

**AOC PILATES**

# **THE MAPLE FOLDABLE REFORMER**



**INSTALLATION MANUAL**

# I. Product Overview

This foldable 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, but also features a space-saving foldable design. It is an ideal companion for you to stay fit and shape your body anytime, anywhere.

# II. Product Specifications

- Unfolded Dimensions: 95.19×25.83×23.74inch, providing you with a spacious and comfortable exercise space.
- Folded Dimensions: 50.08×25.83×23.23inch. With a compact size, it can be easily stored in a corner or beside a wardrobe without taking up much space.
- Net Weight: 70kg. The moderate weight makes it convenient for you to move the equipment, whether you want to use it in different rooms at home.

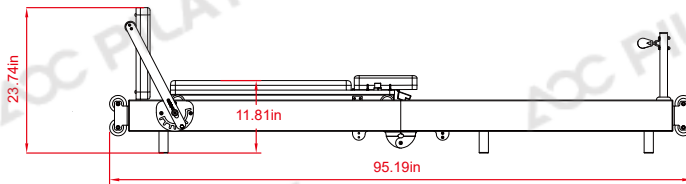
## PARTS LIST

DESCRIPTION	QTY
Maple Foldable Reformer AOC-FL100	
Insert Jumpboard	1
Sitting Box	1
Soft foot Jumpboard	1
Ropes (pair)	2
Pillars (pair)	2
Shoulder Rest (pair)	2
Hook Strap	1
Straps	2
Riser Bolts	2
Riser	2
Lashing Rope	1

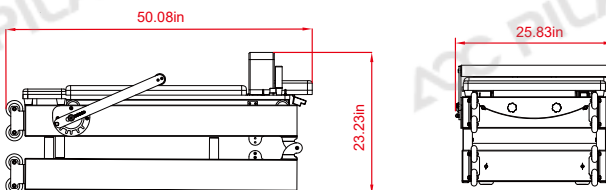


**Attention:** When you received the goods, please check all the parts after unboxed the goods. Any damage or lose, please take a photo or video to record it. Before install the reformer, please unfold the reformer frame carefully.

## SIZE



Note: When using the springboard, adjust the foot pedal to the position shown in the diagram before use.



### III. Installation and Usage Instructions



1. First, untie the black strapping bands, and then slowly unfold and lay the equipment flat.



2. Open the support rods and adjust them to your preferred angle.



3. Lift the bed frame and slide it backward



4. Hang the 6 springs on the eye bolts. The opening of the hook should face downward.



5. Fasten the straps to the corresponding silver rings.



6. Put the soft foot jumpboard into the corresponding groove

### III. Installation and Usage Instructions



7. Tighten it with a Torx screw.



8. Insert the Shoulder Rest (pair) directly into the cross - shaped holes.



9. Rotate a pair of pillars and screw them tightly into the corresponding holes.



10. Insert the riser into the corresponding hole, with the protruding part of the screw facing upward.



11. Thread the pull rope through the pulley from the bottom up.



12. Thread the pull rope through the silver and rope - locking clips, then straighten and clip it.

## **IV. 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 folding or 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.

# **V. 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.

## **After - Sales Service**

The warranty period is 5 years. During the warranty period, if the product fails or is damaged under normal use according to the instruction manual, our company will repair or replace it free of charge. After the warranty period, we will provide lifelong paid maintenance, mainly involving the replacement or repair of springs and metal accessories.

If you encounter any problems or need technical support during use, please feel free to contact our customer service team. Our customer service staff will get in touch with you within 24 hours and provide you with professional solutions.

Even if within the warranty period, if the following occurs, certain maintenance costs will be charged

- The malfunction and damaged caused by incorrect use, the unauthorized repairs and alteration.
- The damage caused by fire, flood, other natural disasters and secondary product damage.
- Product failure due to falling or collision after installation.
- The product malfunction caused by Not in accordance with the user manual operation.
- The malfunction and damaged caused by the other barriers (man-made factors or external device).

## **WARNING:**

This machine is potentially dangerous, and AOC PILATES 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.