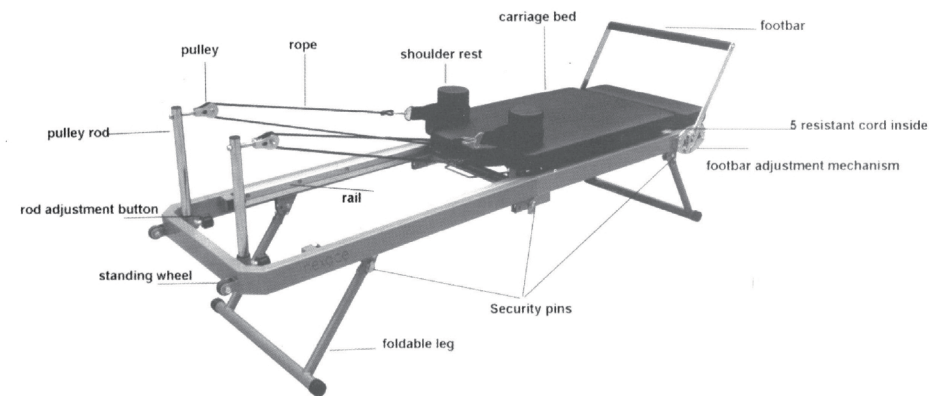


HOME PILATES REFORMER

Instruction



CAUTION:

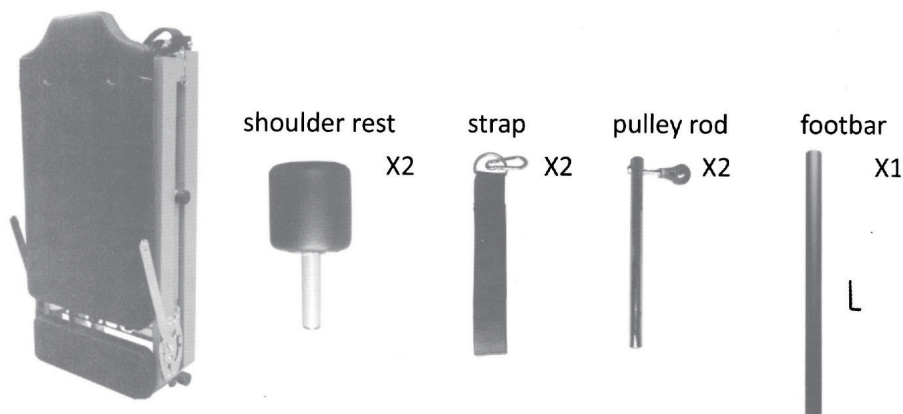
1. Weight on this product should not exceed 300lb/135kg
2. The 5 resistant cords and ropes contain natural rubber latex which may cause allergic reaction.
3. It is forbidden to use detergents, chemicals and heating appliances! Pay attention to strong impact!

⚠ WARNING To reduce the risk of serious injury,

Read the following safety instructions before use

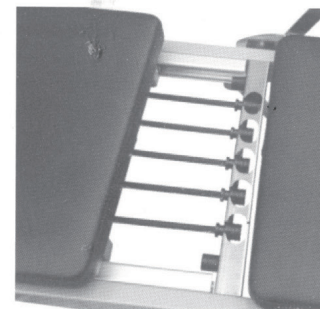
- 1 Always make sure all bolts and nuts are securely tightened prior to each use.
- 2 Always make sure that all the six (6) security pull pins are fully inserted.
- 3 Please be careful not to pinch your fingers when unfolding or folding the product.
- 4 Keep children and pets away from the nexace reformer in use. DO not allow children to use or play.
- 5 This product should be installed on the floor, not near the machine with water vapor, dirt and heat.
- 6 Excessive use by unskilled persons is prohibited.
- 7 Exercise can present a health risk. Consult a physician before beginning any exercise program.
- 8 Please do a simple warm-up workout before using the nexace reformer.
- 9 Be careful to maintain your balance while using, mounting, dismounting, or assembling. Loss of balance may result in a fall and bodily injury.
- 10 Consult your physician before exercise, especially important if you are over 35.
- 11 This product is for home use only. Do not use for institutional or commercial purpose.

Package includes:

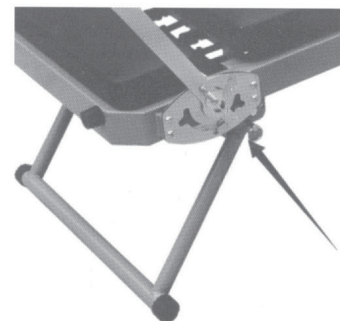


Adjustment tips

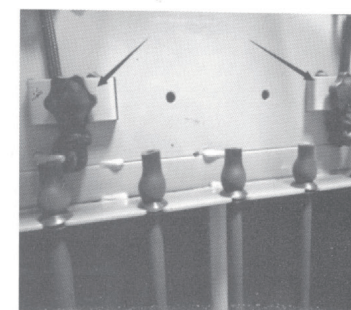
Tension adjustment



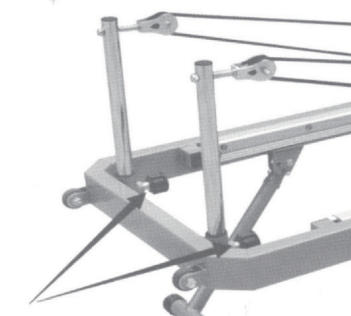
Tension quick release adjustment



Foot bar angle adjustment (pull up and move)



Rope length adjustment button

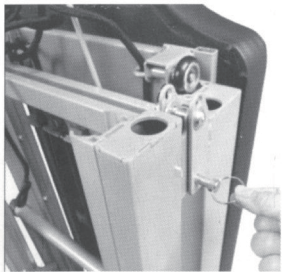


Pulley rod height adjustment button

Maintenance and replacement

- 1 Please clean the rail each exercise, make sure no dirt in the rails
- 2 Please put some oil if you find the rail and carriage bed wheels not smooth
- 3 Frequency of use, type of use and user weight will have an effect on the strength of cords. Over time strength will gradually decrease. If your nexace reformer is under the warranty, please contact us for free replacement. If not, then you can purchase from us, just contact us for purchase
- 4 Over time, if you find Carriage Bed wheels run out of its life or any problem, please contact us for replacement or Purchase new ones

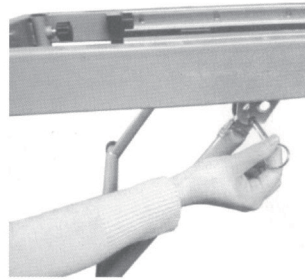
Key assembly steps



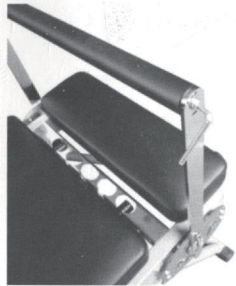
1
Stand up the machine and pull out the pins on both sides



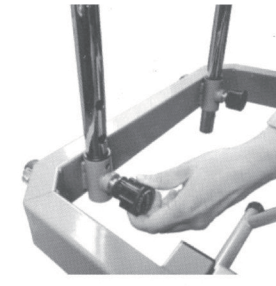
2
Unfold the frame, let the bed wheels go into the other rail slowly Then insert the lock pin completely



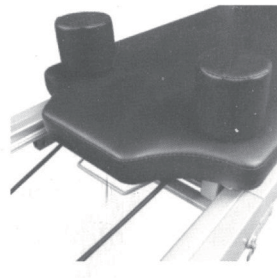
3
Pull out pins on legs, unfold leg Then insert back pins fully



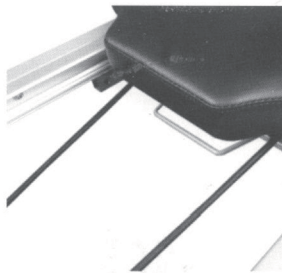
4
Assemble the foot bar with tool Included



5
Insert the pulley rod to its place the button can be loosen and pull



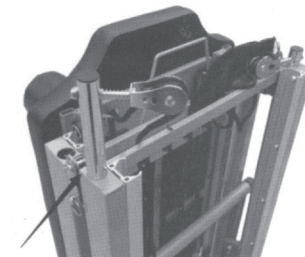
6
Insert the shoulder rest



7
Let the ropes stretched out properly NO tangle with each other or with metal handle



8
Hook the rope with hand strap

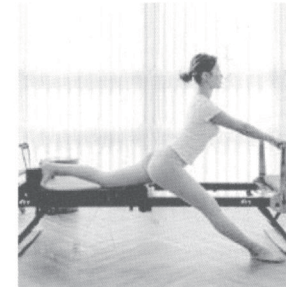


Tip
Pulley rod can be stored in the frame when not in use

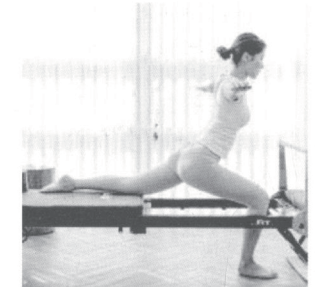
Concentrated lower limbs exercise 1



Improvement of back pain, blood circulation Try to stretch your upper and lower back and stretch the back muscles of your thighs



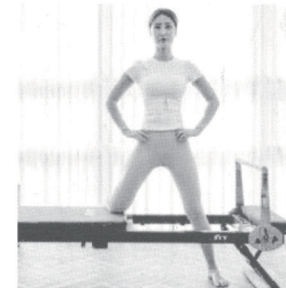
Improvement of back pain, blood circulation Put one foot on the mat and stretch it back and stretch the supporting leg forward.



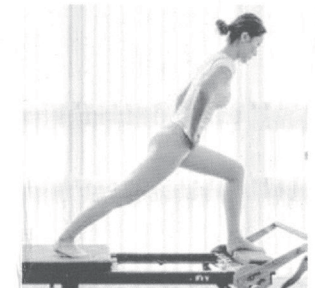
Muscle strengthening of the buttocks and inner thighs After removing all the springs, stand in the middle of the mat, stretch one foot back, and open your arms to both sides.



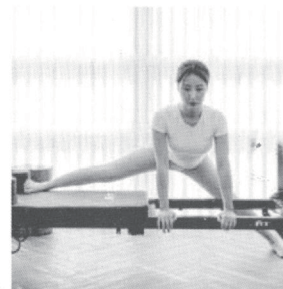
Muscle strengthening of the buttocks and inner thighs Standing on the machine, long live to the shoulder lever.



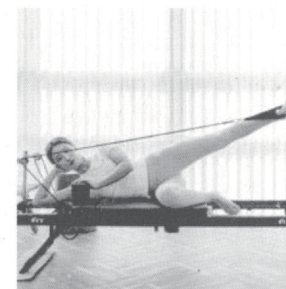
Train inner thigh muscle lines With one foot on the ground and one on the mat, train the inner thigh muscles without springs. With one foot on the ground and one on the mat, train the inner thigh muscles without springs.



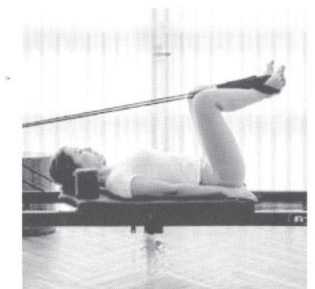
Muscle strengthening of the buttocks and inner thighs Stand on top of the machine, grasp the center of gravity and train



Train inner thigh muscle lines Put one foot on the shoulder lever and one foot on the ground. Exercising stretch the inner thigh muscles.

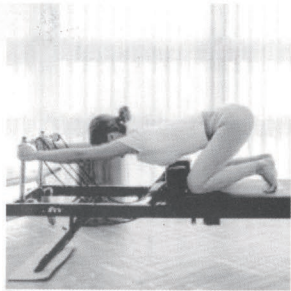


Correct leg lines After lying on your side, hang a stretch band on one foot and raise your leg up and down while maintaining the curve of your spine.



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

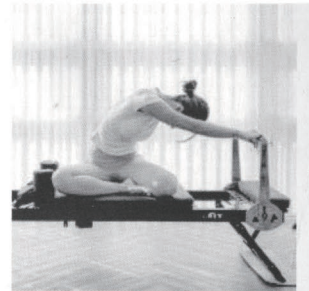
Concentrated upper limb exercise 2



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



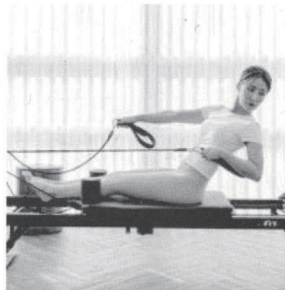
Take a mermaid pose, one arm is placed on the fixed foot pole, and the other arm is in a long live pose to stretch the ribs.



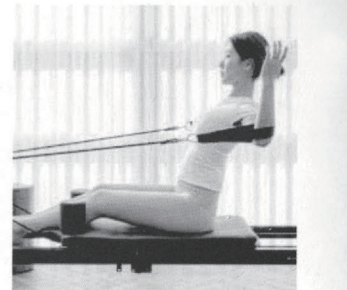
Take a mermaid pose, rotate your body to the fixed foot, and push your arms forward.



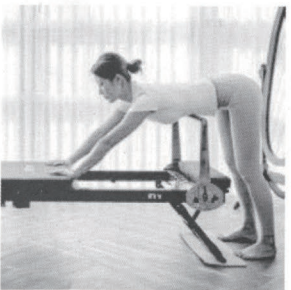
Abdomen and arms muscle strengthening
Grasp the stretch strap and stretch your arms backwards while exerting force on your abdomen.



Spine correction, waistline correction
Grasp the stretch belt and rotate your body with the roller down



Back and shoulder pain relief Grasp the stretch strap and open your chest with your arms bent.



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



With both knees on the ground, one arm grasps the stretch strap to open the shoulder joints.

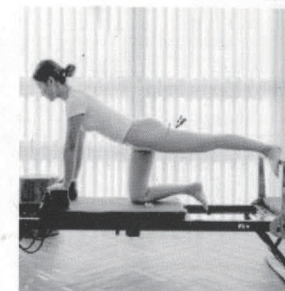


With both knees on the ground, control the center and push and pull your arms forward.

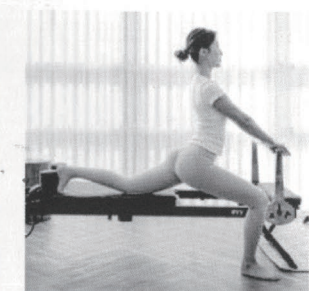
Concentrated lower limbs exercise 3



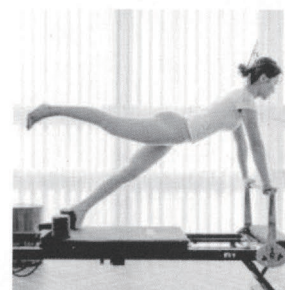
Place one foot in a cross-legged position behind the fixed foot pole, while pushing and pulling the mat, while stretching the hip muscles.



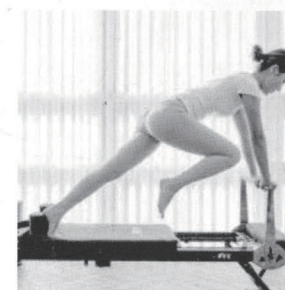
Put your hands on the shoulder lever, one foot behind the fixed foot bar, and use the hip muscles to push and pull.



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



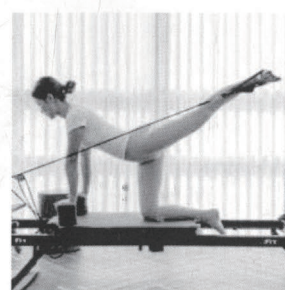
Muscle strengthening of hips and legs
Be careful not to lower your waist excessively and lift one leg up hard on your hips.



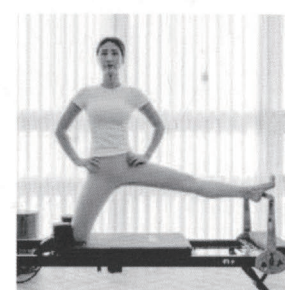
Don't shake your body, lift your knees toward your abdomen and then extend back.



Improvement of back pain
Place one foot in front of the fixed foot bar and place both hands on the fixed foot bar. Be careful not to lower the waist excessively and stretch the front muscles of the pelvis.



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



Pelvic correction, leg muscle strengthening
Kneel on the ground with one knee, place the other foot on the fixed foot pole, grasp the center of gravity and open the knee.



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