

**AOC PILATES**

# OAK REFORMER



**AOC-PL602**

# INSTRUCTION MANUAL

# I. Product Overview

Thank you for purchasing an FW reformer .This Pilates equipment is designed for those who pursue health and convenience. Integrating innovative technology with ergonomic principles, it enables you to easily carry out efficient Pilates workouts at home, in the studio, or at the yoga studio. It can not only effectively exercise the deep small muscle groups, enhance the control of the core muscle groups, and improve body posture. It is an ideal companion for you to stay fit and shape your body anytime, anywhere.

# II. Assembly

**Warning:** the main box for the reformer weights around 76kg so at least two strong people are required to unpack the equipment and correct lifting technique should be used. At all times you are responsible for your own safety and those around you. Please unpack the equipment in a clear, clean & dry environment on a level floor surface. And follow the steps below to operate”.

## **Component:**

When you open package, you will find:



**Attention:** When you received the goods, please check all the parts after unboxed the goods. Any damage or lose, please take a photo or video to record it. Before install the reformer, please unfold the reformer frame carefully.

No.	Item	Quantity
1	Reformer frame with foot bar	1
2	Carriage with accessories	1
3	Box	1
4	Jumpboard	1
5	Soft pad	1
6	Shoulder rest	2
7	Shoulder rest screw knob	2
8	Shoulder rest pillar	2
9	Rope riser	2
10	Rope riser knob	4
11	Rope riser sliding wheel	2
12	Rope riser sliding wheel knob	2
13	Rope	2
14	Foot strap ring	2
15	Foot strap	1
16	Assembly kit tools	1

# III. Installation and Usage Instructions

## 1. Take Out All Parts

Please take out each product from the wooden box and place them on a flat surface.

## 2. Install foot bar

Align the foot bar with the half round gear dial on both sides of the reformer, and tighten the screws for fixation.



## 3. Adjust carriage

Hang one spring at least on spring row, to fix carriage position.



### III. Installation and Usage Instructions

#### 4. Install limiting stopper



#### 5. Install shoulder rest

Put the shoulder rest into holes on carriage, and assemble turn knobs from the bottom of carriage to fix shoulder rest.



#### 6. Install shoulder pillars

Rotate pillars and fix them into the corresponding holes.



### III. Installation and Usage Instructions

#### 7. Install Rope Riser

Face the side with the markings towards the carriage, align the holes both on riser and reformer, insert knob and rotate to fix riser.



#### 8. Install pulley

Put pulley on the side of markings and assemble knob at the back, to fix pulley on the rope riser.



#### 9. Assemble Ropes

Pass one end of the rope through the pulley on the rope riser, tie it with the rope and the foot strap ring.

Put another end of rope through the ring on the reformer, and press the accessory that fix the rope, then, pass another ring on the reformer, and adjust the length of the rope according to your own situation to the optimal usage length.



### III. Installation and Usage Instructions



#### 10. Install foot strap

Attach the foot straps to the hooks and hang them on the ring at the top of reformer.



#### 11. Install soft pad

Insert soft pad into holes.



#### 12. Install Jumpboard

Adjust foot bar position to first hole of half round gear dial, then, open soft pad, insert jumpboard into holes and rotate knobs to fix jumpboard.



## IV. Product Introduction



### Dimensions:

**Whole reformer size:** 2370x867x766 mm

**Weight:** 86 kg

**Max Loading:** 150 Kg

### Specification:

- **FRAME:** Oak wooden
- **CARRIAGE:** 8 high flexible bearing wheels for a smooth and silent sliding.
- **FOOTBAR:** Ergonomic, stainless steel and aluminium alloy. Outside frame adjustment system with spring lever for an easy handling access. Height adjustment on 9-level
- **SPRINGS:** 6 tempered high-carbon steel springs with high quality German wire for heavy duty use (2x strong, 2x medium, 2x light). Automatic rope system for an easy and fast use
- **Guide rails:** aluminium
- **Moving wheels:** PU high-elasticity and strength
- **Equipment:** Adjustable straps with double loops, grips/straps rings, anti-slip standing platform, foot strap
- **Accessories:** Box, jumpboard

## **V. Safety Precautions**

1. Before using the equipment, be sure to read this instruction manual carefully to familiarize yourself with the equipment's structure, functions, installation, and usage methods.
2. Before the first use or when using the equipment again after a long period of disuse, conduct a comprehensive inspection to ensure that all components of the equipment are firmly installed and free from damage. Pay special attention to the connection between the pulleys and the sliding rails, the elasticity of the springs, and the functionality of the folding buffer group, etc., to ensure that the equipment is in a safe and usable condition.
3. When performing training, wear comfortable and well - fitting sportswear and sports shoes. Avoid wearing overly loose clothing or garments with long strings, pendants, etc., that may get caught in the equipment, so as to prevent accidents.
4. Elect an appropriate training intensity according to your own physical condition and athletic ability, and do not overtrain. If you feel unwell or experience pain during training, stop immediately and consult a professional fitness coach or doctor.
5. Children, pregnant women, and individuals with serious medical conditions (such as heart disease, hypertension, joint diseases, etc.) must consult a doctor before using this equipment and use it with caution under medical guidance.
6. Standing, jumping on the equipment, or performing dangerous actions unrelated to Pilates training are strictly prohibited, as this may cause damage to the equipment or injury to personnel.
7. During the use of the equipment, keep the surrounding area clear to avoid collisions with other objects. Ensure that the equipment is placed on a flat, dry, and hard surface to prevent it from sliding or tipping over.  
Regularly clean and maintain the equipment. Wipe the surface of the equipment with a clean, soft damp cloth. Avoid using corrosive cleaning agents to prevent damage to the equipment materials. Check whether the connections of all components are loose and whether the springs are deformed or damaged. If there are any problems, repair or replace them in a timely manner.
8. When unfolding the equipment, pay close attention to hand safety to avoid finger pinching. After folding, store the equipment properly to prevent it from accidentally tipping over and causing injury to people or damage to items.

# **VI. Cleaning and Maintenance**

## **Daily Cleaning**

After each use, gently wipe the surface of the equipment, including the sliding bed, headrest, shoulder pads, sliding rails, and other parts, with a clean and soft damp cloth to remove sweat, dust, and stains. Avoid using rough cleaning tools to prevent scratching the surface of the equipment.

## **Deep Cleaning**

Conduct deep cleaning of the equipment at regular intervals (it is recommended to do it once a month). You can use a mild neutral cleaner, dilute the cleaner in warm water, dip a soft cloth into the solution to wipe the equipment, then rinse it thoroughly with clean water, and finally dry it with a dry cloth. Pay special attention to cleaning the pulleys and sliding rails to ensure that there is no debris accumulation, so as to maintain the smooth operation of the equipment.

## **Component Inspection and Maintenance**

Regularly inspect all components of the equipment, such as whether the pulleys rotate flexibly, whether the springs are deformed or broken, and whether the connection parts are loose. For the pulleys, you can appropriately add lubricating oil to keep them rotating smoothly; if there are problems with the springs, replace them with springs of the same specifications in a timely manner to ensure the performance and safety of the equipment. At the same time, check whether the buffer cylinders of the folding buffer group are working properly. If there are any abnormalities, do not continue to use the equipment and contact professional maintenance personnel for inspection and repair.

## **Storage Environment**

When the equipment is not in use, store it in a dry and well - ventilated place, away from direct sunlight and humid environments. Prolonged exposure to sunlight may cause the materials of the equipment to age and fade, and a humid environment may cause metal parts to rust, affecting the service life of the equipment.

## **WARNING:**

This machine is potentially dangerous, and Factory Weights assumes no liability towards use or misuse. If you are not fully aware of the safety issues and use of this machine, do not use it. Use only with qualified instructor supervision. Please refer to the Additional Usage and Safety section for more information.