

PilatesEquip™- The Joint Workshop Pty Limited

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Standing the Evo Reformer S-Series Instructions Post June 2017

This must be read before using the equipment.

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

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

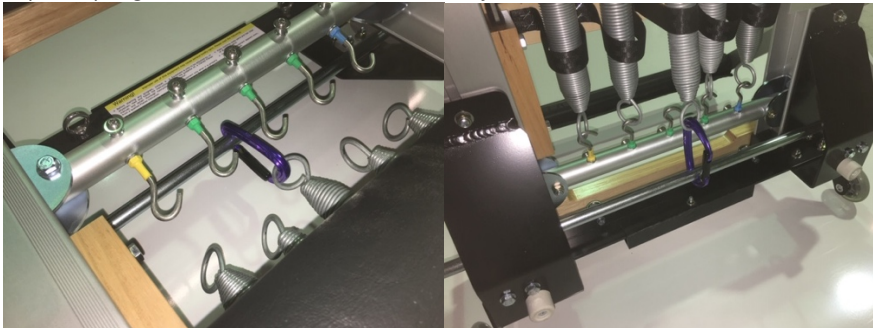
Improper use of this equipment may cause serious bodily harm. Please read the following:

- 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.

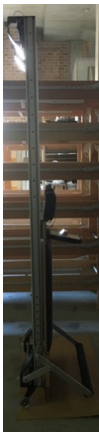
Instructions

Before you can standing the reformer, you'll need to purchase a large Carabineer from Pilatesequip™.

1. Position the Foot Bar height into the low position. This is the third position/slot from the top.
2. Attach the Carabineer to a Green Spring .
3. Clip the spring to the round rod section of the Adjustment Sub-Foot Bar. As shown below.



4. For safety reason, always use two people when standing. When lifting the back of the Reformer, the weight would be about 35kg
5. When the reformer is stood up, the Reformer should be balanced on the Foot Bar and the timber Foot Platform. As shown below.



6. Be careful that people don't lean against the standing Reformer