

Assembly / User Guide

MVe[®] Reformer Tower Conversion Kit
MVe[®] Reformer Tower Retrofit Kit
MVe[®] Reformer Mat Set

The logo for PeakPilates, featuring a stylized roofline above the brand name "PeakPilates" with a registered trademark symbol.

Recommended Use

Peak Pilates **strongly** recommends consulting a physician for a complete medical exam before beginning any exercise program. Having a complete medical exam is particularly important if the user has a family history of high blood pressure, has heart disease, is over the age of 45, smokes, has high cholesterol, is obese, or has not exercised regularly in the past year.

If at any time while exercising the user feels faintness, dizziness, pain, or shortness of breath, he or she must stop immediately.

Important: This manual contains important safety and usage information. Before beginning to exercise, read the entire manual paying specific attention to all cautions and warnings and obtain qualified instruction on the use of the Peak Pilates MVe Reformer and Tower. Use only for the intended exercises. **Do not** modify the machine in any way. **Modifying the machine will nullify your warranty.** Keep this guide handy for future reference.

WARNING: Unsafe or improper use of this equipment resulting from failure to read and comply with all requirements and warnings could result in serious injury. Because Peak Pilates cannot anticipate every situation and condition that can occur while using the MVe Reformer and Tower, we make no representation concerning the safety of this equipment.

There are risks associated with the use of any exercise equipment. The user assumes all responsibility for those risks.

Safety Statement

It is the responsibility of the purchaser of the products to instruct all individuals, whether they are end users or supervising personnel, on the proper use of the equipment.

Inspect the machine including all structural and mechanical components, hardware, springs and accessories before use. **Do not** exercise on the machine if signs of excessive wear, loose hardware, or other defects are evident. **Do not** attempt to fix a defective machine. Instead, notify Peak Pilates immediately.

Do not remove labels for any reason. They contain important information. If the labels are illegible or missing, contact your service representative for replacements.

NOTE: We strongly recommend that all users of Peak Pilates exercise equipment be informed of the following information prior to use:

Proper Use

This equipment is only to be used as described by the manufacturer. It is imperative that the MVe Reformer with Tower be used properly to avoid injury or damage to the unit. Use only components provided by the manufacturer. **Do not** use parts or accessories or modify the machine in any way not approved by Peak Pilates. Keep a three foot area (about one meter) around the equipment clear of obstructions. Make sure the machine is used on a level surface.

Specific Operating Warnings

- Be certain that all hardware is fully tightened before beginning to exercise.
- Verify that no gaps between the coils or other defects are evident in the Springs. If any defects are seen, the Spring/Springs must be immediately replaced.
- Verify that no tears or excessive wear are evident in the ropes, foot strap, or double loops. If excessive wear is evident, the ropes, strap, or loops must be immediately replaced.

Specific Operating Warnings (continued)

- **Do not** tip the machine during use.
- Children must not be allowed near this machine. Teenagers and/or physically challenged individuals require supervision.
- Verify that all adjustable components are properly engaged in the exercise and not the storage positions before beginning to exercise.

It is the purchaser's sole responsibility to instruct end users and supervising personnel on the proper operating procedures of the MVe Reformer with Tower.

We **strongly** recommend that the end user's physical condition be evaluated by a physician prior to beginning any exercise program.

NOTE: Understanding each and every warning to the fullest is critical. If any of these warnings are unclear, contact Peak Pilates for clarification.

Warranty

Congratulations on the purchase of your MVe Reformer Tower Kit. Peak Pilates warrants this accessory to be free of manufacturing defects. Any parts that are repaired or replaced under the terms of this agreement will be warranted for the remainder of the term of the original warranty.

This warranty becomes effective on the invoice date of the original purchase and extends to the time limits indicated below:

This product carries a two year limited warranty on the Tower structural components.

All other components, with the exception of the upholstery, straps and loops, are covered by a one year limited warranty. If a failure due to workmanship and/or materials occurs, we will, at our discretion, repair or replace the defective components.

Upholstery, straps, and loops are warranted against defects in workmanship and/or materials for 60 days.

This warranty refers to the Peak Pilates MVe Reformer Tower Kit and covers materials only. It remains in effect only under the following conditions:

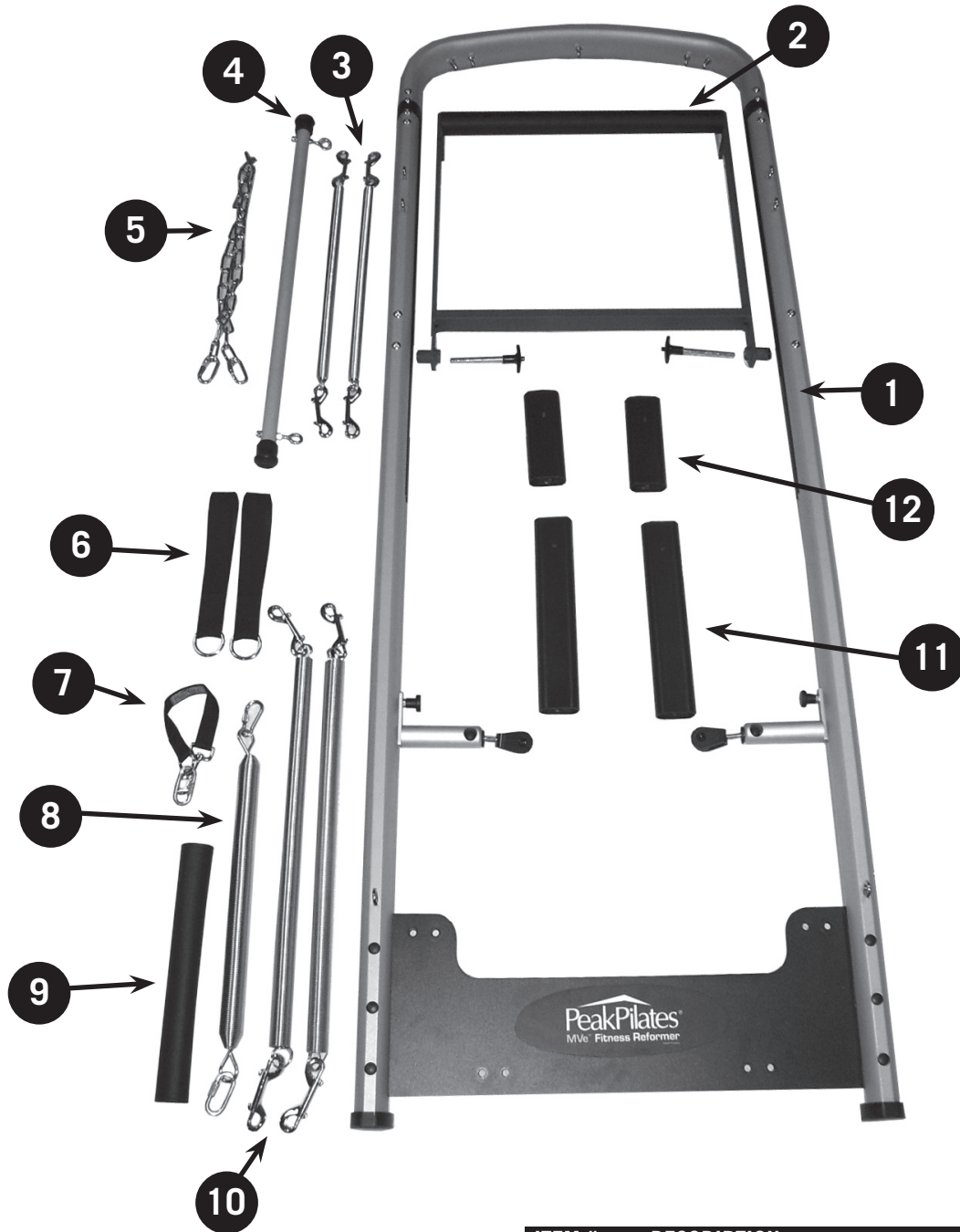
This machine is not modified in any way. The machine is only used as specified in the manual and in accordance with generally accepted Pilates exercise practices. Accidents, abuse, misuse or improper service will not be covered under the provisions of this warranty.

This warranty only applies to the original purchaser of this equipment and is not transferable. All claims must be made within the relevant warranty period specified above. Warranty claims made outside the U.S. may vary.

Contact Information

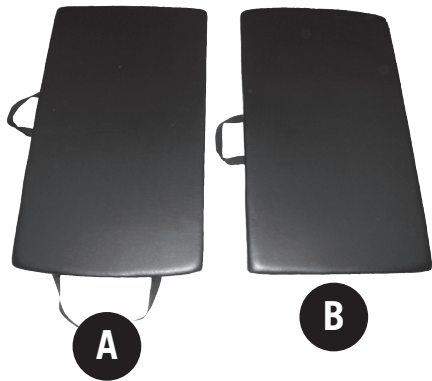
Peak Pilates
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Tower Conversion Kit Components



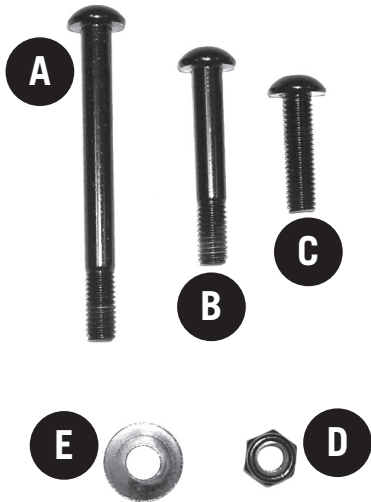
ITEM #	DESCRIPTION
1	Tower Assembly
2	Push Through Bar w/2 Quick Release Pins
3	Arm Springs w/Double Ended Clips (Qty: 2)
4	Roll Down Bar
5	Safety Chain w/2 Safety Links
6	Foot Loops
7	Push Through Bar Storage Strap
8	Push Through Bar Spring w/Quick Snap Clip and Safety Link
9	Push Through Bar Sleeve
10	Leg Springs w/Double Ended Clips (Qty: 2)
11	Lower Tower Connecting Tubes (Qty: 2)
12	Upper Tower Connecting Tubes (Qty: 2)

Mats



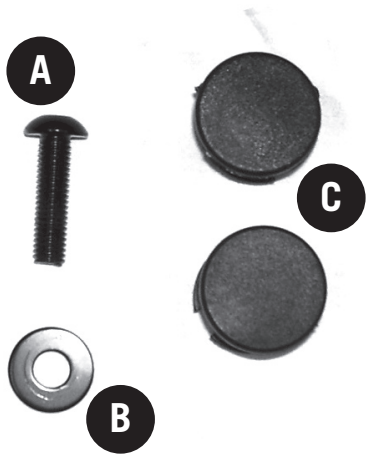
- A) Foot End Mat
- B) Head End Mat

Hardware Packs



Connector Tube Hardware Pack

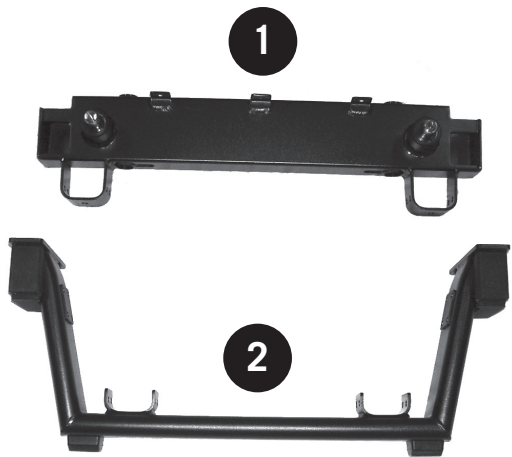
- A) 8mm x 80mm long Button Head Cap Screw (Qty: 8)
- B) 8mm x 50mm long Button Head Cap Screw (Qty: 8)
- C) 8mm x 30mm long Button Head Cap Screw (Qty: 2)
- D) 8mm Hex Nut (Qty: 8)
- E) 8mm Washer (Qty: 20)



Tower Mounting Hardware Pack

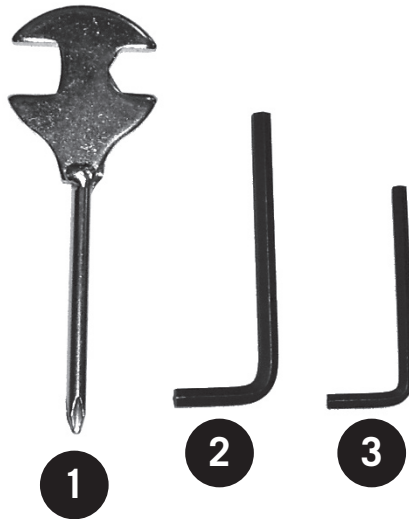
- A) 8mm x 30mm long Button Head Cap Screw (Qty: 8)
- B) 8mm Washer (Qty: 8)
- C) Black, plastic plug (Qty: 2)

Retrofit Kit Additional Components



1. Head End Cross Member
2. Head End Leg

Tools Included



1. Combination Tool
#2 Phillips Screwdriver
13mm Wrench
17mm Wrench
2. 6mm Allen Wrench
(Note: Only used for retrofit)
3. 5mm Allen Wrench

Assembly

1. Check to see whether the unit you have includes the mounting brackets for the MVe Tower. If so, proceed from step 2 below. If not, skip to the section titled: "MVe Tower Retrofit Procedures".

2. Tools required: 5mm Allen Wrench and pliers or 13mm open end wrench.

Using (4) 8mm x 80mm long Button Head Cap Screws, (2) 8mm x 50mm long Button Head Cap Screws, (10) 8mm washers and (4) 8mm nuts, assemble the (2) Lower Tower Connecting Tubes to the Head End Leg as shown. Do not fully tighten the fasteners at this point.

3. Tools required: Same as Step 2.

Using (4) 8mm x 80mm long Button Head Cap Screws, (2) 8mm x 30mm long Button Head Cap Screws, (10) 8mm washers and (4) 8mm nuts, assemble the 2 Upper Tower Connecting Tubes to the brackets located under the Head End Cross Member as shown. Do not fully tighten the fasteners at this point.

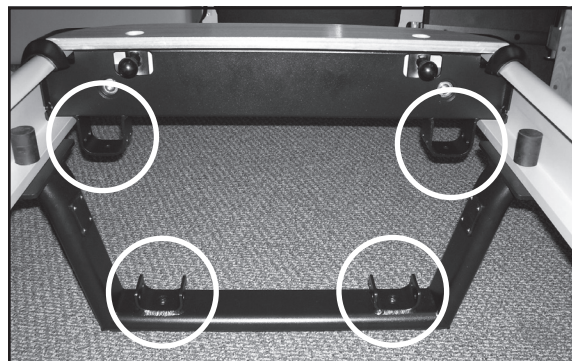
4. With the help of an assistant, lift the Tower and place such that the Tower Mounting Plate butts against the exposed ends of the Connecting Tubes. The side of the Tower with five eyebolts faces towards the center of the unit.

5. Tools required: 5mm Allen Wrench

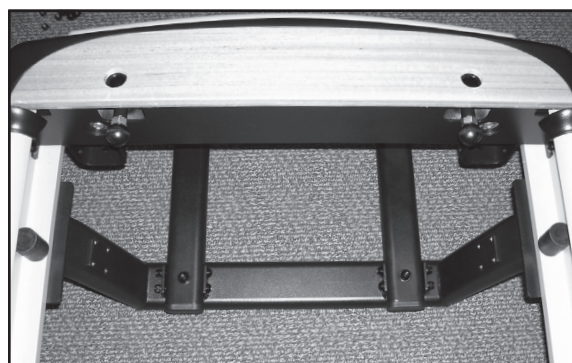
Using (8) 8mm x 30mm long Button Head Cap Screws and (8) 8mm washers, fasten the Mounting Plate to the ends of the Connecting Tubes.

6. Fully tighten all fasteners.

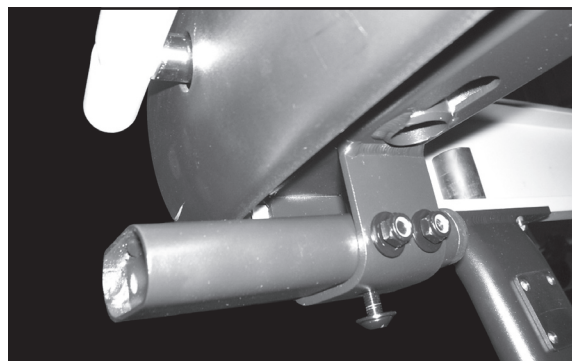
7. If you have not already done so, fully retract each of the Pull Pins and completely withdraw the original Risers.



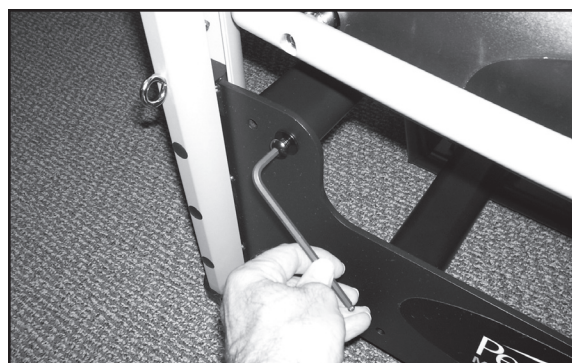
STEP 1



STEP 2



STEP 3



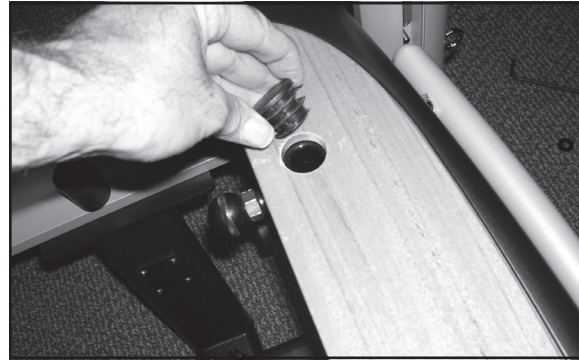
STEPS 4 & 5

Assembly (continued)

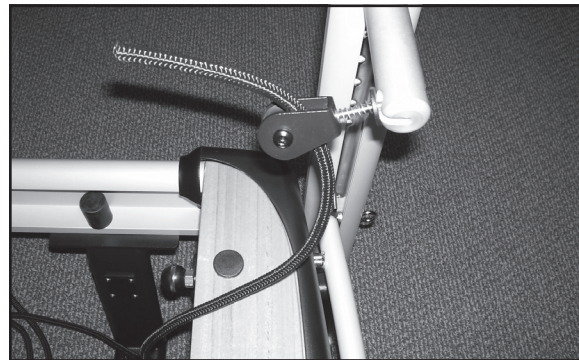
8. Push one of the provided black plugs into each of the holes in the Head End Wood once the Risers are removed.
9. Route the Ropes through the Pulleys on the Tower Risers and through the Rope Cleats. Excess Rope can be dropped in the holes located immediately in front of the Cleats.
10. Assembling the Springs:

- a. Leg Springs: The Leg Springs are the longest springs included in the Kit. Attach a double ended clip to each end of each Spring. Subsequently, clip a Foot Loop to one of the double ended clips as shown
- b. Arm Springs: The Arm Springs are the smallest in diameter and are attached to the Roll Down Bar (the round, wooden bar with eyebolts at each end). Attach a double ended clip to each end of each Spring. Subsequently, attach the Roll Down Bar as shown.

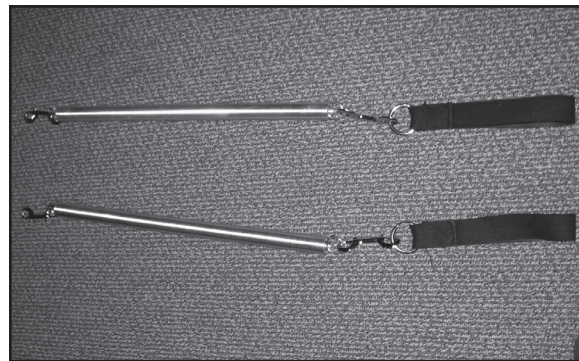
The Leg and Arm Springs are typically stored on eyebolts located on the back side of the Tower. However, they can be stored in any convenient location.



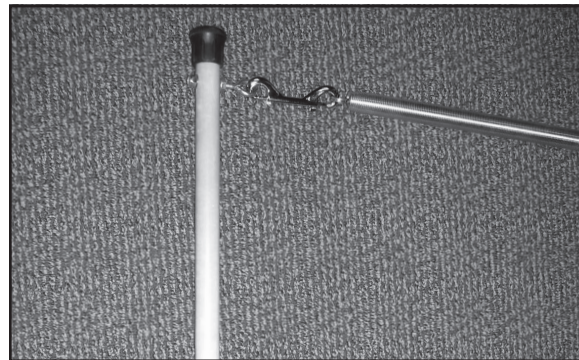
STEP 8



STEP 9



STEP 10a

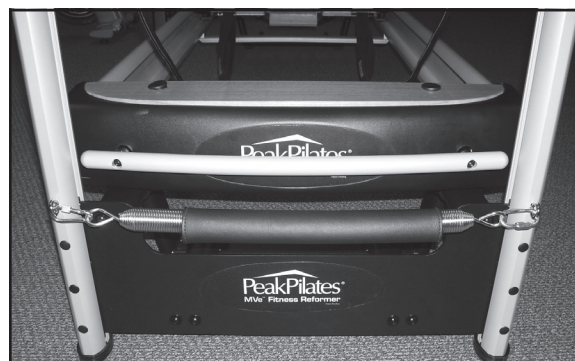


STEP 10b

Assembly (continued)

- c. Push Through Bar Spring and Safety Chain: The Push Through Bar (PTB) Spring is similar to the Reformer Springs in length and diameter but is distinguished by having a closed loop at each end. The PTB Spring includes a vinyl sleeve to protect the unit from being abraded.
 - i. Hook a Safety Link to one end and a Quick Snap Clip with Thumb Screw to the opposite end of the PTB Spring.
 - ii. The PTB Spring can be stored as shown in the accompanying photo.
 - iii. The Safety Chain is stored by hooking one of its Safety Links to an eyebolt located on the Pole System top cross tube and the other Link to the loop on the Push Through Bar.

Note: The Safety Links come pre-assembled to the Safety Chain.



STEP 10c i & ii

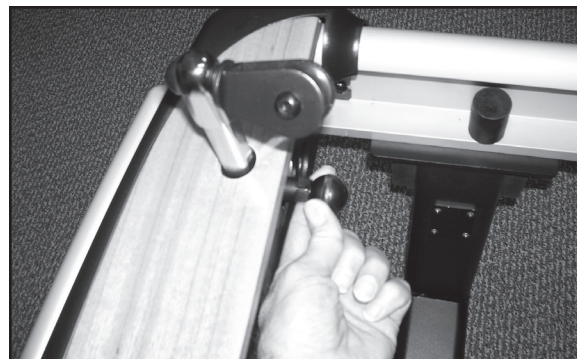


STEP 10c iii

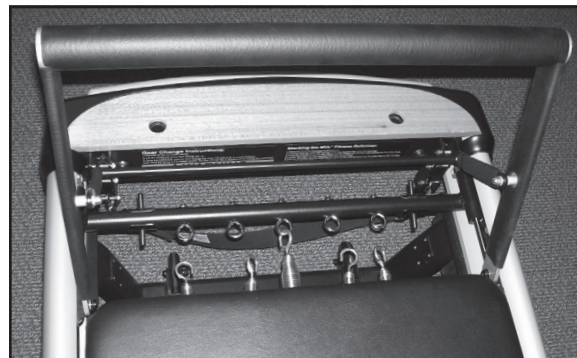
MVe® Tower Retrofit Procedures

1. Remove the ropes from the MVe Reformer and place on the side. Withdraw the Pull Pin for the Risers and completely remove the Riser/Pulley Assembly from the machine. Note: The old Risers will no longer be used.
2. Place the Gear Bar and Gear Block (older units do not have a separate Gear Block) in Position (-1) and the Foot Bar in its highest location. Make sure that at least the center spring is attached.
3. With the help of an assistant, tip the Reformer on its side and allow it to come to rest against the Foot Bar.
4. Removing/Replacing the Head End Leg:
 - a. Tool Required: 5mm Allen Wrench

While the assistant continues to hold the unit, using a 5 mm Allen Wrench, unscrew and remove all 8 screws securing the Leg to the Frame.
 - b. Using the original screws, replace the old with the new Leg with welded Brackets. The Leg is symmetric so does not need to be specifically oriented. Note that the new Leg no longer requires the Stacking Bumpers.
 - c. Snug but do not fully tighten the 8 screws.



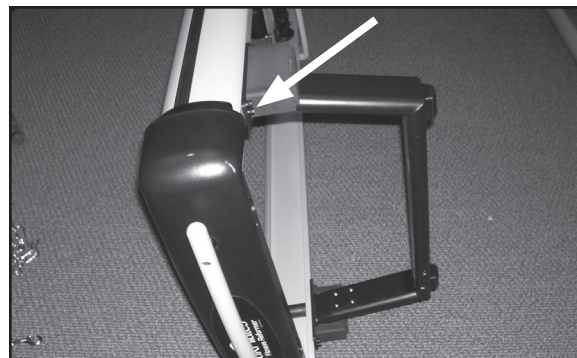
STEP 1



STEP 2



STEP 3



STEP 4

MVe® Tower Retrofit Procedures (continued)

5. Tool required: #2 Phillips Head Screwdriver

Looking inside, locate and remove the three wood screws that are used to assemble the plastic Head End Cap to the Frame.

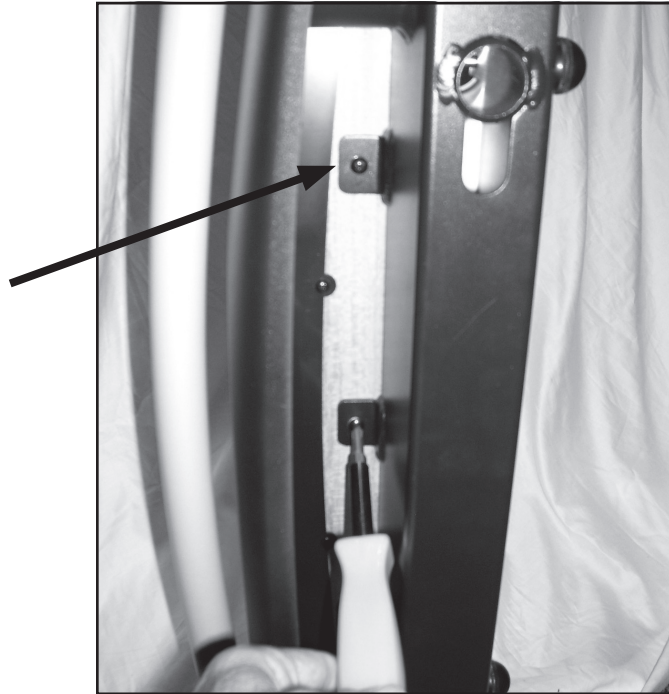
6. With the help of an assistant, place the machine back to its upright position.

7. Tools required: 17 mm Open End Wrench or Pliers and 6mm Allen Wrench

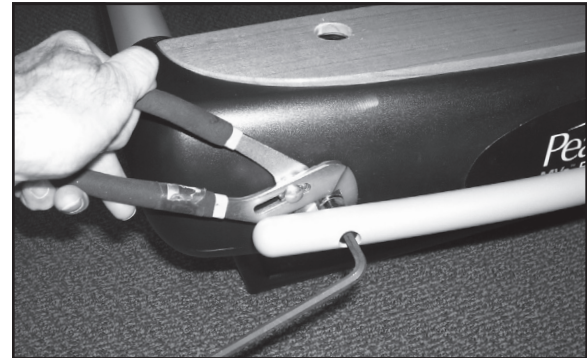
Removing/Replacing the Head End Cross Member:

- a. Using a 17mm Open End Wrench or Pliers to hold the flats of the Shaft, loosen and remove both of the assembly screws for the Telescoping Lift Handle with a 6 mm Allen Wrench.
- b. Completely withdraw the Lift Handle.
- c. Remove the plastic end cap.

Note: The wood and plastic will have to be lifted slightly to be able to remove the end cap.



STEP 5



STEP 7a

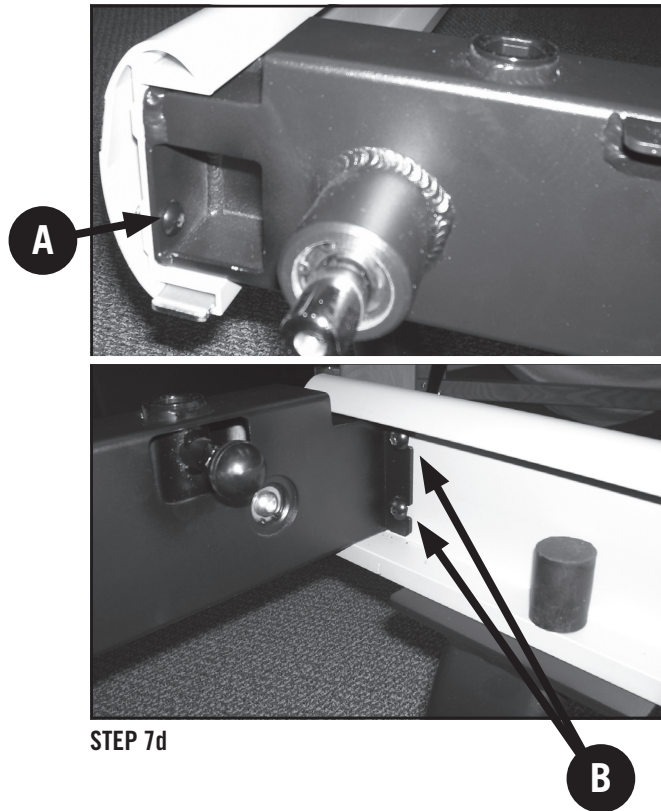


STEP 7c

MVe® Tower Retrofit Procedures (continued)

- d. Tools required: 5mm Allen Wrench

The Head End Cross Member is assembled using three screws on each of its Mounting Flanges. Locate all 6 screws. The screws identified as 'A' in the accompanying illustration need to be completely removed. The screws marked as 'B' only need to be loosened.



STEP 7d

- e. Slide the Cross Member out of the aluminum Rails.
- f. Noting the orientation, slide the new Cross Member in making sure that the slots in the Cross Member Flange engage both of the mounting screws remaining on each side.
- g. Replace the third screw on each side. Fully tighten all screws.
- h. Tighten all 8 screws used to assemble the Head End Leg to the Rails (previously left loose per step 4c).
- i. Slide the plastic end cap back over the rails making sure that the wood is properly seated. If the tabs located on the top of the left and right corners of the plastic get caught on the Cross Member or Rail, pry up with a screwdriver and slide the end cap in until the wood is fully seated.
- j. Replace the three screws used to fasten the End Cap to the frame. Start all three screws then go back and tighten (see Step 5).
- k. Using a 17mm Open End Wrench or Pliers on the flats, hold the Shaft for the Lift Handle (see photo 7a) while replacing the assembly screws. Start both screws and then fully tighten using the 6mm Allen Wrench. Verify that the Handle slides in and out without binding.
8. Continue from Step 2 of the MVe Tower Assembly Instructions above.

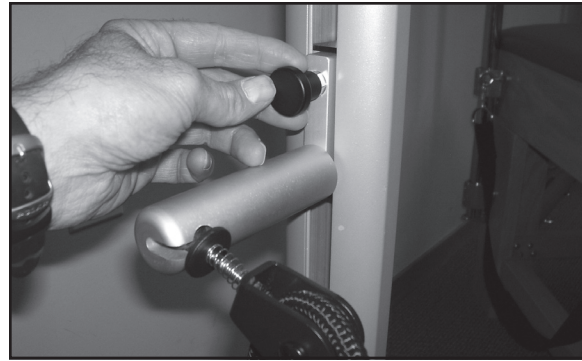
Operating the MVe® Reformer Tower

Adjusting the Risers

The Risers have 12 scaled positions and 1 storage position. The Riser positions are scaled so both Risers can be easily adjusted to the same height.

To adjust the Risers:

1. Pull the Riser Pull Pin and move the Riser up or down to the desired position.
2. Release the Riser Pull Pin to lock.
3. Set the Riser on the other side of the machine to the same position.



TO ADJUST THE RISERS

To store the Risers:

1. Flip the pulleys 90 degrees from their normal position. The pulleys will then face towards the center of the unit.
2. Retract the Pull Pins and drop the Risers as far down as it will go. They will rest on the telescoping Lift Handle.



TO STORE THE RAISERS

Caution: Make sure that the Riser Pull Pin is fully engaged before beginning any exercises.

Converting to Mat—with or without Tower

The Mat Set includes two mats, one for the head end of the machine and one for the foot end. The Foot End Mat is identified by the Foot Strap included at one of its ends.

MVe Reformers have been manufactured using one of two types of Gear Bars. The earlier units incorporated a Gear Bar that was oblong in shape and is called a no revision machine. The Gear Bar on the newer units is round and is called a Rev 1 or Rev 2 machine. After completing steps numbered 1 and 2 below, all users of Rev 1 or Rev 2 machines should go to either Step 3 (with Tower) or 4 (no Tower). All users with a no revision machine should go to either Step 5 (with Tower) or Step 6 (without Tower).

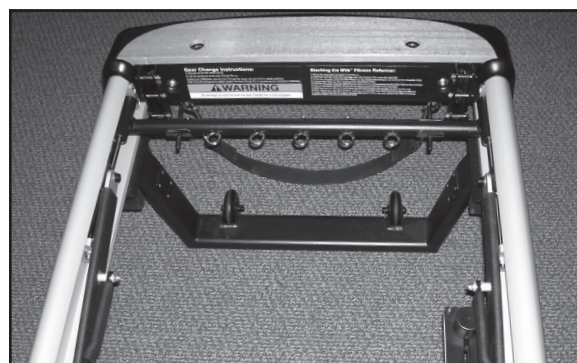
Converting to Mat—with or without Tower (continued)

To convert to Mat:

1. Pull the Release Levers for the Shoulder Pads and fold the Pads to the Carriage.
2. Remove the Reformer Springs from the Gear Bar and roll the Carriage toward the Head End of the machine.
3. **Rev 1 or Rev 2 (round Gear Bar), with Tower:**
 - a. Place the Gear Bar and Gear Block in negative gear (position (-1)).
 - b. Fold the Foot Bar so it rests on the Gear Block Positioning Plate and the Gear Bar Support Bar so its hooks rest on the Foot Bar as shown.
 - c. Flip the Pulleys into the storage position (the pulleys face toward the center of the unit).
 - d. Pull on the Riser Pull Pin and lower the Risers below the wood platform. They will rest on the telescoping Lift Handle.
 - e. Skip to Step 7.



STEP 1



STEP 3a & b



STEP 3c



STEP 3d

Converting to Mat—with or without Tower (continued)

4. Rev 1 or Rev 2 (round Gear Bar), without Tower:

- a. Follow Steps 3(a) and 3(b) above
- b. Retract the Pull Pins, completely remove, and drop the Risers into the well of the unit.
- c. Skip to Step 7.

5. No Rev units (oblong Gear Bar), with Tower

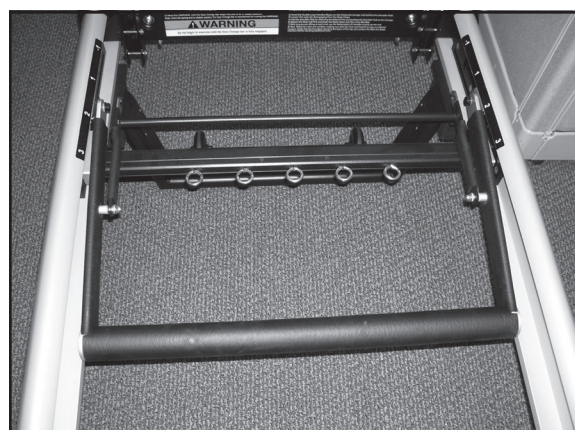
- a. Place the Gear Bar in position 3.
- b. Fold the Foot Bar down on to the Gear Bar and the Foot Bar Support Bar in the opposite direction so it also rests on the Gear Bar as shown (same position as is used for stacking).
- c. Follow Steps 3(c), (d) and (e).

6. No Rev units (oblong Gear Bar), without Tower:

- g. Place the Gear Bar in position 3 (see 5(a)).
- h. Fold the Foot Bar down on to the Gear Bar and the Foot Bar Support Bar in the opposite direction so it also rests on the Gear Bar as shown (same position as is used for stacking—see 5(b)).
- i. Retract the Pull Pins, completely remove, and drop the Risers into the well of the unit (see 4b).
- j. Skip to Step 7.



STEP 4b



STEP 5a & b

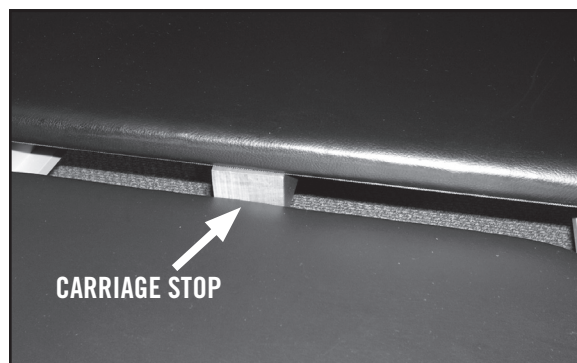
Converting to Mat—with or without Tower (continued)

7. Place the mat with the Foot Strap (Foot End Mat) onto the rails at the Foot End of the machine. Make sure that the Strap is exposed and rests on the Foot End plastic cap. Push the mat as far towards the foot end of the machine as possible.
8. Roll the Carriage toward the foot end of the unit until it contacts the Carriage Stop located on the underside of the Foot End Mat.
9. Place the Head End Mat onto the rails butted against the Foot End Mat. You may have to slightly compress the foam between the Head and Foot End Mats to be sure that the Head End Mat is properly seated on the rails.

Caution: Verify that the Mats are properly seated on the Rails before beginning any exercises.



STEP 7



STEP 8



STEP 9

Maintaining the MVe® Reformer and Tower

You have purchased a high quality piece of equipment that is constructed of the finest components and materials. Proper care requires only a small, but very important investment of time in a routine maintenance program.

Maintenance procedures follow the same guidelines provided in your original MVe Reformer manual.

Part	Daily	Weekly	Bi-Monthly	Annually	As Needed
Inspect:					
Overall Machine	√				
Springs	√				
Tracking System (Carriage rollers)		√			
Hardware			√		
Clean:					
Frame					√
Upholstery	√				
Tracking System		√			
Replace:					
Springs				√	
Ropes					√
Double Loops					√
Safety Clips					√

Inspect:

Overall Machine: We highly recommend that you visually inspect the machine daily.

Springs: Even with extensive pre-testing and rigorous quality inspections, the possibility of spring failure exists. In addition, severe nicks or abrasions may develop as a result of misuse and could lead to premature spring breakage. Not replacing springs in a timely manner could also lead to failure. While breakage or deformation of a spring and the resulting potential for injury is a remote possibility, a daily inspection is critical. If, at any time, a gap between coils of a spring becomes evident, that spring needs to be replaced immediately.

The springs are zinc plated to prevent rust or corrosion from perspiration, condensation and/or humidity. Minor variations in the brightness of the finish are the result of different plating batches and do not affect the performance of the springs.

Tracking System: The shielded bearings in the Carriage Wheels are permanently lubricated and require no further service. You should inspect the Axles every two months. Remove any debris that might be entwined between the Wheels and Carriage Frame and tighten the Axles if any Wheel “play” is evident.

Hardware: All hardware should be checked every 2 months to make sure that every nut, bolt and fastener is secure.

Maintaining the MVe® Reformer and Tower (continued)

Clean:

Framework: The framework and wood components should be cleaned with a mild, soapy solution. A good furniture polish can also be used on the wood platforms.

Upholstery: We recommend wiping down your vinyl upholstery with a mild cleaning solution after each use. For example, a solution of 1 part Simple Green and 12 parts water in a spray bottle can be used.

Tracking System: The tracks upon which your Carriage rides are powder coated to inhibit the build up of aluminum oxide. Clean them on an “as needed” basis using a warm, mild soapy water solution and dry thoroughly with a soft cloth.

Replace:

Springs: All Springs must be replaced each year. Any spring that exhibits early signs of fatigue (for example, separation in coils) needs to be replaced immediately.

Ropes: You may experience some minor “fraying” in the Rope. Fraying is completely normal and to be expected. Any Ropes that exhibit excess fraying, tear or otherwise fail need to be replaced immediately. Double Loops, Safety Clips, and so on can wear over time. Replace them as required.

WARNING: Verify that any person(s) making adjustments, performing maintenance or making repairs of any kind is qualified to do so.



Contact Information:

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