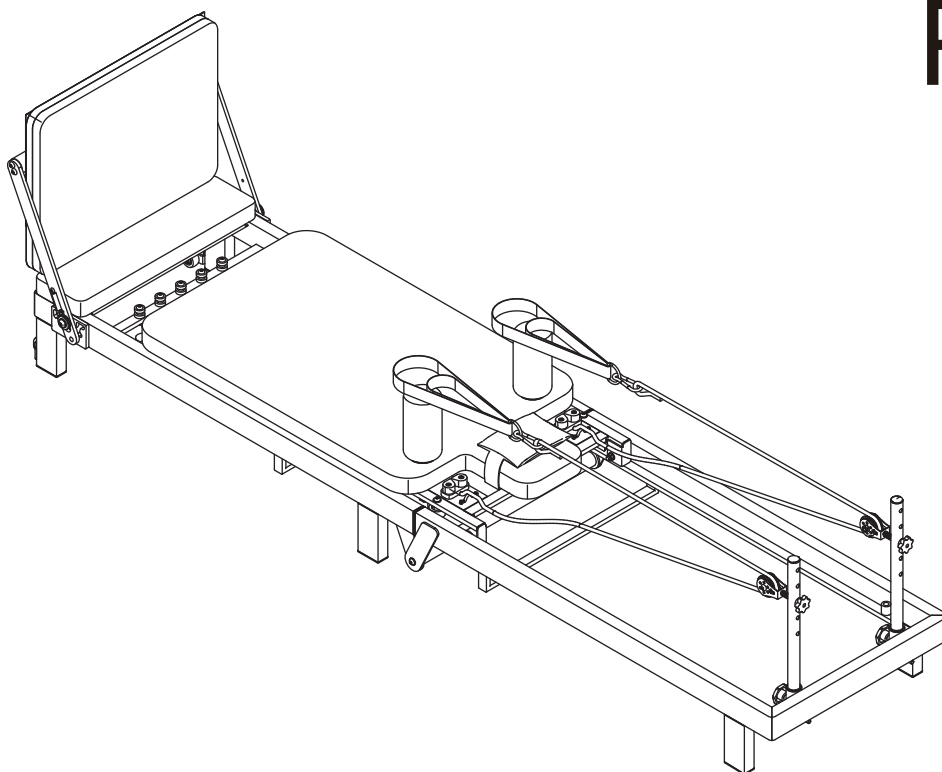


PAETA

ASSEMBLY INSTRUCTIONS

PR13



Scan The QR Code
To Watch The Installation & Exercise Videos!

Read all precautions and instructions in this manual before using this equipment

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ASSEMBLY CAUTION

Please carefully read the following information before installation

Assembling requires at least two people

Do not tighten all screws before assembly is complete

Ensure that all accessories are complete. If not, please contact us via email



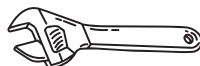
If you are missing any parts, or otherwise have any warranty issues, please contact us first.

Shortcut: A Lot of People Doing That Way

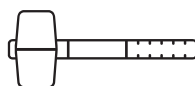
To enhance your installation process for both speed and convenience, consider removing all accessories from the box, carefully opening the packaging, and arranging everything neatly on the floor. This preparation can streamline your setup experience.

The following tools might help you improve your installation experience

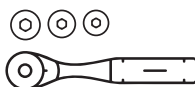
- Adjustable wrenches



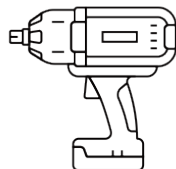
- Rubber hammers



- Socket set



- Electric Wrench



WARNING



Choking hazard. Small parts-Please exercise caution if small children or pets are present.

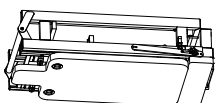
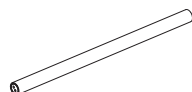
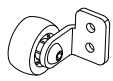
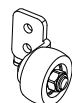
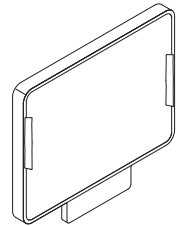
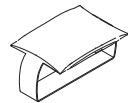
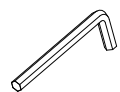
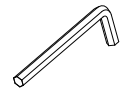


Sharp objects may be involved. Use precaution and protection.



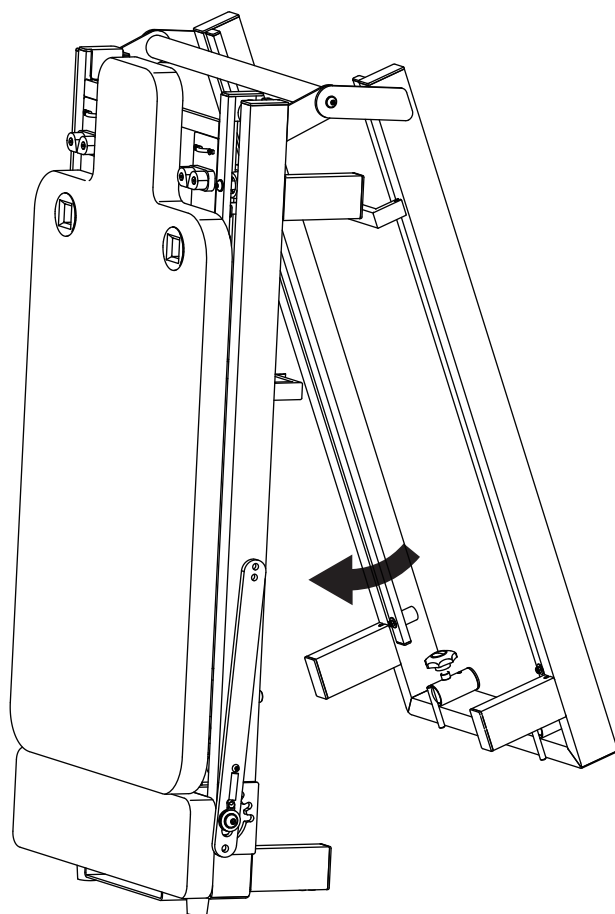
Heavy object. Use lifting aids and proper lifting techniques when moving

PART LIST

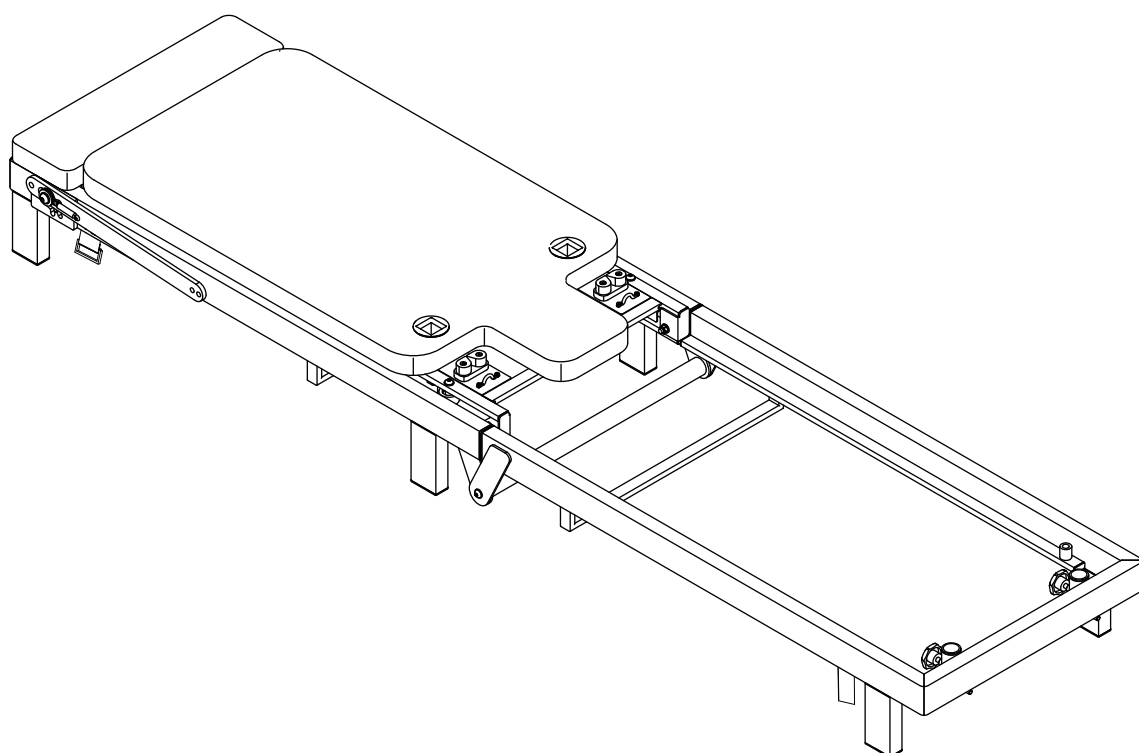
A1. Main Frame 1 PC 	A2. Foot bar 1 PC 	A3. End carriage stopper 2 PCS 	A4. Shoulder Rest 2 PCS 
A5. Wheel assembly -L 1 PC 	A6. Wheel assembly -R 1 PC 	A7 .Rope Riser 2 PCS 	A8. Knob 2 PCS 
A9 .Loop Handle 2 PCS 	B1 .Jump Board 1 PC 	B2 .Headrest 1 PC 	1. Bolt (M8*20) 4 PCS 
2. Bolt (M6*20) 4 PCS 	3. Washer (M6) 4 PCS 	4.Tools (4mm) 1 PC 	5.Tools (5mm) 1 PC 

STEP: 1

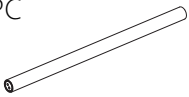
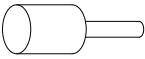
Before folding:

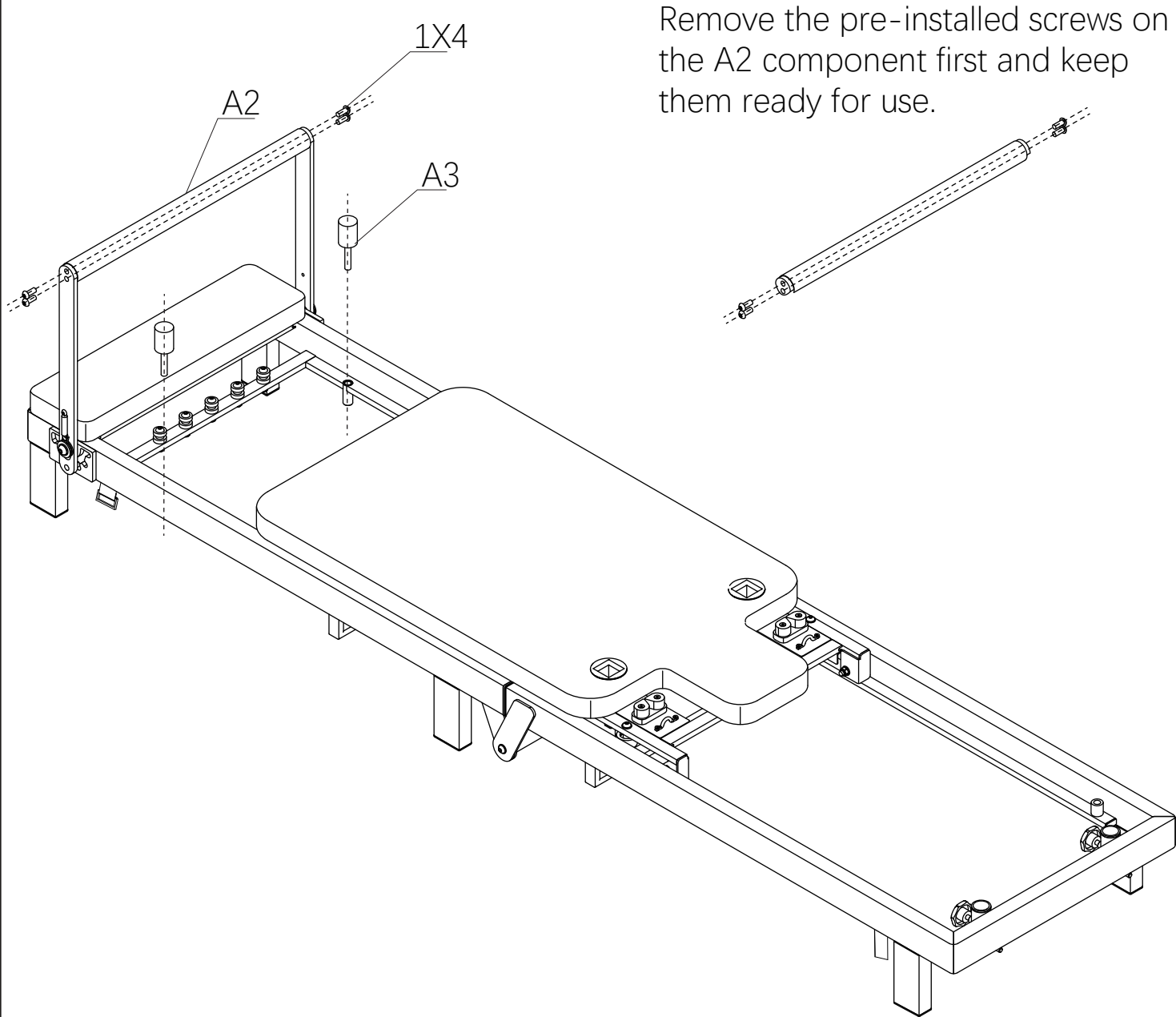


After development:



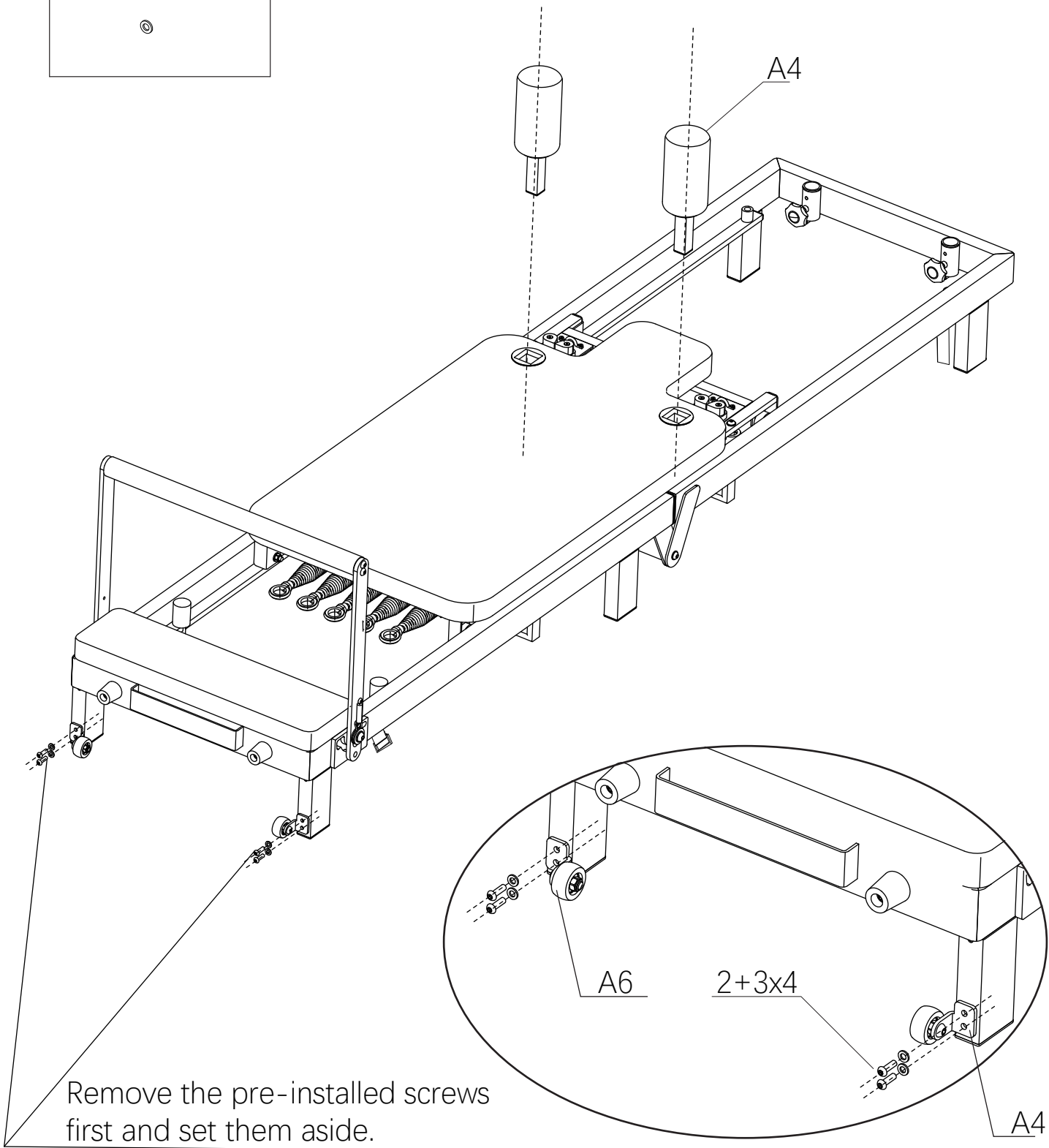
STEP: 2

A2. Foot bar 1 PC 	A3. End carriage stopper 2 PCS 	1. Bolt (M8*20) 4 PCS 	
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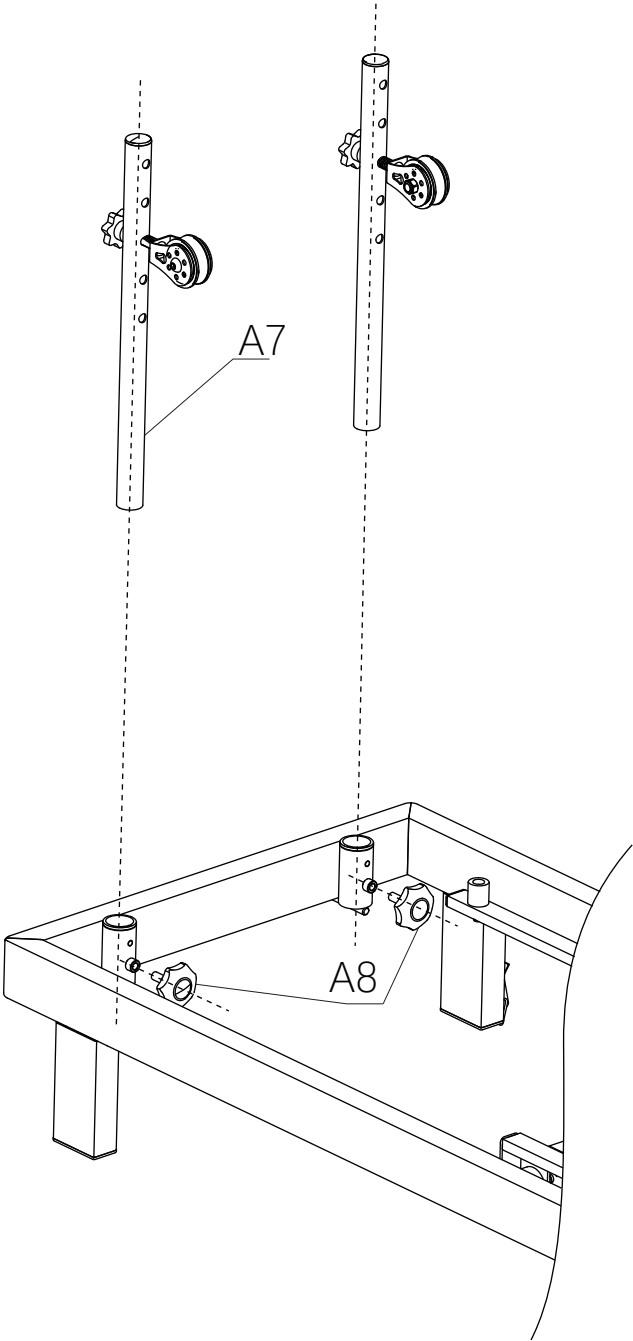
STEP: 3

A4. Shoulder Rest 2 PCS 	A5. Wheel assembly -L 1 PC 	A6. Wheel assembly -R 1 PC 	2. Bolt (M6*20) 4 PCS 
3. Washer (M6) 4 PCS 			



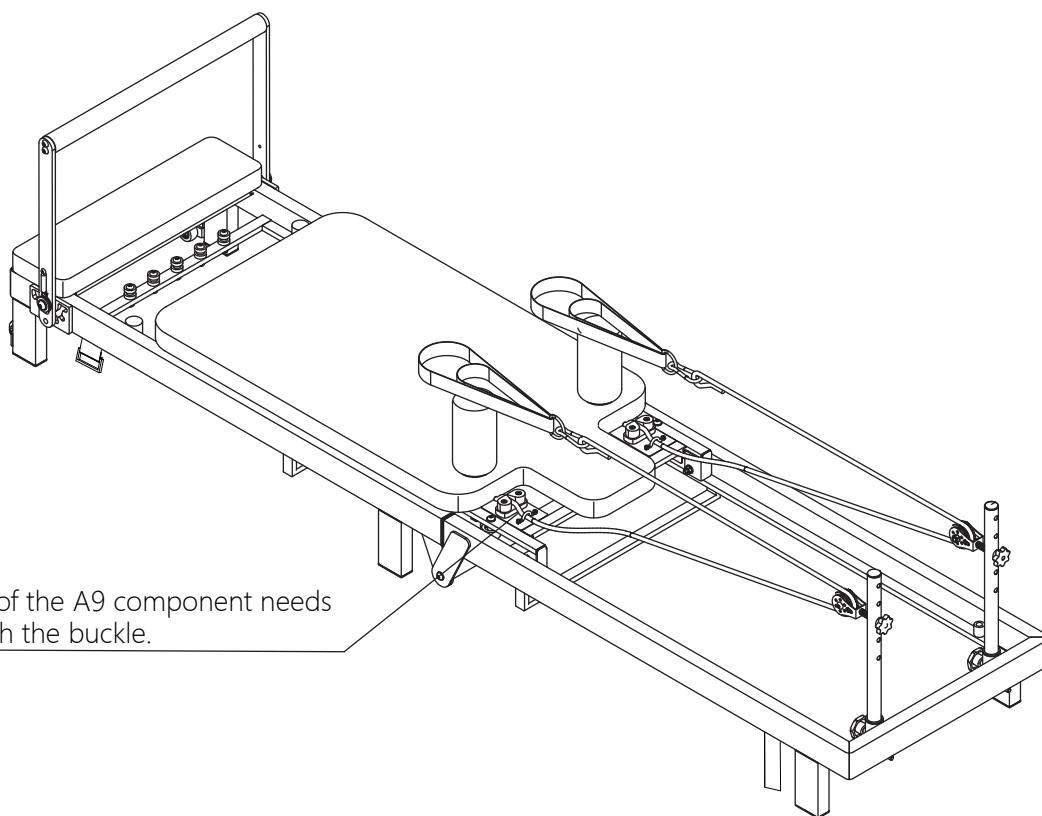
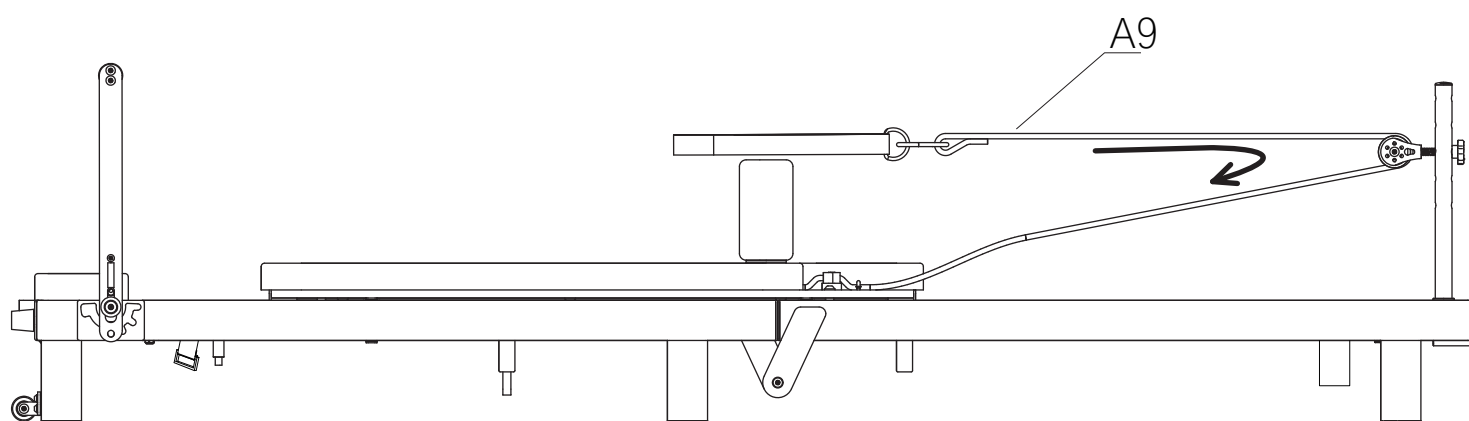
STEP: 4

A7 .Rope Riser 2 PCS 	A8. Knob 2 PCS 		
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STEP: 5

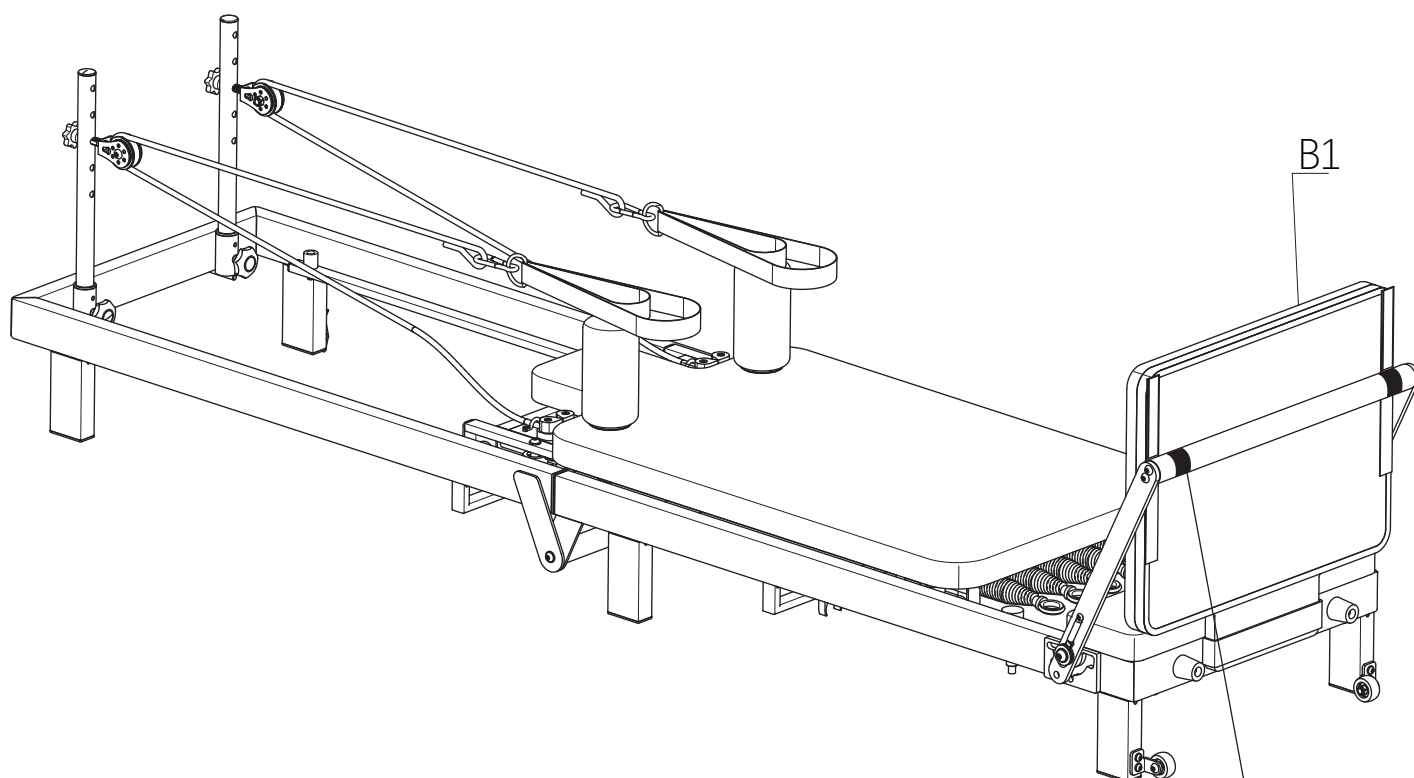
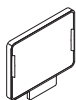
A9 .Loop Handle
2 PCS



The rope end of the A9 component needs to pass through the buckle.

STEP: 6

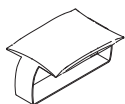
B1 Jump Board
1 PC



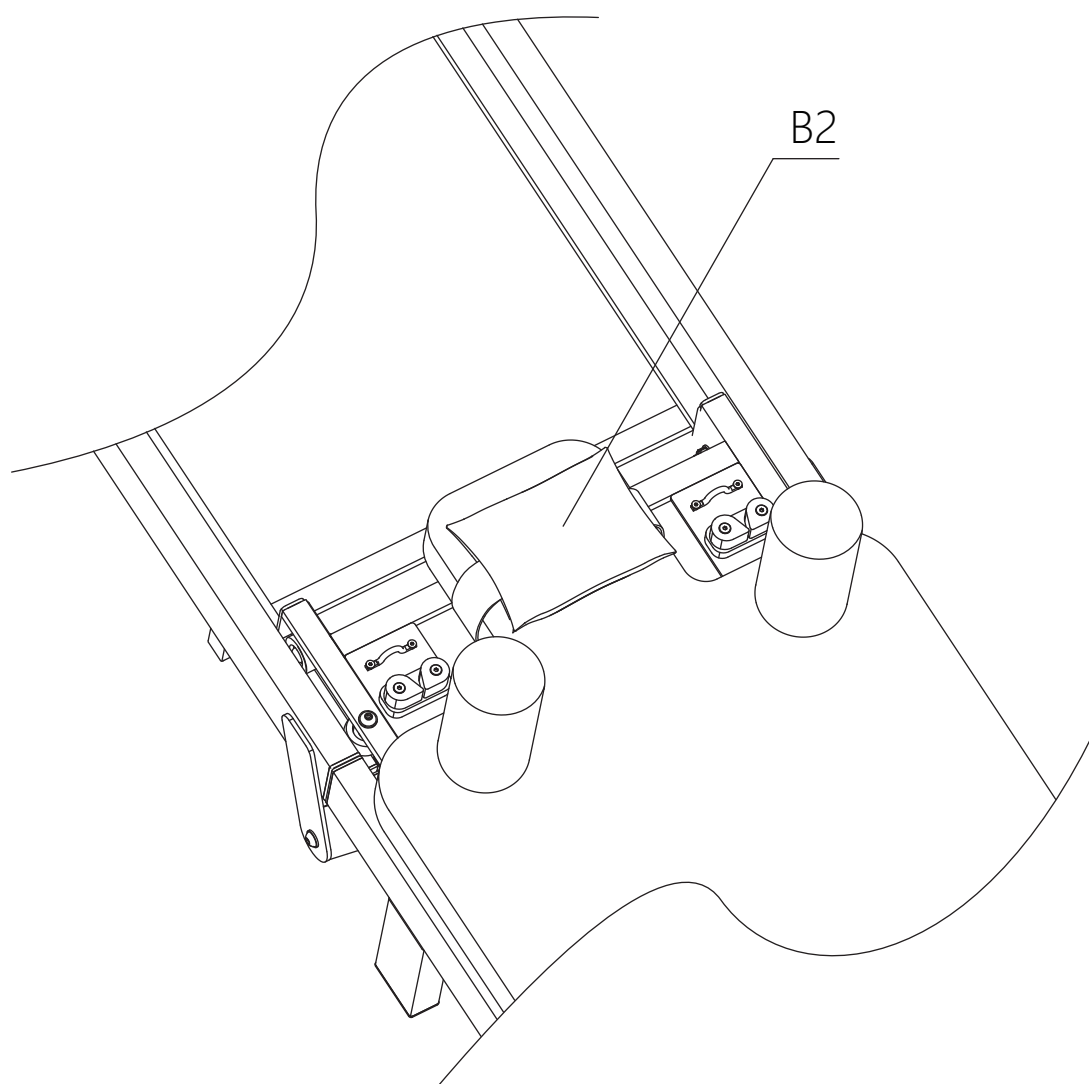
Ensure that the foot bar is behind the jump board and secure them together using the straps on the back of the jump board, which will enhance safety during use.

STEP: 7

B2 .Headrest
1 PC



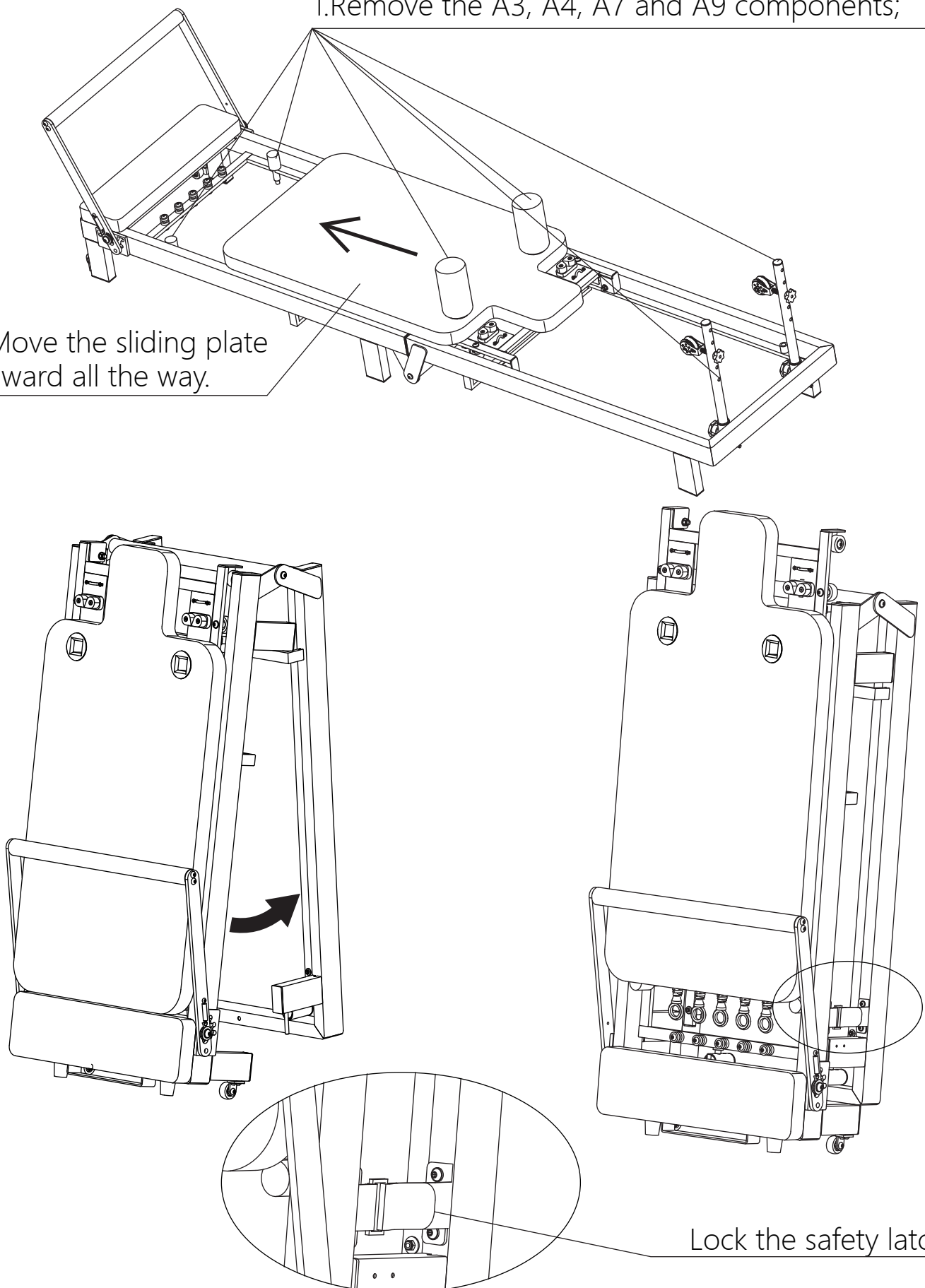
Decide whether to use it based on your own movements.



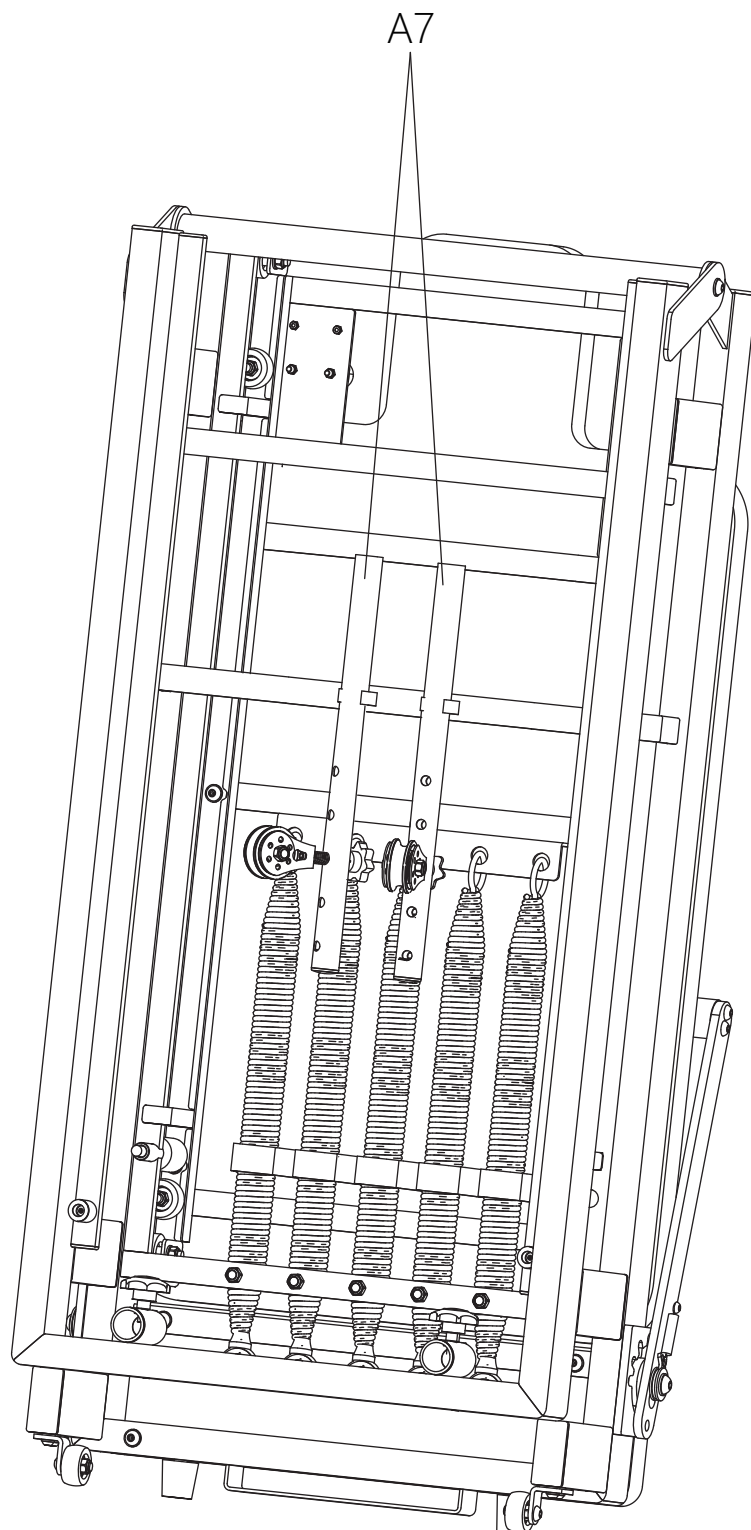
Folding storage:

1.Remove the A3, A4, A7 and A9 components;

2.Move the sliding plate forward all the way.



A7 storage positions:



Warm Up Stretches

Warm up exercises are recommended to be performed prior to exercise activity. They allow the muscles to warm up and stretch prior to exercise, which can help reduce muscle soreness and lessen risk of injury. Below are some common warm up exercises.

1. Toe Touch Stretch

Stand with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: hamstrings, back of legs and back.

2. Hamstring Stretch

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times for side. Stretches: hamstrings, lower back and groin.

3. Calf/Achilles Stretch

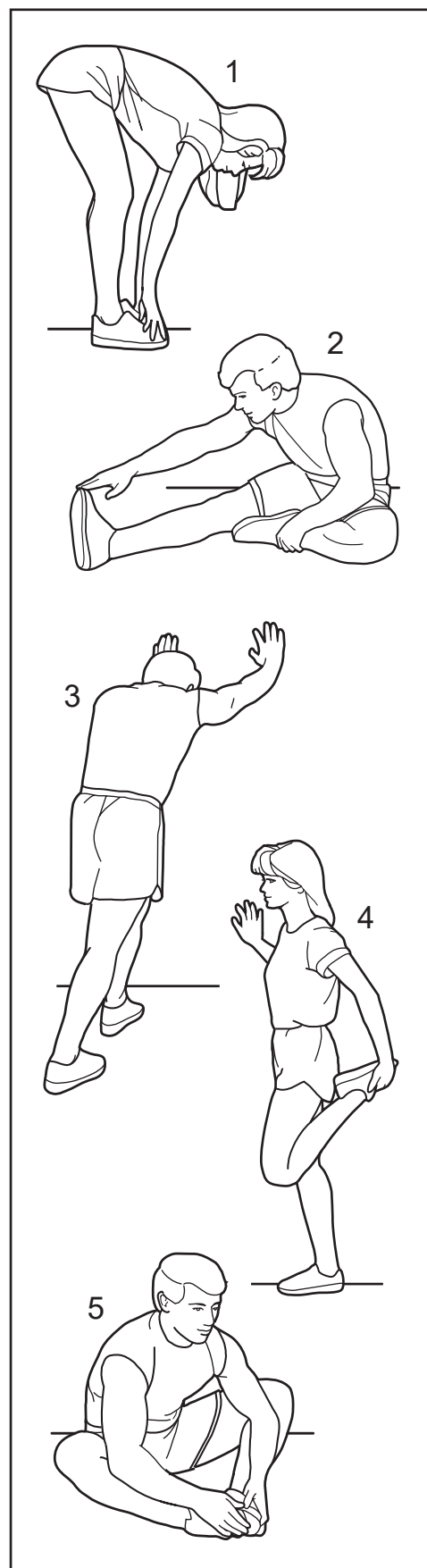
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each side. To cause further stretching of the achilles tendons, bend your back leg as well. Stretches: calves, achilles tendons and ankles.

4. Quadriceps Stretch

With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for each side. Stretches: quadriceps and hip muscles.

5. Inner Thigh Stretch

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: quadriceps and hip muscles.

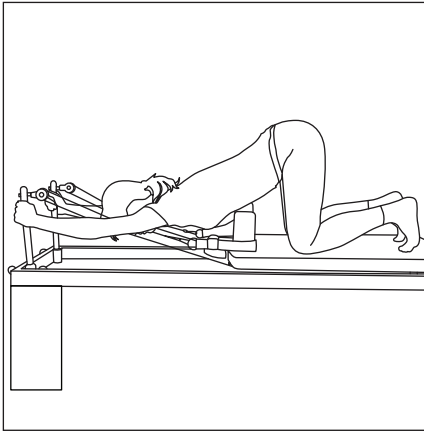


Exercises

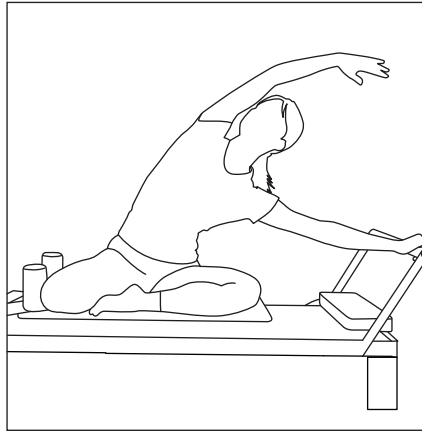
Pilates is a popular fitness activity that can be done in a class or home environment. This pilates reformer is designed for domestic and not commercial use. The below exercise guides show some simple common exercises that can be performed on your reformer.

The pilates reformer has adjustable tension resistance. It is recommended to start exercising on low levels of resistance, when first trying new exercises, before using higher tension settings.

It is recommended to also attend pilates reformer classes and gain safe experience and correct exercise technique guidance from a professional pilates reformer instructor.



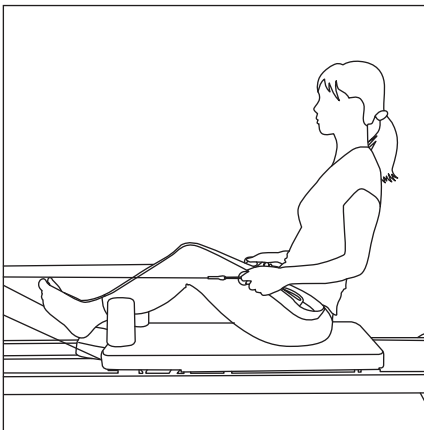
Spine exercise - kneeling on Carriage facing away from footrest, bent forward with hands holding pulley rods.



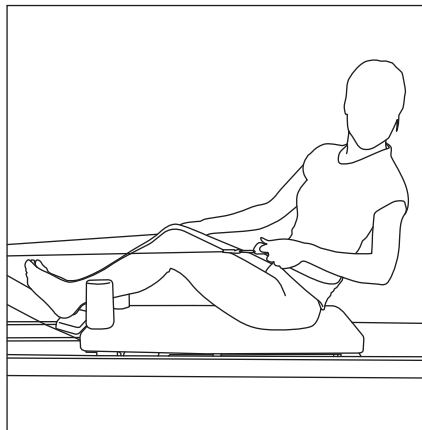
Mermaid pose - one leg against shoulder pads, opposite leg folded, lower arm on Footbar, upper arm overhead.



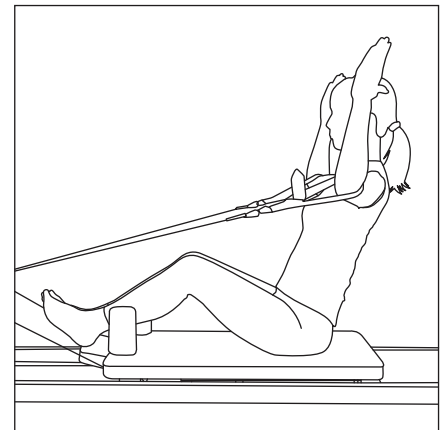
Side twist - one leg against shoulder pads, opposite leg folded, both arms on Footbar.



Abdomen and arm work - arms on both pulleys at waist height, legs half tuck with both buttocks and feet on Carriage.

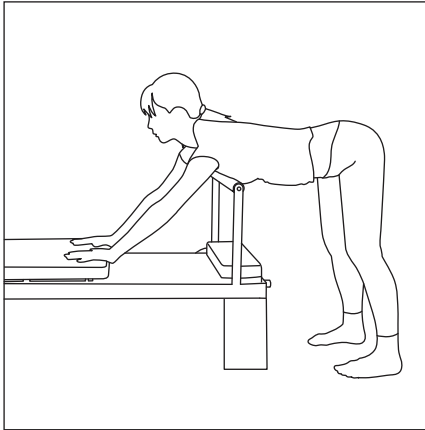


Spine and waist exercise - pulling further away with one arm at waist height, legs half tuck with both buttocks and feet on Carriage.

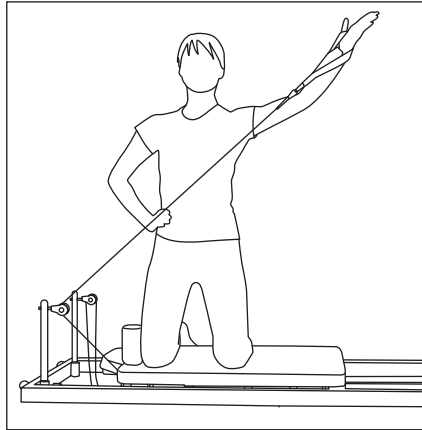


Back and shoulder work - back straight, pulleys looped over both elbows and arms extended back as shown.

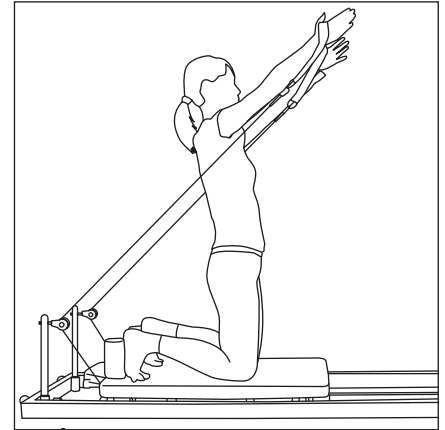
Exercises



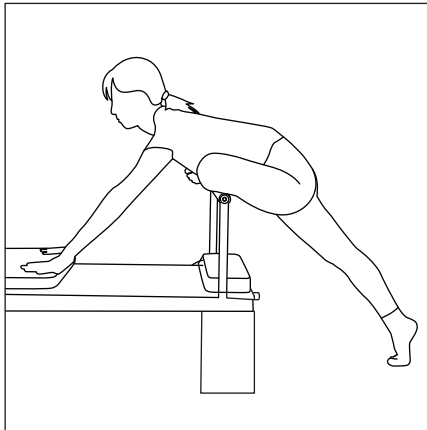
Spine exercise 2 - legs on floor, chest resting on Footbar, hands resting on Carriage.



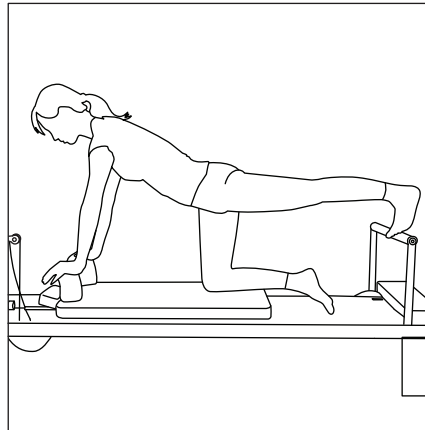
Single shoulder work - kneeling on Carriage, bringing single arm across body.



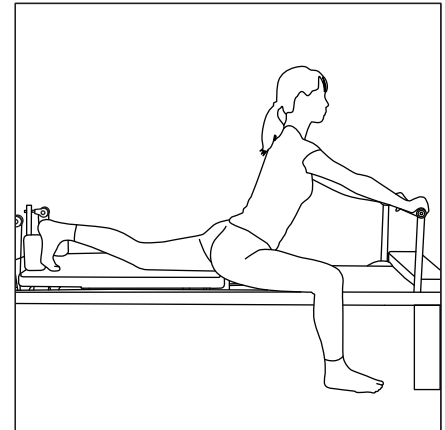
Double shoulder work - kneeling on Carriage facing towards footrest, both arms extending diagonally upwards and away from body.



Hip exercise 1 - hands on Carriage, body over Footbar with one leg folded up and resting across Footbar, second leg straight and extended behind body onto floor.

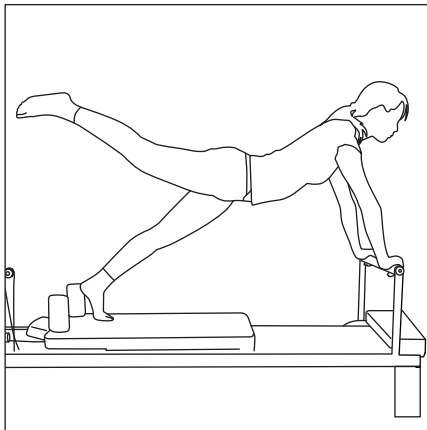


Hip exercise 2 - body facing away from Footbar, both hands resting on top of shoulder pads, first leg bent with knee resting on Carriage, second leg extended and pushing on Footbar.

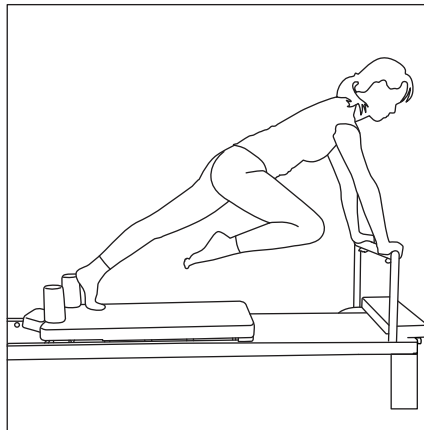


Psoas exercise - body facing towards Footbar, both arms holding Footbar, front leg outside of pilates reformer frame and bent and resting on floor, back leg resting on Carriage with foot placed against shoulder pad on same side of the frame as front foot is resting.

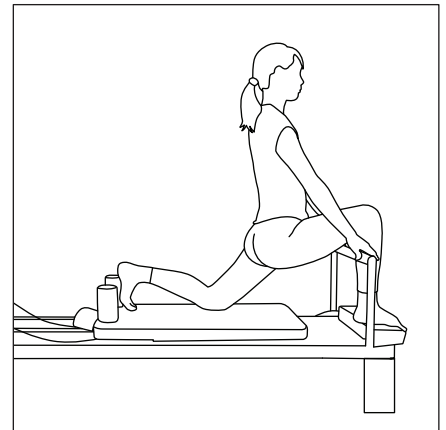
Exercises



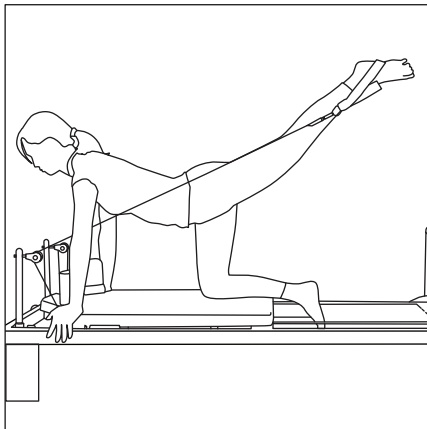
Scissor leg exercise - body facing towards Footbar, both arms holding Footbar with body parallel to ground, lower leg on Carriage and resting against shoulder pads, alternate leg raising upwards and away from the Carriage



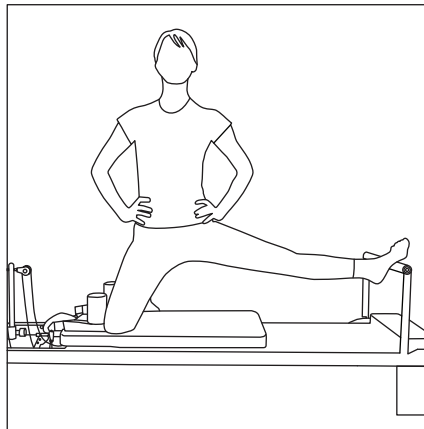
Hip and knee exercise - body facing towards Footbar, both hands holding Footbar and arms straight, first leg straight and resting against shoulder pad, second leg bent and bringing up towards chest.



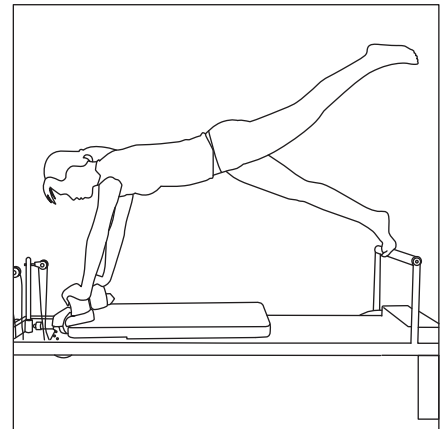
Psoas exercise 2 - body facing towards Footbar, both arms holding Footbar, front bent over Footbar and resting on footrest, back foot pressed against shoulder pad, pushing back leg outwards and forward until knee touches Carriage.



Hip work 2 - body facing away from Footbar, both arms holding side of Carriage, front leg bent and knee resting on Carriage, back leg with foot looped through pulley handle, extending back and upwards.

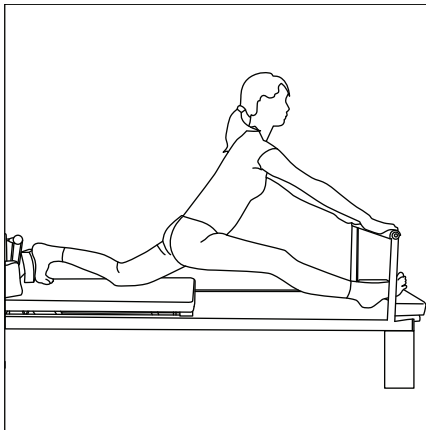


Hip stretching 2 - body facing to side of pilates reformer, body upright and hands on waist, one leg kneeling on Carriage and resting against shoulder pads, other leg resting against Footbar and pushing away from Footbar.

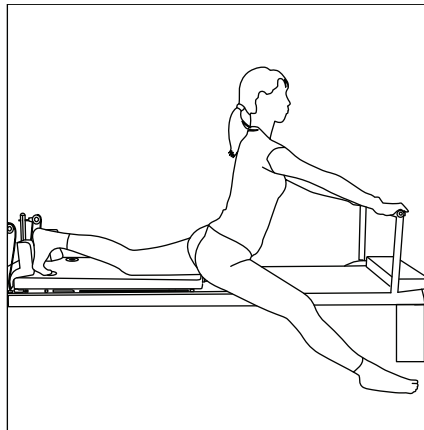


Reverse scissor leg exercise - body facing away from armrest, arms extended and resting on shoulder pads, one leg straight and resting on Footbar, second leg straight and pushing upwards.

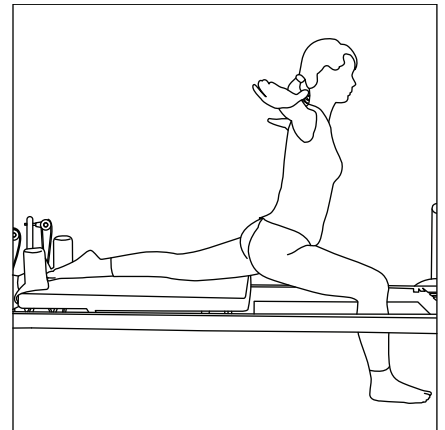
Exercises



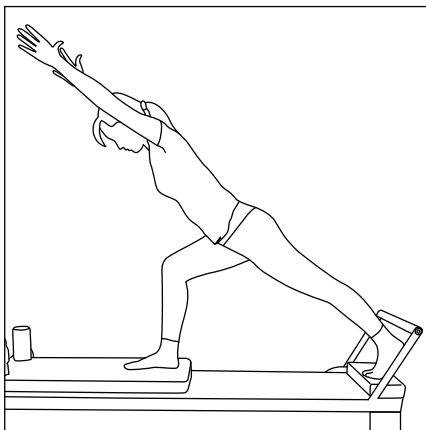
Hamstring exercise 1 - back leg on Carriage, front leg on footrest, hands on Footbar



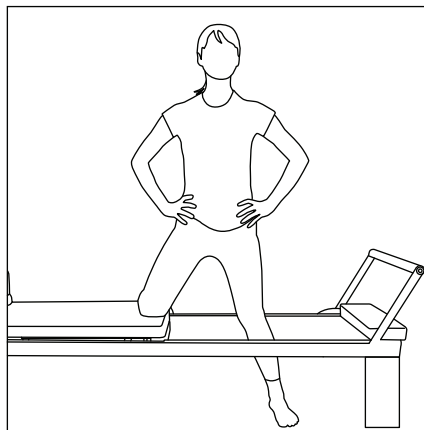
Hamstring exercise 2 - back leg on Carriage, front leg on floor next to footrest, hands on Footbar.



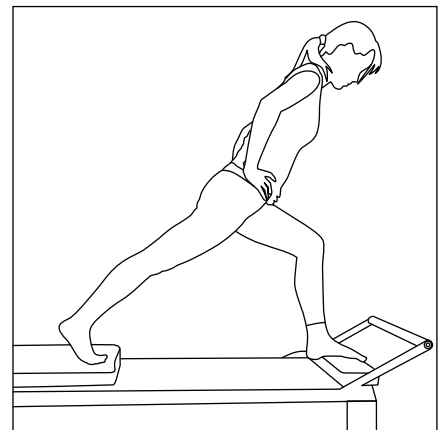
Hip and thigh exercise - facing towards Footbar, back leg on Carriage, front leg on floor, arms extended out to the sides and parallel to the floor.



Lungs - facing away from hand rest as shown – front foot on Carriage, back foot on footrest.

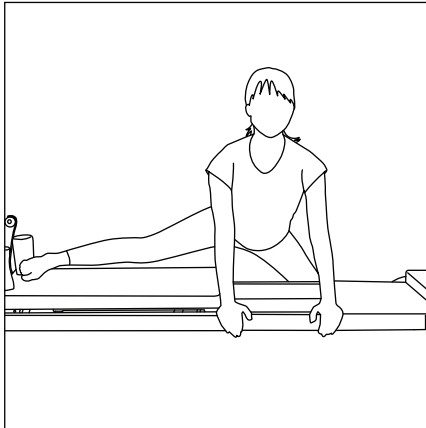


Thigh work - facing to side of pilates reformer, hands on hips, one leg extended and on the floor in the middle of reformer as shown, opposite leg kneeling on Carriage.

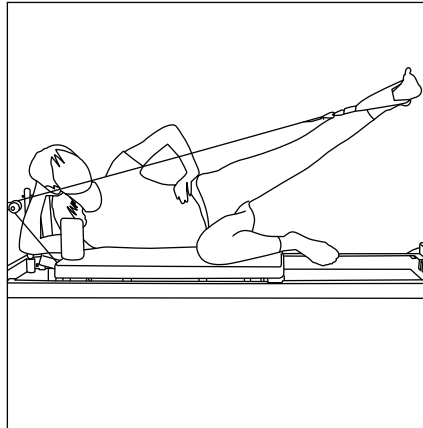


Muscle exercising - Standing on reformer as shown facing footrest, hands on hips, front leg on footrest, back leg on Carriage.

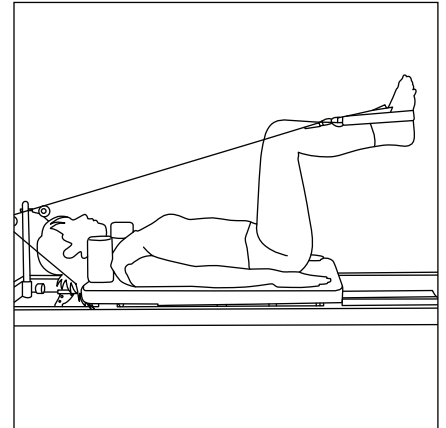
Exercises



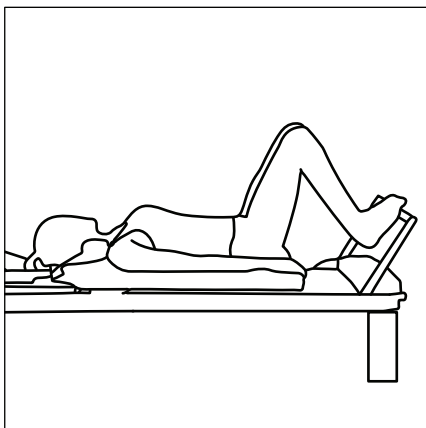
Thigh exercise - facing to side of pilates reformer, hands on side of frame, one leg on outside of frame on ground, opposite leg on Carriage and placed onto shoulder pad as shown.



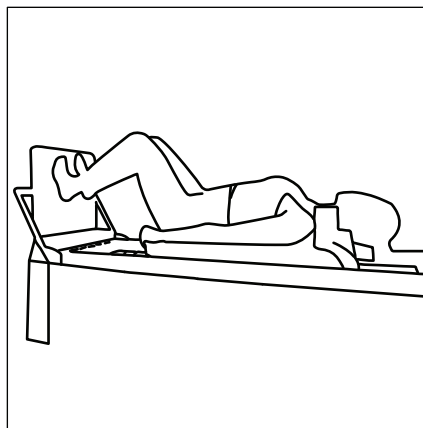
Side lying exercise - facing to side of pilates reformer, lying on side, head above shoulder pads, lower arm bent and supporting head, upper arm bent and resting on thigh, lower leg tucked, upper leg looped into pulley handle and extending.



Frog exercise - lying on back on Carriage with head between shoulder pads, both legs looped into pulleys, legs bent towards body and then pushed outwards.



Foot work 1 - The foot bar and the headrest are up. The actions in footwork involve pressing away from the bar with the legs extended fully. The next phase would be bending the legs and going into a squat to bring the carriage back to the starting position.



Foot work 2 - Widen both legs, moving the feet to the edges of the jumpboard. Push off and land with both feet in this widened position. This helps work the muscles of the inner legs. Focus on keeping your lower back against the reformer at all times throughout the movement.

FORMAT OF AFTER-SALE EMAIL

The screenshot shows an email draft interface with the following elements:

- Header:** "Draft saved" with a close button.
- Recipients:** A field containing "Amazon-1234567890-Package Lost" (highlighted with a red box) and "SUBJECT EXAMPLE".
- Subject:** "Platform-Order Number-Issue".
- Body:** A large text area with the placeholder "Describe your issue here" (highlighted with a red box).
- Footer:** A message "Welcome to attach the pictures to help us get more understands with your issue" (highlighted with a red box).
- Toolbar:** A rich text editor toolbar with various icons. The "Attach" icon (a paperclip) is highlighted with a red box, and a red arrow points to it from the footer message.

Welcome to send us some pictures to describe your problem, which will help us better and faster understand your current situation, and thus provide you with the best solution.

The machine you ordered has been carefully inspected and is fully guaranteed to be in perfect working order.

This lifetime warranty covers missing parts, damaged parts, package lost, all manufacturing and mechanical defects, excluding malfunctions or deterioration resulting from accidents or negligence. with this card, you are entitled to obtain service at any platform, such as Amazon, Walmart, and our own website.

Please provide your Platform and Order Number to us in the email subject.

NEED HELP?
CONTACT US FIRST.
PAETAFITNESS@outlook.com