



FOLDING REFORMER

INSTALLATION, USE & MAINTENANCE MANUAL



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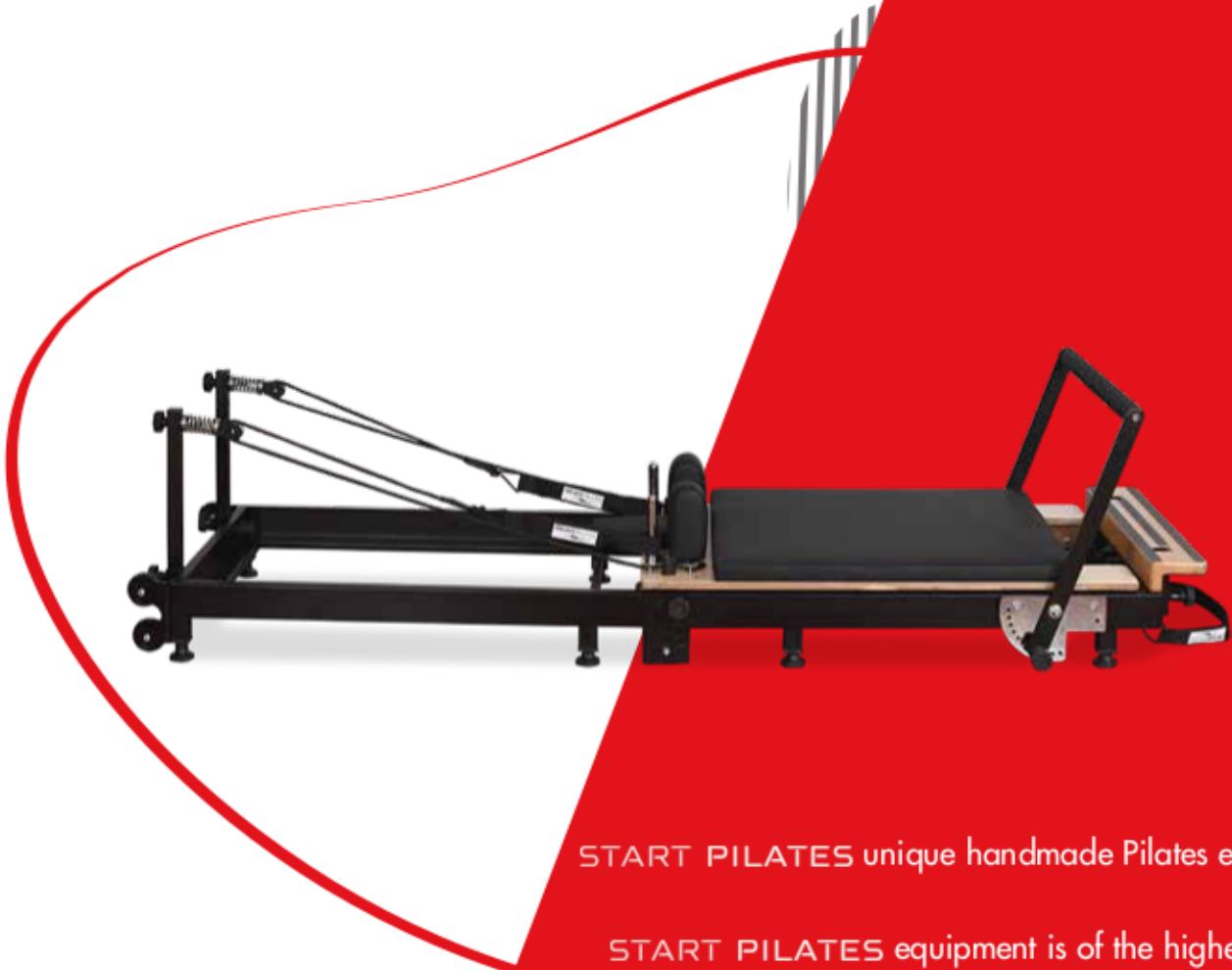
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START PILATES unique handmade Pilates equipment.

START PILATES equipment is of the highest quality, environmentally friendly materials and each piece is handcrafted. We always abide by the principles of Joseph Pilates, the inventor of Pilates, while providing aesthetic and functional integrity by using modern production methods.

This guide ensures how to use the equipment in safe and correctly.

The entire manual should be read before starting any exercise. All recommendations caution and /or warnings of the manufacturer should always be followed.

In this manual Failure to abide by the content provided could damage your machine and/or result in injury to you or your customers. For the remainder of this section, when your machine needs service or if you need to ask functional questions security and contact information will be provided.

At any time, this manual If you have questions about any part of the program, please contact us using the information on page 16.

We strongly recommend that it be used only under the supervision of a Certified Pilates Instructor.

Important....!!!

This manual contains installation, safety, and usage information.
Before you start your exercise, please read the entire manual,
paying particular attention to all warnings.

RECOMMENDED USE

Pilates® recommends consulting a physician before starting any exercise program.
If existing of any condition of those - high blood pressure at family past, over 45 years old, smokes, has high cholesterol, has not exercised regularly in the past year- the person needs to have a complete medical examination.
If at any time you feel faint, dizzy, in pain or short of breath while doing it, you should stop immediately.

- Use the equipment only for the exercises for which it is intended.
- Do not modify the machine. Any modification of the machine will void your warranty.
- Unsafe or misuse of this equipment may result in serious injury due to failure to read and comply with all requirements and warnings.
- Pilates® does not make any representations regarding the safety of this equipment, as it cannot predict every situation and condition that may arise.
- There are risks associated with the use of the equipment during exercise. The user assumes responsibility for these risks.

Safety Statement

1. It is the responsibility of the person and/or institution purchasing the products to inform all individuals, whether end users or supervisory personnel, on the correct use of the equipment.
2. Inspect the machine, including all hardware, wood, and fabric components, before each use.
3. Do not exercise on the machine if there are signs of excessive wear, loose hardware, or other defects.
4. Do not attempt to repair defective equipment. Instead, notify Pilates® immediately.

Correct Usage

1. This equipment should only be used as described by the manufacturer. To prevent injuries the equipment must be used correctly.
2. Use only materials supplied or recommended by the manufacturer.
3. Do not use or modify any parts or accessories not approved by Pilates®.
4. Do not keep any objects within approximately one meter of the equipment.
5. Make sure the machine is used on a flat surface.

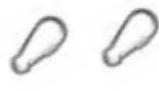
Operation Warnings

1. Before starting the exercise, make sure that all equipment is fully prepared. In particular, this will prevent injury and /or equipment damage.
2. If any defects appear in the springs such as sagging and/or other defects (such as obvious cracks, breaks, bends, visible opening of coils) the spring should be replaced immediately.
3. Check the frame connections of the reel towers. Star valves should be tightened.
4. Neoprene grips, ropes, hooks should be replaced immediately if there are any tears and/or excessive wear.
5. Do not start the exercise without equalizing the ropes.
6. Do not overturn the equipment during use.
7. Children and/or pets should not be allowed near the equipment. Elderly and / or physically disabled individuals require special supervision.
8. Always keep items such as hair, loose clothing, jewelry away from moving parts.
9. It is the buyer's sole responsibility to inform end users and supervisory personnel of the proper operating procedures of the equipment.
10. We recommend evaluating the physical condition of the end user before starting any exercise program.

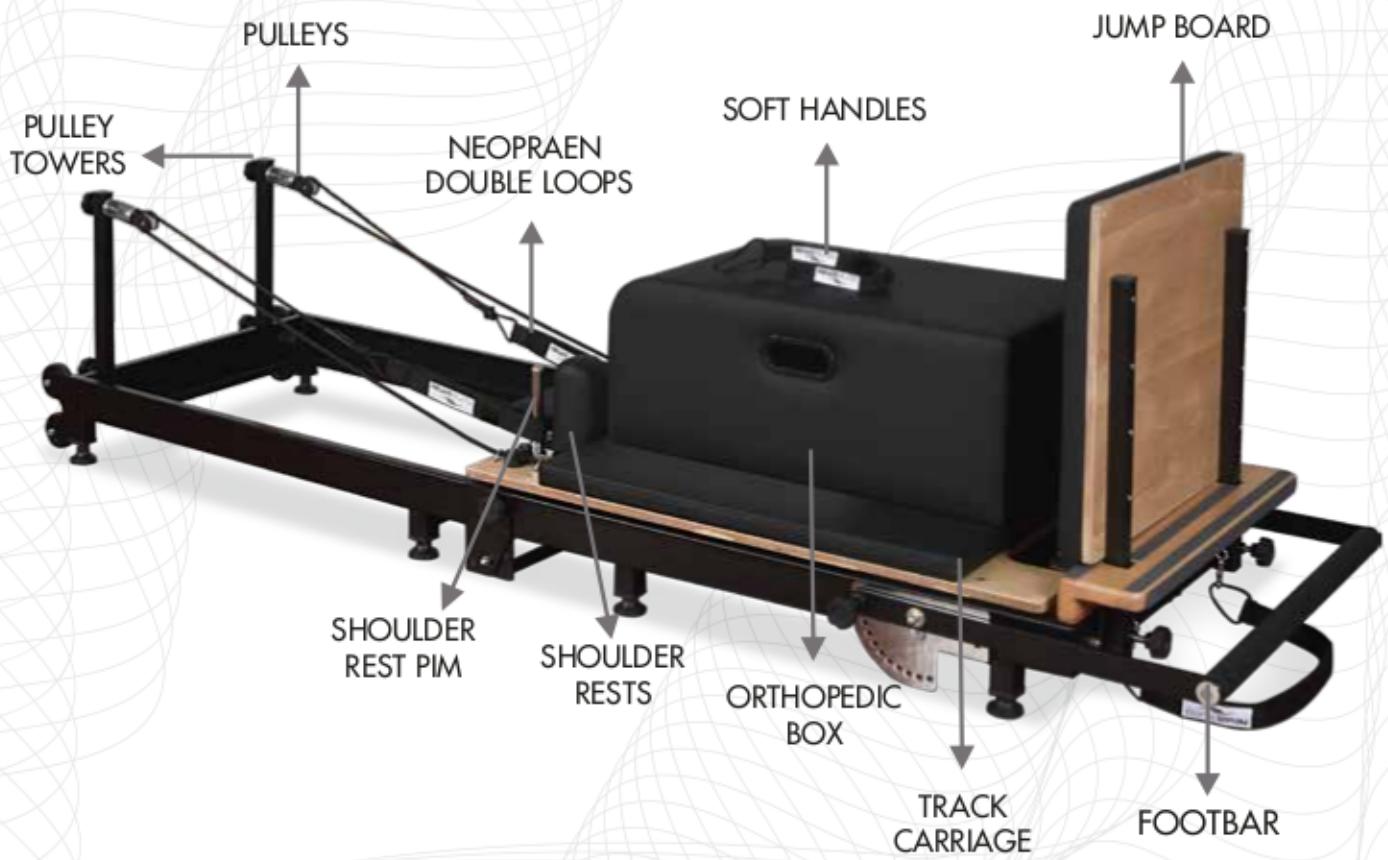
SPARE PART LIST

Please see the table below for a complete and comprehensive list of all the different items depending on your order and the parts. In case of need, you can define and order the part in need with the help of this guide.

PARTS NO	IMAGE	DEFINITION	UNIT
0001		METAL CHASSIS	1
0002		TRACK CARRIAGE	1
0003		TRACK CARRIAGE WHEELS	8
0004		TRACK CARRIAGE SPRINGS	5
0005		FOOTBAR	1
0006		SHOULDER RESTS	2
0007		SHOULDER REST PIN	2
0008		NEOPRAEN DOUBLE LOOPS	2
0009		SPRING GEAR BAR	1
0018		JUMP BOARD CLAMPING VALVE	2
0010		CLAMPING VALVE	8

PARTS NO	IMAGE	DEFINATION	UNIT
0013		PULLEYS	2
0014		PULLEY TOWERS	2
0016		FOOT STRAP	1
0017		JUMP BOARD	1
0018		CLAMPING VALVE	2
0018		ADJUSTMENT CLAMPING VALVE	2
0021		ROPES	2
0022		ROPE LOCK	2
0023		STOPPER	1
0024		SOFT HANDLES	2
0026		CARABINER	2
0025		ORTHOPEDIC BOX	1
0025		STICK	1

FOLDING REFORMER



REFORMER INSTALLATION

1

Open the parcel without damaging it.

2

Place the packed materials in the carton in a large area

3

Place the Folding Reformer in the area to be installed / pull it out.



4



Insert 5 short springs (Blue-Red (2)- Yellow-Green) without any direction difference, one end to the hook under the carriage car, the other end to the hook on the chassis.

5

Remove the two safety valves on the metal case.



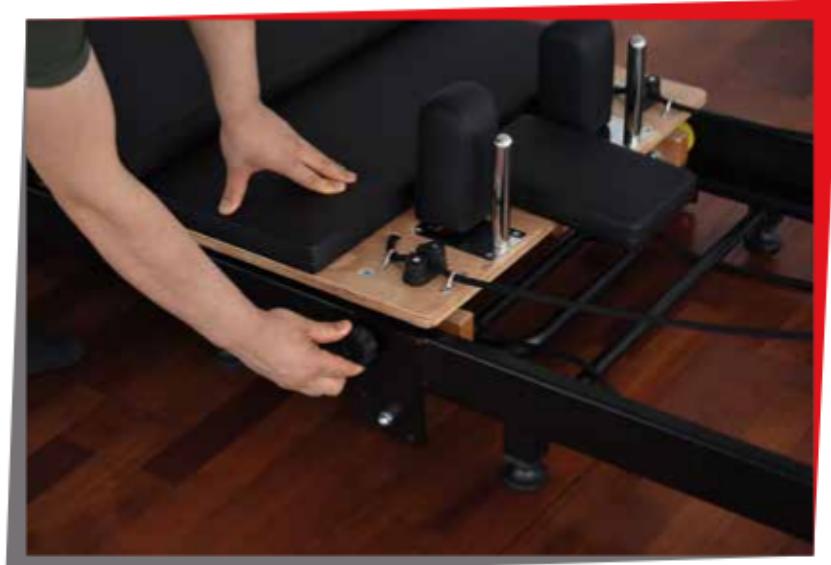
6

Open the reformer by holding from the carrier bar with control manner.



7

Fix the reformer metal case by putting the safety valves back.



8

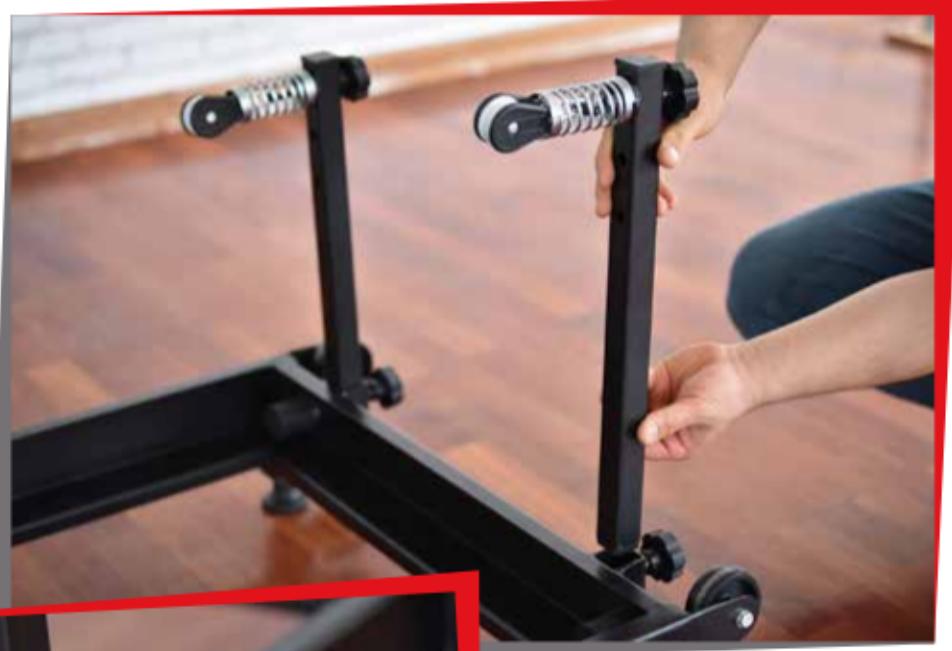
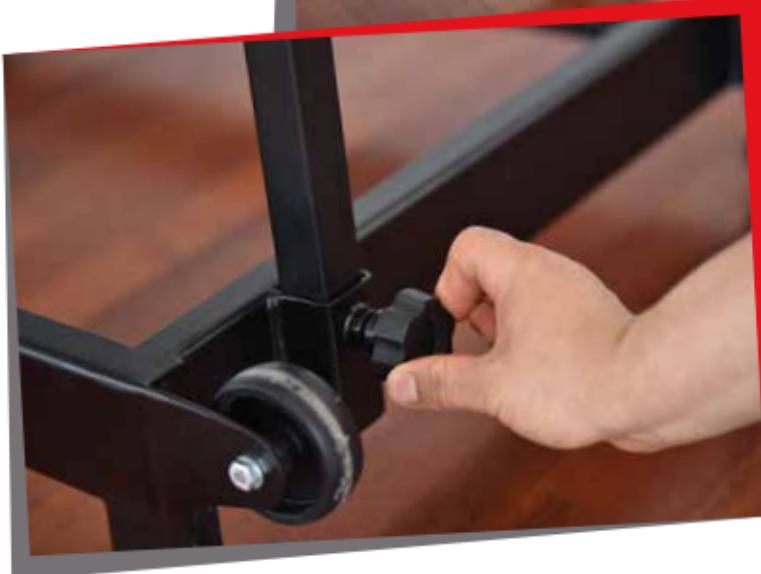
Bring the footbar to the working position.





9

Install the shoulder rests and pins.



10

Insert the pulley towers into the square holes on the metal case.
Tighten with pinch valves.

11

Installation of ropes;

a

Attach the rope to the double grips and attach the grips to the shoulder pins.



b

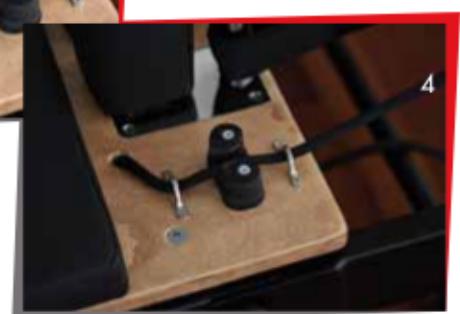
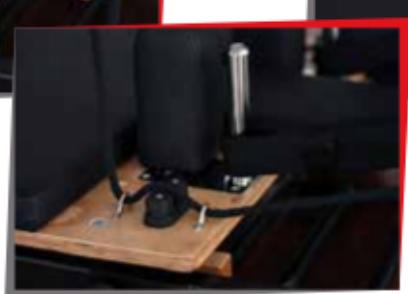
Thread the other end of the rope onto the pulley from up to down



c

Pass the rope coming from the pulley through the bridge bar and the rope clamp on the carrier car, hang it down from the hole on the car.

(Instructor should carefully set the equipment before the lesson.)



12

Make precise positioning with the outriggers for stable operation of the equipment.



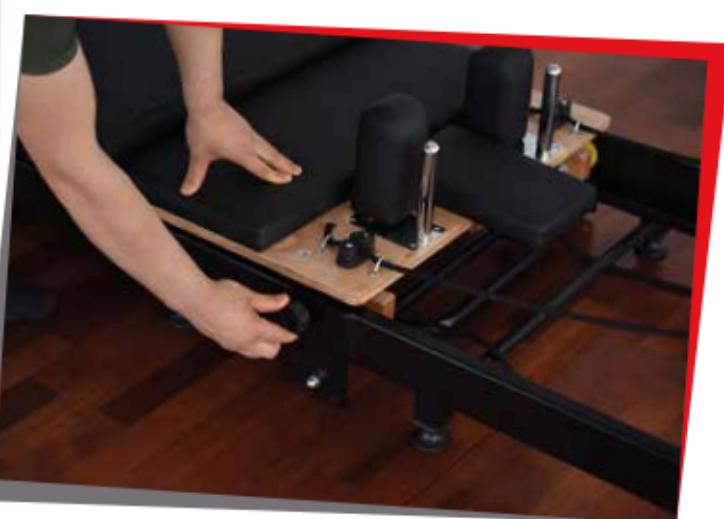
13

Attach the foot strap to the hooks on the foot side of the chassis, tighten the carabiner screws.

REINSTALLATION OF FOLDABLE REFORMER

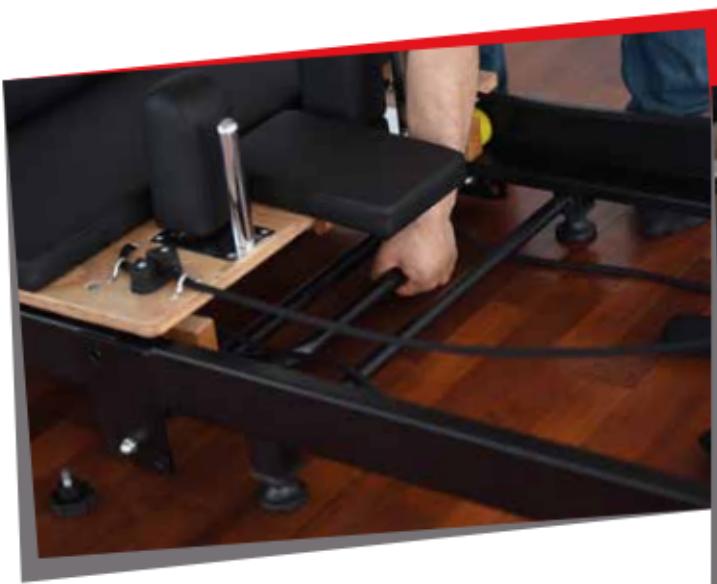
a

Close the footbar and remove the two safety valves on the metal case.

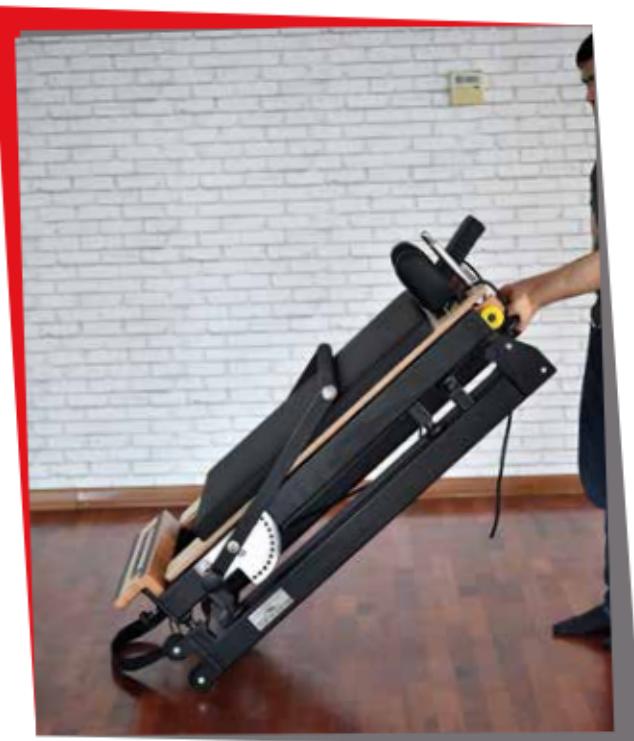
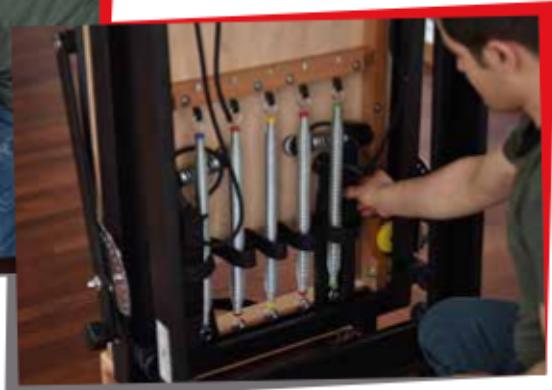
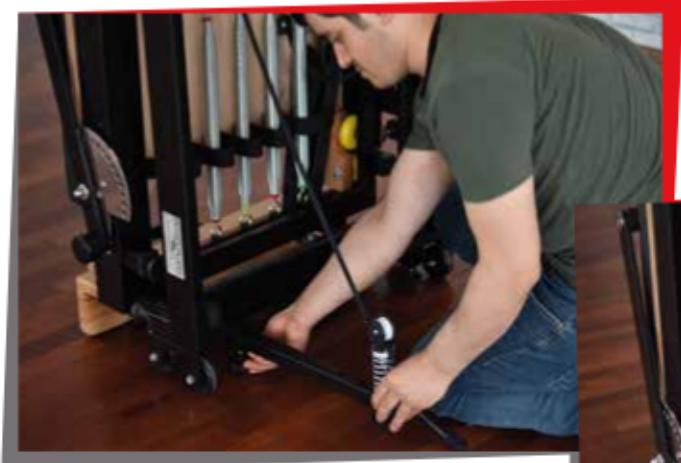


b

By holding the lifting bar in the middle of the equipment, bring the equipment to the upright folding position and reinstall the safety valves.

**c**

Remove the pulley towers and store them behind the springs.

**d**

Pull the folded Reformer wherever you want.

USE OF ACCESSORIES

Using the Jump Board ;

a

Bring the footbar to the zero level and tilt it backwards.



b

Slide the mat of the jumping board from top to bottom and place it between the holes on the chassis Tighten the pinch valves.



c

Footbar to zero range
and tilt it backwards.



MAINTENANCE & WARRANTY

Pilates equipment is made of the highest quality materials.

With proper and regular routine maintenance, you will prolong the life of your equipment and prevent injury to your members. If you are using the equipment in a studio or club setting, the maintenance schedule below is highly recommended.

SECTION	DAILY	WEEKLY	2/MONTHS	2/EVERY YEAR	IN NEED
CONTROL					
General Equipment	✓				
Springs	✓				
Safety Chain and Clips		✓			
Carrier Rollers			✓		
Loops & handles					✓
CLEANING					
Metal Frame		✓			
Upholstery	✓				
Rails and Carrier Wheel	✓				
REPLACE					
Springs Ropes				✓	
Ropes					✓
Loops & handles					✓
Safety Clips					✓

CONTROL

General Equipment

We recommend checking all equipment daily to make sure the equipment's nuts, bolts and connections are secure and tight.

Springs, Safety Belt and Clips (carabiner):

Check all springs, safety chain and clips weekly.

Failure to replace springs in a timely manner reduces the risk of danger.

Severe nicks, grasses, or metal fatigue can develop because of frequent use, resulting in premature spring breakage.

The potential for breakage or deformation of a spring and the resultant serious injury is low.

But therefore, routine examination is very important.

The springs are zinc and nickel plated to prevent rusting or corrosion from perspiration, condensation and moisture.

Carrier Wheels:

Make sure that the wheels move solidly and uninterrupted.

Make sure that the left and right rails positioned along the wooden frame are clean.

You should check the wheels every 2 months.

Roller towers:

Make sure the towers are strong and tight. Failure to secure the rigs properly during exercise may result in injury and/or damage to your equipment.

Grabbers and ropes:

Check the attachment of the grips and ropes. Replace immediately in case of damage such as tearing or breaking.

CLEANING

Wood Frame :

The wood components in this equipment are coated with a non-toxic, water-based lacquer. No additional cleaning is required, except occasionally wiping and drying using a mild soap solution.

Upholstery :

We recommend that you wipe your vinyl upholstery with a soft cleaning cloth diluted in 50/50 solution with water after each use.

Rails and Wheels :

Eyes To prevent the build-up of unsightly aluminum oxide residue, the tracks on which your car drives are dust coated. Clean as needed using a warm, mild soapy water solution and dry thoroughly with a soft cloth.

Metal Frame :

Basic (Chrome plated) metal pipes must be wiped with a dry cloth.

REPLACEMENT

Springs:

We recommend replacing all springs every two years. Any spring that shows early signs of fatigue (for example, slight separation in the coils) should be replaced immediately.

Ropes:

You may experience some "wear" or "splitting" on it. This is completely normal and should be expected. Any rope that breaks or is otherwise damaged should be replaced immediately.

Pulls and hooks:

These parts wear out over time. Please change them as needed

WARRANTY

1. WARRANTY PERIOD is 2 years from the date of delivery.
2. Anti-bacterial coated leather upholstery is not covered by the warranty.

Do not use detergents and/or similar chemical products during cleaning. The floors should be wiped with a damp cloth.
3. Wooden case and other wooden components are under warranty.
4. Basic (Chrome plated) metal pipes are not under warranty against oxidation that may occur over time.

Basic (Chrome plated) metal pipes must be wiped with a dry cloth. All pipe components are under warranty against deformations such as breakage and bending.
5. Consumables are not covered by the warranty (spring, grip, fuzzy etc.)
6. Damages caused by user error are excluded from the warranty.
7. It is valid between manufacturer and the purchasing company/person. It cannot be transferred to third parties.