

PilatesEquip™ - The Joint Workshop Pty Limited

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Evolution Reformer Instructions - 2012 to May 2017

This document must be read before using the equipment.

All of the following points and instructions should be common knowledge to all instructors and to anyone that exercises on this equipment.

If you don't understand an instruction, please contact Pilatesequip™ for a clarification.

Improper use of this equipment may cause serious bodily harm. Please read the following:

- Before starting any program, consult a physician; read and follow the instruction manual; and obtain thorough instructions from a qualified Pilates instructor.
- All pre-existing injuries must be disclosed to your physician and Pilates instructor.
- Use equipment only for intended exercises
- Equipment is only to be adjusted by, or with the guidance of, a trained Pilates instructor.
- Use equipment only when it is properly adjusted for your size and ability.
- Stop exercising if you experience any pain or discomfort.
- Keep clothing, body parts and hair clear of all moving parts.
- Do not use if equipment appears worn, broken or damaged.
- Do not allow children to use or be around equipment without adult supervision.

Also, note that you should:

- Get equipment serviced regularly. See www.pilatesequip.com/instructions for a to a most up-to-date service checklist.
- Never let go of expanded Springs. This is dangerous for people using the equipment, or to others in the vicinity of the equipment, and will immediately shorten the Spring life.
- Always adjust Springs with the Carriage is in its closed position.
- Check that the Foot Bar, Shoulder Pads, Pulley Uprights, Ropes, Foot Strap, Springs, etc, are adjusted and/or connected correctly, as specified in these instructions and to the user's size and ability.
- Check that the Foot Strap and its connections are not twisted or snagged before each use.
- One Spring should always be attached to the Spring Bar, except while cleaning Tracks or when resting Springs overnight.

Instructions- assembling. Read fully before you start assembling

Before you start using the reformer you must:

- Remove all items carefully from packaging and remove any wrapping from the Frame. Do not cut through the wrapping and/or boxes with any sharp-knife like devices, due to upholstery. Lay all contents flat on floor. Clear floor from all packaging materials.
- Wipe down the insides of the Tracks and clean the upholstery from any dust.
- Make sure one Spring has been attached to the Spring Bar.
- Attach the Shoulder Pads, Pulley Uprights, Ropes and Handles, as per instructions below.

Attaching shoulder pads and Pulley Uprights

1. When setting up the Reformer, place the Shoulder Pads into position. Place the dome headed Locks located on the bottom side of the Shoulder Pads, into the key way slots on their Mounts, and then slide the Shoulder Pads towards the Headrest. Push both Locking Pins into the holes to lock Shoulder Pads into place. Note: The ring on the Locking Pin must go all the way down to the metal surface.
2. To set up the Pulley Uprights, remove the Locking Pins from their holes located on the Back Rail. Place the Uprights into the large holes on the Back Rail with the Pulleys facing down the Reformer. Make sure the Locking Pins are pushed all the way into their holes from the back. Note: The ring on the Locking Pin must go all the way to the metal surface.
3. Thread a Rope through a Pulley, then through the first Saddle on the Carriage, through the Cleat and through the second Saddle. Knot the ends of the Rope. Attach Hand Strap to the clips. Repeat with other Rope.
4. When stacking the Reformers, you'll need to remove the Shoulder Pads and Pulley Uprights. The Shoulder Pads remove by pull out the Locking Pins, sliding the pads sideways towards the Reformer Tracks, and then lifting them up. They're stored with the pads facing upwards, in the slots located on the back of the Carriage. Then remove the Locking Pins from the Pulley Uprights and stored them in the large holes located on the back of the Reformer. Store the Locking Pins back into their holes.

Instructions- using and adjusting

Definitions.

- Height: H- High, M- Medium and L- Low.
- Red: Foot Bar when angled away from the user. Look for colour coded stickers.
- Blue: Foot Bar when angled towards the user. Look for colour coded stickers.
- Numbers 1-11: Foot Bar position along the Track

Notable Foot Bar positions

Standard Foot Bar position: 5 M Red

Jump Board: 5 L Red (refer to the instructions below)

When standing Reformer: 1 H Red (refer to the instructions below)

Positioning Foot Bar along the tracks

- Pull out both of the black Indexing Pins that lock the Foot Bar to the Tracks. You're now able to slide the Foot Bar up and down the Reformers Tracks.
- Helpful Hints: The best way to do this is by applying a slow even pulling or pushing force, to each side of the Foot Bar. Placing the Foot Bar angle to high also helps.
- Slide the Foot Bar to its required position by aligning the black Indexing Pins on the Foot Bar components, with a hole in the Foot Bar Track. Check both Indexing Pins, making sure they lock back into the holes.

Jump Board

Adjust the Foot Bar into its correct position: 5 L Red. With the rubber padded side facing the user, slot the Jump Board into the Bracket Channel located on the Front Rail of the Reformer. Take the Elastic Shock Cord that's attached to the back of the Jump Board and place it around the two Hooks that are located under the Foot Platform. When using the Jump Board, the Foot Bar should now be in position directly behind the Jump Board, so it's supported during use.

Standing or lifting the reformer

For safety reason, always use two people when standing or lifting the Reformer. Have all the Springs attached to the Spring Bar. When lifting the Reformer, the strongest person should be lifting the Foot Bar End. The Foot Bar End weighs 35kg and the head end weighs 15kg, 50kg in total. If standing the Reformer up, position the Foot Bar to setting "1 H Red".

Spring Tensions

- Green- Heavy, full tension.
- Red- Medium, $\frac{3}{4}$ tension.
- Blue- Light, $\frac{1}{2}$ tension.
- Yellow- Extra light, $\frac{1}{4}$ tension.

Resting Springs.

Avoid leaving Springs expanded when Reformer is not in use. Expanded Springs will reduce the life of the Springs.

At the end of the day or when the Reformer is not in use, you should rest the Springs. This will help prolong the life of the Springs. It's best to bring the Rubber Stopper to the first hole in the Stopper Plate, so the Springs are in initial position. Initial position is when the Spring is attached to the hook on the Spring Bar, but has the least amount of expansion on the Spring. Alternately, you can remove all Springs from the Spring Bar Hooks and roll the Carriage to the back of the Reformer. This helps indicate to the user that the Springs are not connected.

Maintenance.

- Get equipment serviced regularly. See www.pilatesequip.com/instructions for a to most up-to-date service checklist.
- Clean all vinyl upholstery daily, as a minimum. Make sure you clean Shoulder Pads, Head Rest and Bed. Use a mixture of water and some ordinary mild "Sunlight Pure Soap", cut into little flakes and placed in a spray bottle. Clean with a towel, cloth or paper towel. NOTE: Don't use other products such as chemicals, bleach, tea tree or eucalyptus oils, alcohol wipes or methylated spirits, or detergents- as they deteriorate vinyl. Human sweat also causes vinyl deterioration. The vinyl has an antibacterial coating and doesn't need harsh cleaners.
- Check all Springs weekly. Note: If any of the below issues occur, replace Springs immediately.
 - i. Check springs by slightly stretching the Spring from the Spring's Loops or Clips at the end of the Spring, until the coils just start to open. If a small section of the Spring Barrel separates while the rest of the coils remain close, the Spring is faulty.
 - ii. Look for obvious bend/kinks in the Spring's barrel.
 - iii. Make sure that Spring's Loops haven't travelled up the Spring's coned coils.
 - iv. Check age of springs. It's recommended to replace Reformer Springs that are older than 8 years.
- Clean all Tracks and Wheels a minimum of once a week.
 - i. Clean Tracks by wiping with damp rag. Wipe the front and the back of the Tracks, by moving the Carriage back and forth. If there's built-up of dirt balls, lightly rub with a fine green Scotch-Brite pad.
 - ii. Clean Wheels by wiping with damp rag. Place rag on Wheel and move the Carriage back and forth. If there's built-up of dirt, lightly rub with a fine green Scotch-Brite pad.
- Check Reformer regularly for any worn parts or problems. Bolts and nuts that may vibrate lose should be addressed, without delay.

Packing List

- Reformer Frame
- Shoulder Pads x 2
- Ropes x 2 (1 pair)
- Double-Loop Hand Straps x 2 (1 pair)
- Pulley Uprights x 2
- Foot Strap x1

Optional Extras

- Jump Board (padded)
- Evolution Foot Platform Extender
- Evolution Half Trapeze Tower
- Evolution Reformer Conversion Mat