



5-in-1 Pilates Board Reformer Set

FSPILBOARDA

Safety & Warnings

- Keep this product out of reach of children.
- Read all instructions carefully and retain this user guide for future reference.
- Ensure the pilates board is placed on a flat, stable surface before use.
- Do not exceed the maximum weight limit for the board (200kg).
- Inspect the board and accessories for damage or wear before each use. If the board or accessories are damaged, cease use immediately and contact **help.Kogan.com** for support.
- Keep the area around the board clear to prevent accidents or interference during exercise.
- This product is not a toy. Keep it out of reach of children and pets when not in use.
- Do not allow children to play on or near the board.
- Consult a healthcare professional before beginning any new exercise program, especially if you have pre-existing conditions, injuries, or are pregnant.
- Stop using the product immediately if you experience pain, dizziness, or shortness of breath.
- Assemble the board according to the instructions. Improper assembly may cause injury.
- Use only accessories provided with or recommended for the pilates board. Using non-compatible parts may lead to injury or damage.
- Avoid using the board on slippery surfaces or near sharp objects.
- Do not use the board outdoors in wet or humid conditions, as it may become slippery and increase the risk of injury.
- Do not overstretch the bands or allow them to snap back, as this can cause injury.
- Store the pilates board in a dry, indoor environment away from direct sunlight to prevent warping or degradation of materials.

Components



Pilates Board



Knee Pad (x2)



Push-Up Handle (x2)



Handle (x2)



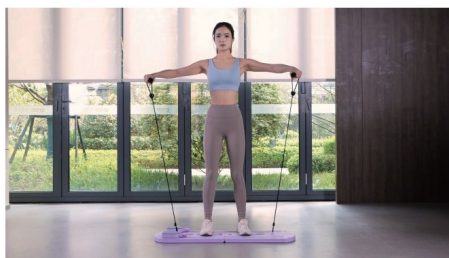
Resistance Band (x2)

Assembly

- Press the push lock down and insert the elbow pad handle into the designated slot. Turn the handle until the push lock aligns and comes through the hole, securing the handle in place.
- Insert the handles into the designated holes in the board and turn to lock in place.
- Press the push-up handles into the designated holes in the board.
- Clip the resistance bands onto the rings on the board.

Operation

Exercises



Specifications

Product Material	PP/Iron pipe
Product Weight	4.5kg
Grip Material	NBR
Product Size	106 x 40 x 3cm

Notes

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Need more information?

We hope that this user guide has given you the assistance needed for a simple set-up.

For the most up-to-date guide for your product, as well as any additional assistance you may require, head online to **help.Kogan.com**.

