

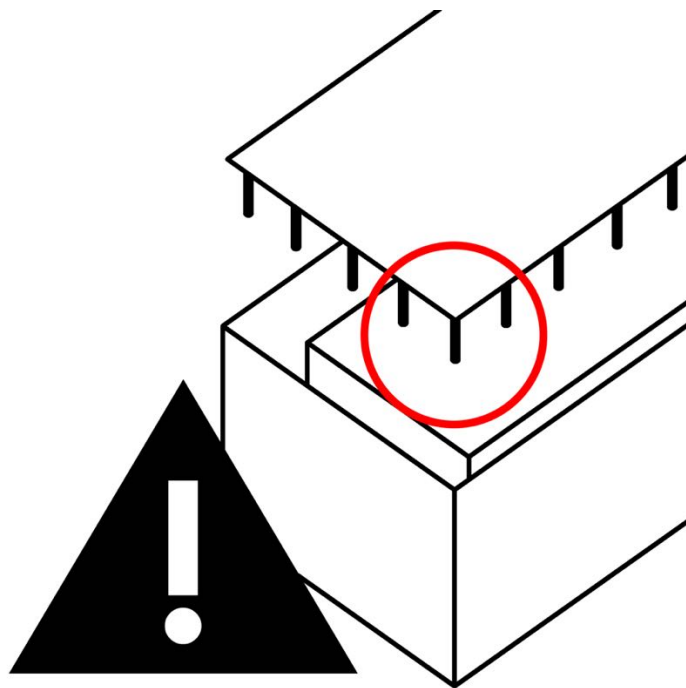


SETUP MANUAL

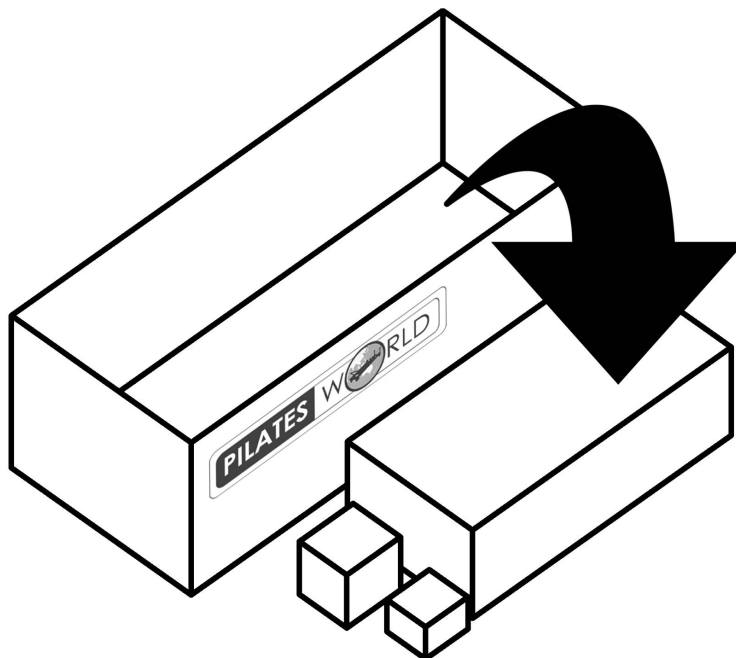
Pioneer Pilates PP-03



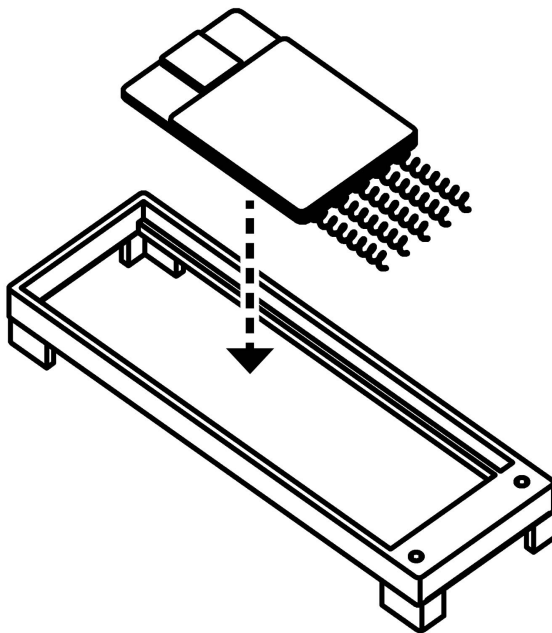
Open the crate. Take care, the small nails present are a danger to you and the vinyl carriage.



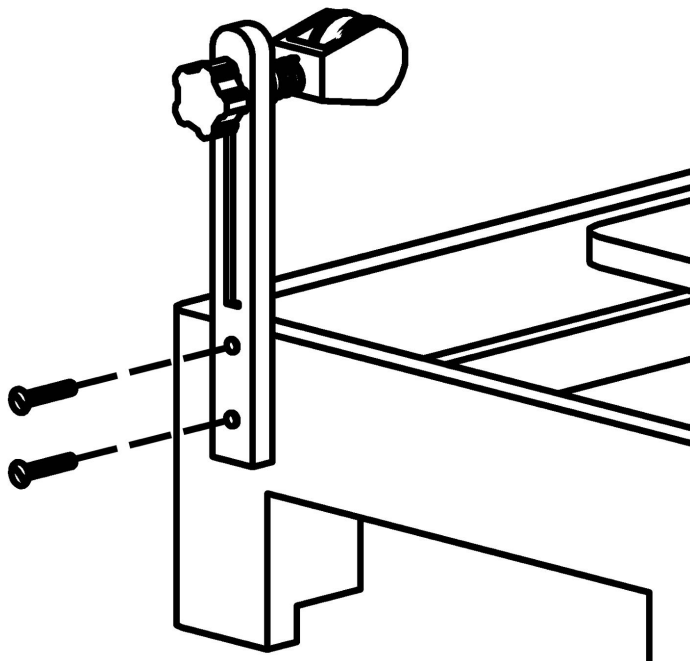
Lift out the smaller packages. Next, lift out the frame with 2 people taking care not to bend the frame.



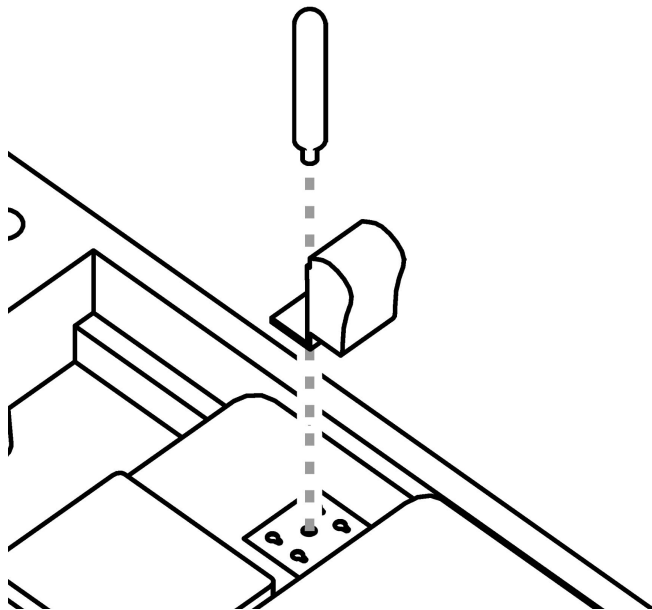
Place reformer frame right way up, and place the carriage in.



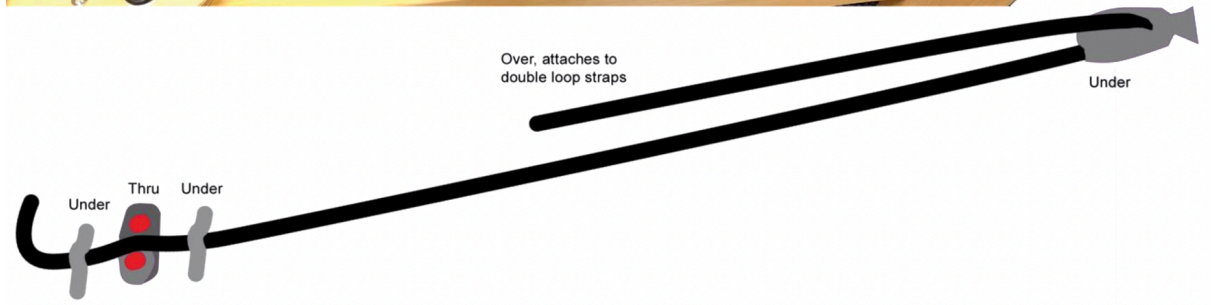
The pulley risers are assembled for you out of the box. Place the pulley risers against the pre-drilled pulley riser holes. Then, screw in the provided screws.



Keeping at least one carriage spring attached to the gearbox for safety; next add the shoulder rests and secure them using the shoulder rest securing poles.

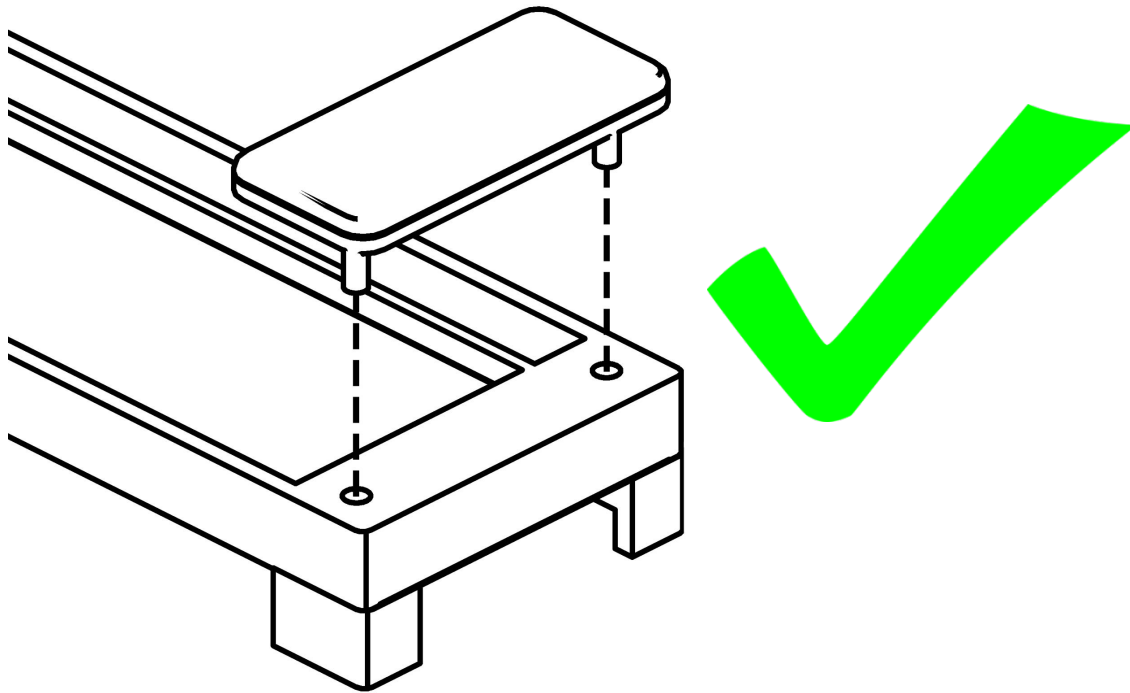


Ropes



Important: To ensure the longevity of your machine and your own safety, please install the standing platform carefully.

The longer side of the standing platform must be supported by the reformer frame with the long edge facing the springs. NB: Please see sticker on underside of standing platform.



Below is an example of an incorrect installation of the standing platform.

