

# Assembly / User Guide

## Premier Reformer

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## Recommended Use

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

Unsafe or improper use of this equipment due to 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 Peak Pilates® Reformer, we make no representation concerning the safety of this equipment.

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

## Safety Statement

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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 hardware, wood and fabric components 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 prior to use:**

## Proper Use

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1. This equipment is only to be used as described by the manufacturer. It is imperative that the Reformer be used properly to avoid injury.
2. 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.
3. Keep a three foot area (about one meter) around the equipment clear of obstructions.
4. Make sure the machine is used on a level surface.

## Specific Operating Warnings

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1. Be certain that all hardware is fully tightened before beginning to exercise.
2. Verify that no gaps between the coils or other defects (such as kinks, hairline cracks) are evident in the Springs. If any defects are seen, the spring must be immediately replaced.
3. Verify that no tears or excessive wear are evident in the leather straps, ropes, handles, or loops . If excessive wear is evident the strap, handle or loop must be immediately replaced. NOTE: A slight separation at the seams of the leather straps is normal, straps do not have to be replaced unless that separation exceeds 1/16”
4. Do not tip the machine during use.
5. Children must not be allowed near this machine. Teenagers and/or physically challenged individuals require supervision.
6. Keep hair, clothing, jewelry and other loose items clear of moving parts at all times.
7. It is the purchaser's sole responsibility to instruct end users and supervising personnel on the proper operating procedures of the Reformer. We strongly recommend that the end user's physical condition be evaluated prior to beginning any exercise program.

**Note: Understanding each and every warning to the fullest is critical. If any of these warnings are unclear, ask for clarification from Peak Pilates personnel.**

## Warranty

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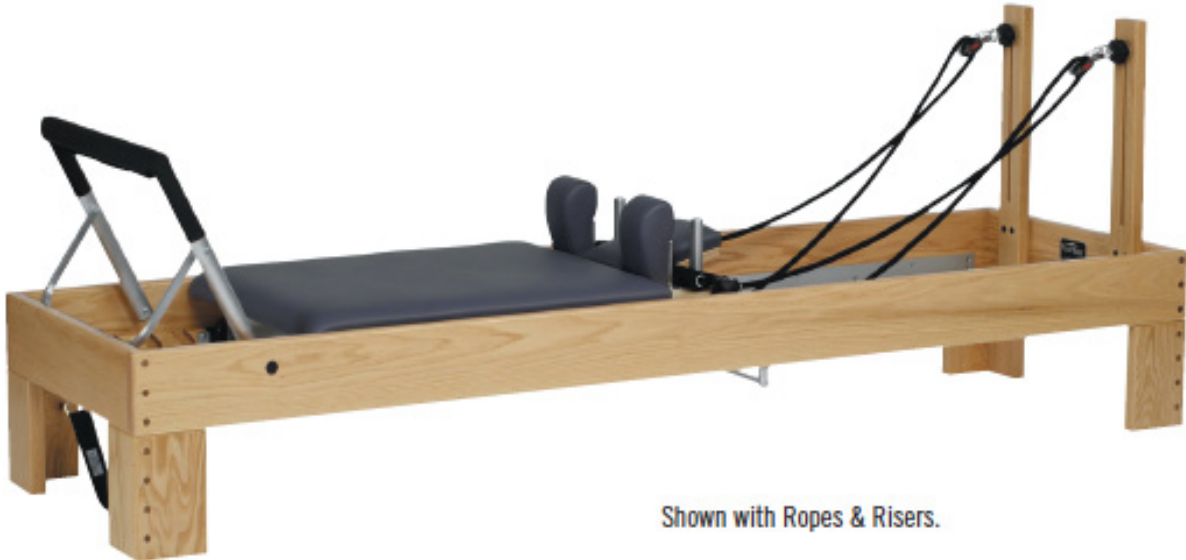
We warrant your purchase to be free of manufacturing defects. Please contact customer service or visit our website to view our complete warranty policy.

# Assembly Instructions

The Reformer is offered in two models – Reformer with Leather Straps and Reformer with Ropes and Risers. The differences in assembly are indicated where applicable.



Shown with Leather Straps.



Shown with Ropes & Risers.

## TOOLS

If you have ordered the rope and pulley system with risers, you will need a medium Phillips screwdriver.

## PARTS LIST

Following is a list of the standard parts that come with the Reformer.



Standard long/short box



Long spine straps (leather only)  
and foot loops (1 pair each)  
(ropes only)



Straps or ropes and handles  
(Handles do not come  
preassembled)



Gear block



2 Double Ended Clips w/ropes  
(preassembled to neoprene handles)  
2 Double Ended Clips w/leather  
(preassembled to Long spine straps)



2 Safety Links  
(preassembled to Foot Strap)



Foot Strap (preassembled to  
the frame)



Reformer Springs Set of 5



Spring Bar



8 #12 x 1 3/4 Phillips Pan Head  
screws and 8 plastic plugs  
(Rope machine only, hardware is  
packed with the risers.)

# Reformer Assembly



Place the Reformer frame in the location where it will be used.

## 1. Installing the Carriage:

This step is best performed by two people. The carriage is outfitted with a carriage stabilization block that is mounted on the back/right wheel bracket on the underside of the carriage. The carriage stabilization block has a safety roller which will prevent the carriage from tilting upward within the frame should the front part of the carriage be subjected to excessive weight.

Standing to the right side of the Reformer frame, tilt the carriage (the side on which the carriage stabilization block is mounted) toward the left side of aluminum track. Place the tilted edges of the wider wheels on the track, with the nylon safety roller below the track; now, lower the other side of the carriage into the frame. The nylon safety roller should automatically slide into place underneath the aluminum track (if the safety roller ends up on top of the track, remove the carriage and reinstall).



## 2. Installing the Spring Bar:

Your Reformer has a 4 gear system: -1, 1, 2 and 3. The -1 location is the slot closest to the foot end of the frame. Place the round spring bar into 1st gear – the second slot from the foot end – and insert the gear block (small wooden block with the rubber bumper and protruding stem) into the first hole in the right side track. Make sure that the hooks assembled to the spring bar are oriented as shown in the photo.



**Note: The Gear Block is not used when the Spring Bar is in position -1.**



**B**

### 3. Installing the Carriage Springs:

A. Unpack the springs. Note: If a tool is used to cut away the packing material, be careful not to scratch the coils of the springs.

B. Engage the end of each of the springs which is not color coded to its respective eyebolt located on the spring anchor under the carriage. If you have purchased a standard spring set the springs are best arranged in the following order:

Blue (Light), Yellow (Medium), Blue, Red (Heavy) and then Yellow

C. Verify that the Springs rest on top of the spring support bar as shown.

D. Place the closed ends of the Springs over their respective hooks on the round spring bar.



**C**



**D**

### 4. Installing the Leather Straps (if applicable):

A. Using the clips attached, snap the leather swivel handles onto the steel rings at the end of the straps.

B. With the spring bar in first gear and the gear block in the first hole in the track, place the handles over the shoulder blocks.

C. Thread the loose ends of the straps down through the pulleys mounted on the cross member at the head end of the Reformer frame (end opposite the foot bar) looping the ends back toward the carriage.

D. Unscrew the black knobs on the underside of the carriage (one on each side of the head rest).

E. Note the holes located near the end of the leather strap. We suggest that you select a hole that eliminates the slack in the leather strap. If you prefer a different setting simply select the commensurate hole.

F. Slide the selected holes over the protruding studs (see photo).

G. Re-assemble the black knobs.



**A & B**



**C**



**D-G**

## Reformer Assembly Cont.



Locate the two sets of 4 holes on the inside of the head end cross member.



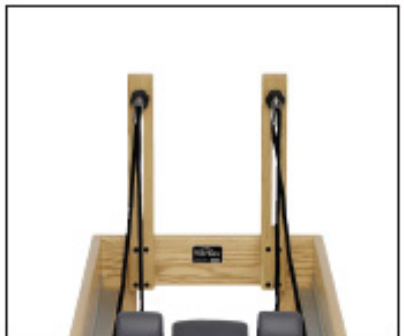
**A & B**



**C**



**D**



### 5. Assembling the Adjustable Risers:

Unpack the risers and screws being careful not to scratch the wood with any cutting tools. Note the group of four holes on each of the left and right sides of the inside surface of the head end cross member. Align the four holes of each riser with the respective four holes in the cross member. Install the #12 x 1-3/4" long Pan Phillips Head Screws using a #2 (medium) Phillips Head Screwdriver. Start all four screws on each riser before fully tightening. Once all eight are installed and tightened, press the decorative, black plugs over the heads of the screws.

### 6. Installing the Ropes (if applicable):

Your rope Reformer can come equipped with ropes and pulleys mounted to either fixed, adjustable risers or with pulleys mounted to optional retractable risers. If you have purchased retractable risers, make sure that they are locked in the upright position prior to proceeding.

A. Using the double ended clips, clip the neoprene handles to the ends of the ropes.

B. With the spring bar in first gear and the gear block in the first hole in the track, place the handles over the shoulder posts.

C. Thread the loose ends of the ropes down through the pulleys mounted on the risers at the head end of the Reformer frame (end opposite the foot bar) looping the ends back toward the carriage.

D. Thread the ends of the ropes through the wire loops and rope cleats (mounted to the head of the carriage) and through the hole in the carriage board (immediately in front of the cleat).

E. Let the excess rope hang freely under the carriage.

F. To shorten or lengthen, withdraw the ropes from the cleats, adjust to the desired length, and press back into the cleats. Push any slack rope down through the hole in the carriage board



# User Guide

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## Gear Block Settings

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Your Reformer comes equipped with a 4 position gear system. By changing the gear settings, the Reformer will accommodate different body types or vary the amount of hip and knee flexion. A gear block, a small wooden block with protruding stem, is included with your accessories. This component is used to maintain the proper initial spring tension when the gear setting is changed.

**CAUTION: For safety reasons, you must use the gear block to limit the motion of the carriage. By limiting the motion of the carriage, the gear block prevents the round spring bar from turning too far downward potentially allowing the springs to become disengaged from their hooks**

Place the gear block in the holes on the aluminum track on the right hand side (when lying on the carriage) of the Reformer as follows.:

Standard 4-Position (negative) Gear Systems: Negative gear (-1) is the gear slot closest to the foot end of the Reformer and does not require the use of the gear block. For 1st, 2nd or 3rd gears, place the round spring bar in the 2nd, 3rd, or 4th slots and place the gear block in the 1st, 2nd or 3rd holes respectively.

# Adjustable Footbar System



Position 1



Position 2



Position 3



Position 4

Your Reformer comes equipped with a 4-position adjustable footbar system. The U-shaped footbar support bar swings between the legs of the Footbar. Position - according to preference - the footbar support bar on one of the ledges (the same bars are used to hold the jump board or sidesplit platform) mounted on the inside of the cross member located at the foot of the Reformer.

## Optional Jump Board & Removable Sidesplit Platform Installation



1



2



NOTE

The two black knobs in the metal bar located on the inside of the cross member at the foot of the Reformer frame are the locking knobs for securing the jump board or sidesplit platform.

### Installing the Jump Board:

1. If using a standard jump board, first position the U-shaped footbar support bar (the bar that pivots inside the footbar) so it rests on the 2nd position ledge of the metal bar just in front of the slot into which you will insert the tongue of the jump board.

**NOTE: The footbar must be used to stabilize the jump board as shown in the photograph below.**

2. Insert the tongue of the jump board into the slot between the metal bars and the wood of the foot end cross member. Make sure that the side of the tongue of the jump board that has two steel disks is facing the carriage.

3. Tighten the black knobs against the steel disks in the tongue. (Remember to loosen the knobs before attempting to remove the jump board to prevent damaging it.)

### Installing the Sidesplit Platform:

4. Place the footbar in position 4.

5. Insert the tongue of the sidesplit platform into the slot between the metal bars and the wood of the foot end cross member. Make sure that the side of the tongue of the sidesplit platform that has two steel disks is facing the carriage.

6. Tighten the black knobs against the steel disks in the tongue. (Remember to loosen the knobs before attempting to remove the platform to prevent damaging it.)



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