

# PilatesEquip™- The Joint Workshop Pty Limited

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## **Evolution Reformer™ 2 Instructions (Studio and Low) – April 2022 to present date.**

**This document must be read before using the equipment.**

If you don't understand an instruction, please contact Pilatesequip™ for a clarification.

All of the following points and instructions should be common knowledge to all instructors and to anyone that exercises on this equipment.

Improper use of this equipment may cause serious bodily harm. Please read the following:

- Before starting any program, consult a physician; read and follow the instruction manual; and obtain thorough instructions from a qualified Pilates instructor.
- All pre-existing injuries must be disclosed to your physician and Pilates instructor.
- Use equipment only for intended exercises
- Equipment is only to be adjusted by, or with the guidance of, a trained Pilates instructor.
- Use equipment only when it is properly adjusted for your size and ability.
- Stop exercising if you experience any pain or discomfort.
- Keep clothing, body parts and hair clear of all moving parts.
- Do not use if equipment appears worn, broken or damaged.
- Do not allow children to use or be around equipment without adult supervision.

Also, note that you should:

- Get equipment serviced regularly. See [www.pilatesequip.com/instructions](http://www.pilatesequip.com/instructions) for a to most up-to-date service checklist.
- Never let go of expanded Springs. This is dangerous for people using the equipment, and to others in the vicinity of the equipment, and will immediately shorten the spring's life.
- Always adjust springs with the Carriage is in its closed position.
- Check that the Foot Bar, Shoulder Pads, Stopper, Pulley Uprights, Ropes, Foot Strap, Springs, etc, are adjusted and/or connected correctly, as specified in these instructions and to the user's size and ability.
- Check that the Foot Strap and its connections are not twisted or snagged before each use.
- One Spring should always be attached to the Spring Bar, except while cleaning Tracks or when resting Springs overnight.
- Inform all users to follow the instructions on the Spring Bar Plate, regarding the Foot Bar, Stopper and spring set up.

## **Instructions- assembling. Read fully before you start assembling**

1. Remove all items carefully from packaging and remove any wrapping from the Frame. Do not cut through the wrapping and/or boxes with any sharp-knife like devices, due to upholstery and painted surfaces. Lay all contents flat on floor. Clear floor from all packaging material, for safety reasons.
2. Clean all surfaces:
  - Upholstery. Refer to the maintenance instructions below.
  - Aluminium Tracks and Wheels. Thoroughly wipe with a slightly dampened cloth. Refer to the maintenance instructions below.

If the Reformer is transported with the Foot Bar attached already, go straight to point 5 and tools are not required.

Tools needed for points 1-4. One (1) 10mm spanner or 10mm socket wrench. One (1) Phillips head #2 screwdriver

1. Attach Trolley Wheels to the Front Legs. Place a spring washer then a plain flat washer onto each M6x25mm bolt. Find the label for which wheel is left and right. Label goes against the leg. Make sure the bolts are tightened by 10mm spanner or socket wrench.
2. Place Carriage straight down into the Frame. Be careful not to damage the Frame.
3. Attach the Foot Bar to the Foot Bar Track, located on the outside of the Reformer. Remove the 2 End Caps from the end of the Foot Bar Track located at the Pulley end of the Reformer (not the Foot end of the reformer). Next step requires 2 people. Each person needs to hold either side of the Foot Bar. Standing on either side of the reformer where you removed the End Caps at end of the Foot Bar Track. Being careful not to damage the painted Rails, slide the fittings at the end of the Foot Bar, onto the Foot Bar Track. The side with the blue stickers should go on first, and the Indexing Knob attached to the fittings goes on last. Pull the Knobs out to retract the pins, to get the Foot Bar fully on. Reattached the End Caps.
4. Attaching the Carriage Holding Brackets to the Chassis, located under the Carriage. Read this point entirely before moving forward. Place the remaining 4 spring washers on each of the remaining M6x20mm bolts. Adjust the Foot bar to H Red. You'll need another person for this next step. The reformer needs to be tipped on its side. The round section of the Foot Bar should hit the ground to help support the reformer while being tipped sideways. The carriage will need to be held in place while doing this, so it doesn't fall

- out. The spare person will need to fit the Carriage Holding Brackets to the Chassis, so the arm of the bracket (the end with no holes in it), wraps around the Track. Fit the bolts and tighten with 10mm spanner or socket wrench. Lift reformer back on its feet.
5. Lift the Pulley Uprights into its vertical locked position. The need to use a little bit of force is required.
  6. Fit the Ropes. Thread the non-clip end of the rope through a Pulley, and through the Saddle on the Carriage (located on the same side of the reformer, as the pulley). Then thread the rope through the Cleat and down the nearby hole. Then knot the end of the Rope. Attach Hand Strap to the clips. Repeat to the rope on the other side.
  7. Fit Shoulder Pads and Hand Strap Holders into position at the head end of the Carriage. The Shoulder Pads have an offset arm/rod to allow for a wider position for broad shouldered people. Make sure the padded sides of the Shoulder Pads are facing the correct direction for the exercise and are mirrored to the other side.
  8. Ensure the Rubber Stopper is in the second hole of the Stopper Plate, located under the Track and near the front of the Carriage. This is the standard position.

### **Instructions- using and adjusting**

#### **Weight Limits.**

- Carriage - 200kg maximum.
- Foot Bar - 150kg maximum.

#### **Useful Definitions.**

- Foot Bar Height: **H**- High, **M**- Medium and **L**- Low.
- Foot Bar Red Sticker: Foot Bar position when angled away from the user.
- Foot Bar Blue Sticker: Foot Bar position when angled towards the user.
- Foot Bar Track Red Arrow position: Line up the black Indexing Pins that locks the Foot Bar in place with the hole indicated by the red arrow. It's located on the top surface of the Foot Bar Tracks.
- Foot Bar Track Yellow Arrow position: Line up the black Indexing Pins that locks the Foot Bar in place with the hole indicated by the yellow arrow. It's located on the top surface of the Foot Bar Tracks.
- Active Springs refers to a spring that is attached to the Spring Bar Plate with at least initial tension or more.

#### **Notable Foot Bar Positions.**

- Standard Foot Bar position: **M** Red and at the Red Arrow.
- Jump Board and Standing Reformer Foot Bar position: **L** Red and at the Yellow Arrow (refer to the Jump Board instructions for further info).

#### **Positioning Foot Bar along the Foot Bar Tracks.**

- Pull both black Indexing Knobs outwards, that locks the Foot Bar to its Foot Bar Tracks. You're now able to slide the Foot Bar up and down the Foot Bar Tracks.
- Helpful Hints: The best way to do this is by applying a slow even pulling or pushing force, to each side of the Foot Bar. Placing the Foot Bar angle to high also helps.
- Slide the Foot Bar to its required position by aligning the black Indexing Pins on the Foot Bar components, with a hole in the Foot Bar Track. Check both Indexing Pins, making sure they lock back into the holes.

#### **Springs.**

- Green- Heavy, full tension.
- Blue- Light, ½ tension.
- Yellow- Extra light, ¼ tension

Active springs must always have at least initial tension on them. One springs needs to be attached at all times.

#### **Spring Bar Plate.**

- Attach the spring's loop over the aligned Spring Holder, located on the Spring Bar Plate. You can use any combination of the bottom and top Holders, to achieved the desired tension for the exercise.

#### **Shoulder Pads.**

- When setting up or adjusting, the Shoulder Pads have an offset arm/rod that allows for a wider position for broad shouldered people. Make sure the padded sides of the Shoulder Pads are facing the correct direction for the exercise and are mirrored to the other side. Use the gap from the Shoulder Pad to the Head Rest as a reference.
- The pins in the Shoulder Pad arm/rod needs to locate itself all the way into the slot on the Shoulder Pad Holder.
- Generally, the standard position for the Shoulder Pads is when the pads are closer together.

#### **Jump Board.**

- Adjust the Foot Bar to the correct Jump Board position- **L** Red and the Yellow Arrow position. Place the Jump Board into the Jump Board Holes, located on top of the Foot Platform. Take the Elastic Shock Cord that's attached to the back of the Jump Board and place it around the Hook that's located under the Foot Platform. When using the Jump Board, the Foot Bar should now be in position directly behind the Jump Board, so it's supported during use.

#### **Reformer Carriage Stopper Plate.**

- Place the rubber Reformer Carriage Stopper in the second hole of the Stopper Plate, located under the Track near the front of the Carriage. This is its standard position. Adjust when needed to suit the user's size and ability. Always use the Reformer with the Reformer Stopper in place.
- Use the Stopper in the first position, only when using the Jump Board or the Foot Platform. The springs must use the back attachments only, to achieve initial tension.
- Instruct users to softly close the Carriage up to the Stopper.
- Make sure the Stopper is not set too short for the exercise, where it gets hits within the exercises normal range of movement.

#### **Pulley Uprights.**

- To lower the Pulley Uprights for stacking Reformers or to get more travel length for the Carriage or to use the Conversion Mat and Half Trapeze Tower, pull the Locking Mechanisms at the base of the Upright upward to disengage. Lower the Upright until it's horizontal.

#### **Head Rest.**

- Pull the red knob that's located under the Head Rest outwards in a horizontally direction, to adjust its height. There's 3 levels in adjustment. Ensure the red knob adjustment locks back into place.

#### **Resting Springs.**

- Avoid leaving Springs expanded when Reformer is not in use. Expanded Springs will reduce the life of the Springs.
- At the end of the day or when the Reformer is not in use, you should rest the Springs. This will help prolong the life of the Springs. It's best to bring the Rubber Stopper to the second hole in the Stopper Plate, so the Springs are in initial position. Initial position is when the Spring is attached to the hook but has the least amount of expansion on the Spring. Leave only 1 spring on.

#### **Foot Platform Extender.**

- Ensure the pins on the underside of the Platform Extender locates themselves into the corresponding holes on the Spring Bar Plate. Test that the Platform extender is locked into place before use.

#### **Group Reformer Classes.**

- It's highly recommended when using multiple Reformers in a class, that a safe user-to-teacher ratio is used, in order to safely guide all users.

#### **Maintenance.**

- Get equipment serviced regularly. See [www.pilatesequip.com/instructions](http://www.pilatesequip.com/instructions) for a to most up-to-date service checklist.
- Clean all vinyl upholstery daily, as a minimum. Make sure you clean Shoulder Pads, Head Rest and Bed. Use a mixture of water and some ordinary mild "Sunlight Pure Soap", cut into little flakes, and placed in a spray bottle. Clean with a towel, cloth or paper towel. NOTE: Don't use other products such as chemicals, bleach, tea tree or eucalyptus oils, alcohol wipes or methylated spirits, or detergents- as they deteriorate vinyl. Human sweat also causes vinyl deterioration. The vinyl has an antibacterial coating and doesn't need harsh cleaners.
- Check all Springs weekly. Note: If any of the below issues occur, replace Springs immediately.
  - Check springs by slightly stretching the Spring from the Spring's Loops or Clips at the end of the Spring, until the coils just start to open. If a small section of the Spring Barrel separates while the rest of the coils remain close, the Spring is faulty.
  - Look for obvious bend/kinks in the Spring's barrel.
  - Make sure that Spring's Loops haven't travelled up the Spring's coned coils.
  - Check age of springs. It's recommended to replace Reformer Springs that are older than 8 years.
- Clean all Tracks and Wheels a minimum of twice a week.
  - Clean Tracks by wiping with damp rag. Wipe the front and the back of the Tracks, by moving the Carriage back and forth. If there's built-up of dirt balls on the Track, lightly rub with a fine green Scotch-Brite pad.
  - Clean Wheels by wiping with damp rag. With two fingers behind a rag and creating a nice firm pad, place the cleaning pad on the Wheel and move the Carriage back and forth. Be careful not to get your fingers caught between the wheel. If there's built-up of dirt, lightly rub with a fine green Scotch-Brite pad.
- Check Reformer regularly for any worn parts or problems. Bolts and nuts that may vibrate lose should be addressed, without delay.

#### **Packing List**

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|--|--|
| <input type="checkbox"/> Frame                                       | When Foot Bar is <u>not</u> attached.                        |
| <input type="checkbox"/> Carriage                                    | <input type="checkbox"/> M6x20mm bolts x4                    |
| <input type="checkbox"/> Shoulder Pads x 2 (1 pair)                  | <input type="checkbox"/> M6x25mm bolts x4                    |
| <input type="checkbox"/> Reformer Carriage Stopper x 1               | <input type="checkbox"/> M6 Spring washers x8                |
| <input type="checkbox"/> D-Ring Double Loop Hand Straps x 2 (1 pair) | <input type="checkbox"/> M6 plain flat washers x4            |
| <input type="checkbox"/> Ropes x 2 (1 pair)                          | <input type="checkbox"/> Carriage Holding Brackets x2        |
| <input type="checkbox"/> Hand Strap Handles x 2 (1 pair)             | <input type="checkbox"/> Trolley Wheels x 2 (left and right) |

#### **Optional Extras**

- Evolution Reformer™ 2 Foot Platform Extender
- Evolution Reformer™ 2 Half Trapeze Tower
- Evolution Reformer™ 2 Conversion Mat
- Evolution Reformer™ 2 Jump Board