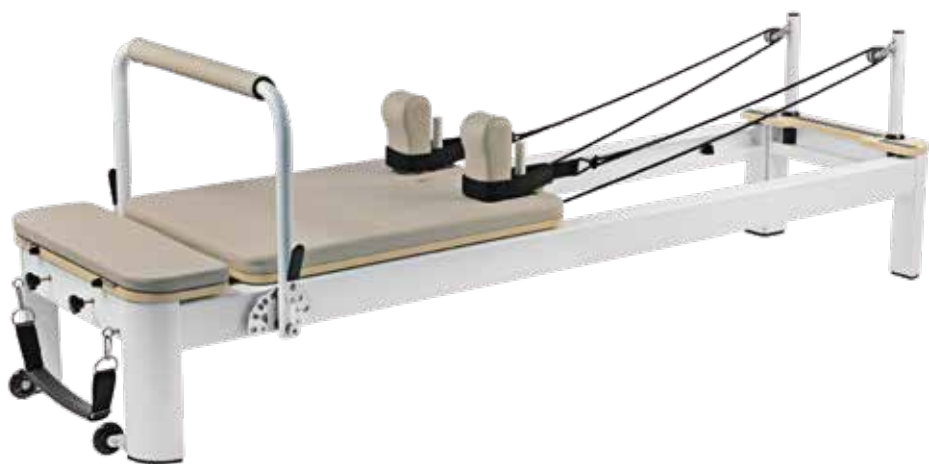


AOC PILATES

ELITE ALUMINUM REFORMER



AOC-PL019G

INSTRUCTION MANUAL

I. Product Overview

Thank you for purchasing an reformer , which is crafted from solid Aluminum , combining classical styling with contemporary functionality. Designed for studio, rehab or private use, this innovative design offers a host of easy adjustments to provide complete flexibility in use. This manual will show you whole reformer introduction. Please ensure you read it fully before unpacking and assembling the equipment.

II. 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. This equipment is for indoor use only on a firm and flat surface.

III. Component

When you open package, you will find:



Reformer frame



Carriage with accessories



Box



Jumpboard



Shoulder rest



Pillar



Rope riser



Double loops straps



Foot strap

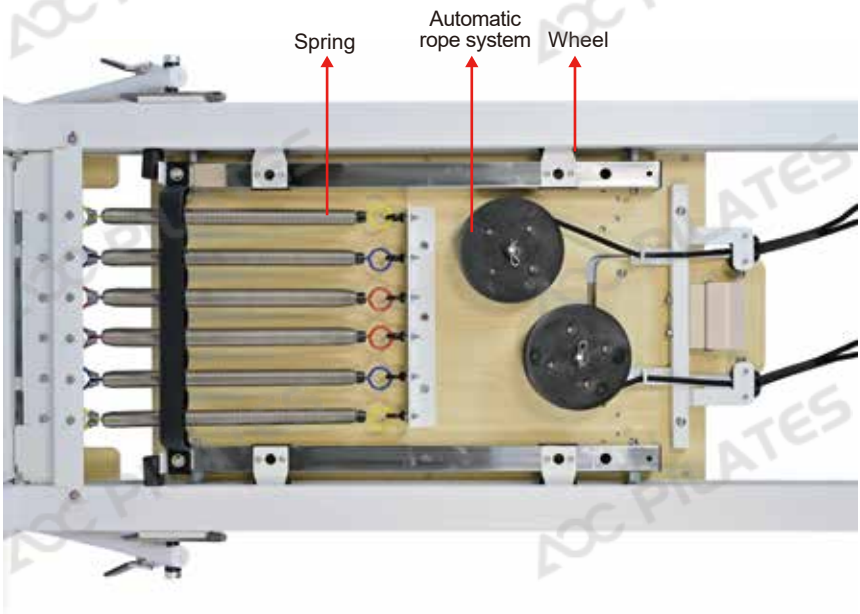
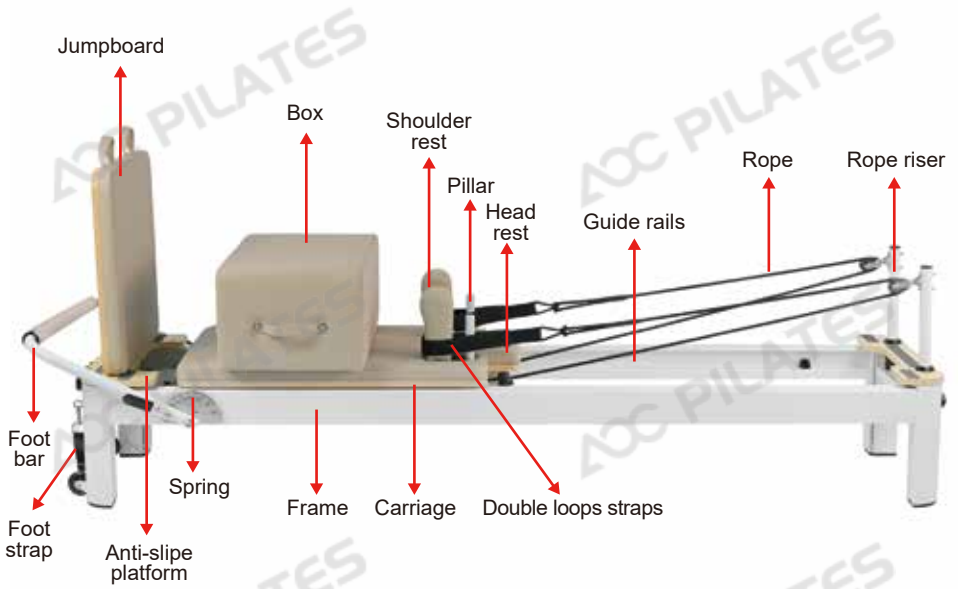


Rope riser bolt

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	1
2	Carriage with accessories	1
3	Box	1
4	Jumpboard	1
5	Foot bar	1
6	Shoulder rest	2
7	Pillar	2
8	Rope riser	2
9	Rope riser bolt	2
10	Rope	2
11	Double loops strap	2
12	Foot strap	1
13	Assembly kit tools	1

IV. Product Introduction



V. Product Introduction

Dimensions:

Whole reformer size: 2446x761x807 mm

Weight: 72 kg

Max Loading: 150 Kg

Specification:

- **FRAME:** aluminium
- **CARRIAGE:** 8 high flexible bearing wheels for a smooth and silent sliding. Size 600x944 mm. Travel length: 1055 mm. Height from the floor: 412 mm
- **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 wire for heavy duty use (2x strong, 2x medium, 2x light). Automatic rope system for an easy and fast use
- **Guide rails:** aluminium
- **Rope risers:** pulley adjustment on 3-level
- **Moving wheels:** PU high-elasticity and strength
- **Headrest:** adjustable on 3-level
- **Backrest, headrest, shoulder rest, anti-slip standing platform cover:** ergonomic. Upholstery with 3-layer washed wear-resistant microfiber leather. High density sponge padding
- **Equipment:** adjustable straps with double loops, grips/straps rings, anti-slip standing platform, foot strap
- **Accessories:** box, jumpboard
- **Space saver:** it can be stored vertically

VI. 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.

VII. 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.

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.

Parts Maintenance

- **Please check** the apparatus before first use and after each of the first few uses to check all the fittings are securely fastened. Thereafter, it is important to follow a regular maintenance schedule
- **Springs** - Inspect for signs of wear, look for deformation, kinks, gaps and corrosion. Springs showing signs of damage must not be used and must be replaced immediately.
- **Foot bar** - Check all allen bolts securing the padded bar to the aluminium arms and to the foot bar selector rod and through the frame are tight, but be careful not to over tighten
- **Ropes and Handles** - Check ropes for signs of wear, fraying or nicks and replace if damaged. Check stitching on handles and silent foot strap is intact and handles are not overly worn.

- **Upholstery** - Always ensure belts, jewellery and shoes are removed when working on the equipment as buckles, rings, watches and bangles can all end up damaging the upholstery.
- **Wheels** - Remove the carriage and check for smooth rotation, if the wheels are not turning smoothly or are scarred or damaged this will impede smooth and quiet running of the equipment and the wheels will need to be replaced.
- **After attaching** at least one spring, roll the carriage back and forward checking that the carriage runs freely for the whole length of the runner. There should be no squeaking or interference from the side wheels, if there is the side wheels need to be moved inwards.
- **Nuts & Allen Bolts** - Check all nuts and bolts are tight, including those on the rope pulley wheels and those securing the head rest.

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.