



FD2312
Pilates Chair
Assembly Instruction
& User Manual

Product Introduction

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

Specifications:

- Material: Maple
- Resistance: 4 resistance springs w/ 4 levels of adjustments
- Springs: 2 red heavy resistance(88lb)
2 green medium resistance(57lb)
- Size:29" x 24" x 24" (76 x 60 x 61CM)
- Net weight: 77lb(35kg)
- Gross Weight: 130lb(59kg)
- Pack size: 28" x 32" x 30" (72 x 81x 76CM)
- Packaging: Plywood Box

FD2312 Pilates chair Map:



Before Assembly

Unpacking the FD2312 reformer, you will receive the frame and all needed accessories as below.

- Frame:



- Accessories:



Assembly Procedure

Start assemble each accessories with following steps.

● Step 1: Wheel mounting

The chair has two wheels for easy movement and handling. A wheel has two screws that need to be installed and then fixed with a screwdriver.



Fig1

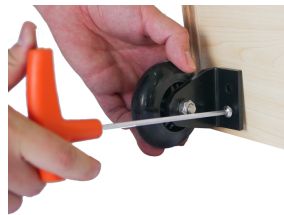


Fig2



Fig3

● Step 2: Steel pipe column

The stainless steel column is inserted into the pipe, and then the index pin is pulled open, it will automatically stick into a hole, a stainless steel has 4 holes, you can put any hole position according to the need. Finally, fasten the 7 handle up or down.



Fig4

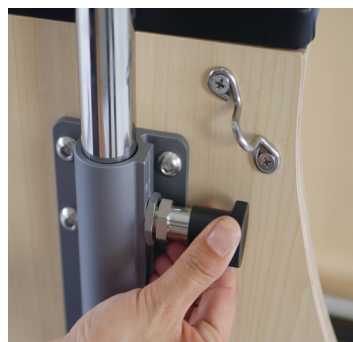


Fig5



Fig6

- **Step 3: Stick**

Put the stick directly through the middle hole of the two foot pedals.



Fig 7

- **Step 4: Hanging spring**

Springs: 2 red heavy resistance(88lb)

2 green medium resistance(57lb)

Each spring has 2 nut hooks, and the iron bars at the back have 4 gears to adjust, which you can adjust according to your own practice.



Fig 8



Fig 9



Fig10

- **Step 5: Hang rope**

Each side panel has a top and bottom two hooks, this is for you to hang the rope, you can hang on the top, you can hang on the bottom.



Fig11



Fig12

- **Step 6: Moving your pilates chair**

This pilates chair 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.

Periodic Maintenance

Always check the apparatus before first use and again after each of the first few uses, to check all the fitting 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 FD2312 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.

- **Iron bar**

The main material is iron, try not to come into contact with water, otherwise it will rust.

- **Hardware**

Ensure that all nuts and bolts are securely fastened.

- **Loops & Handles**

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

- **Ropes**

Check for wear and replace if worn or frayed.

- **Nuts & Allen Bolts**





Check all nuts and bolts are tighten.









Congratulations! You are now ready to use your FD2312 pilates chair. We hope that you can enjoy using your new pilates chair.

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 1 m 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.