

# Pilates Reformer with Full Trapeze Manual

Step 1. Unpack the seal as shown below and open the box.



Step 2. Open the lid and take out the main frame and all the accessories.



Step 3. Find the jump board and insert it into the fixed plate to lock it.



Step 4. Locate the pulley block, unscrew the screw and secure it to the end of the bed.



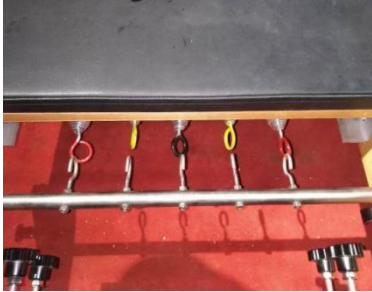
Step 5. Find the adjustment group and install it on the head of bed.



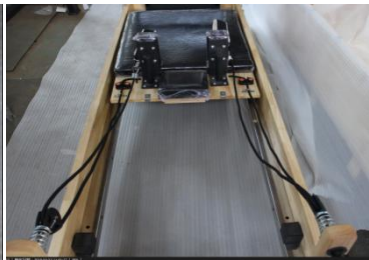
Step 6. Locate the shoulder pads and screws and install them on the car.



Step 7. Place the car on the main frame and hang the spring. Springs for Car of Pilates Reformer with Full Trapeze Table: Two in red (0.5 resistance), two in yellow (1 resistance), and one in black (2 resistance).



Step 8. Locate the tension cord and install it on the car through the pulley.



Step 9. Locate the stainless steel bracket and install it on the main frame.



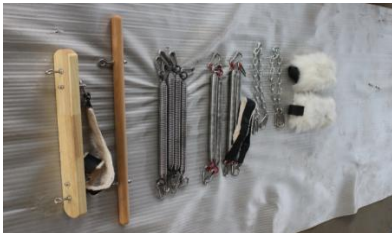
Step 10. Locate the remaining stainless steel frame assembly, first install the riser, and then insert the middle cross tube into the riser.



Step 11. Connect the stainless steel cross frame and the longitudinal tube, then place it on the main stand riser and tighten the screws.



Step 12. Attach the spring, handle and other accessories to the main frame as shown below. Springs for Full Trapeze Table: four in red (0.5 resistance) and four in black (2 resistance).



Step 13. When installing the flat bed, take the limit post down, place the flat bed on the main frame, and use the Phillips screw to hold the car against the sway.



