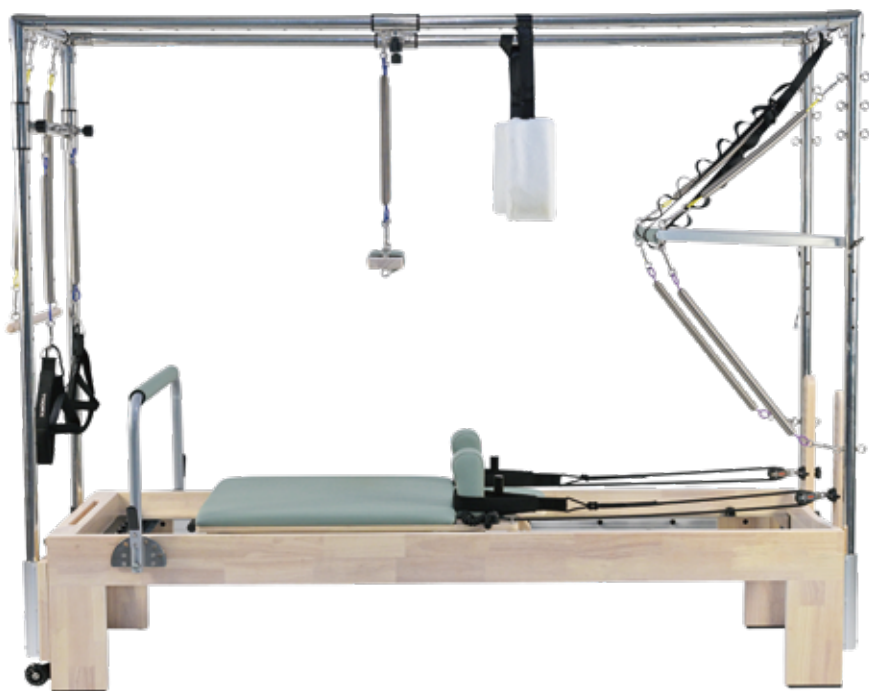


# THE OAK REFORMER



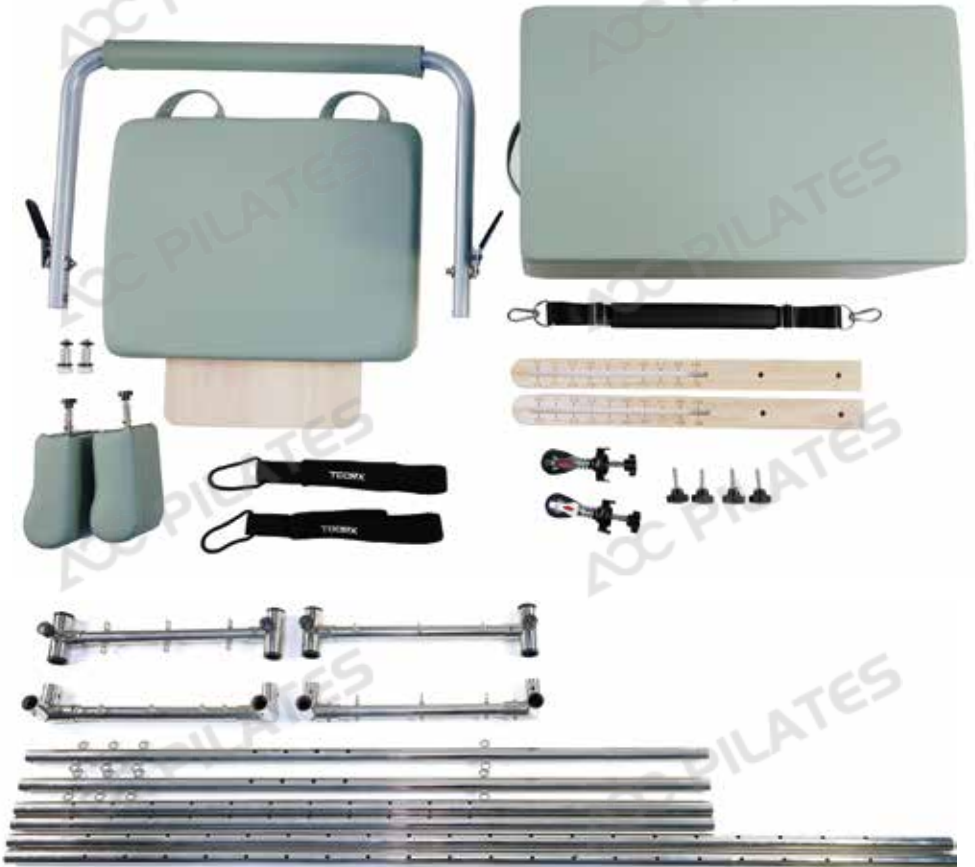
## INSTALLATION MANUAL

# I. Product Overview

Thank you for purchasing an 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. Component

When you open package, you will find:





11	Rope riser	2
12	Rope riser knob	4
13	Rope riser pulley with knob	2
14	Rope	2
15	Double loop strap	2
16	Foot strap with hook	1
17	Metal frame tube	2*long+4*middle+2*short
18	Sliding tube	2
19	Spring with hook	4*long+4*middle+2*short
20	Through push bar	1
21	Through push bar bolt	2
22	Single ring foot loop	2
23	Handle ring	2
24	Safety strap with snap	1
25	Rolling bar	1
26	Trapeze	1
27	Wool strap	1
28	Screw	A few
29	Assembly kit tools set	1

# III. Installation and Usage Instructions

**Warning:** the main box for the reformer weights around 140kg 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.

## 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 shoulder rest

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



#### 5. Install shoulder pillars

Rotate pillars and screws them tightly into the corresponding holes.



#### 6. Install Rope Riser

Face the side with the markings towards the carriage, insert the rope riser into reformer slot, rotate knobs to fix riser.



# III. Installation and Usage Instructions

## 7. Install pulley

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



## 8. 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

## 9. Install foot strap

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



## 10. Install metal frame

① Insert four middle metal tube into bracket.



### III. Installation and Usage Instructions

②Align the holes of the sliding rod with the metal tubes on the footbar side, insert it and adjust to the required position for training, and tighten the knob to fix it.

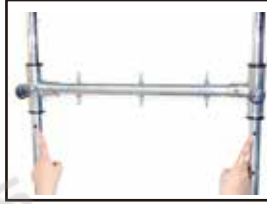


③Assemble two short metal tubes on the top of two side middle tube each side, and assemble screws to fix.



### III. Installation and Usage Instructions

④Align the holes of the sliding rod with two long metal tubes, insert it and adjust to the required position for training, and tighten the knob to fix it. Please note sliding tube knob and long tube holes should be same forward.



⑤Assemble two long metal tube based on four middle metal tube, and tighten screw to fix.



#### **11.Assemble Through Push Bar**

Put through push bar in the middle of tower frame, and press plug screw to fix.



#### **12.Assemble spring**

According to actual training requirement, hang the spring on the metal frame.



### III. Installation and Usage Instructions

#### 13. Assemble accessories on the tower

Hang roll down bar and foot loop with springs as picture, and hand springs with through push bar.



### III. Installation and Usage Instructions

#### 14. Insert soft pad into holes

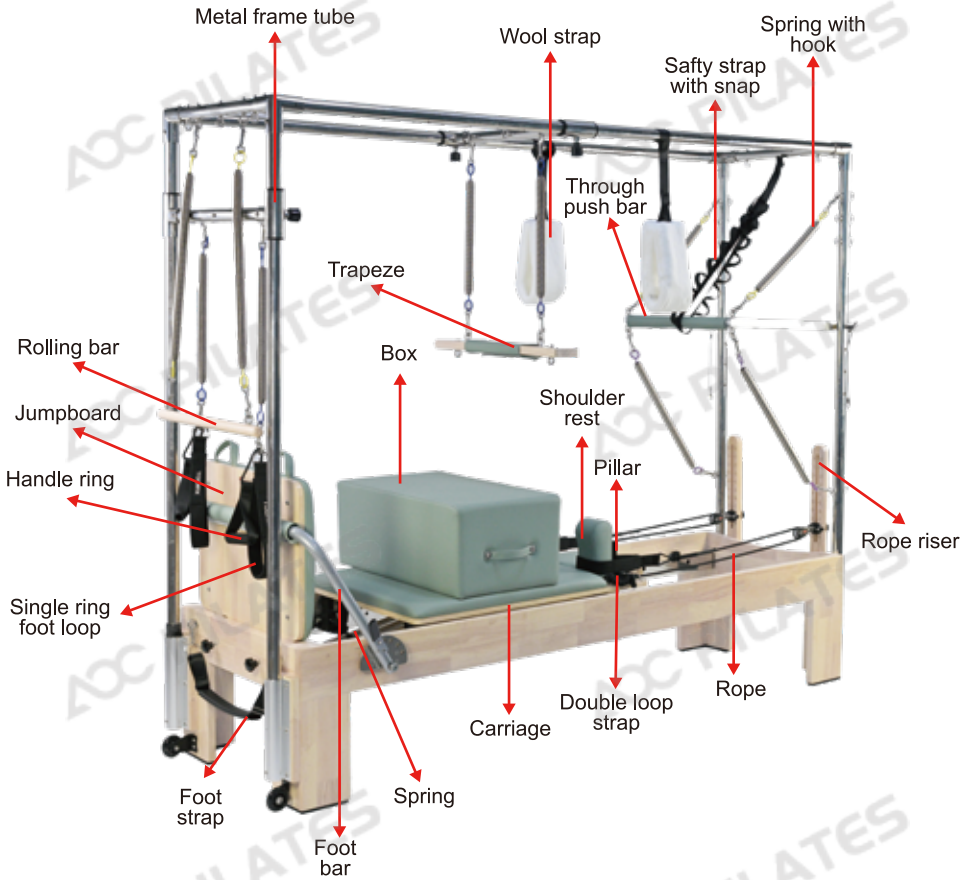


#### 16. Install Jumpboard

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:** 2431\*866\*1930 mm

**Weight:** 206 kg

**Max Loading:** 150 Kg

## **IV. Basic Reformer & Exercise Safety**

If you are not familiar with using a Pilates reformer we suggest you seek advice from a qualified Pilates professional in order to learn how to get the most out of your reformer and to cover the basic safety aspects of using this type of equipment.

**Pilates is about smooth and controlled movement, when performing exercises try to prevent the carriage from slamming in to the carriage stops and the springs from recoiling in an uncontrolled manner as this can damage the springs and shorten their life.**

- **Secure the carriage with at least one spring when your Reformer is not in use.** Do not get on the carriage when there are no springs attached unless you deliberately want to do this.
- **When standing on the reformer always put your first foot on the standing platform and then the other on the carriage.** When getting off the reformer from standing take your foot off the carriage first and then step down off the standing platform.
- Use your reformer in a clear space with **at least 1 m<sup>2</sup> of space** all around the machine. This equipment is for indoor use only on a firm and flat surface.
- **When using a reformer less is often more**, remember when performing certain exercises less spring resistance makes the exercise more challenging.
- Before starting any exercise program, **consult a physician.**
- **Before using the equipment**, read and follow instructions in the safety manual and obtain thorough instruction from a Qualified Pilates Trainer.
- **Use equipment only** for recognised Pilates repertoire.
- **Stop exercising** if you experience chest pain, feel faint, have difficulty breathing or experience musculoskeletal discomfort.
- **Keep clothing, body and hair free from all moving parts.**
- **Do not use if equipment appears worn**, broken or damaged. Do not attempt to repair equipment yourself. Ensure equipment which is out of service cannot be used.
- **Do not allow children to use** or be around equipment without adult supervision.
- **Do not exceed the maximum** user weight for the equipment which is 150 kg.

**If your reformer is not running smoothly and quietly please follow these steps in order to get it back up and running smoothly:**

- **Check** the reformer is level using a spirit level
- **Check** the runners and wheels are clean and free from dirt and grit
- **Check** the side wheels are correctly adjusted and none of the wheels are damaged. If damaged, replace.

## V. Warranty Information

### **Terms of Limited Lifetime Warranty**

- 1) Metal Frames & welded components. **10 year warranty**
- 2) Wooden Frames, Spring bar and foot bar mechanisms : **5 year warranty**.  
Wooden frames must not be positioned next to convection radiators or air conditioning units.
- 3) Other non-wear and tear components. **2 year warranty**
- 4) Ropes, Straps, Spring Clips, Silent pulley rubber shackle, Handles, Fuzzies, Wheels, foot straps, Rotational disks and Non Foam Rollers. **1 year warranty**