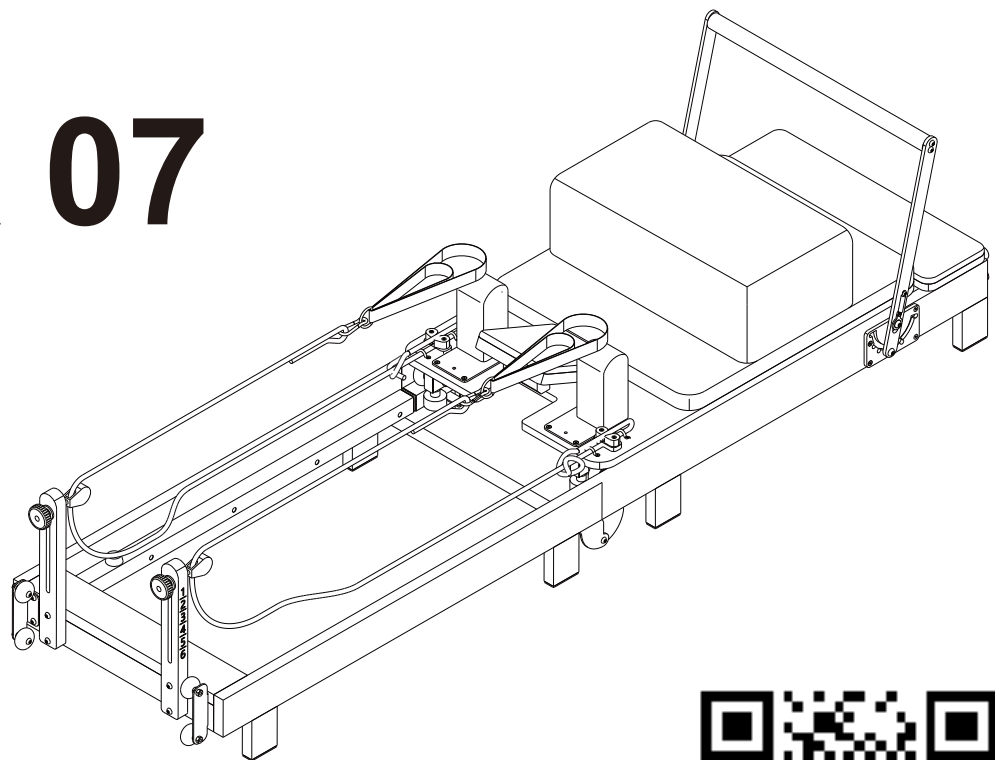


SYE DEE

ASSEMBLY INSTRUCTIONS

PR 07



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



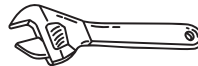
If you are missing any parts, or otherwise have any warranty issues, please contact us first.

Shortcut: A Lot of People Doing That Way

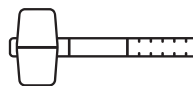
To enhance your installation process for both speed and convenience, consider removing all accessories from the box, carefully opening the packaging, and arranging everything neatly on the floor. This preparation can streamline your setup experience.

The following tools might help you improve your installation experience

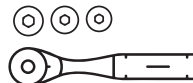
- Adjustable wrenches



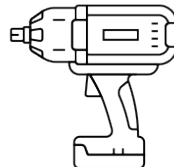
- Rubber hammers



- Socket set



- Electric Wrench



WARNING



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

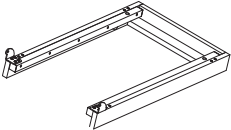
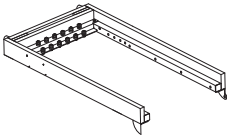
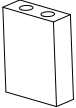
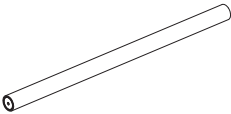
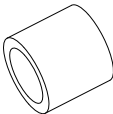
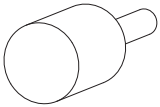
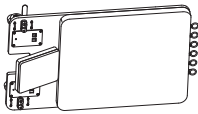
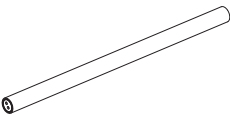
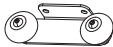
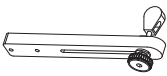
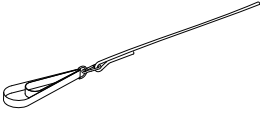
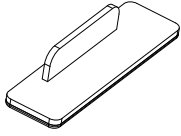
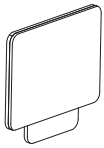
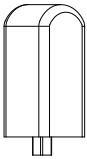
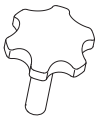
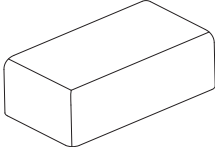


Sharp objects may be involved. Use precaution and protection.

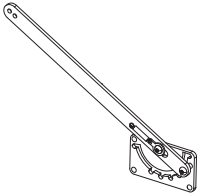
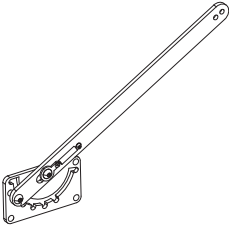
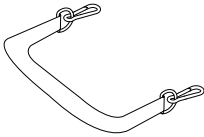
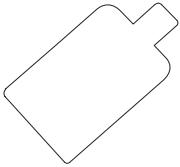
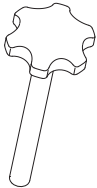


Heavy object. Use lifting aids and proper lifting techniques when moving

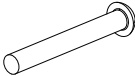
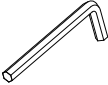
PART LIST

A1.Wooden frame-1 1 PC 	A2.Wooden frame-2 1 PC 	A3.Supporting block 8 PCS 	A4.Foam floor mat 8 PCS 
A5.Hanging ring 2 PCS 	B1.Rotating tube 1 PC 	B2.Plastic washer 4 PCS 	B3.Insert tube 2 PCS 
B4.End carriage stopper 2 PCS 	C1.Carriage bed 1 PC 	D1.Foot bar 1 PC 	D2.PU wheels 2 PCS 
E1.Rope riser-right 1 PC 	E2.Eope riser-left 1PC 	F1.Lo handle 2 PCS 	G1.Foot board 1 PC 
G2.Jump board 1 PC 	H1.Shoulder rest 2 PCS 	H2.Knob 2 PCS 	i 1.Reformer box 1 PC 

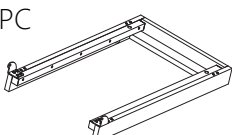
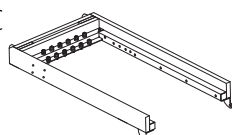
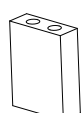
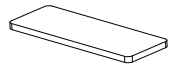
PART LIST

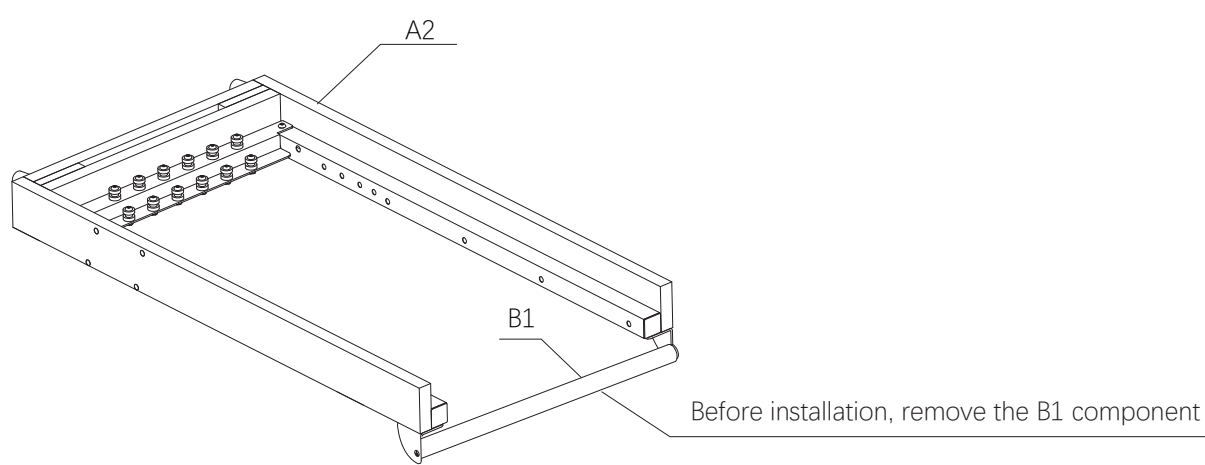
J1.Footbar connecting rod-L 1 PC 	J2.Footbar connecting rod-R 1 PC 	J3.Foot Strap 1 PC 	J4. Pilates Reformer Mat 1 PC 
J5.Knob 2 PCS 			

PART LIST

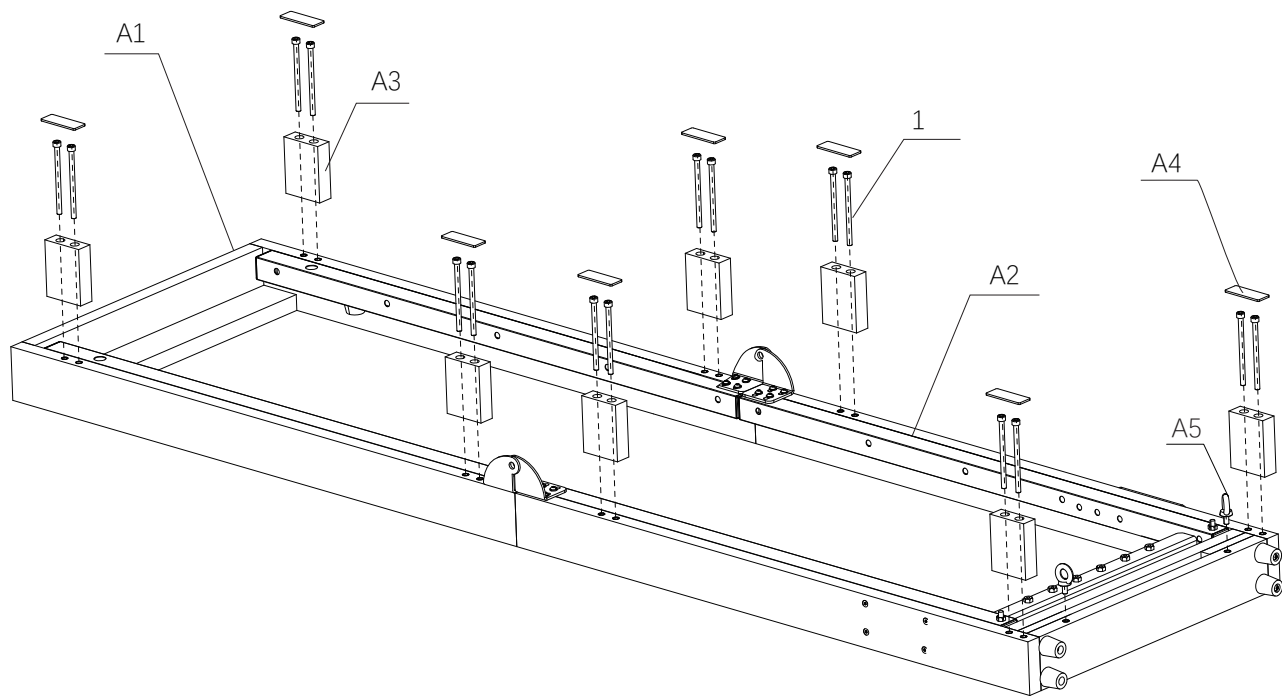
1.BOLT(M8*105) 16 PCS 	2.BOLT(M8*30) 2 PCS 	3.BOLT(M8*20) 8 PCS 	4.BOLT(M8*55) 4 PCS 
5.WASHER(M8) 10 PCS 	6.Tools (5mm) 1 PC 	7.Tools (6mm) 1 PC 	8.Tools (4mm) 1 PC 
9.BOLT(M6*20) 8 PCS 			

STEP: 1

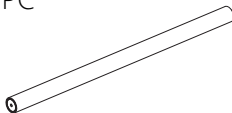
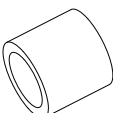
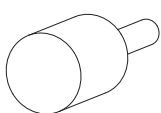
A1.Wooden frame-1 1 PC 	A2.Wooden frame-2 1 PC 	A3.Supporting block 8 PCS 	A4.Foam floor mat 8 PCS 
A5.Hanging ring 2 PCS 	1.BOLT(M8*105) 16 PCS 		



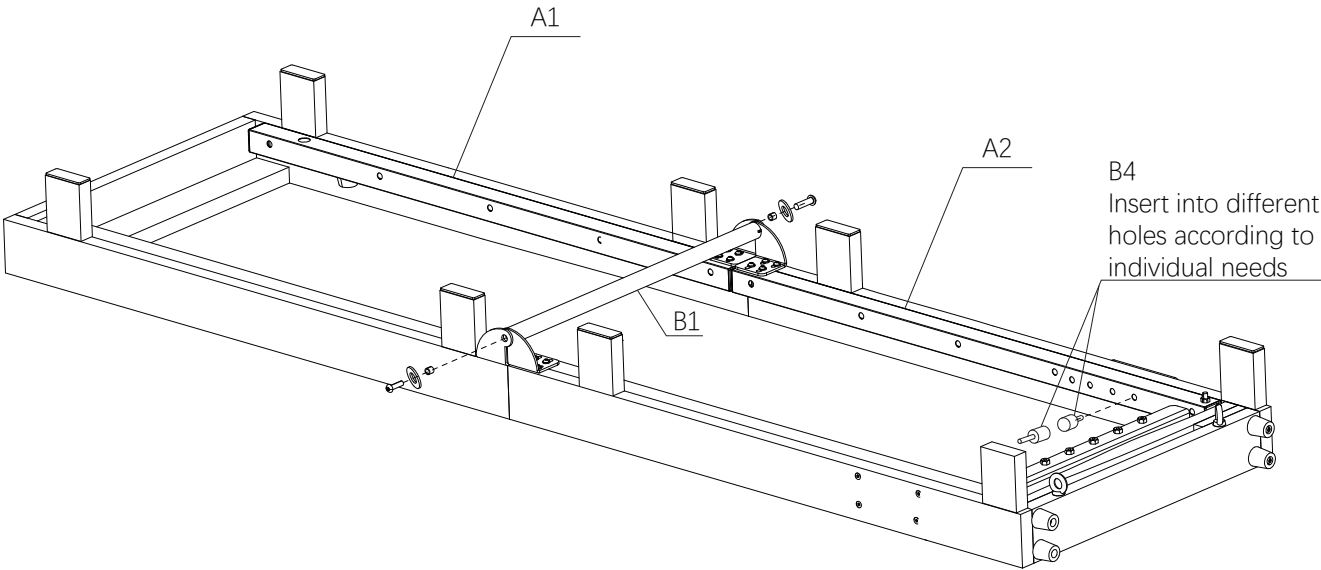
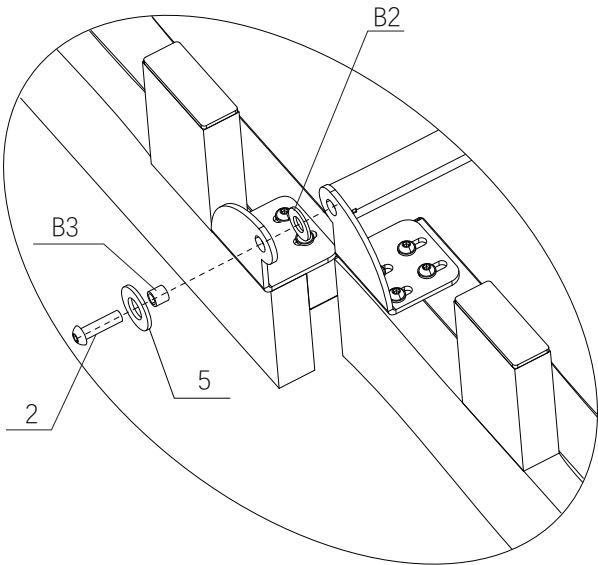
After installing the supporting blocks(A3),apply foam foot mat(A4) to the surface



STEP: 2

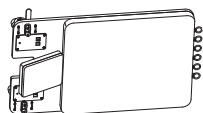
B1.Rotating tube 1 PC 	B2.Plastic washer 2 PCS 	B3.Insert tube 2 PCS 	B4.End carriage stopper 2 PCS 
2.BOLT(M8*30) 2 PCS 	5.WASHER(M8) 2 PCS 		

Note: Install plastic washer(B2) between A1 and A2 during installation

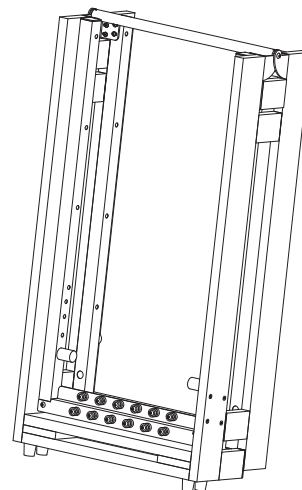
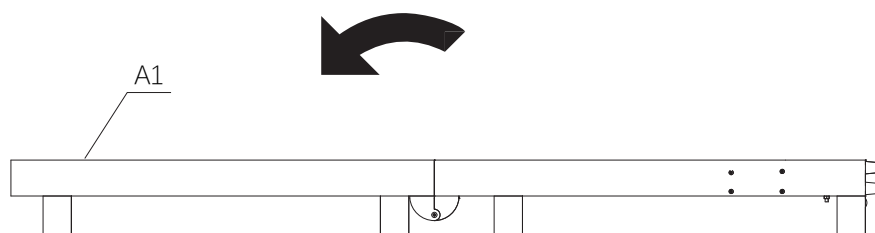


STEP: 3

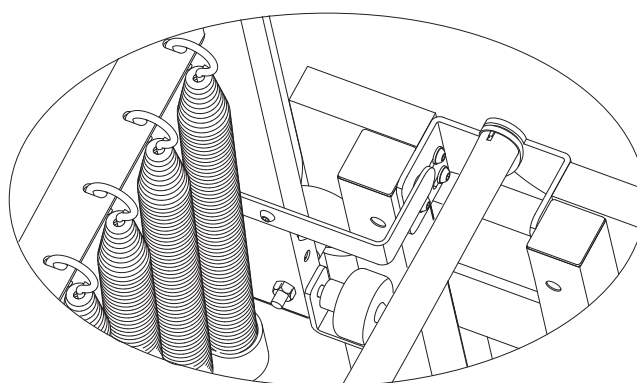
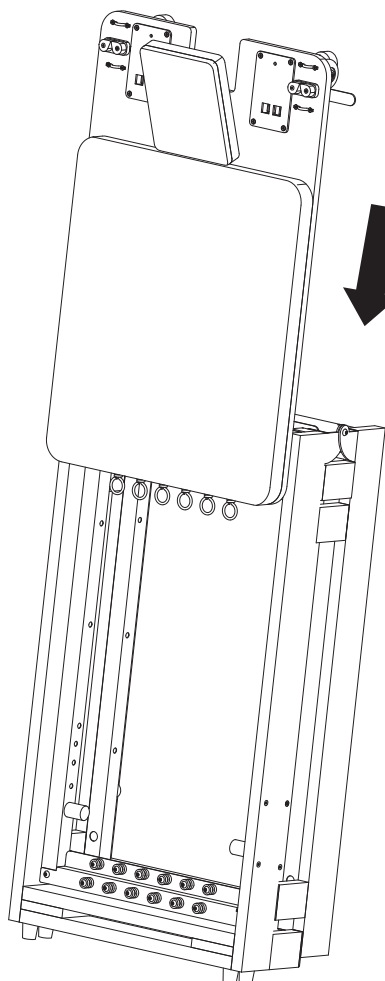
C1.Carriage bed
1 PC



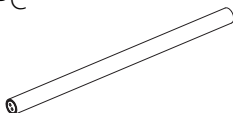
Rotate A1 180 degrees along the arrow direction and fold it



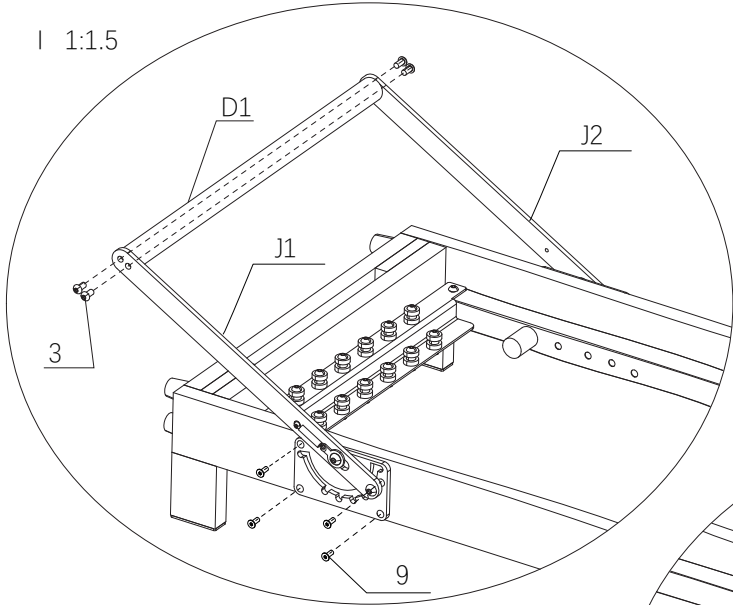
Install C1 on the base, pay attention to the position of the pulley of C1 (see the picture below)



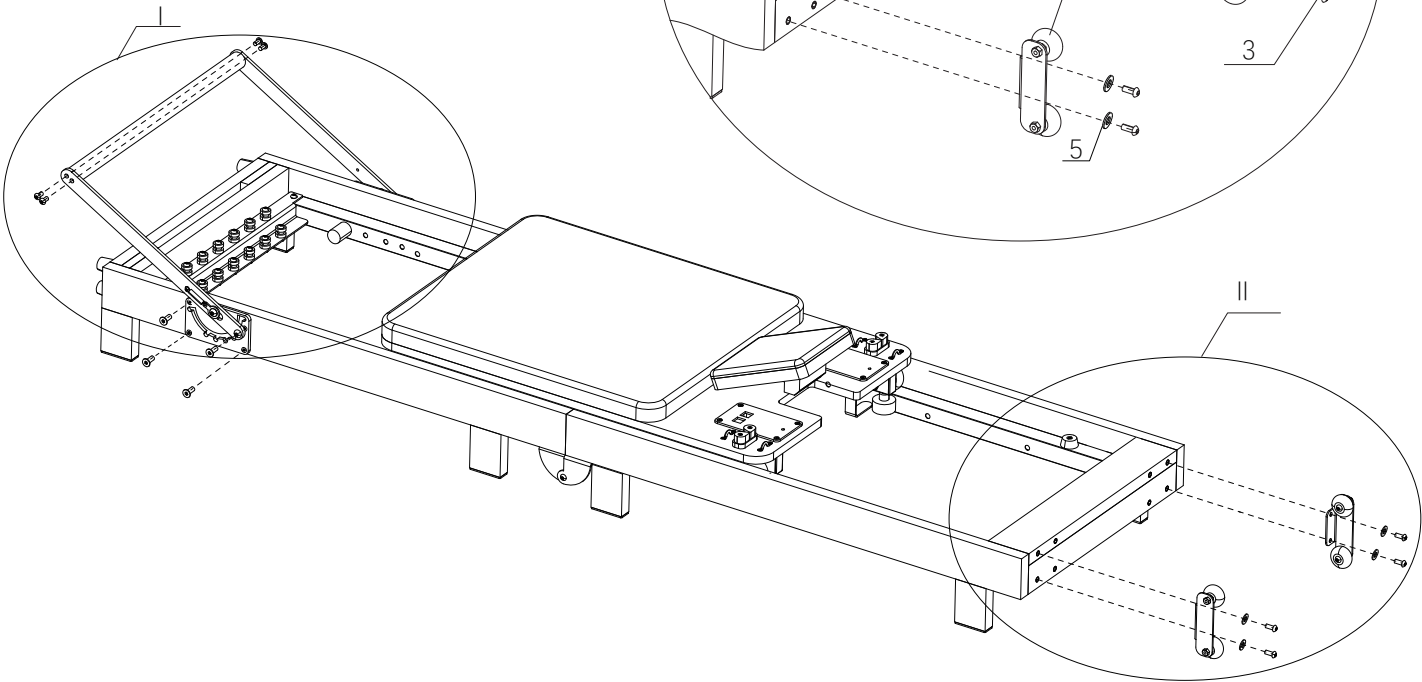
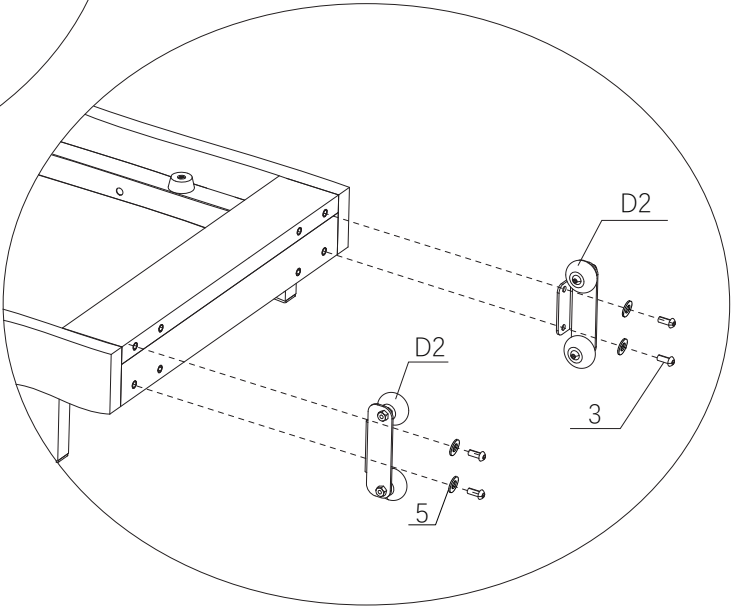
STEP: 4

D1.Foot bar 1 PC 	D2.PU wheels 2 PCS 	3.BOLT(M8*20) 8 PCS 	5.WASHER(M8) 4 PCS 
J1.Footbar connecting rod-L 1 PC 	J2 .Footbar connecting rod-R 1 PC 	9.BOLT(M6*20) 8 PCS 	

I 1:1.5



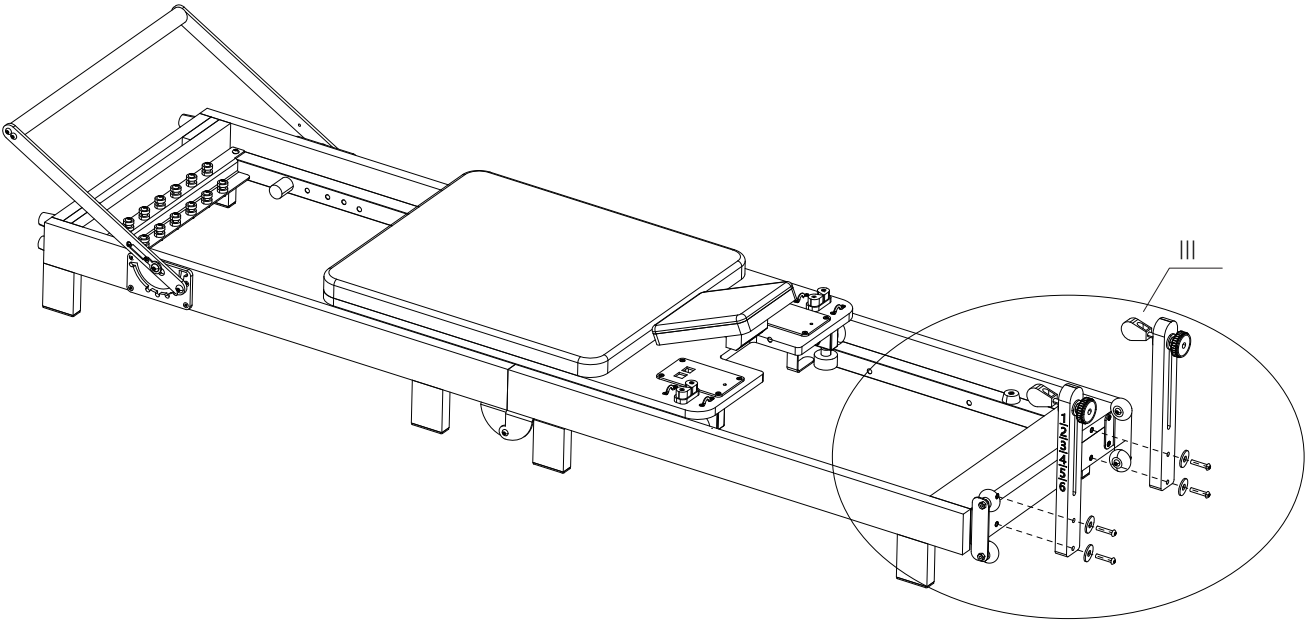
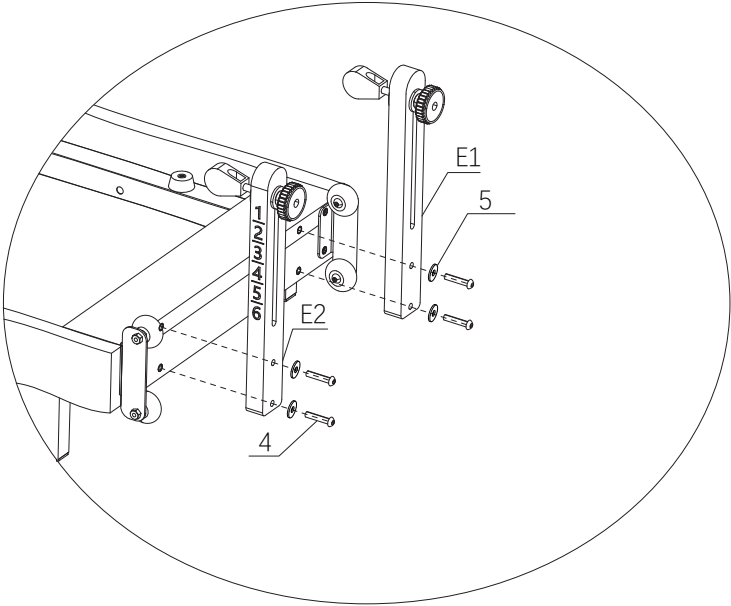
II 1:1.5



STEP: 5

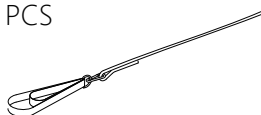
E1.Rope riser-right 1 PC	E2.Eope riser-left 1PC	4.BOLT(M8*55) 4 PCS	5.WASHER(M8) 4 PCS
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III 1:1.5

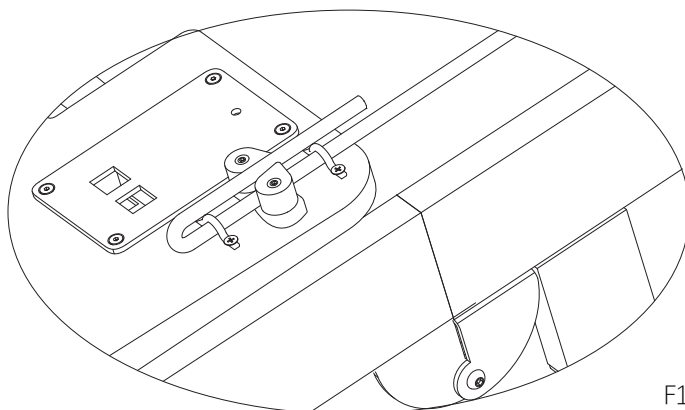
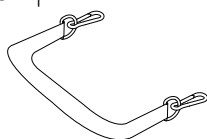


STEP: 6

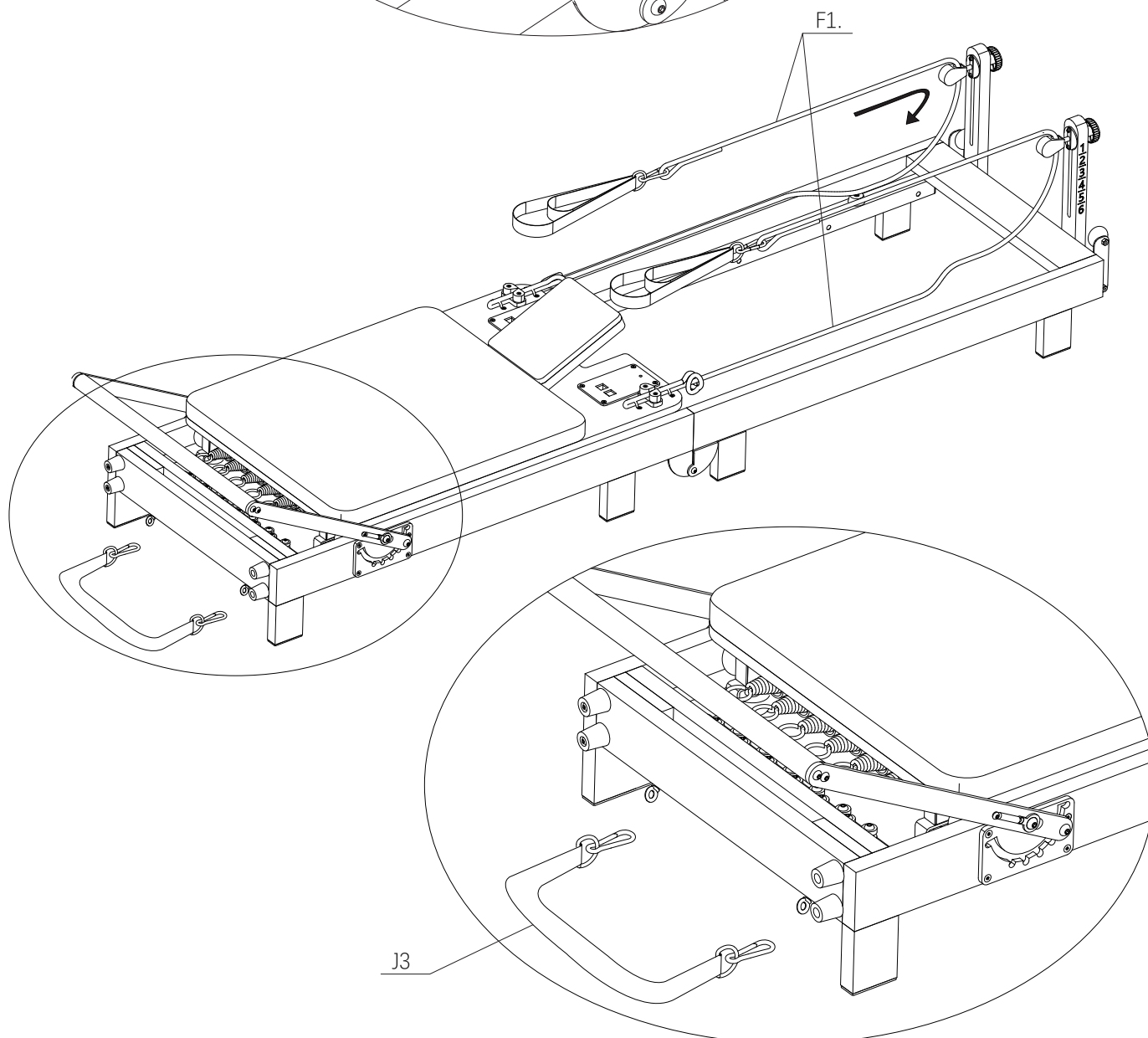
F1. Loop handle
2 PCS



J3. Foot Strap
1 PC

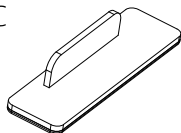


Tie the rope through
the fixing hole

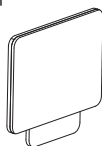


STEP: 7

G1.Foot board
1 PC



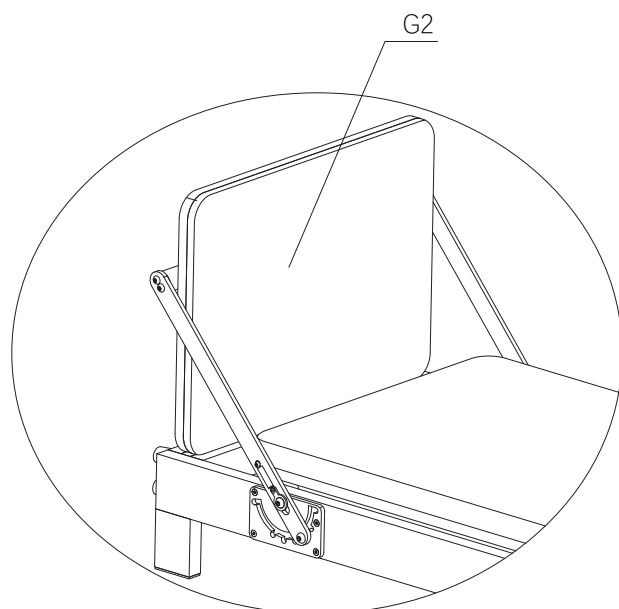
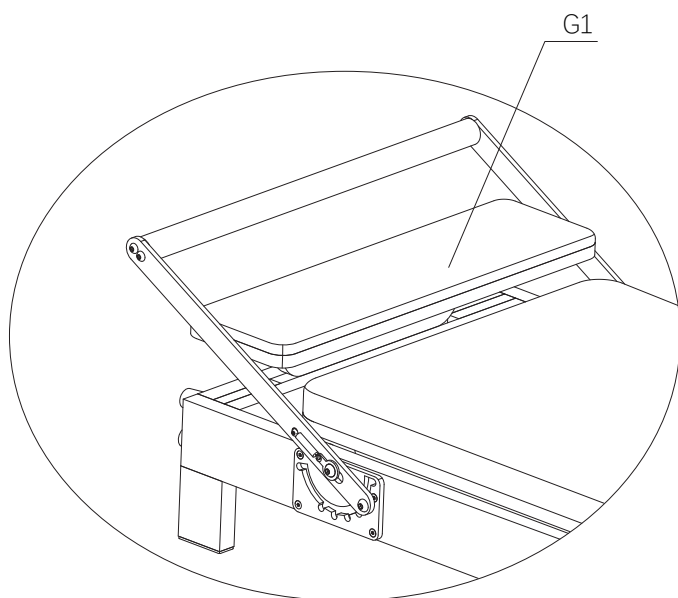
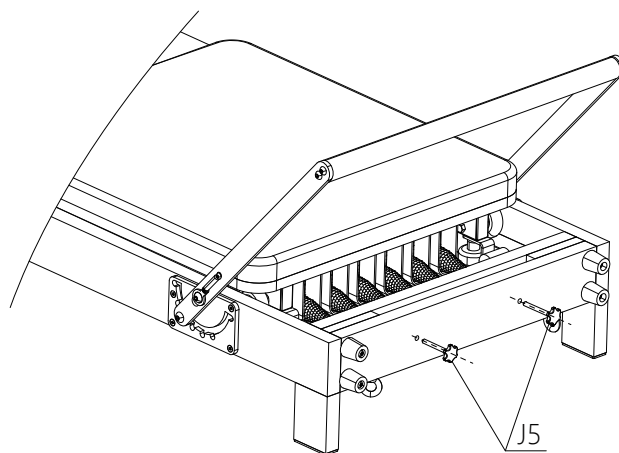
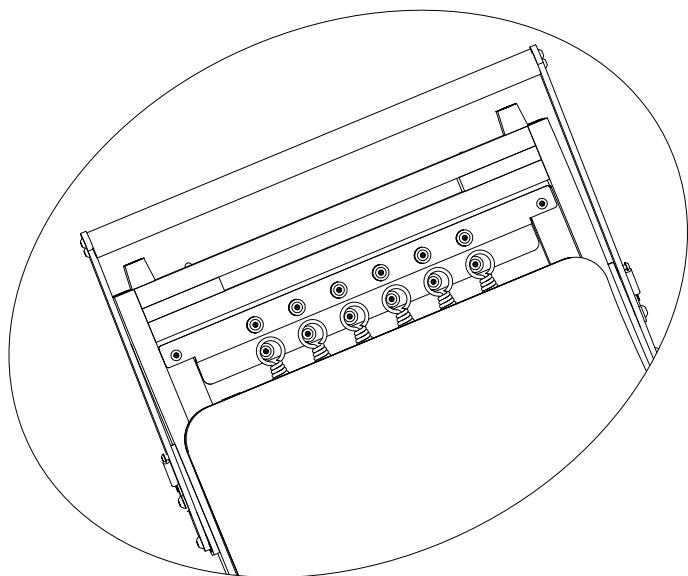
G2.Jump board
1 PC



J5.Knob
2 PCS

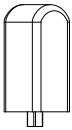


Red represents high resistance, green represents medium resistance, and yellow represents low resistance

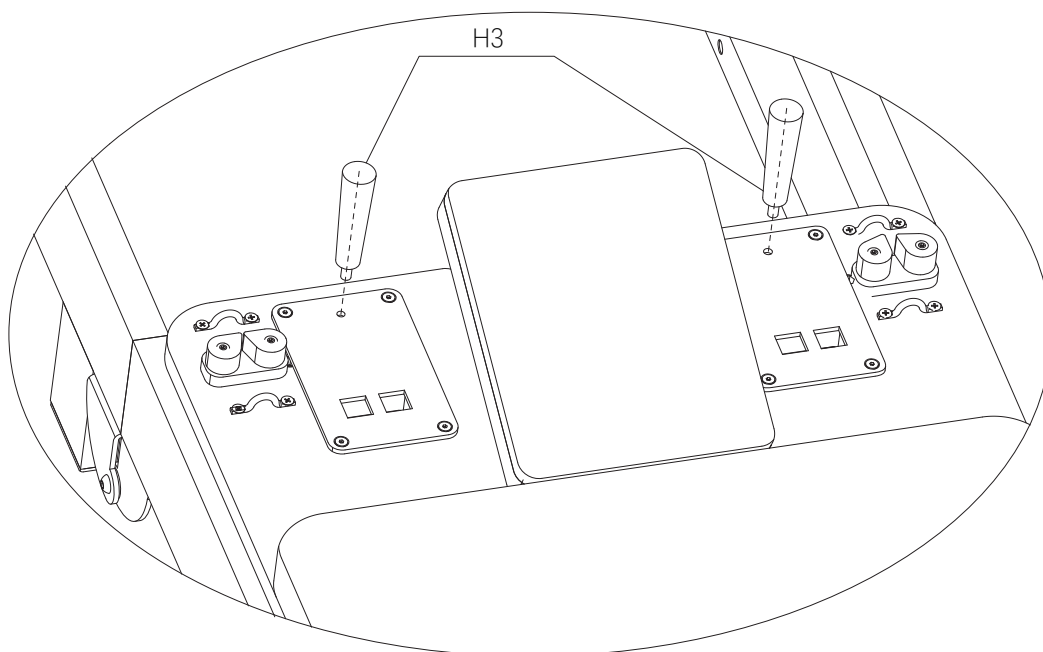
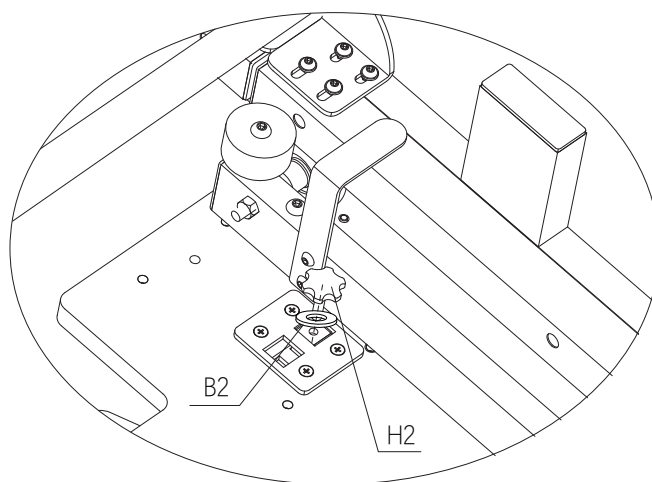
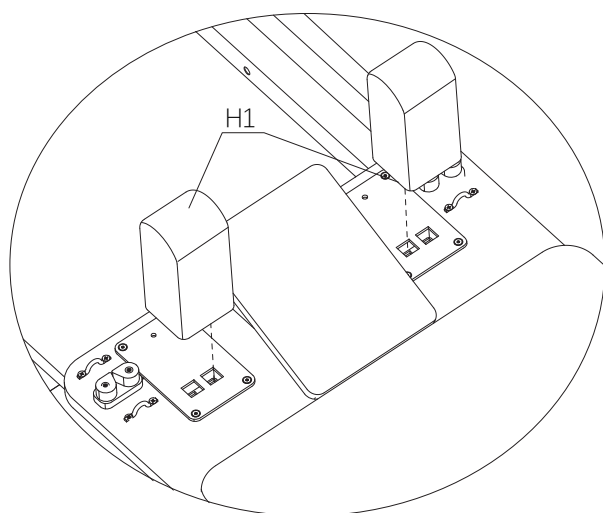


After selecting the spring resistance, you can choose to install foot pedals or jump board, And tighten the J5 parts.

STEP: 8

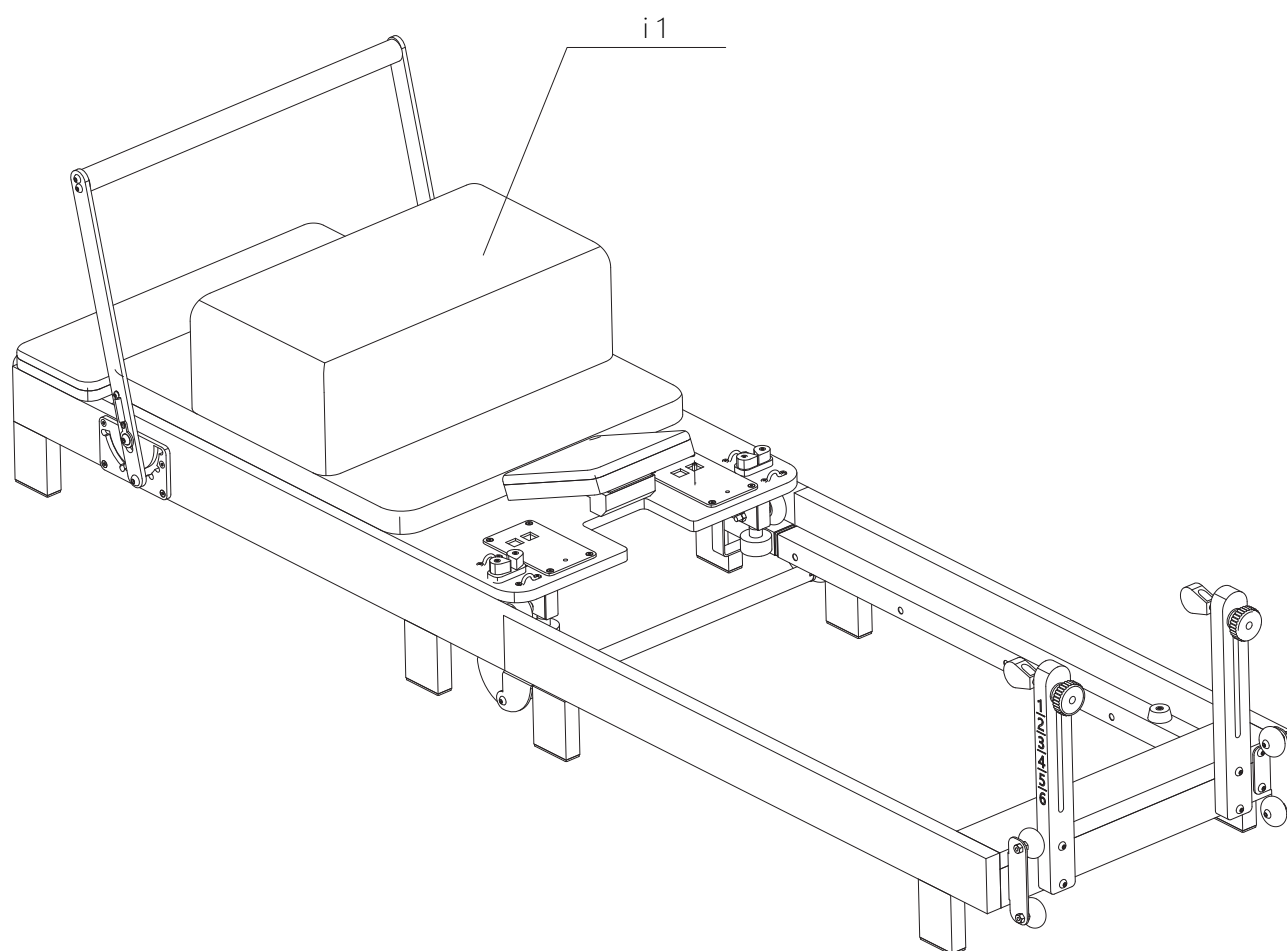
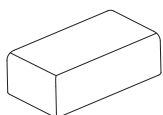
H1.Shoulder rest 2 PCS 	H2.knob 2 PCS 	B2.Plastic washer 2 PCS 	
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Select different shoulder rest installation positions according to individual shoulder width, and tighten the knob



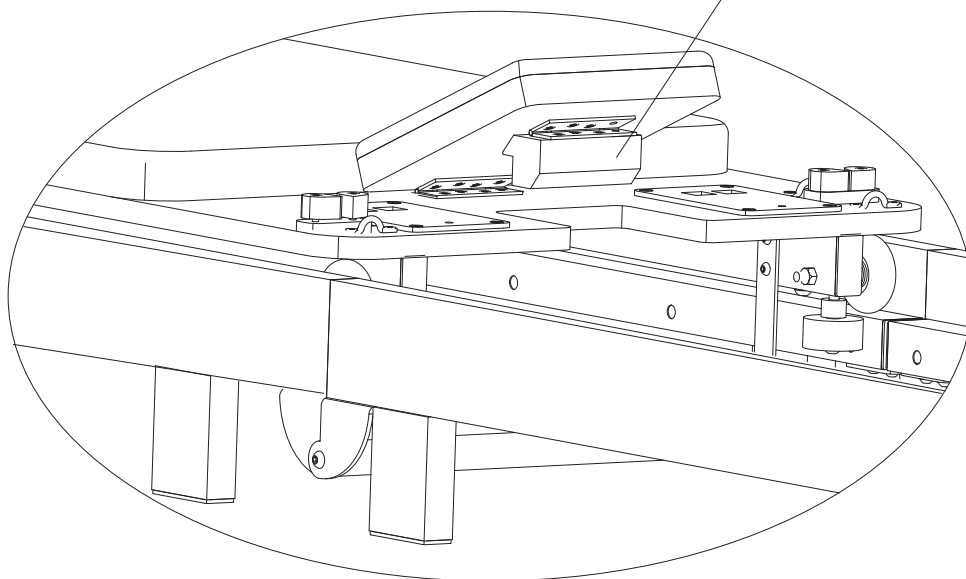
STEP: 9

i 1.Reformer box
1 PC

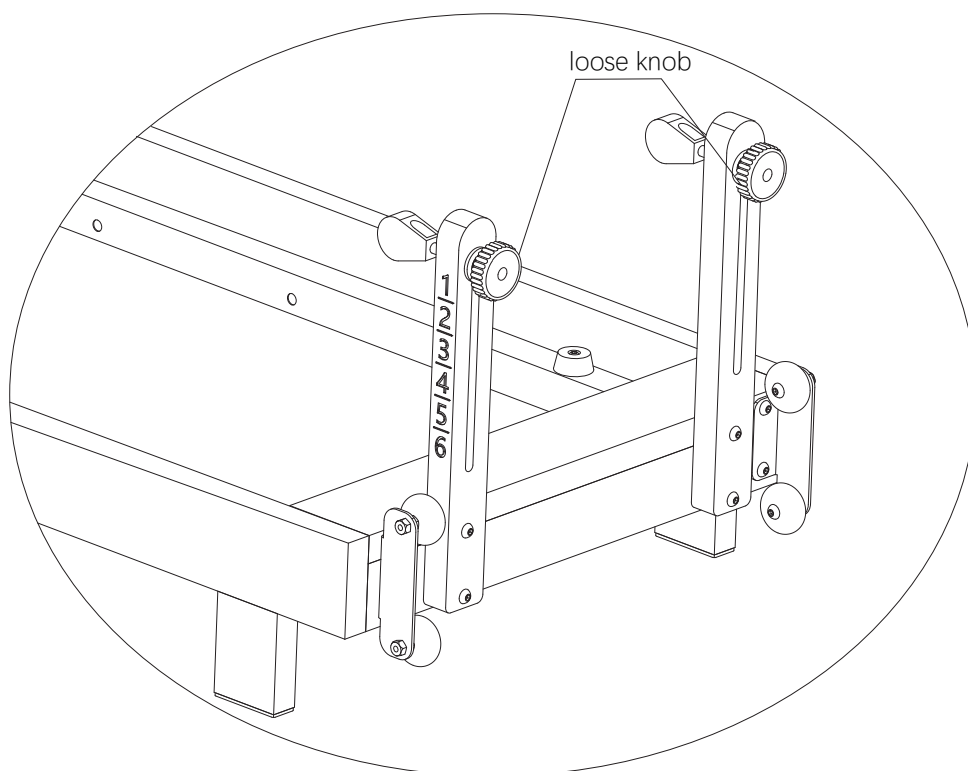


Function introduction

Turn the block and down to adjust the Angle of the headrest



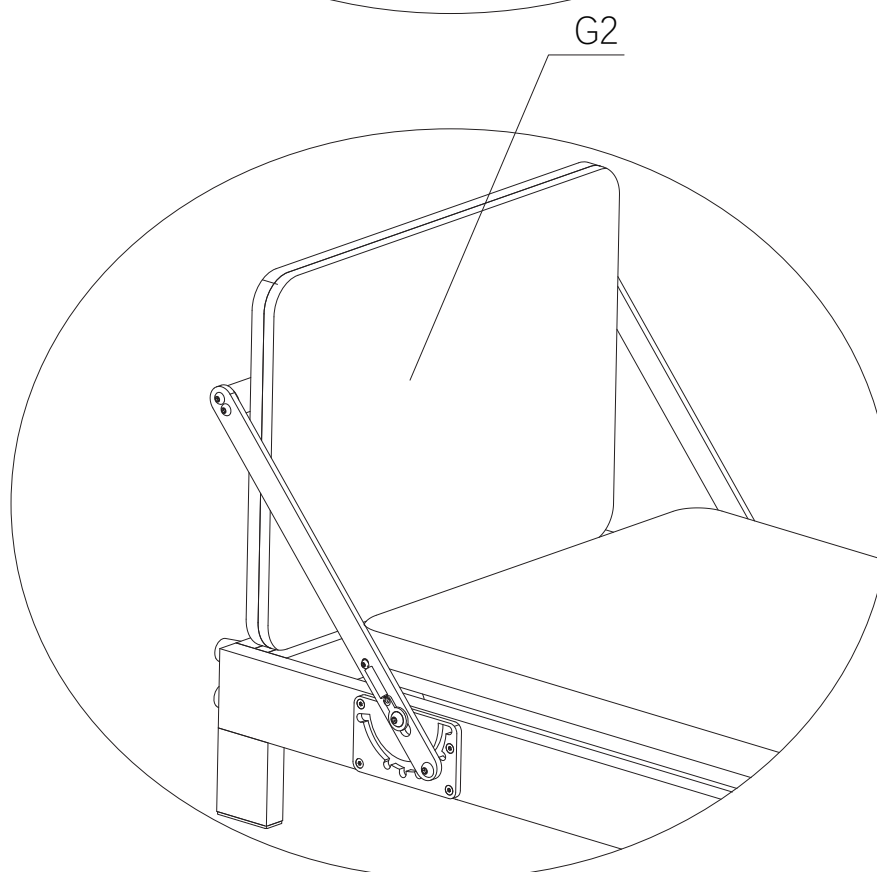
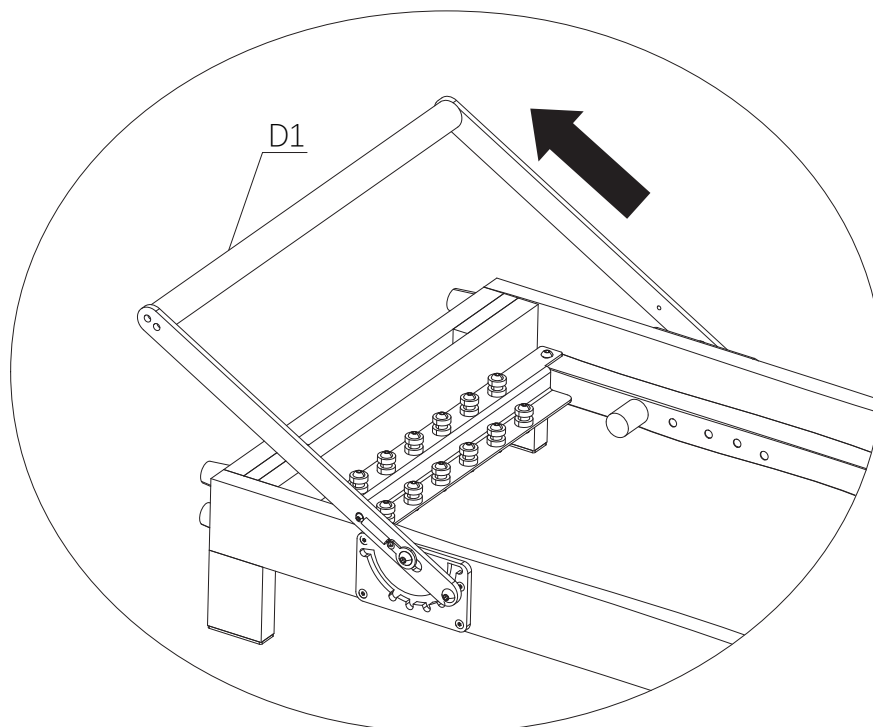
loose knob



Adjust different heights according to individual needs

Function introduction

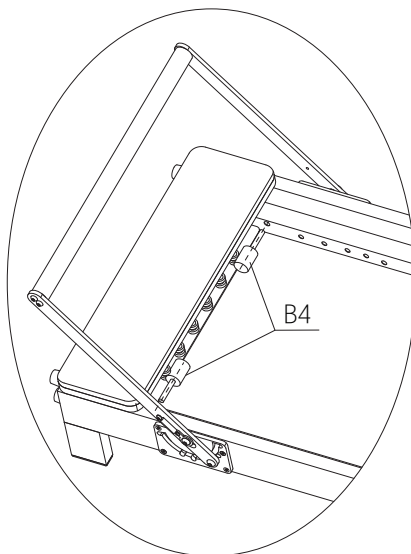
Pull the foot bar in the direction of the arrow to adjust the gear



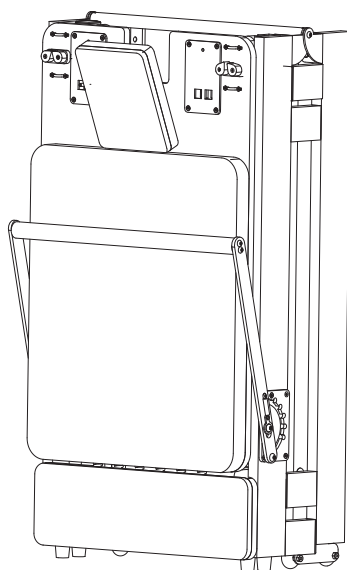
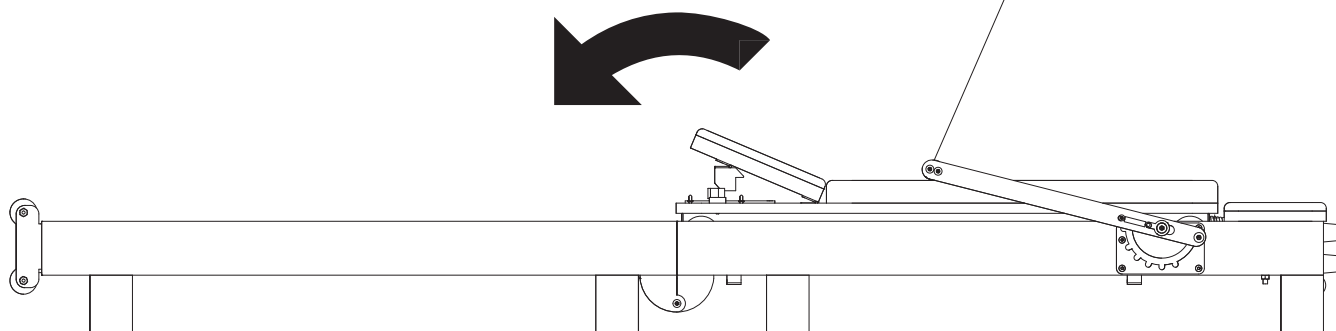
It is recommended to switch the footbar to the gear as shown in the picture after installing the jump board

Folding method

Install end carriage stopper(B4) into the hole position as shown



Adjust the foot bar to the gear as shown in the picture, Make sure it holds down the back pad



Rotate the base in the direction of the arrow and fold it completely

FORMAT OF AFTER-SALE EMAIL

The screenshot shows an email draft interface. At the top, a status bar says "Draft saved" with a close icon. Below it, the "Recipients" field is empty. The "Subject" field contains "Amazon-1234567890-Package Lost" and "SUBJECT EXAMPLE". The "Body" field contains "Platform-Order Number-Issue" and a large text area with the placeholder "Describe your issue here". Below the text area, a red message says "Welcome to attach the pictures to help us get more understands with your issue". At the bottom, there is a rich text editor toolbar with various icons. The "Attach" icon (a paperclip) is highlighted with a red box and a red arrow pointing to it. The "Send" button is on the left, and a trash icon is on the right.

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.

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