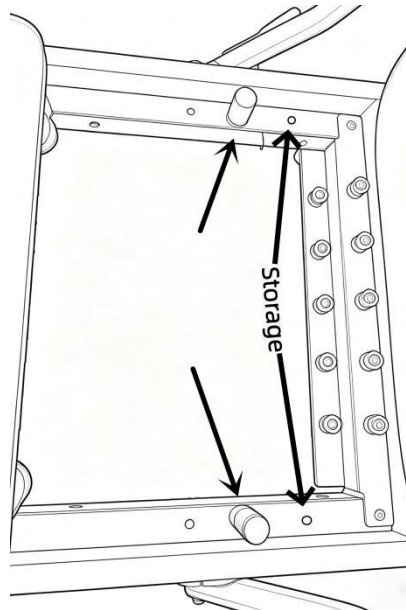


4. Screw the two #3 handles into the positions near the head pad.

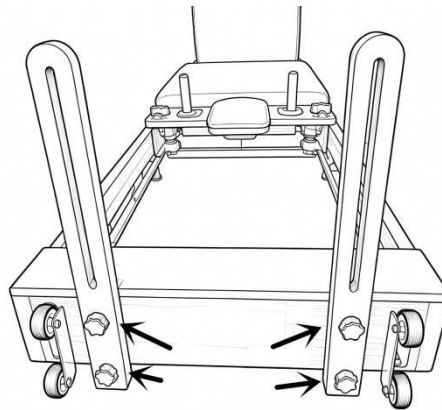


5. Insert the two #5 stop blocks into the holes near the foot pad.

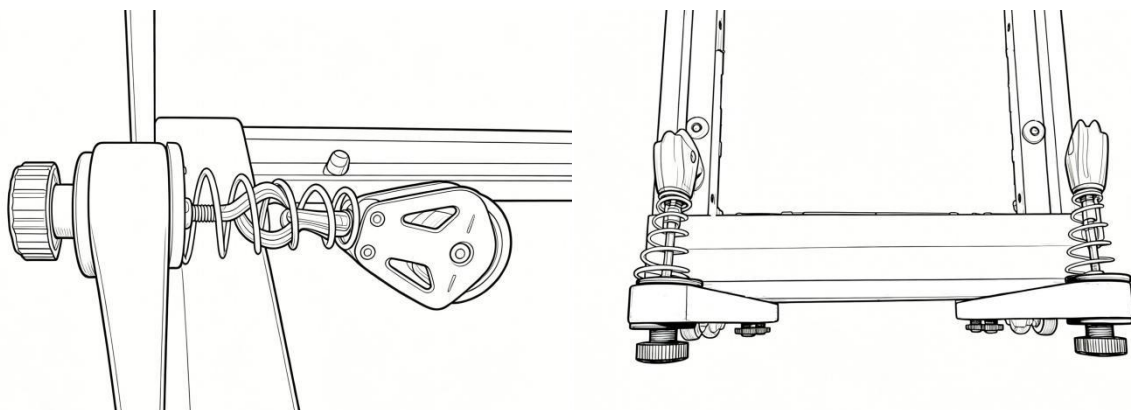
Note: Do not place the #5 stop blocks into the “Storage” holes while exercising!



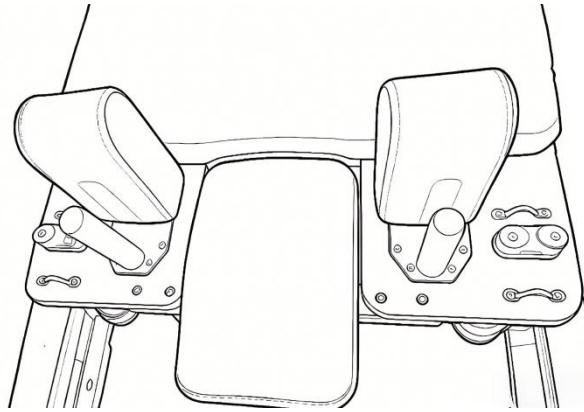
6. Attach the two #9 pulley risers to the opposite end of the reformer using four knobs and four washers.



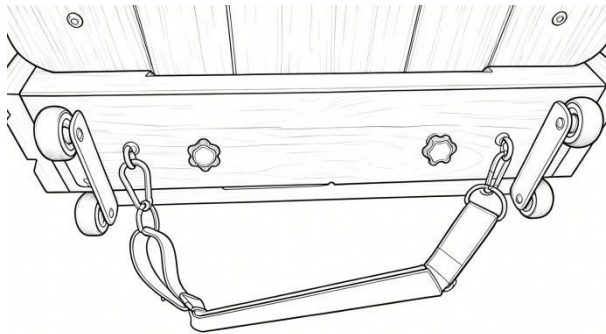
7. Mount the two #10 pulleys onto the pulley risers and secure with two knobs.



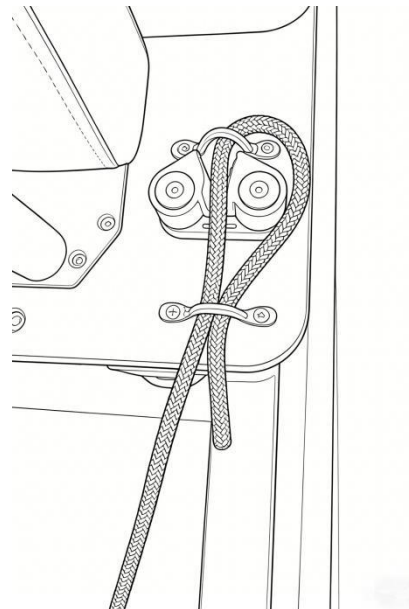
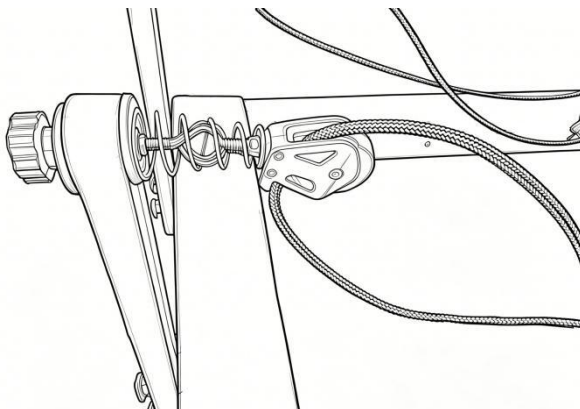
8. Slide the two #7 shoulder pads into the positions near the head pad.



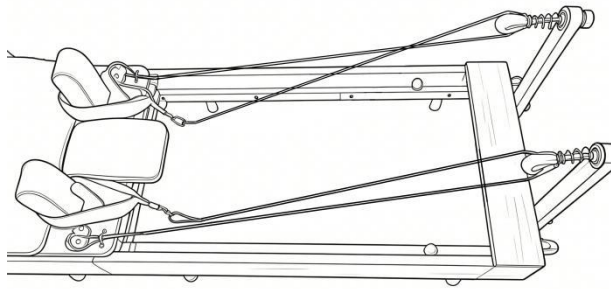
9. Attach the #6 calf ties to the end near the foot pad.



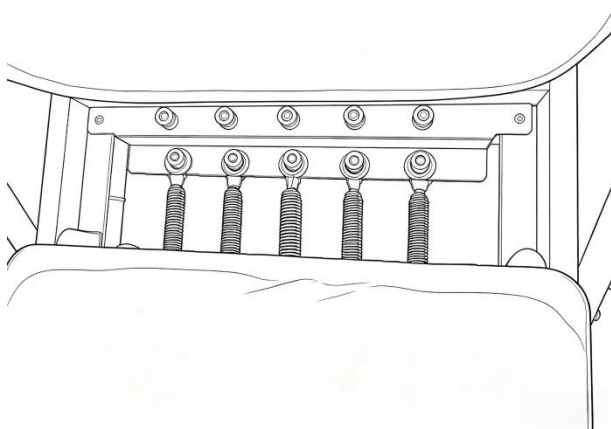
10. Unfold #2 pulley ropes. Thread one end of the rope through the pulley on the pulley riser, then through the handles and blocks near the cushion, and secure the end as shown in the diagram.



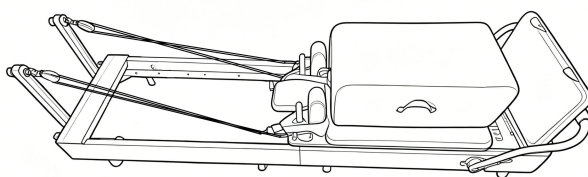
11. Hook the loop at the other end of the rope onto the shoulder pad.



12. Connect the springs under the cushion to your desired positions. Different numbers of springs and mounting positions provide different levels of resistance.



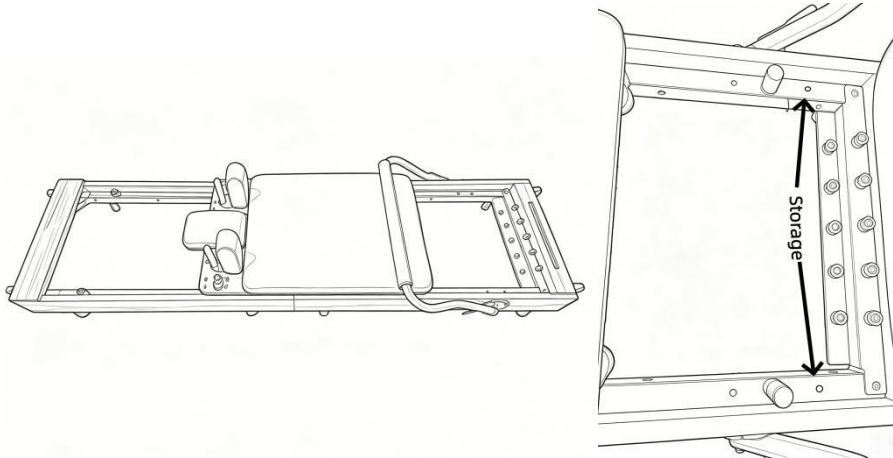
13. Assembly is complete. The #8 sitting box enables a wider variety of exercises.



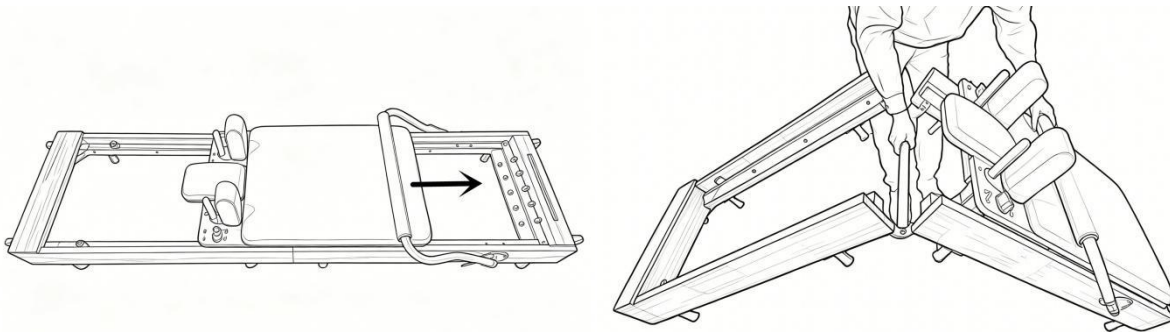
How to fold:

1. Insert the two stop blocks into the "Storage" holes.

Ensure the pulley risers and foot pad have been removed. Lower the handrail to a position slightly above the cushion. Disconnect all springs.



2. Push the cushion board all the way toward the hand rail end. Locate the metal bar in the middle of the reformer. Carefully lift the bar; the wheels at both ends will assist in folding the unit.



3. Secure the folded reformer with the strap for safe storage.

