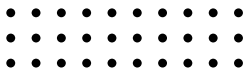


# A2 Installations

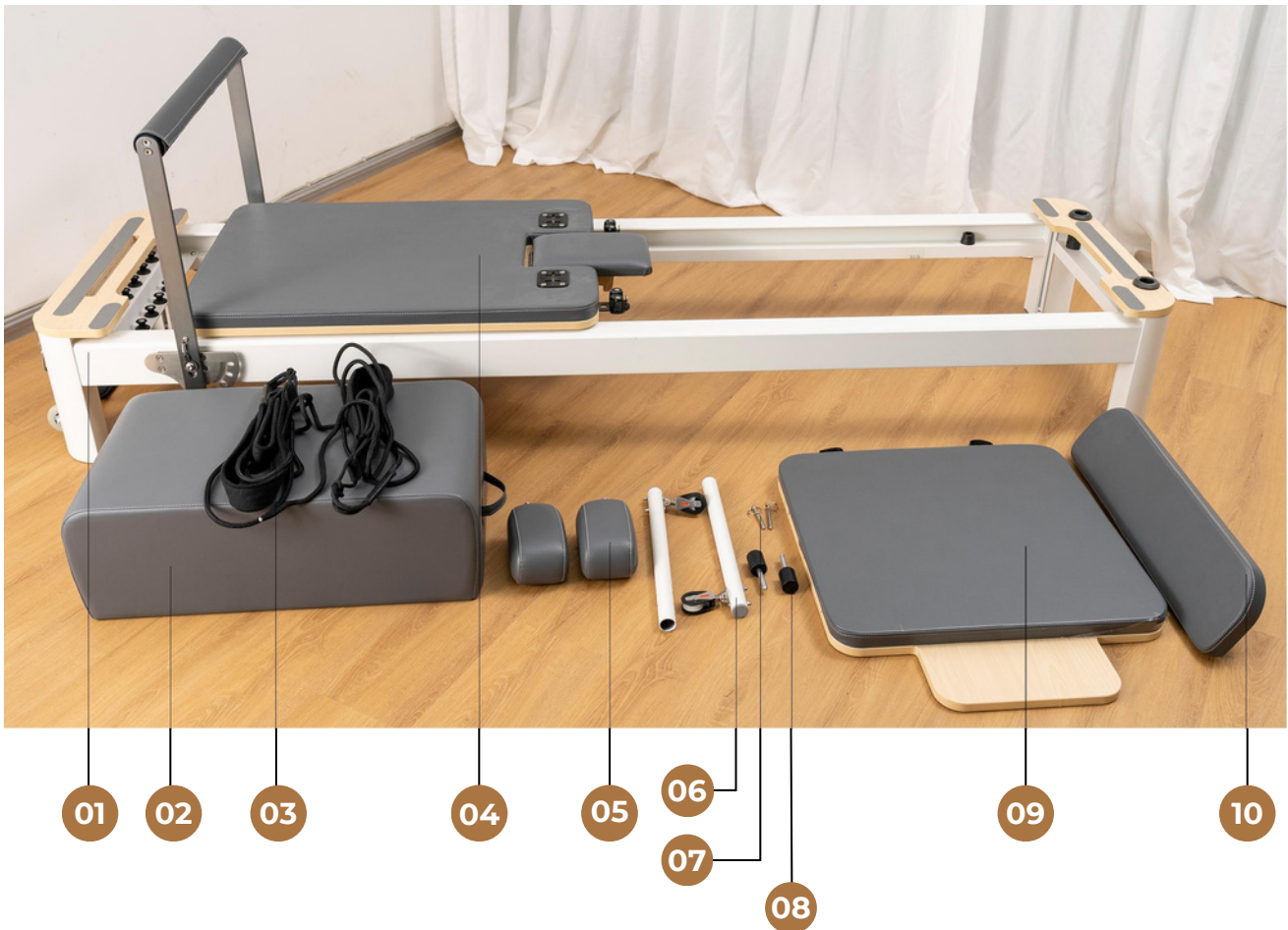
## Installations Instructions





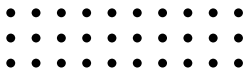
# Installation Instruction

**Step 1** :Open the package and check that all the parts are in order



- 01 Bed body"1
- 02 Square box\*1
- 03 Thicken the pull rope"2
- 04 Pulley plate"1
- 05 Shoulder-neck bolster"2

- 06 Universal pulley bearing"2
- 07 Plug\*2
- 08 Limit pull pin\*2
- 09 Pedal"1 10
- 10 T-board"1



# Second step

1. Insert **5** shoulder-neck bolster into the hole of **4** pulley plate



2. Use tool **7** plug to install **6** universal pulley bearing on one side of the bed

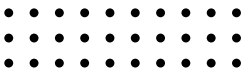


3. Put the strap of **3** thicken the pull rope on top of **5** shoulder-neck bolster



4. Pass one end of the rope from **3** through **6** universal pulley bearing



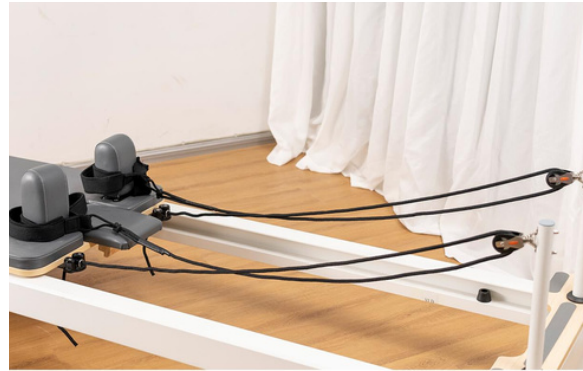


# Third step

5. Connect rope cleat **3** thicken the pull rope and **3** pulley plate together



6. This is the final result after installing **3** thicken the pull rope

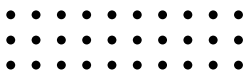


7. Install **8** limit pull pin in the hole of **1** bed body



8. Both **9** and **10** can be directly inserted into the hole on the side of **1**. You can choose to install

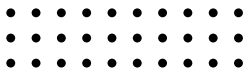




# Periodic Maintenance, Care & Safety Checks

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 by someone familiar with the equipment and record your maintenance checks. Equally inspection should be made immediately if any part appears not to be operating correctly or something appears to be loose.

- **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. Springs must be replaced every 2 years or after 3,000 hours, whichever is first, or immediately if showing signs of fatigue or deformation
- **Foot Bar** - check all allen bolts securing the padded bar to the aluminium arms and to the steel engagement bar and through the frame are tight Runners - ensure the runners are regularly cleaned and kept free from dirt as this is the main cause for a noisy reformer. If excess dirt is spotted on the runners then the wheels may also need cleaning. We recommend cleaning the runners with a window cleaner such as windowlene.
- **Ropes and Handles** - check ropes for signs of wear, fraying or nicks and replace if damaged. Check stitching on handles is intact and handles are not overly worn.
- **PVC 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. For cleaning upholstery we recommend cleaning with Gym Wipes
- **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 need to be replaced.
- **Shoulder Rests** - check the pads are securely bolted on to the metal frame- if loose retighten. Spring hooks - hand check that all eyehooks will not move. If loose remove, apply loctite and retighten. Check that the spring retention bungee is correctly attached.
- **Nuts & Allen Bolts** - check all nuts and bolts are tight, including those on the Silent rope pulley wheels and those securing the head rest.



## 2. Troubleshooting Smooth Running of your Reformer



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

- A. Check the reformer's level using a spirit level
- B. Check the runners and wheels are clean and free from dirt and grit
- C. Check the side wheels are correctly adjusted
- D. Check the wheels and bearings are not damaged. If damaged replace.

## 3. Removing the Carriage For Maintenance

From time to time you may need to remove the carriage either to deep clean the wheels & runners or to change the springs or wheels. Removing the carriage is easily done and no tools are required. To do this follow these steps

- A. Remove shoulder rests, unlocking them first if they were locked
- B. Release the ropes from the rope lockers
- C. Fold down the rope risers and rotate the pulleys so they are flat and pointing towards the runner
- D. Remove the two carriage stoppers at the open end of the runner - these can be unscrewed by hand
- E. Now gently slide the carriage out

Remember when putting the carriage back in to be careful not to damage the wheels when inserting them in to the runner - this job is best done by two people