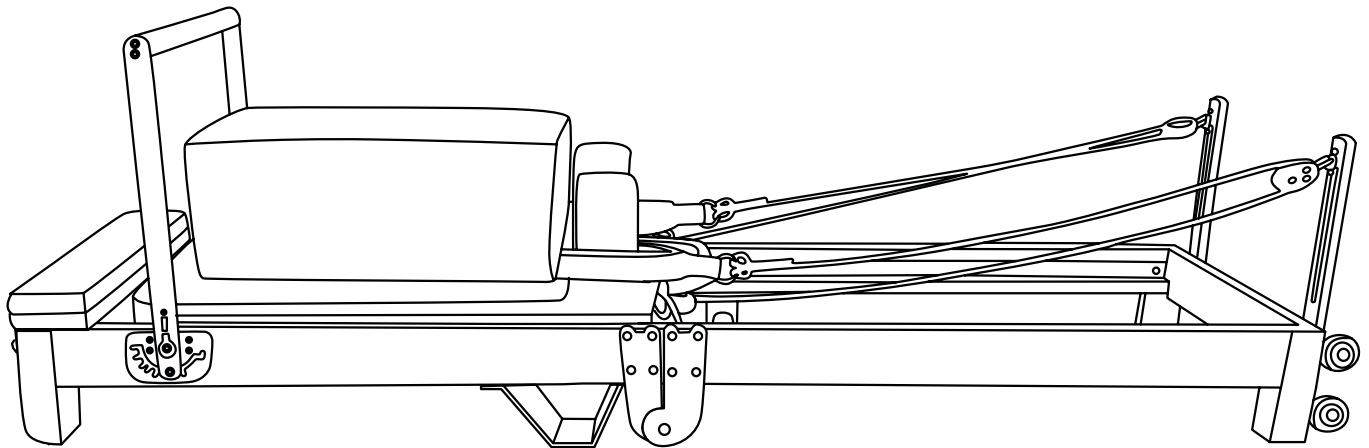




Contour Pro Aluminium Folding Reformer

USER MANUAL



Find the
Digital Manual
Online



**Read all instructions carefully before using this product.
Retain this owner's manual for future reference.**



IMPORTANT

This manual contains important assembly, safety and warranty information. Read the manual carefully before using your new equipment and keep the manual on hand for future reference.

UNSAFE OR IMPROPER USE OF THIS EQUIPMENT BY FAILING TO READ AND COMPLY WITH ALL REQUIREMENTS AND WARNINGS COULD RESULT IN SERIOUS INJURY.



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I. IMPORTANT SAFETY INSTRUCTIONS

The proper utilization of Pilates equipment can enhance the execution of numerous Pilates exercises in a secure and efficient manner. Nevertheless, it is crucial to exercise care and caution due to the potential risks associated with exercise equipment, particularly when spring resistance is involved.

If you lack experience or are using this equipment for the first time, it is essential to have a trained professional supervise your usage. It is important to ensure that both you and your clients/patients have received adequate instruction on the appropriate and safe utilization of this equipment.

Equipment Safety Instructions:

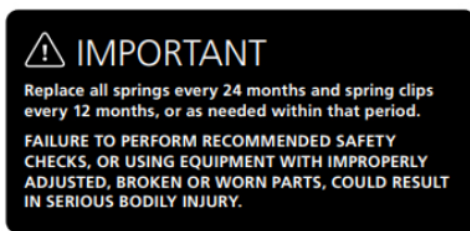
1. Ensure the equipment is placed on a stable and level surface.
2. For optimal performance, allow at least 1m of clear space on either side of the Reformer.
3. Assemble the equipment following the manufacturer's instructions and make sure all parts are securely fastened.
4. Regularly inspect the equipment for any loose or damaged components. Do not use if any parts are broken or malfunctioning.
5. Be careful of fingers from folding/unfolding and moving the carriage.

User Precautions:

1. Consult a qualified healthcare professional before starting any new exercise program, especially if you have any medical conditions, injuries, or are pregnant.
2. Wear comfortable workout attire that allows for freedom of movement.
3. Keep body, clothing and hair free from all moving parts.
4. Remove any jewellery, watches, or accessories that could interfere with your workout or damage the equipment.
5. Start with a warm-up to prepare your body for exercise. Perform gentle stretches and mobilization exercises.
6. Familiarize yourself with the various parts of the reformer equipment, including the foot bar, carriage, straps, and springs.
7. Maintain proper form and alignment throughout your workout. Engage your core and keep your spine neutral.
8. Breathe naturally and avoid holding your breath during exercises.
9. Perform exercises within your comfortable range of motion. Avoid excessive or jerky movements that may cause injury.
10. Stop exercising if you feel pain, dizziness, or discomfort. Listen to your body and rest as needed.
11. This equipment is to be used by one person at a time. Do not allow children to use or be around equipment without adult supervision.

Equipment Usage:

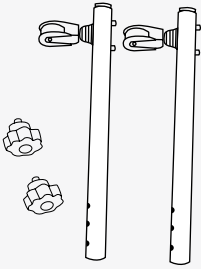
1. Adjust the equipment settings, such as foot bar height and spring tension, according to your instructor's guidance and your fitness level.
2. Always check that the springs and straps are in good condition and securely attached before use.
3. Do not sit on carriage while adjusting levels.
4. Take care when attaching and detaching springs.
5. Place your hands and feet in the designated areas on the carriage and foot bar while performing exercises.
6. Use proper grip and control during exercises to ensure stability and avoid slipping.
7. Avoid sudden movements or excessive force that may cause the carriage to move uncontrollably.
8. Be mindful of the equipment's weight limit and do not exceed it.



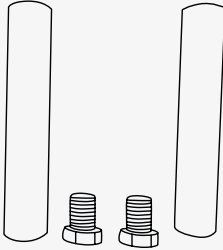
Cleaning and Maintenance:

1. Clean the equipment regularly with a mild, non-abrasive cleanser and a soft cloth.
2. Inspect the equipment for any signs of wear or damage for example, springs, ropes and rollers. Do not use if parts are damaged.
3. All hardware should be checked every 2 months to make sure that every nut, bolt and fastener is secure. If, at any time, a component exhibits free play, its hardware needs to be properly re-tightened immediately.
4. Lubricate moving parts, such as wheels or springs, as recommended by the manufacturer.
5. Store the equipment in a dry and clean area when not in use.
6. Any spring that exhibits early signs of fatigue (for example, separation in coils) need to be replaced immediately. High-use facilities should replace springs more often.
7. Over time you may experience some minor "fraying" in the ropes. Fraying is completely normal and to be expected. Any ropes with excess fraying, tearing or other problems need to be replaced immediately.

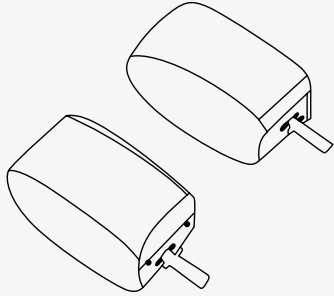
II. PARTS LIST



Risers (2x) and Pin (2x)



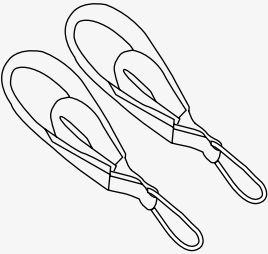
Handle (2x)



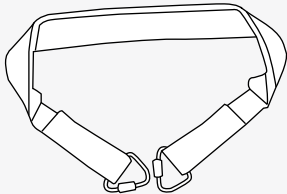
Shoulder Rest Block Set (2x)



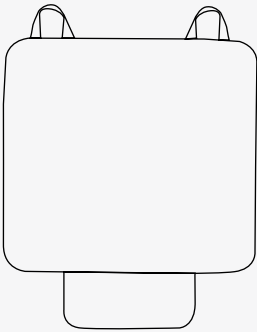
Rope (1x)



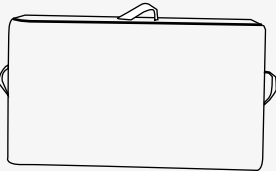
Feet/handle Strap (2x)



Foot Strap Attachment



Jump Board (1x)



Box (1x) F



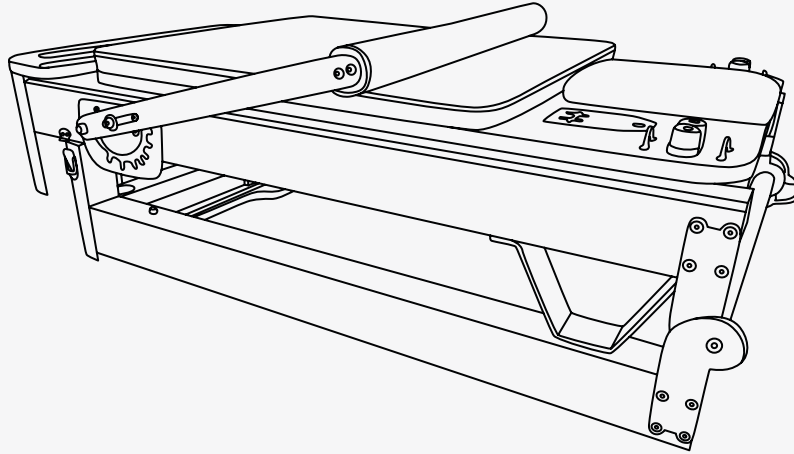
Foot Platform
(1x, pre-assembled)

III. ASSEMBLY INSTRUCTIONS

UNPACK THE CARTON

! WARNING

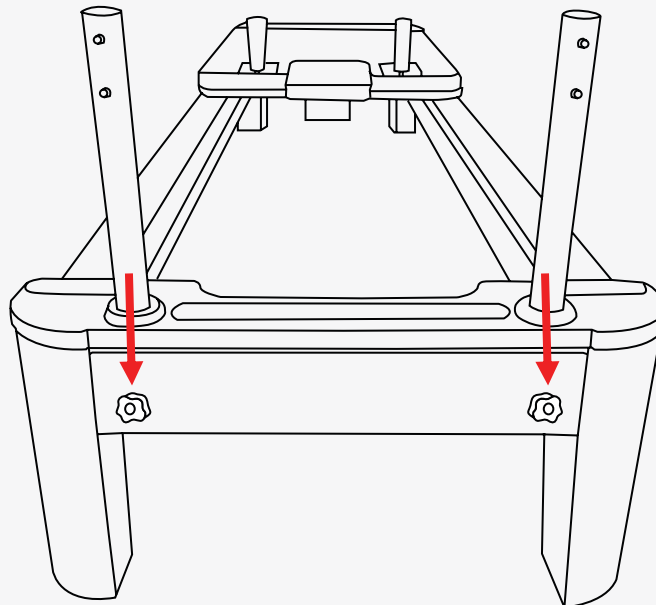
Be careful of fingers when unfolding the frame



1. Remove the parts out of the carton. Ensure you have enough space for assembly.

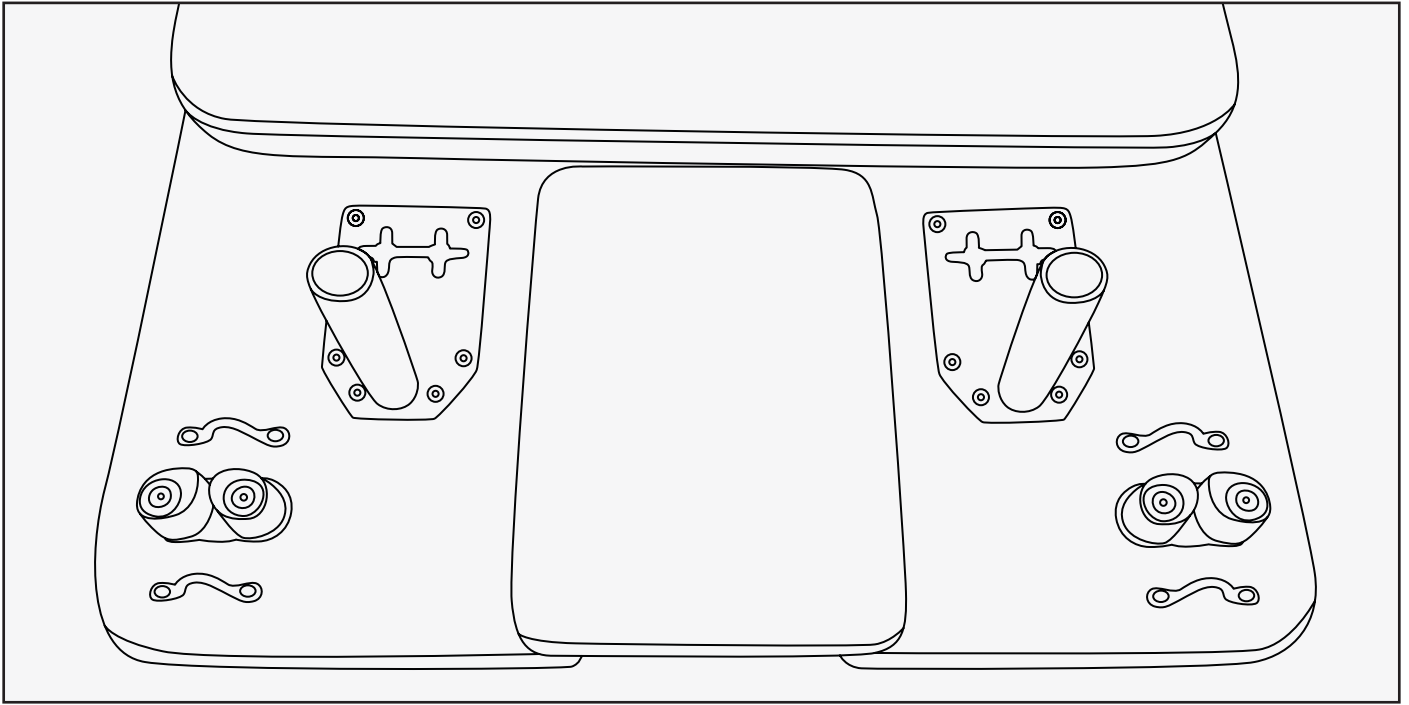
! CAUTION: You may need 2 people to lift the frame out of box.

ASSEMBLE THE RISERS



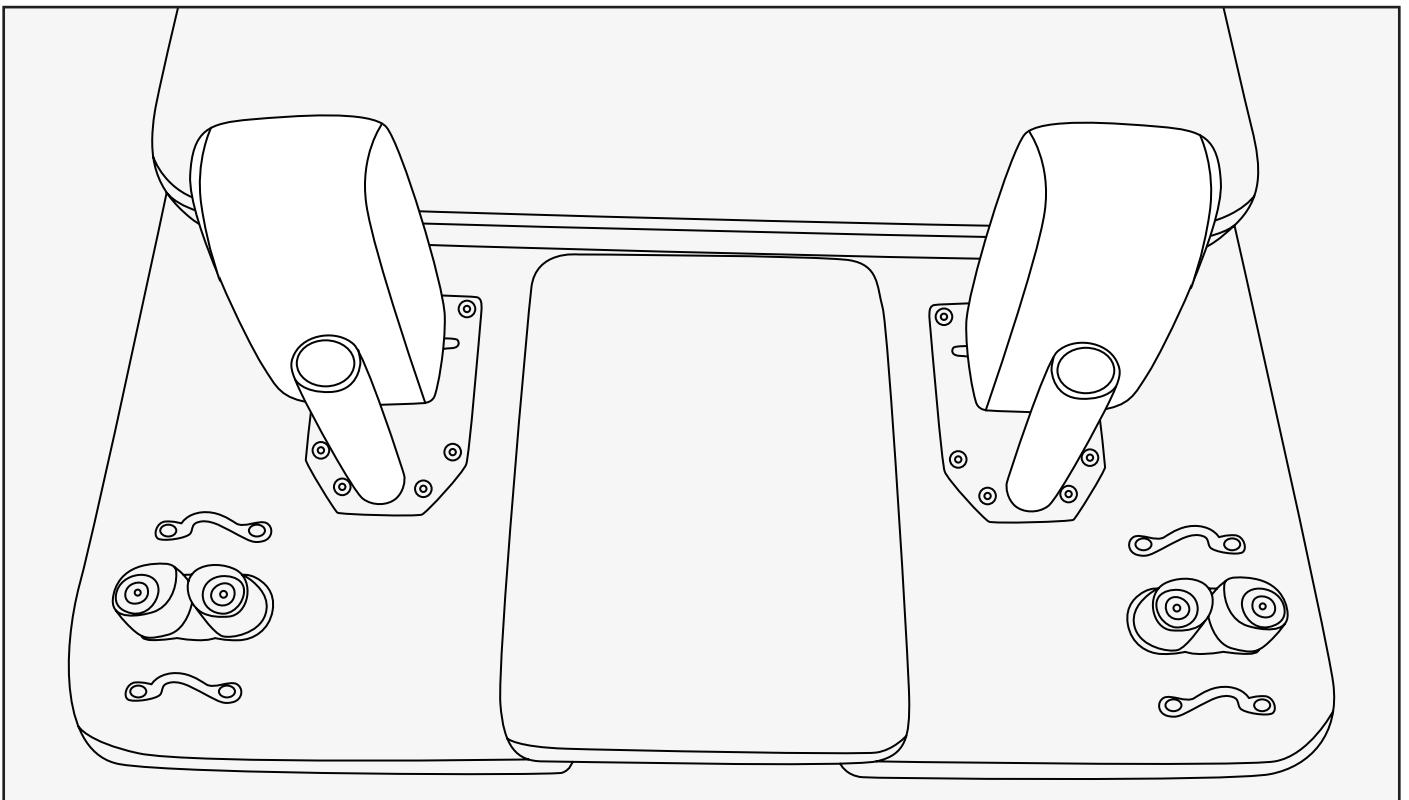
1. Insert the Riser into the respective spots, line up the bolt holes to your preferred height and secure with the bolt.

ASSEMBLE THE HANDLE



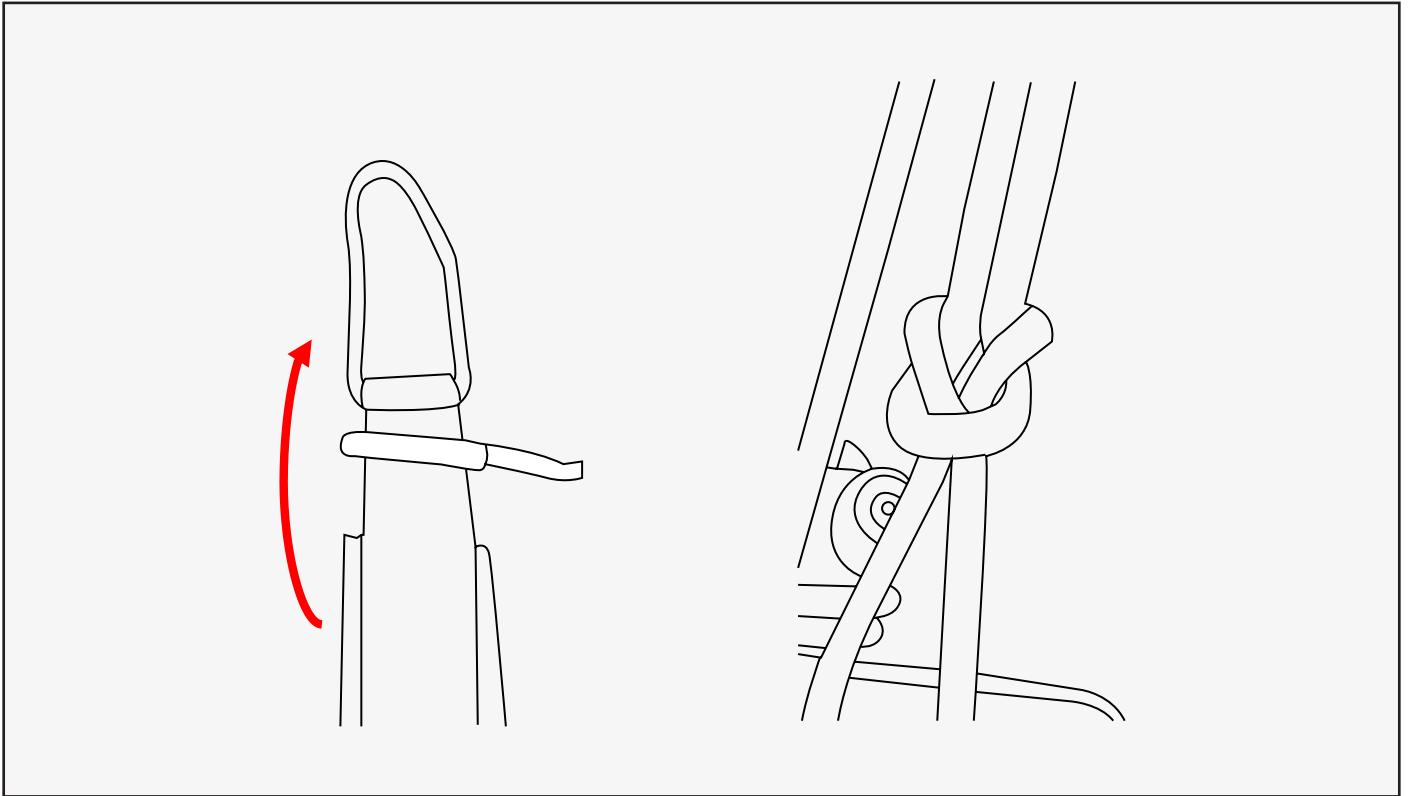
1. Secure the handle to the carriage as pictured.

ASSEMBLE THE SHOULDER REST BLOCKS

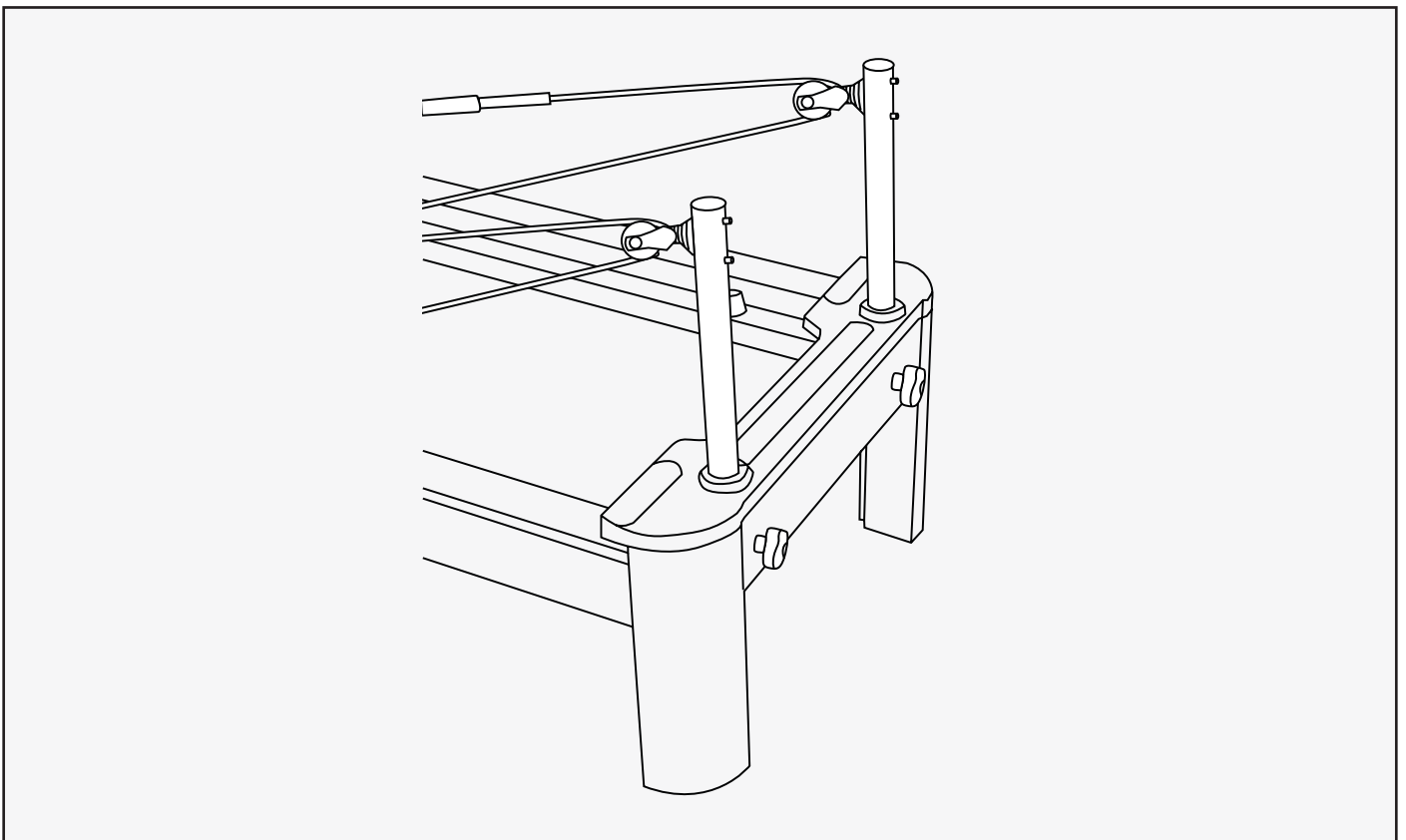


1. Place the shoulder blocks into the designated holes next to the installed handles.

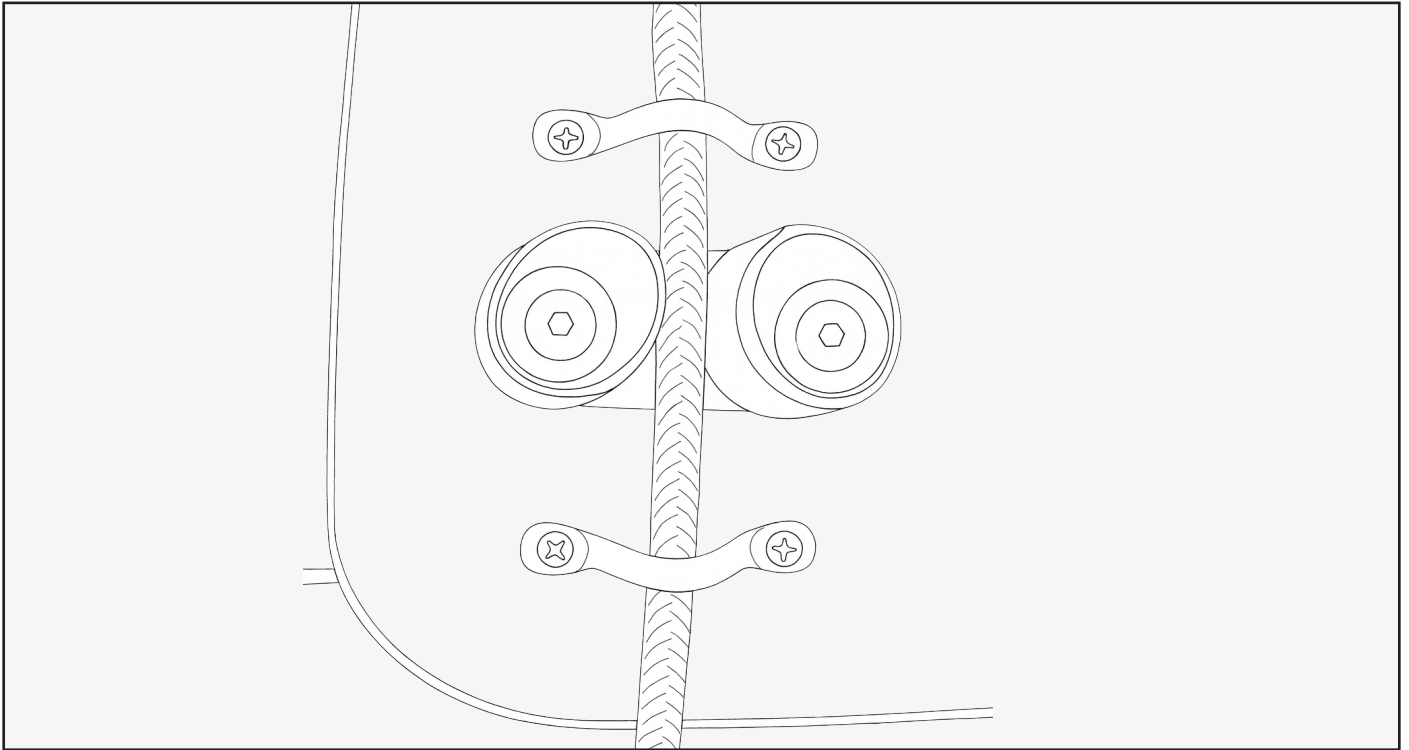
ASSEMBLE THE ROPES & FEET/HANDLE STRAP



1. Attach the handle strap to the looped end of the rope to form a loop-to-loop knot. Repeat for the other rope then rest your handles on the shoulder blocks.

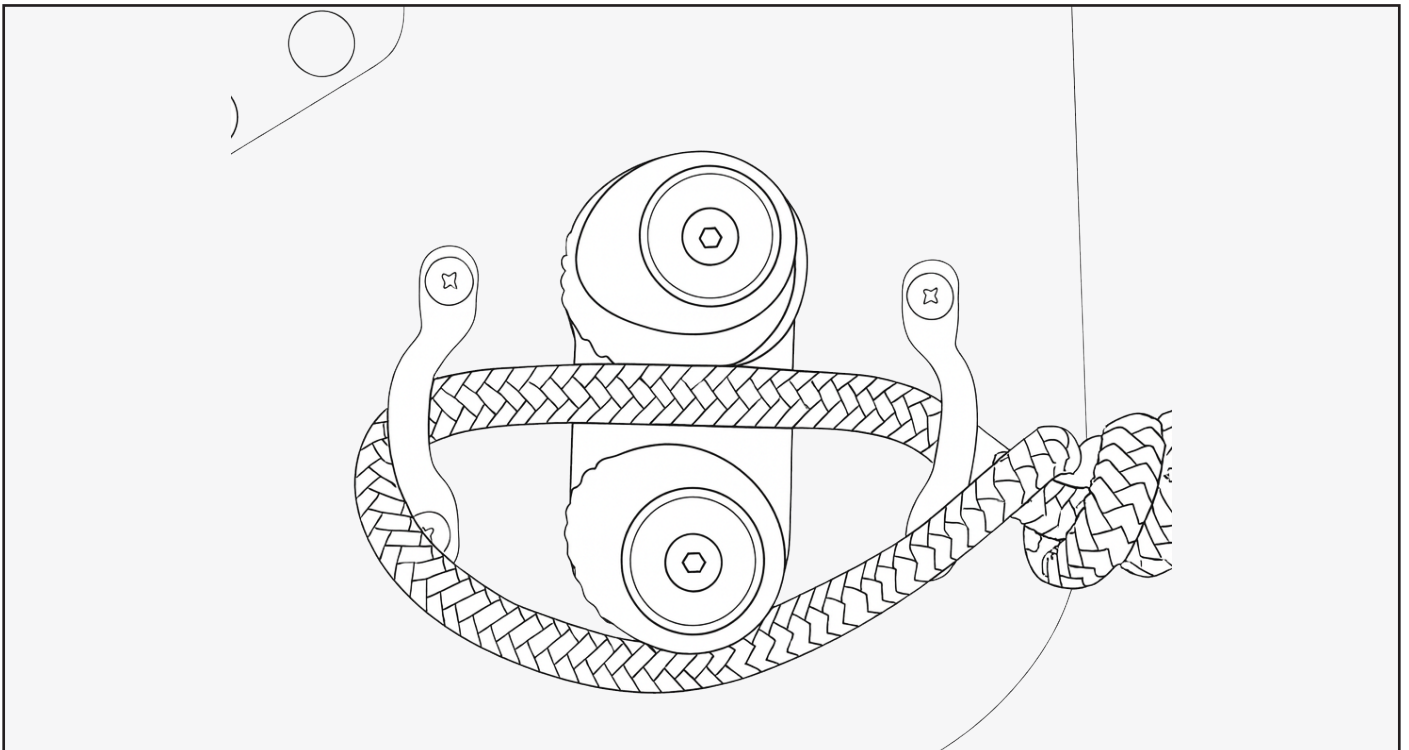


2. Feed the other end of the rope into the pulley on the risers.



3. Then insert them into the rope clamps on the carriage to your preferred length and according to the exercise you wish to perform.

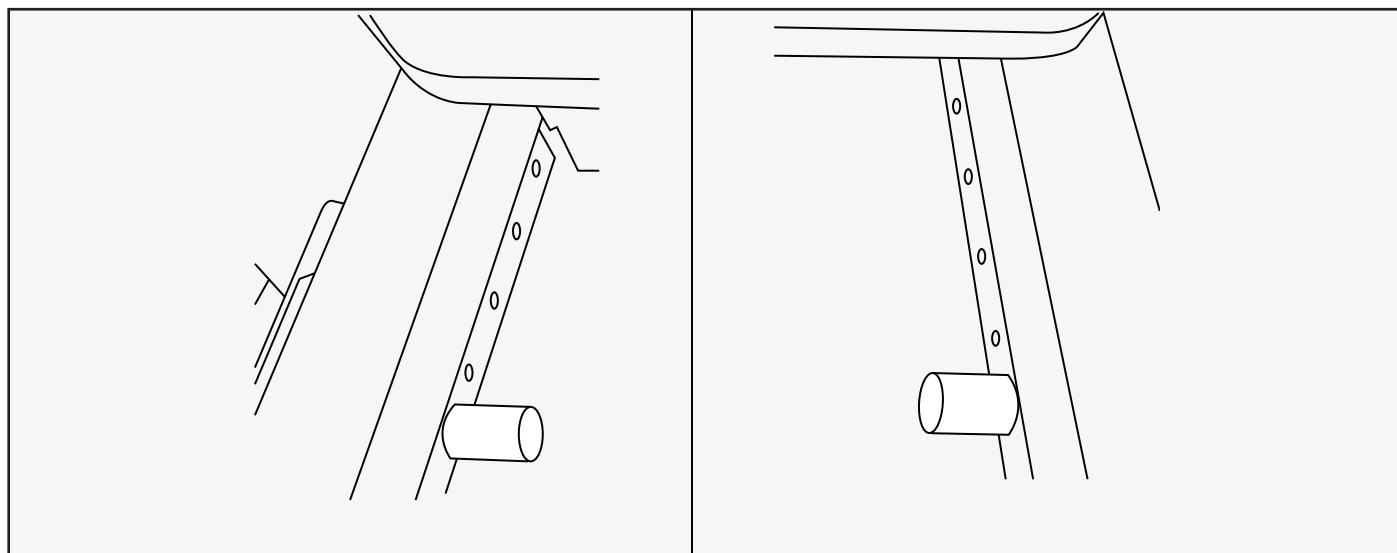
! **NOTE:** Longer ropes create less tension and shorter ropes create more tension.



4. For the excess ropes, wrap them around the clamp.

! **NOTE:** Make sure that the ropes are adjusted to equal lengths and the ropes are properly secured in the clamps. You can ensure they are even by placing them on the shoulder rest blocks and pulling the rope to the preferred length.

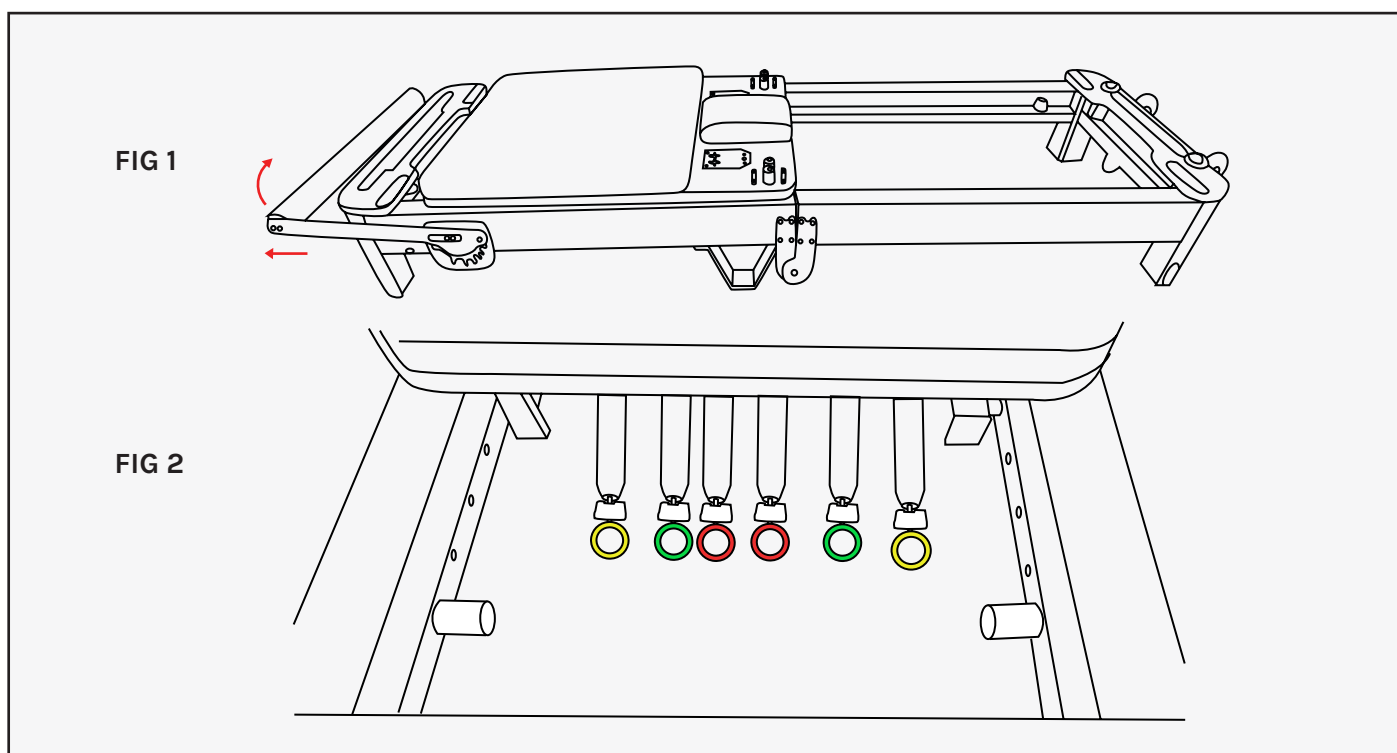
INSERT CARRIAGE STOPPER



1. Carriage stoppers are pre-installed on the frame, but you can move them according to your height.

! **WARNING:** The carriage stopper must be always inserted. Using the Reformer without the carriage stopper may cause damage to your reformer.

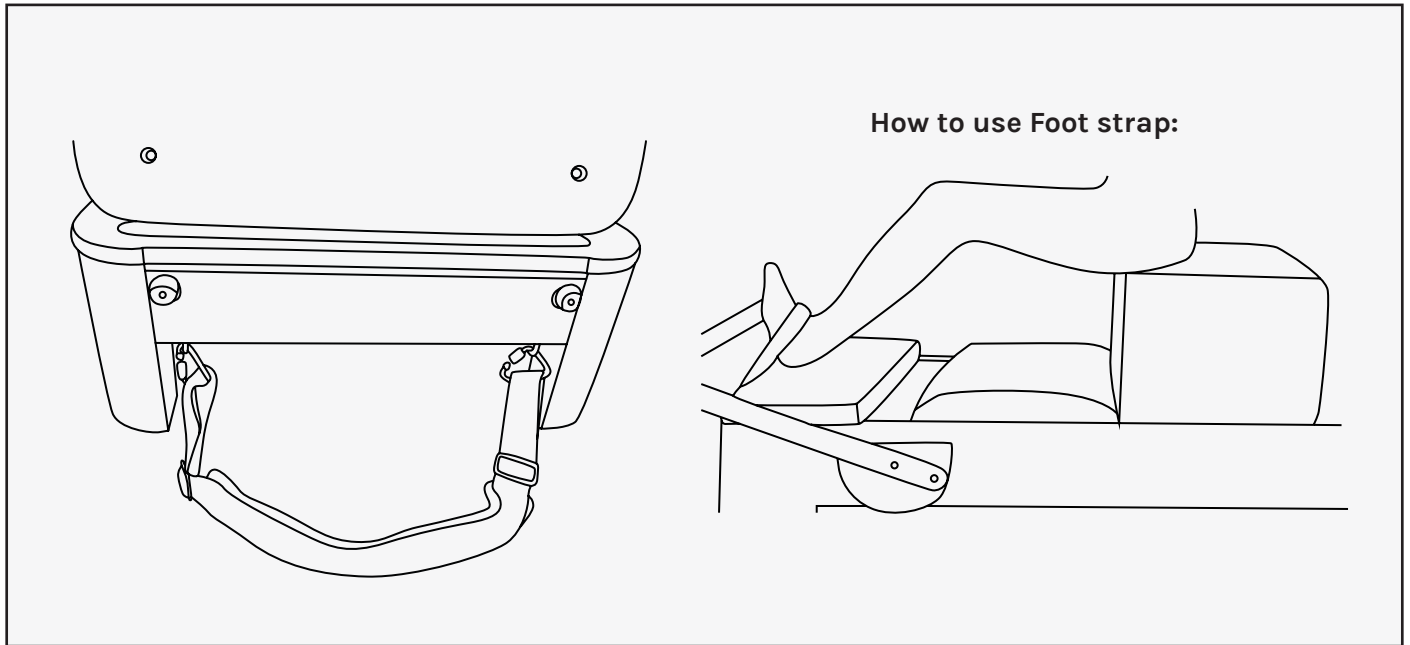
HOW TO USE THE FOOT BAR & SPRINGS



1. Lift up the foot bar to your preferred height (Fig 1).
2. Place the springs onto the gear bar for your preferred resistance level (Fig 2).

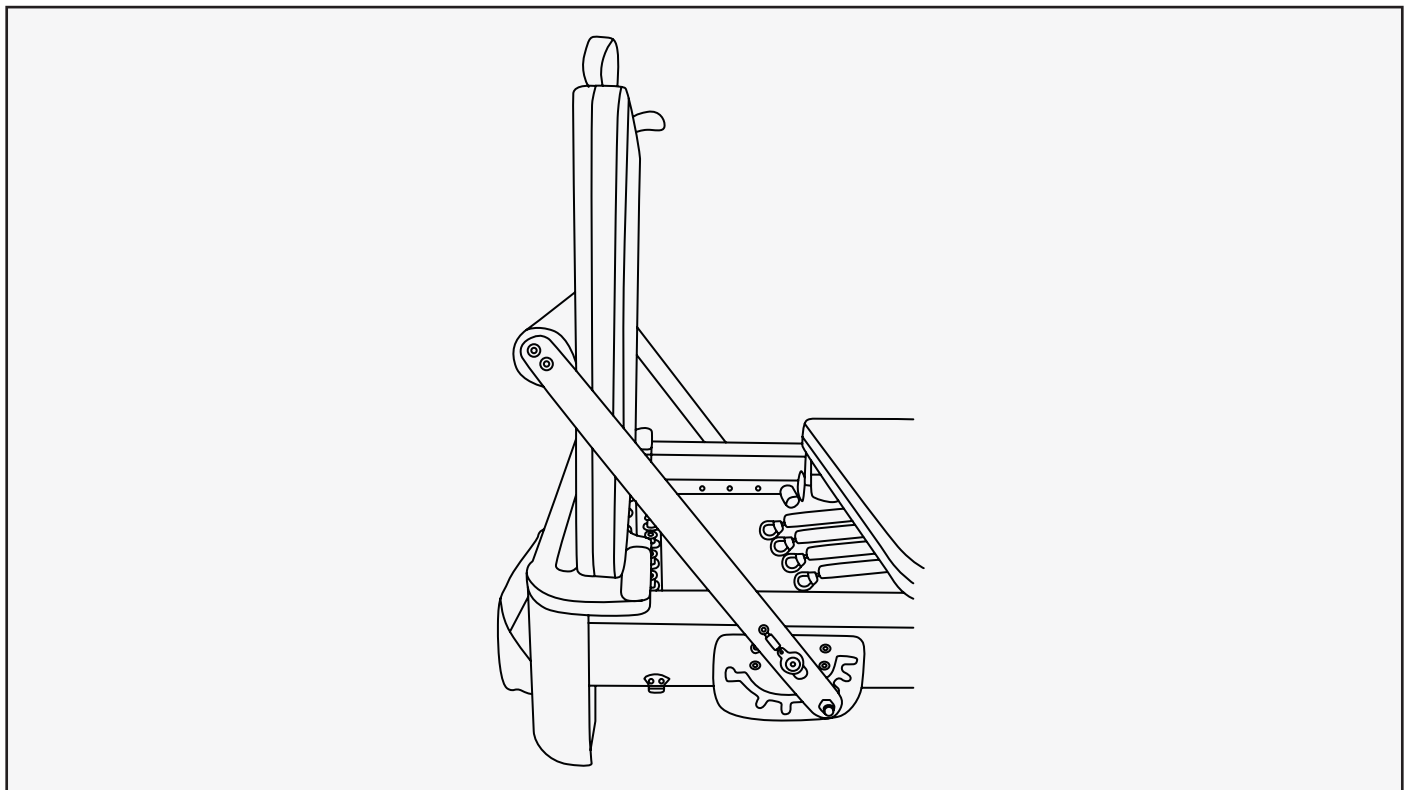
Colour	Green	Red	Yellow
Load	Half Load	Heavy Load	Quarter Load

ASSEMBLE FOOT STRAP ATTACHMENT



1. Attach the strap attachment as pictured on the reformer end of the frame. Ensure the clip is locked into place.

JUMP BOARD SET UP



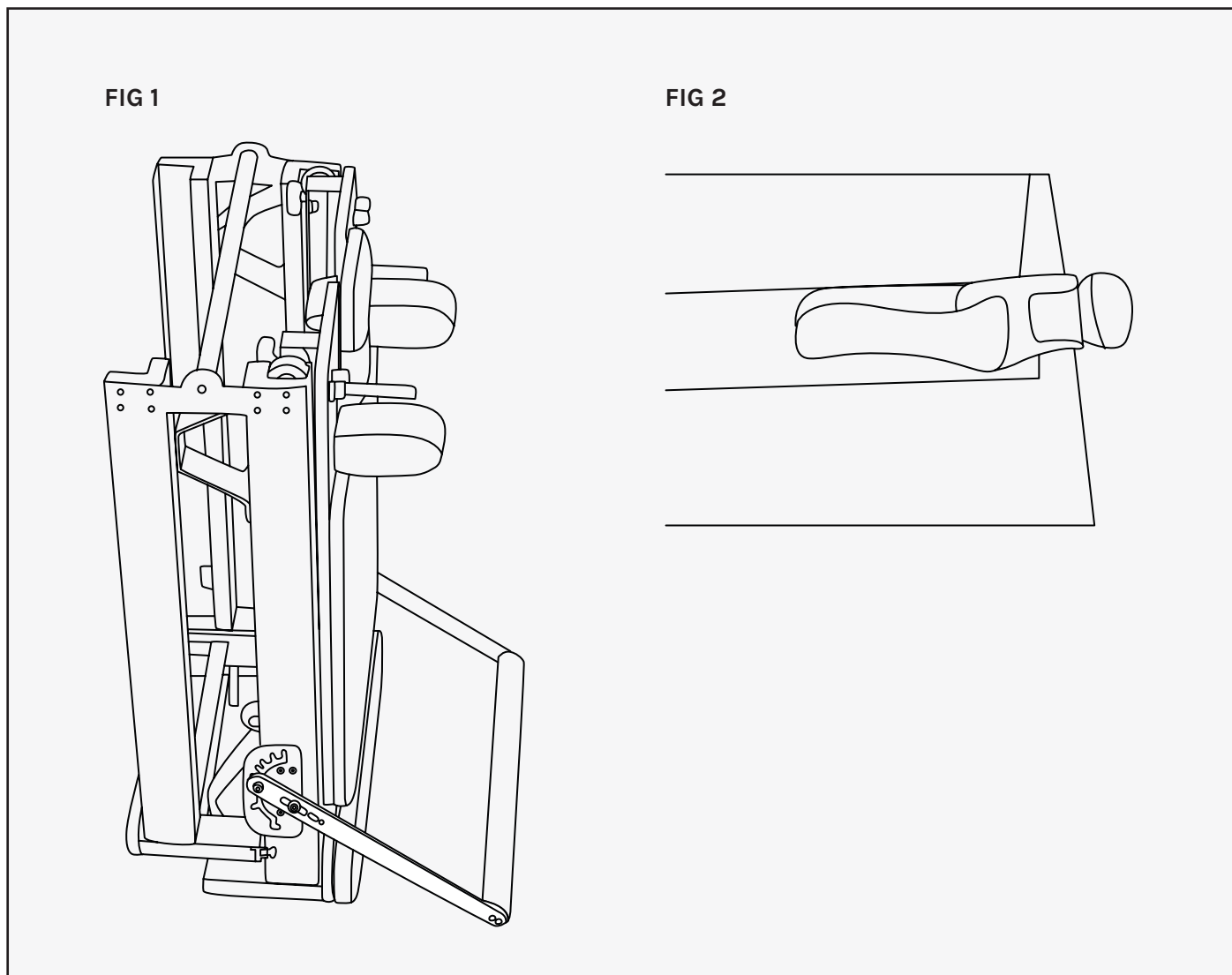
1. Remove the foot platform by lifting it up and out. Then slot in the jump board. Adjust the handlebar so that it rests behind the jump board and holding it in place.

! **WARNING:** Failure to support the jump board with the handlebar can cause damage to the jump board and frame.

USING THE BOX

1. Place the box on the carriage vertically or horizontally under the shoulder pads for your preferred exercise.

STORING THE REFORMER

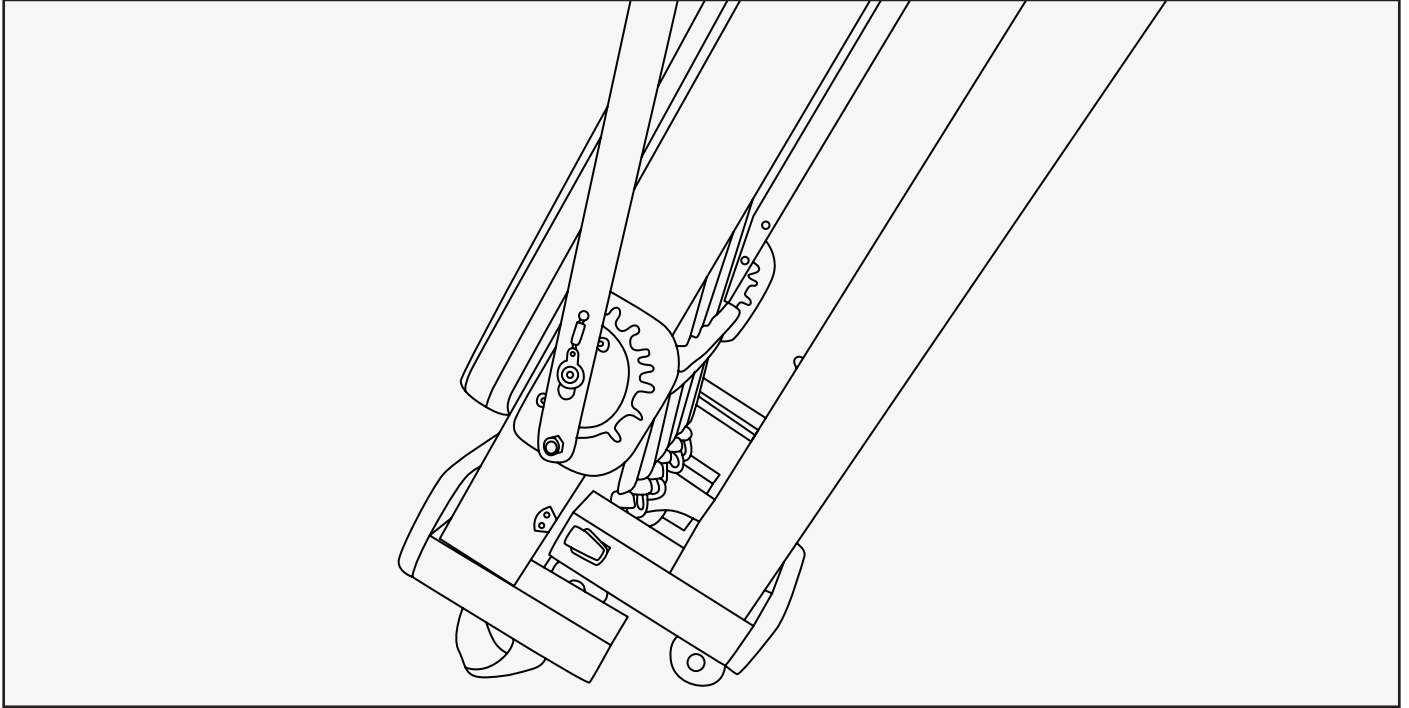


! **WARNING:** Be careful not to jam your fingers when folding or unfolding.

1. Remove the Risers and Rope from the Reformer by unscrewing the bolts on risers.
2. Secure the carriage by placing some springs onto the gear bar. This is to prevent the carriage from rolling.
3. Adjust the foot bar until it rests on the carriage bed or adjust the foot bar to a 45 degree angle (if storing upright).
4. In the middle of the Reformer frame at the bend, there is a handle (Fig. 1). Hold onto the handle and start to pull the Reformer up until the wheels touch the ground.
TIP: It is easier to lift the handle when you are inside the carriage frame, then step out of the frame as you start to lift the frame.
5. Secure the latch on the side of the reformer frame to lock in place (Fig. 2). If you wish to lay it flat, while holding the handle lay down the reformer gently to the ground.

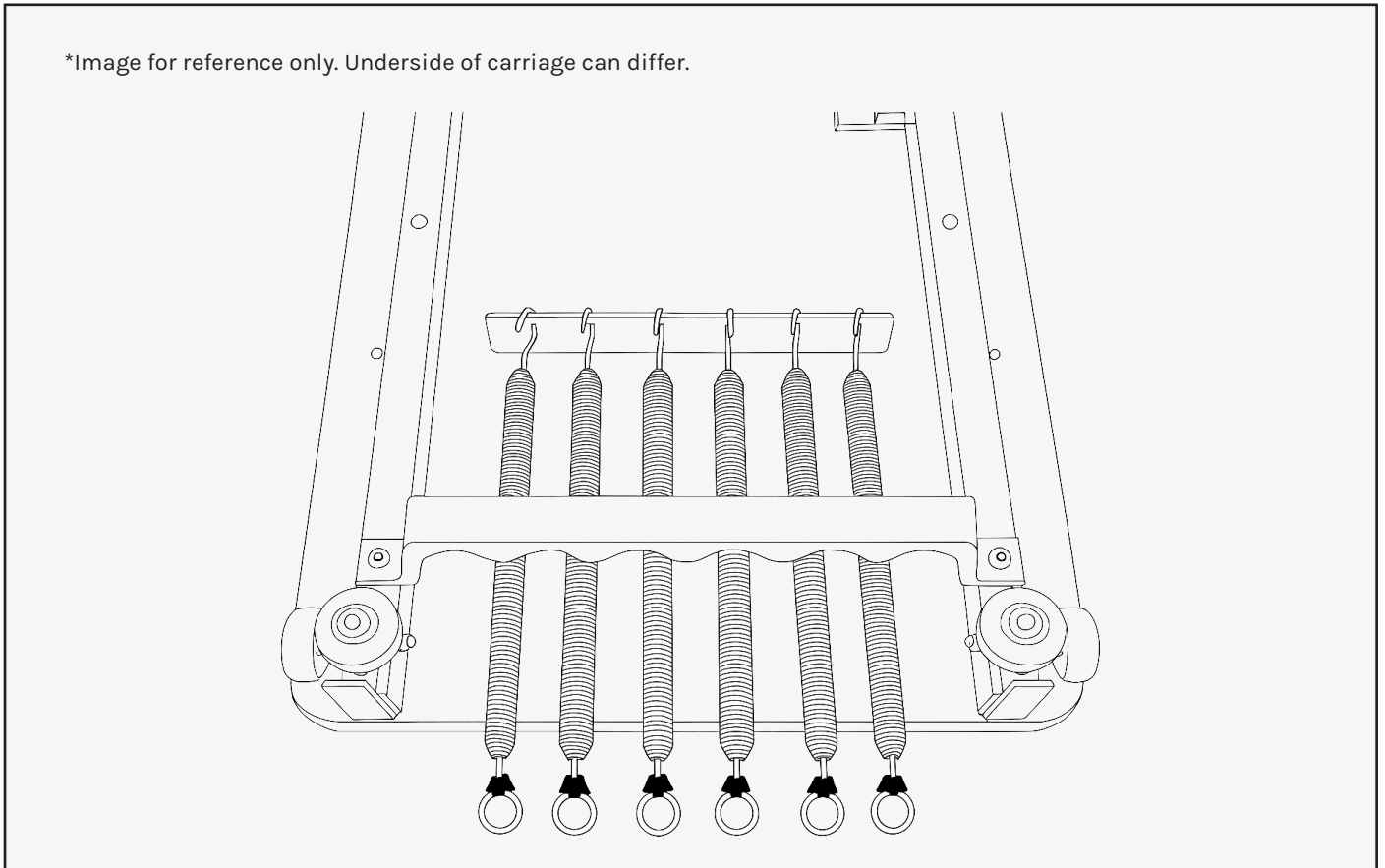
MOVING THE REFORMER

While the reformer is folded (risers removed) and after removing the foot strap accessory, tilt the frame onto the transportation wheels and relocate to desired location.



REPLACING SPRINGS

*Image for reference only. Underside of carriage can differ.



To replace worn springs simply unhook the springs from both ends and re-hook the new springs.

IV. WARRANTY

AUSTRALIAN CONSUMER LAW

Many of our products come with a guarantee or warranty from the manufacturer. In addition, they come with guarantees that cannot be excluded under the Australian Consumer Law. You are entitled to a replacement or refund for a major failure and compensation for any other reasonably foreseeable loss or damage.

You are entitled to have the goods repaired or replaced if the goods fail to be of acceptable quality and the failure does not amount to a major failure. Full details of your consumer rights may be found at www.consumerlaw.gov.au.

Please visit our website to view our full warranty terms and conditions:
<http://www.lifespanfitness.com.au/warranty-repairs>

WARRANTY AND SUPPORT

Any claim against this warranty must be made through your original place of purchase. Proof of purchase is required before a warranty claim may be processed.

If you have purchased this product from the Official Lifespan Fitness website, please visit <https://lifespanfitness.com.au/warranty-form>

For support outside of warranty, if you wish to purchase replacement parts or request a repair or service, please visit <https://lifespanfitness.com.au/warranty-form> and fill in our Repair/Service Request Form or Parts Purchase Form.

Scan this QR code with your device to go to lifespanfitness.com.au/warranty-form





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