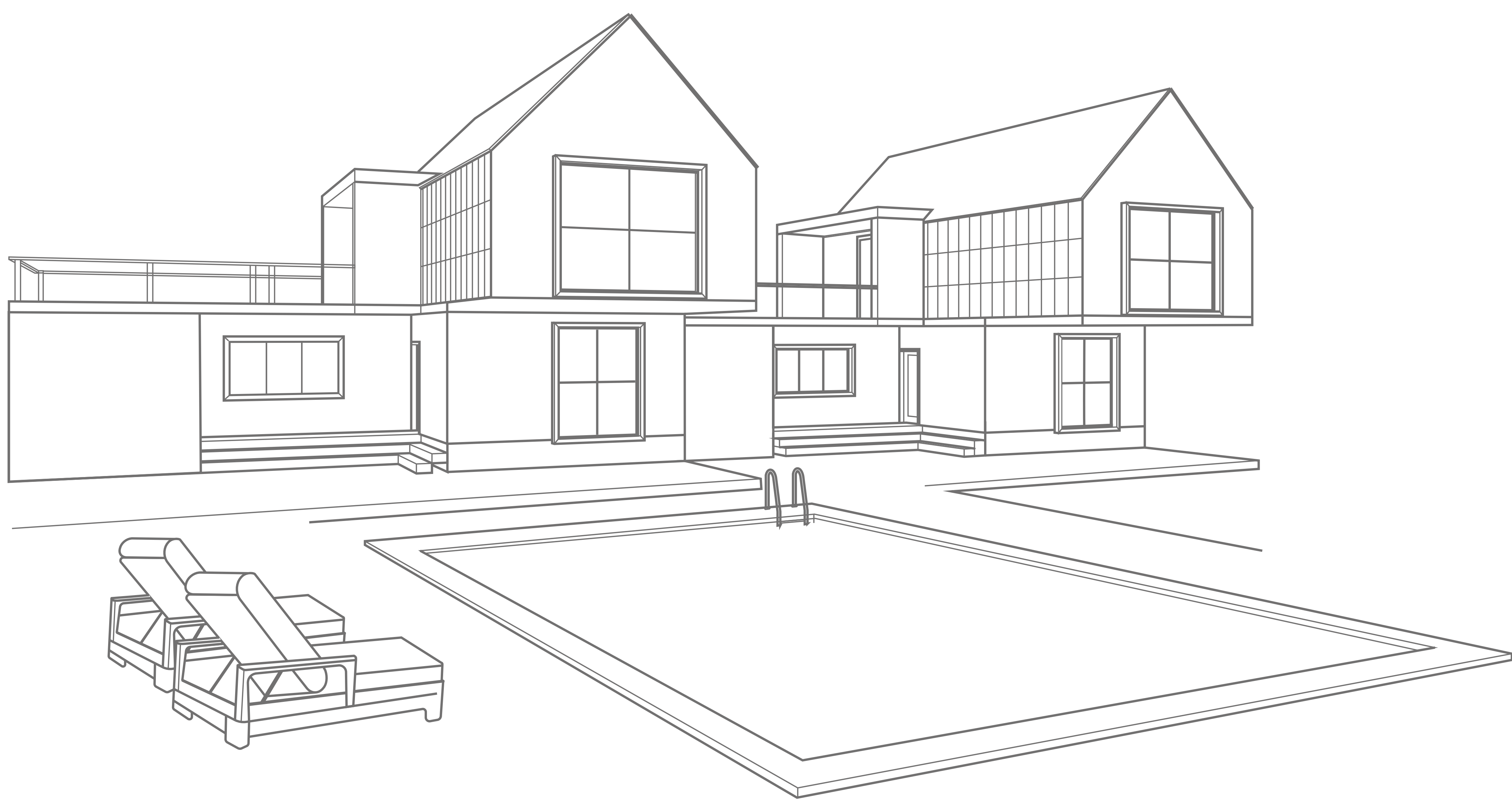


Pilates

Product ID. QUDYK



Scan for Support
support@garvee.com



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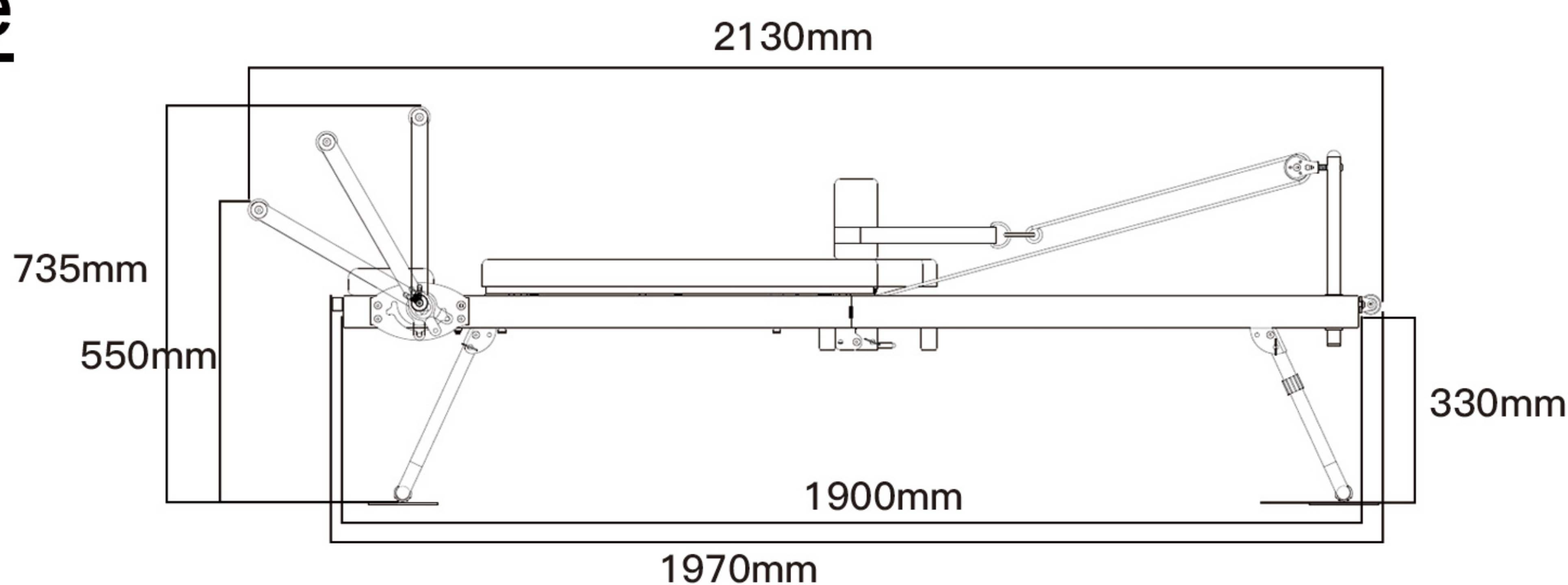
01 Precautions

1. In order to prevent customer safety accidents, please confirm the tightness of the screws before using the product.
2. Excessive use by unskilled persons is prohibited.
3. Please be careful not to pinch your fingers when unfolding or folding the product.
4. Please do a simple stretch before using the product.
5. Fix the fixing clips of the legs before use.
6. Please be careful not to pinch your hands when adjusting the strength of the springs.
7. The protector should be careful not to let children ride on the top to play.
8. This product should be installed on the floor, not near the machine with water vapor, dirt and heat.
9. We will not be responsible for any accidents that occur after use for other purposes other than the manual or the method of use uploaded on YouTube.
10. When the product is changed arbitrarily, A/S may be paid or it may not be possible to perform A/S.

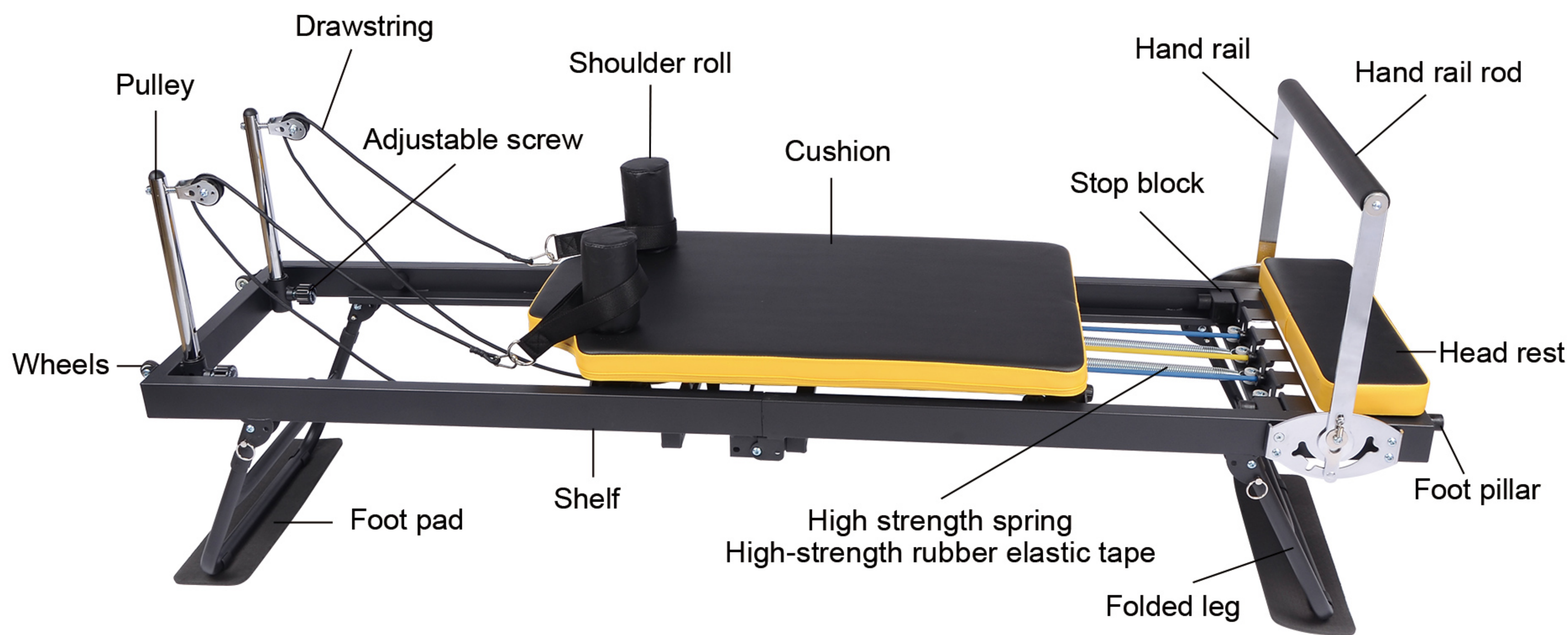
02 Product Composition



03 Size



04 Product manual



05 Assembly method

Precautions when assembling

- * Please be careful not to pinch or press your hands when folding.
 - * Because of the risk of injury, be sure to operate with two people when moving or assembling the product.
 - * When clamping the safety clip, please lift your legs slightly, the clip will easily enter after shaking it from side to side.
1. Now clamp the fixing clip at the fixed foot. 2. Clamp at the end of the reverse side.
- * When it is difficult to change the angle, you can slightly loosen the screws connecting the two fixed feet and readjust it.

Installation steps 01



1. Check whether the Pilates bed outer box is complete.



2. Open the package and take out the corresponding accessories.



3. Break the binding tie and take out the pulley rod.



4. Pull out the two side latches in the upper fold.



5. Unfold the frame and pull out the adjustable screw.



6. Insert the pulley rod and release the adjustable screw to lock the gear.



7. Inside the pulley rod on the other side as shown in Figure 6. Install it in steps as shown in Figure 7.



8. Pull out the pins on both sides of the front tripod.

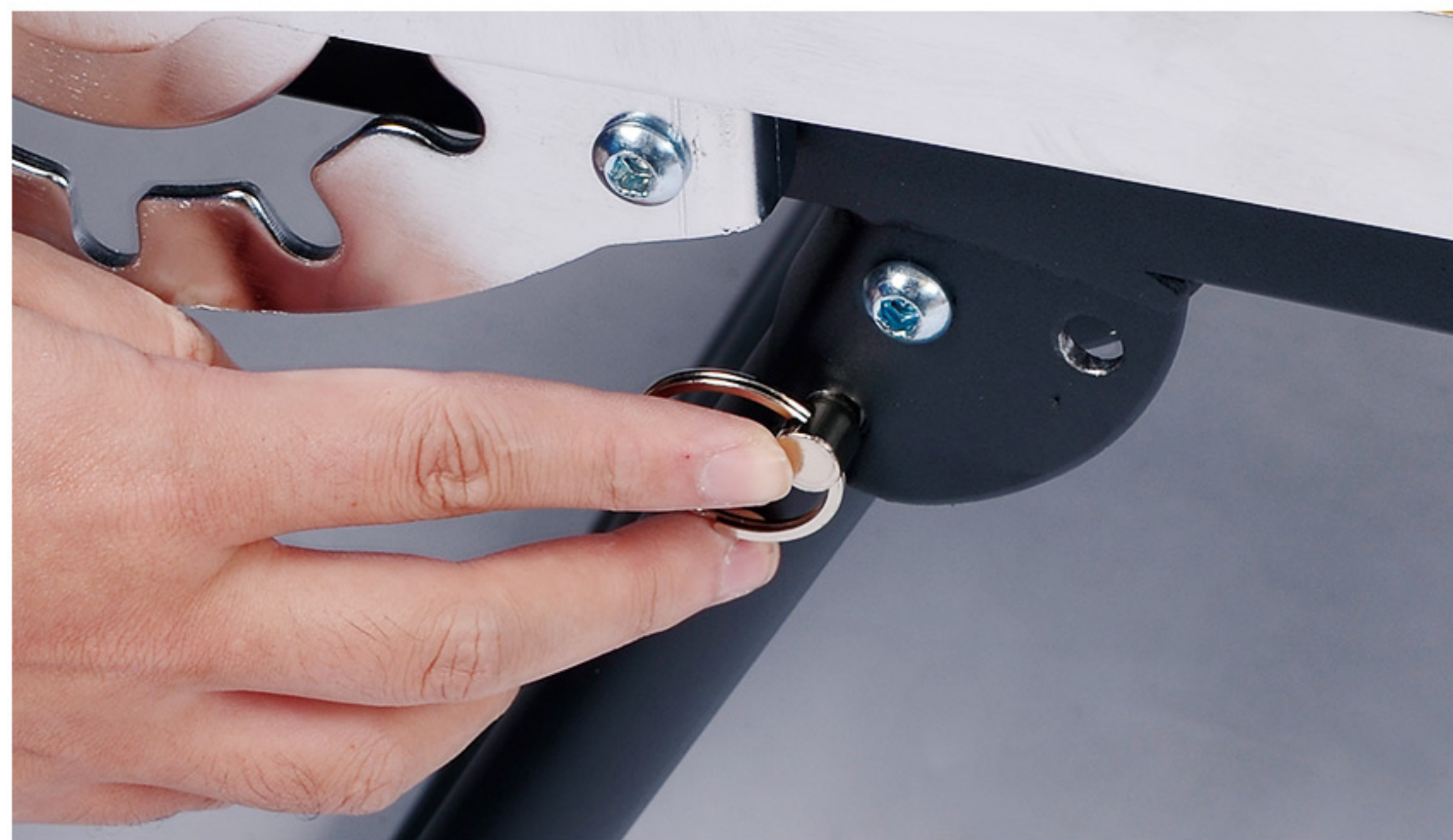
Installation steps 02



9. Pull out the two side pins of the rear tripod..



10. Lift the frame, pull apart the tripod make sure the tripod is fully deployed.



11. Insert the two side clips back into the holes and lock the rear tripod.



12. Pull the tripod, insert the two side clips back into the holes, and lock the front tripod.



13. Pull and lift both side handrails.



14. Adjust the handrail to the middle gear.



15. Take the handrail rod,remove the screws and gaskets for two sides with hexagon wrench.



16. Place the handrail rod in the two head slots of the handrail.

Installation steps 03



17. Tighten the for two sides gaskets and with an hexagon wrench.



18. Lift up and remove the small headrest.



19. Remove the tension retainer as shown.



20. After removing all retainers, push the cushion back to othe side.



21. Take a stopper and screw, and insert it into the lower hole.



22. Use a hex wrench to tighten the bolts.



23. Use a hex wrench to install the other side limiter.



24. Install the retainer as shown.

Installation steps 04



25. Snap the spring onto the hook.



26. It can adjust the number of fixed device roots and control the strength when using.



27. Put back the headrest.



28. Install two shoulder pad as shown in the picture.



29. Take the gasket and screw on the wheel and tighten it with hex wrench.



30. Install the other side wheel.



31. Take the feet pillars and tighten them.



32. Place the foot pad at the bottom of the tripod and complete the installation.

Step of folding 01



1. Adjust the armrest tube to the position shown in the picture.



2. Pull out the support pins on both sides of the rear leg rest.



3. Pull out the support pins on both sides of the front leg rest.



4. Lift the frame, fold the front tripod and insert the support pin to lock it.



5. After folding, insert the support pin into the tripod and lock it.



6. Pull out the adjustable knob and take out the pulley rods on both sides.



7. Grasp the folding armrest below the panel and lift it upwards.



8. Insert two support pins into the side holes on both sides to lock the steel frame.

Step of folding 02



9. Place the pulley rod and shoulder into the storage hole.



10. Folding completed.

NOTE WHEN USING AGAIN



1. Take out the two pulley rods and the shoulder pads.



2. Pull out the two side latches and unfold the frame.

Concentrated upper limb exercise



Spine stretching

Kneel on your knees, stretch your upper limbs forward, grab the pole with your arms to stretch your spine.



Mermaid

Take a mermaid pose,one arm is placed on the fixed handrail rod, and the other arm is in a long live pose to stretch the ribs.



Side twist

Take a mermaid pose, rotate your body to the fixed foot, and push your arms forward.



Abdomen and arms muscle strengthening

Grasp the drawstring and stretch your arms backwards while exerting force on your abdomen.



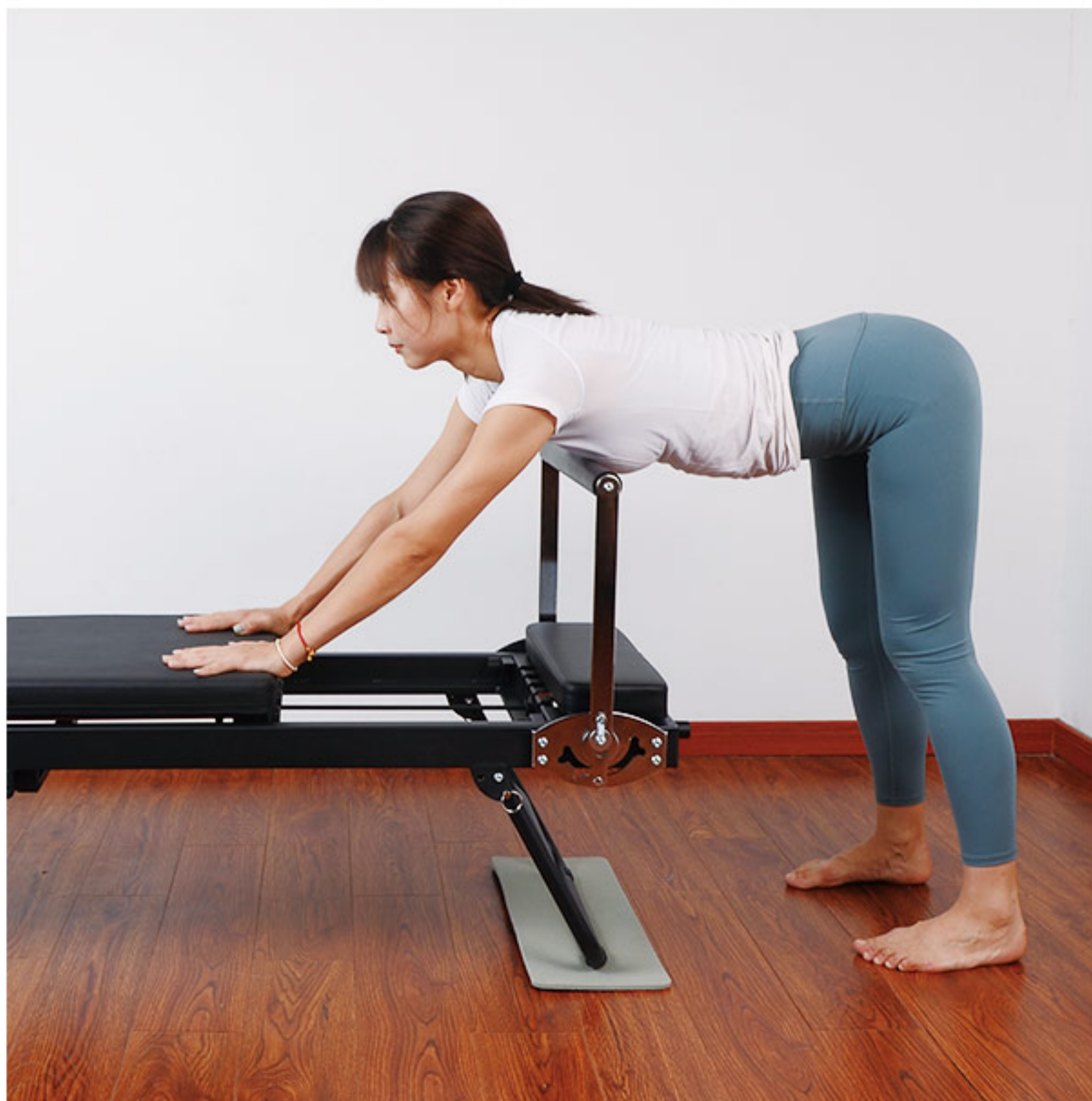
Spine corredtion,waistline correction

Grasp the drawstring and rotate your body with the roller down.



Back and shoulder pain relief

Grasp the drawstring and open your chest with your arms bent.



Spine stretching

Pushing the cushion forward while standing upright can help the spine stretch.



Shoulder exercise

With both knees on the cushion, one arm grasps the drawstring to open the shoulder joints.



Shoulder flexion

With both knees on the cushion, control the center and push and pull your arms forward.

Concentrated lower limbs exercise 1



Buttock’s stretching

Place one foot in a cross-legged position behind the handrail rod, while pushing and pulling the cushion, while stretching the hip muscles.



Hip extension reverse

Put your hands on the shoulder pad, one foot on the handrail rod, and use the hip muscles to push and pull.



Psoas stretching Improvement of back pain

Place one foot on the cushion and extend it backwards. At this time, put your strength behind the supporting leg to keep your upper body upright.



Muscle strengthening of hips and legs

Be careful not to lower your waist excessively and lift one leg up hard on your hips.



Hip knee movement

Don't shake your body, lift your knees toward your abdomen and then extend back.



Psoas stretching Improvement of back pain

Place one foot in front of the handrail rod and place both hands on the handrail rod . Be careful not to lower the waist excessively and stretch the front muscles of the pelvis.



Hip extension wiht strap

Put your hands on the shoulder pad, hang a drawstring on one foot, and use the hip muscles to stretch.



Pelvic correction, leg muscle

Kneel on the cushion with one knee, place the other foot on the handrail rod, grasp the center of gravity and open the knee.



Hip extension reverse

Put your hands on the shoulder pads and use your hip muscles to lift your feet.

Concentrated lower limbs exercise 2



Hamstring stretching1 Improvement of back

Try to stretch your upper limbs and stretch the back muscles of your thighs.



Hamstring stretching2 Improvement of back

Put one foot on the cushion and stretch back and stretch the supporting leg forward.



Muscle strengthening of the
buttocks and inner thighs

After removing all the springs, stand in middle of the cushion, stretch one foot back, and open your arms to both sides.



lunge reverse muscle strengthening

Standing on the cushion, long live to the shoulder lever.



Adductor exercise2 Train inner thigh

With one foot on the ground and one on the cushion, train the inner thigh muscles without springs.



Muscle strengthening

Stand on top of the cushion, grasp the center of gravity and train.



Adductor stretching Train inner thigh

Put one foot on the shoulder pad and one foot on the ground. Exercising stretch the inner thigh muscles.



Side lying Correct leg lines

After lying on your side, hang a stretch band on one foot and raise your leg up and down while maintaining the curve of your spine.



Frog exercise Pelvic correction

Hang the stretch straps behind your feet and bend your knees, open your knees until your feet form a V shape.