



**FD2303**  
**Pilates Reformer W/ Tower**  
**Assembly Instruction**  
**& User Manual**

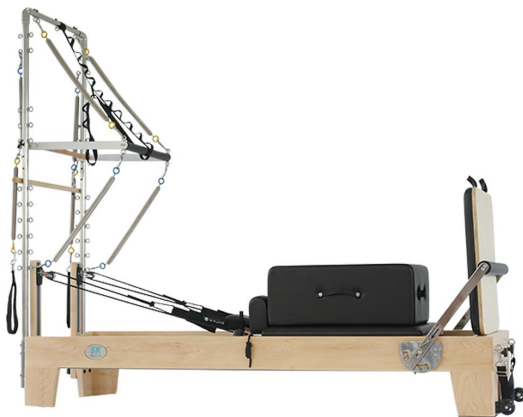
# Product Introduction

This reformer is a great partner of your body, it can bring you an energetic life.

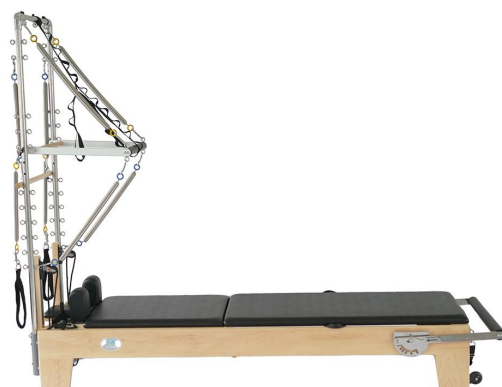
## Specifications:

- Material: Maple
- Resistance: 6 resistance springs w/ 3 levels of adjustments
- Springs: 2 red heavy resistance(60lb), 2 blue medium resistance(26lb), 2 yellow light resistance(19lb)
- Size: 90" x 27" x 15" (228.5 x 68.5 x 39CM)
- Net weight: 282lb(128kg)
- Gross Weight: 412lb(187kg)
- Pack size: 99" x 31" x 21" (251.8 x 79.3 x 53.5CM)
- Packaging: Plywood Box

## FD2303 Reformer Map:



**1**



**2**

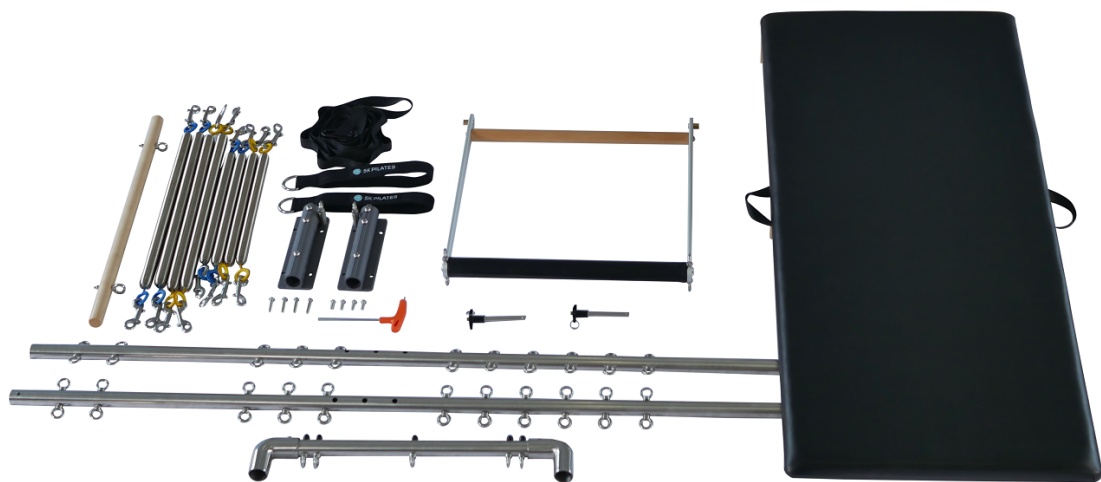
# Before Assembly

Unpacking the FD2303 reformer, you will receive the frame and all needed accessories as below.

- Frame:



- Accessories:



# Assembly Procedure (Part 1)

Start assemble each accessories with following steps.

## ● Step 1: Install Rope Riser

The star nut is inserted into the rope riser and then into hollow at the end of the bed. you can adjust the rope at different height through the ropeway.



Fig1



Fig2



Fig3

## Step 2: Install The Foot Pedal Placement

Please put the stainless steel face into the slot and then tighten the nut. You can put in a hand step or a soft step depending on the needs of the exercise.



Fig4



Fig5



Fig6

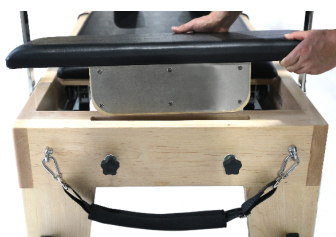


Fig7



Fig8

- **Step 3: Install The Jumpboard**

First, adjust hand lever to the third gear, this is very important, then the stainless steel face toward yourself, vertically down, and then fixed with nuts. **Use the jumpboard must have a hand bar as a support.**



Fig9



Fig10



Fig11

- **Step 4: Installing The Shoulder Rests**

The shoulder rest has two holes to adjust. You can adjust the position according to your own needs. Turn the shoulder rest against the 180 degree Angle and repeat the previous operation, you can get the different width. Fasten the nut under the shoulder rest and insert the rope holder into the hole.



Fig12



Fig13



Fig14



Fig15



Fig16

● **Step 5: Attaching The Ropes**

Thread one end of the rope into the rope pulley, extending into the rope holder and buckle, and place the silent straps & ropes on the rope holder.



Fig17



Fig18



Fig19

● **Step 6: Hang The Silent Foot Strap**



Fig20



Fig21



Fig22

### ● Step 7: Working With Springs

The reformer bed is fitted with 6 springs in 3 strengths to offer a wide range of possible resistances.

red=strongX2, blue=mediumX2, yellow=light X2

the springs can be used in any combination, although when using the reformer for asymmetric exercises.

In addition, the spring has three rows of hangers, which you can hang in any row to achieve the effect of your practice.

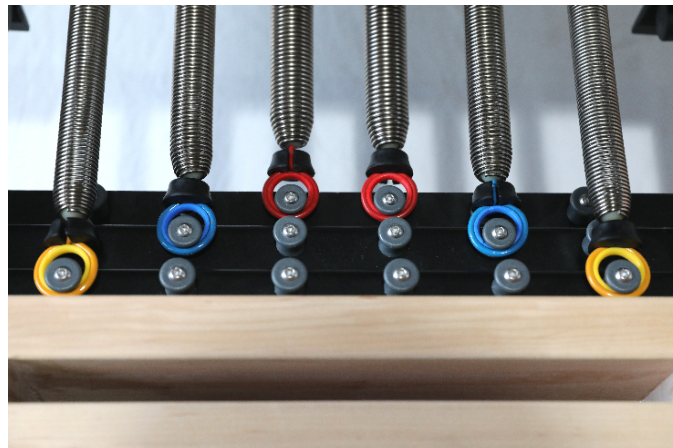


Fig23

### ● Step 8: Adjust The Handle Bar

The handle bar is made of 304 stainless steel, mirror polished, with 7 adjustable gears. You can adjust the gear you need.

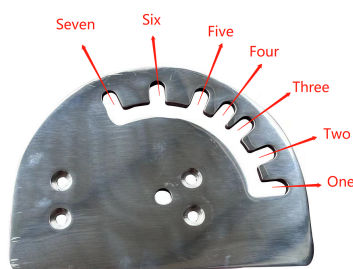


Fig24



Fig25

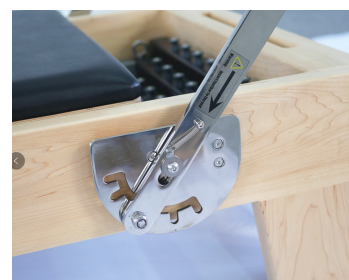


Fig26

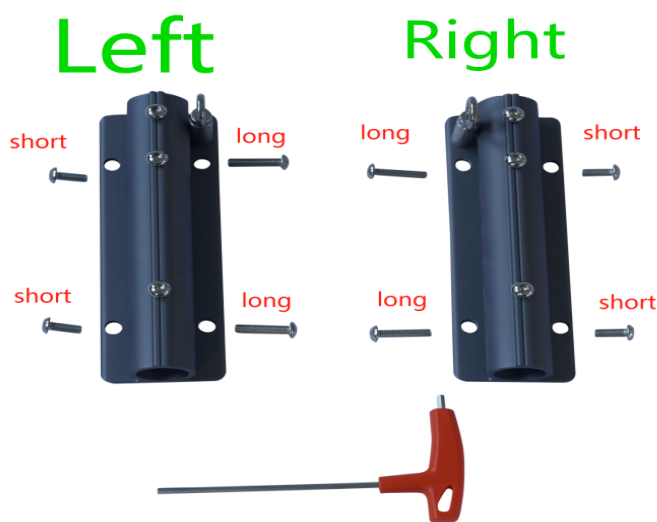
**Warning: In the process of use, if you find any screws loose, please be sure to fix the screws again first.**

- **Step 9: Moving Your Reformer**

This Reformer bed has two wheels, which is made for easy handling. When you need to move it, please lift the tail and move it easily against the wheel.

## Assembly Procedure (Part 2)

- **Step 1: Install semi-elevated aluminum pipe sleeve**



There are two types of screws, long and short, and you must place them correctly, as shown in the picture on the left.

Next, we use a screwdriver to fix the screw into the hole at the end of the bed. Secure the left and right sides





Fig1



Fig2



Fig3

### ● Step 2: Build The Tower Shelf

Find 2 long steel pipes, 1 short steel pipe, 2 screws, connect the two long steel pipes to the short steel pipe, align the holes, and then use a screwdriver to fix all the screws. Finally, insert the shelf into the aluminum tube and fix the 6 screws with a screwdriver.

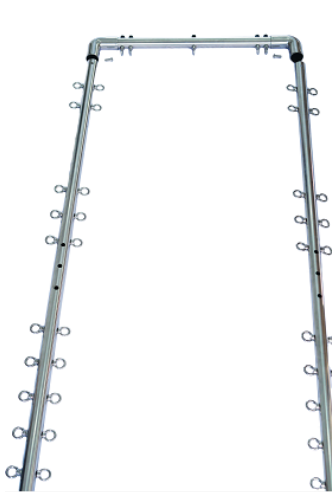


Fig4



Fig5



Fig6

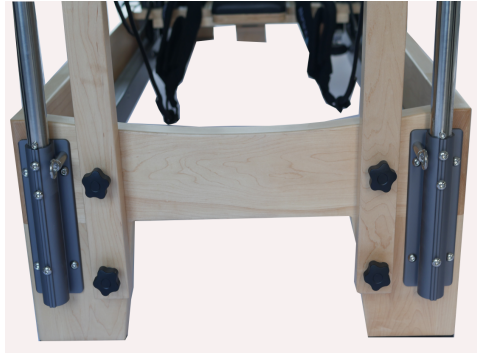


Fig7



Fig8

### ● Step 3: Install The U-push Rod

Pick up the latch, hold down the end of the latch with your thumb, align the hole of the U-bar and the hole of the steel pipe, insert it, and then relax your thumb.



Fig9



Fig10



Fig11

### ● Step 4: Hang springs and various kinds of rope

The tower rack has 49 holes, eight springs, a maple rod, two drawstrings, and a harness.

🌈 Springs: 2 long blue heavy resistance(30lb)

2 short blue medium resistance(27lb)

2 long yellow light resistance(22lb)

2 short yellow light resistance(20lb)

First, you can take two long blue springs and hang them on the top hook of the bar, and then take two long yellow springs and hang them on the bottom hook of the bar. Then picked up two short blue springs and hung them on the hook above the pole, with a stick attached to each end of the spring. Finally, take two short yellow springs, hang them on the hook near the U-bar, and attach the drawstring to the spring.



Fig12

**Tips: There are 49 holes in the rod for you to adjust and use, you can place any spring in these hooks.**

- **Step 5: Put up Safety Line**



Fig13



Fig14

- **Step 6: Put a Tile Version**

Push the slide bed to the end of the reformer bed first and gently place the tile version on the reformer bed.



Fig15



Fig16



Fig17

## **Periodic Maintenance**

Always check the apparatus before first use and again after each of the first few uses, to check all the fittings are securely fastened. Thereafter, it is important to make regular maintenance checks, equally inspection should be made immediately if any part appears not be operating correctly or if something appears to be loose.

- **Frame**

The main material of the FD2303 is a special grade maple, maple is characterized by high hardness, high appearance level and strong stability. The wood has been polished at least six times and coated with a thick layer of wood wax oil, which effectively protects the wood from air corrosion. But you should pay attention to is, please **do not use a wet rag** to clean the wood frame, the correct way is to use a dry rag to clean the dust on the surface of the wood. Another thing to note is that solid wood is easily damaged and not easily repaired, so be careful when handling or moving it.

- **Springs & Spring Clips**

Inspect all spings if they have deformation, kinks, gaps and corrosion, if so it must be replaced immediately. Springs must be replaced every 2 years or after 3,000 hours, whichever is first.

- **Track**

This track is made of aviation aluminum, which is hard oxidized, very thick and durable, and very silky to use. The only thing need to pay attention is that track dust needs to be cleaned regularly.

- **Hardware**

Ensure that all nuts and bolts are securely fastened.

- **Loops & Handles**

Check all stitching for wear or damage and replace immediately as needed.

- **Ropes**

Check for wear and replace if worn or frayed.

- **Feet Level**

Check that the reformer is level and all the feet are in contact with the ground as this will affect stability.

- **Shoulder Rests**

Check that the shoulder rests are firmly attached to the shoulder pads, if loose then retighten it.

- **Nuts & Allen Bolts**

Check all nuts and bolts are tight, Including screws and nuts under the skateboard , the wheels and those securing the head rest.

- **Jumpboard** - the use of the jumpboard must be supported by handle bar.

- **Half elevated shelf**

This set is made of 304 stainless steel, contains 49 holes, you should always check these nuts are not loose, please be sure to tighten it.

- **2 aluminum tube sleeves**

The screws on the two aluminum tube sleeves are often checked for loosening.

- **Safety rope**

Before using the safety rope, please ensure that the safety rope is not broken.


Congratulations! You are now ready to use your FD2303










Reformer. We hope that you can enjoy using your new

Reformer. Have a good time !


## **Basic Reformer & Exercise Safety**


If you are not familiar with using a pilates reformer we suggest you seek advice from a qualified pilates professional in order to learn how to get the most out of your reformer and cover the basic safety aspects of using this type of equipment. A number of companies also offer short safety induction courses.

 Pilates is about smooth and controlled movement, when performing exercises try to prevent the carriage from slamming in to the carriage stops and the springs from recoiling in an uncontrolled manner as this can damage the spring and shorten its life.

-  Secure the carriage with at least one spring when your Reformer is not in use, do not get on the carriage when there are no springs attached unless you deliberately want to do this.
-  When standing on the reformer always put your first foot on the standing platform and then the other on the carriage. When getting off the reformer from standing take your foot off the carriage first and then step down off the standing platform.
-  Use the reformer in a clear space with at least 1m of space all around the machine, this equipment is for indoor use only on a firm and flat surface.
-  Before starting any exercise program, consult a physician.
-  Before using the equipment, read and follow instructions in the safety manual and obtain thorough instruction from a qualified trainer.
-  Use equipment only for recognised pilates repertoire.
-  Stop exercising if you experience chest pain, feel faint, have difficulty breathing or experience muscle/skeleton discomfortable.
-  Keep clothing, body and hair free from all moving parts.
-  Do not use if equipment appears worn, broken or damaged.  
Do not attempt to repair equipment your-self.



 Do not allow children to use or be around equipment without adult supervision.

 If standing the equipment for storage, be sure it is kept in a safe place, on level ground and away from children.