



# REFORMER

INSTALLATION, USE & MAINTENANCE MANUAL



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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**

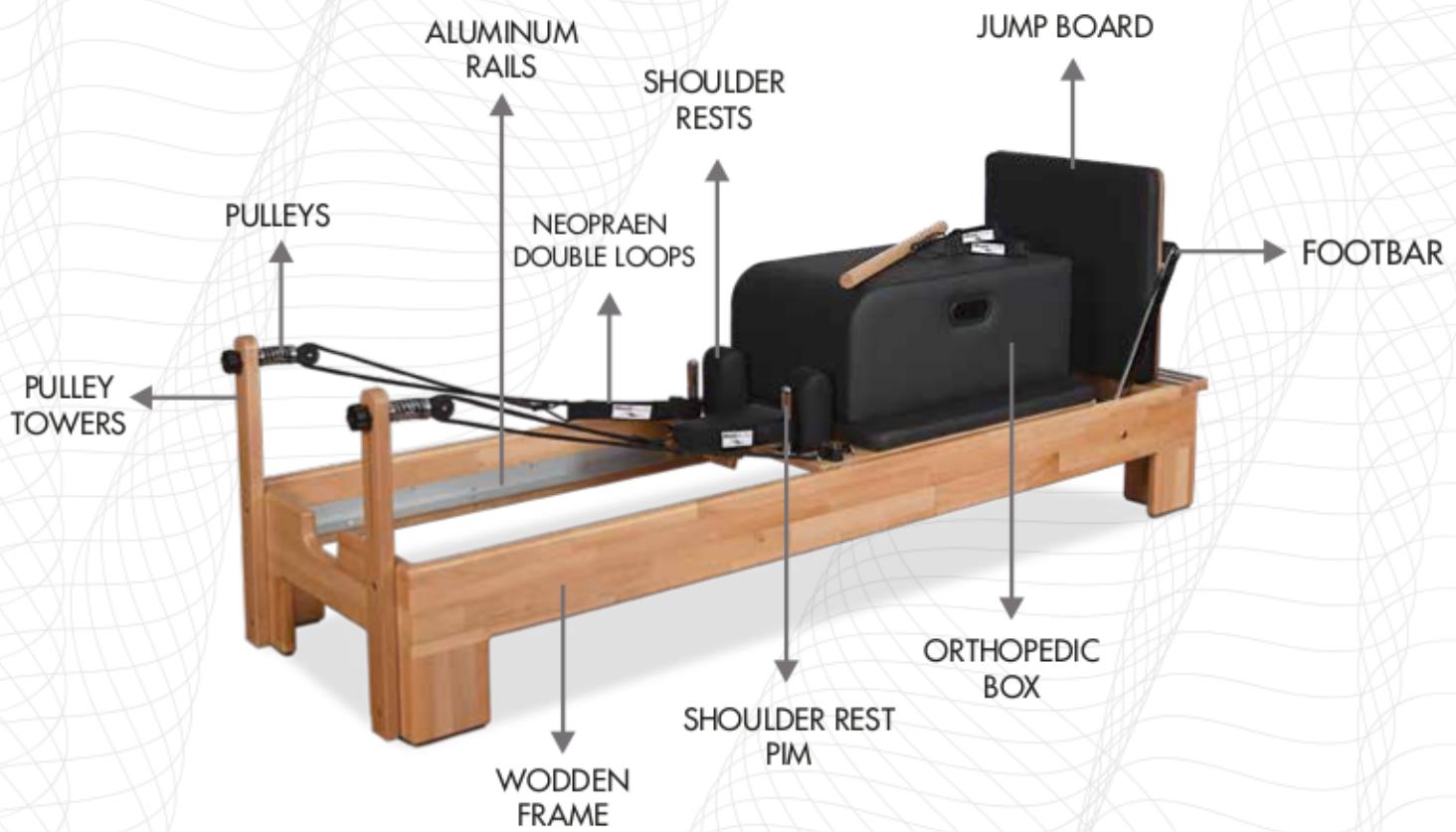
1. Before starting the exercise, make sure that all equipment is fully prepared. In particular, this will prevent injury and / or equipment damage.
2. If any defects appear in the springs such as sagging and/or other defects (such as obvious cracks, breaks, bends, visible opening of coils) the spring 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.

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	DEFINATION	UNIT
0001		WOODEN FRAME	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
0010		FOOTBAR LEVELLING COMB	1
0011		LEVELLING COMB PINS	2
0012		ALUMINUM RAILS	2
0013		CARABINER	2

PARTS NO	IMAGE	DEFINATION	UNIT
0014		PULLEYS	2
0015		PULLEY TOWERS	2
0016		FOOT MAT	1
0017		FOOT STRAP	1
0018		JUMP BOARD	1
0019		JUMP BOARD CLAMPING VALVE	2
0020		JUMP BOARD FIXED BAR	1
0021		PULLEY CLAMPING VALVE	2
0022		ROPES	2
0023		ROPE LOCK	2
0024		STOPPER	1
0025		SOFT HANDLES	2
0026		ORTHOPEDIC BOX	1
0027		SOPA	1

# REFORMER



## REFORMER INSTALLATION

1

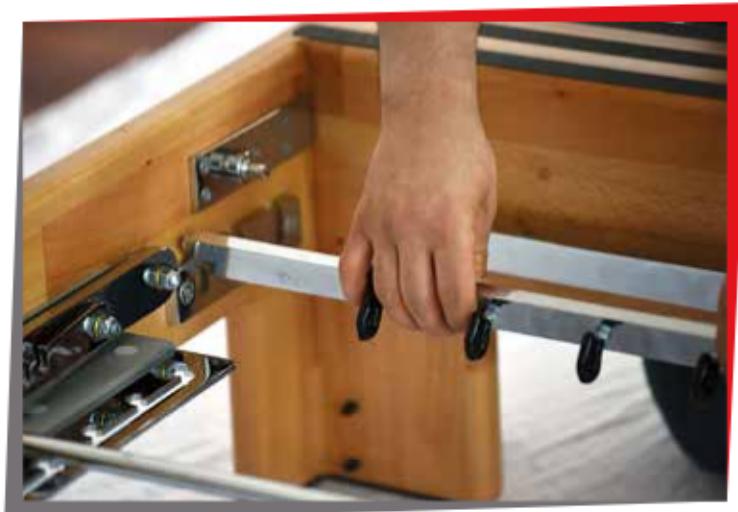
Open the box without damaging it.

2

Place the packed materials out of the box to the wide area.

3

Remove the wooden case inside the box and place it in the area where the equipment will be installed.

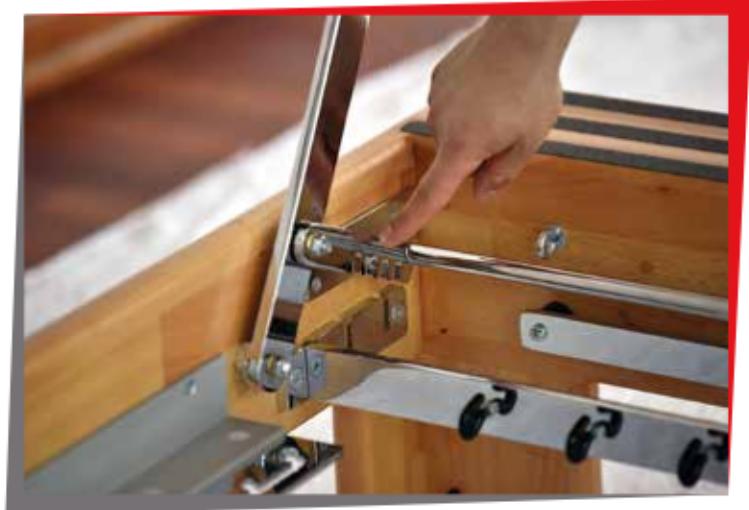


4

Place the spring hook bar with 5 (five) hooks on it at the 1st level. To increase the resistance of the springs in the future, place the bar 2nd or 3rd level in need.

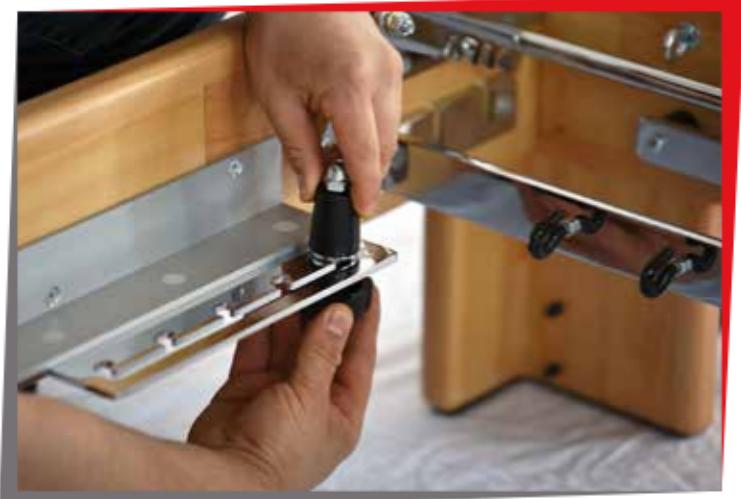
5

Place Footbar levelling comb at 2nd grade on the pin.



6

Fix the stoper at 1° grade of the grading plate located.



7

Clean the metal rails on the inside of the wooden case and carefully place the carriage on the rails.

(With the spring hooks under the carriage pointing in the footbar direction.)



8

5 short springs; Blue, Red (2)-, Yellow, Green without directional difference, insert one side end to the hook under the carriage and the other end to the hook on the gear bar, correctly.





9

Fix the 2 pulley towers to the prepared holes to be outside the wooden case, with the bolts shown in the figure with a 5 mm hex allen.

10

Insert the shoulder pins and the shoulder pads.



# 11

a

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

INSTALLTION OF ROPES;



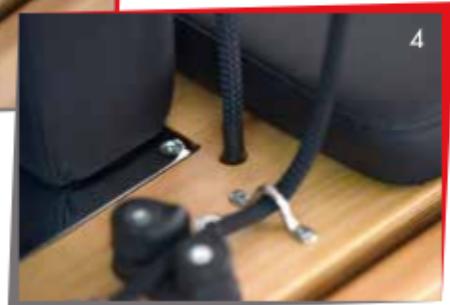
b

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 damp on the carrier car, hang it down from the hole on the car.  
(Instructor should carefully set the equipment before the lesson.)



## USING ACCESSORIES

**1**

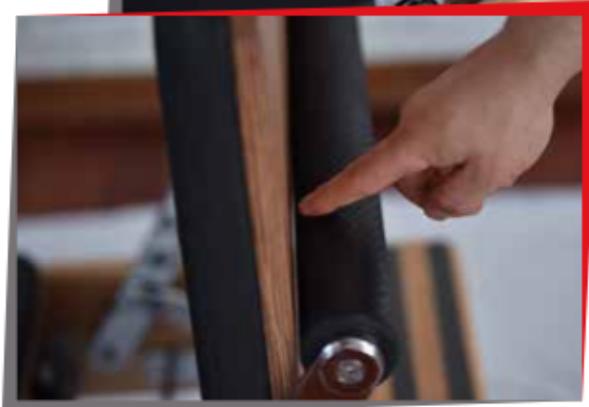
Using Jump Boards

**a**

Place the Footbar at 2nd grade of the comb to support the jump board

**b**

Slide the jumping board - cushion mat looks forward - from top to bottom and place it on the chassis between the clamping bar so that the foot bar supports the jumping board.

**c**

Fix it tightly with 2 jump board compression valves located on the outer lower part of the wooden case.



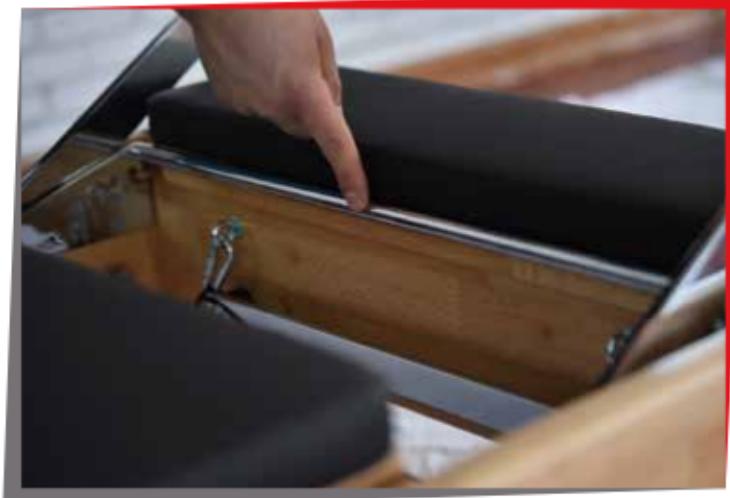
## USING ACCESSORIES

**2**

Using foot mat

**a**

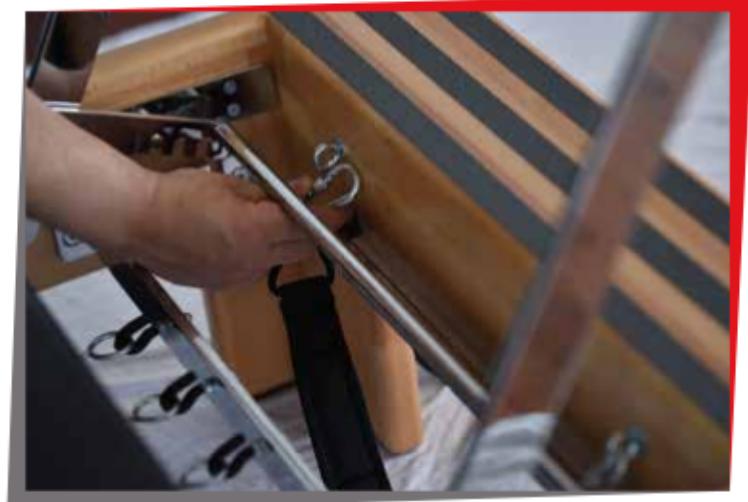
Place the direction bar under the mat to the inside of the chassis.

**b**

Tighten the foot mat with the foot bar grading bar to prevent the foot mat from slipping.

**c**

Attach the foot straps to the 2 (two) hooks on the footrest side of the wooden chassis.



## 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
<b>CONTROL</b>					
General Equipment	✓				
Springs	✓				
Safety Chain and Clips		✓			
Carrier Rollers			✓		
Loops & handles					✓
<b>CLEANING</b>					
Metal Frame		✓			
Upholstery	✓				
Rails and Carrier Wheel	✓				
<b>REPLACE</b>					
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 uninterruptedly.

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.