

AOC PILATES

THE OAK FOLDABLE REFORMER



INSTALLATION MANUAL

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 pulley with knob | 2 |
| 12 | Rope | 2 |
| 13 | Foot strap ring | 2 |
| 14 | Foot strap | 1 |
| 15 | 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. Open folded reformer

Put folded reformer to stand as picture, then, open the reformer and hold weight on four wheels, then put whole reformer to horizontal placement.

Note: it's better to operate by two people, to avoid getting injured.



3. Adjust foot bar

Press two side bar of foot bar and adjust position to vertical position.



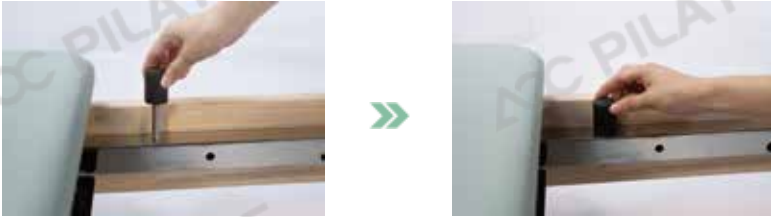
4. Adjust carriage

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



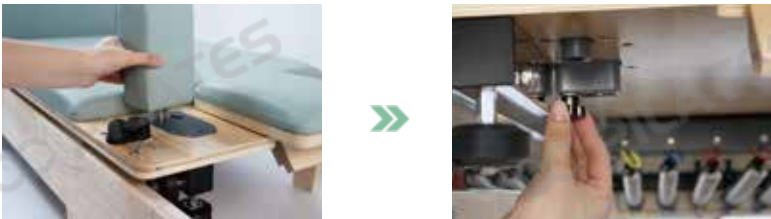
III. Installation and Usage Instructions

5. Install limiting stopper



6. Install shoulder rest

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



7. Install shoulder pillars

Rotate pillars and fix them into the corresponding holes.



III. Installation and Usage Instructions

8. 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.



9. Install pulley

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



10. 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.

Thread another end rope through the ring and rope, to lock clips, then straighten and clip it.



III. Installation and Usage Instructions



11. Install foot strap

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



12. Install soft pad

Insert soft pad into holes.



13. Install Jumpboard

Insert jumpboard into holes and rotate knobs to fix jumpboard.



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 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 m² 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**