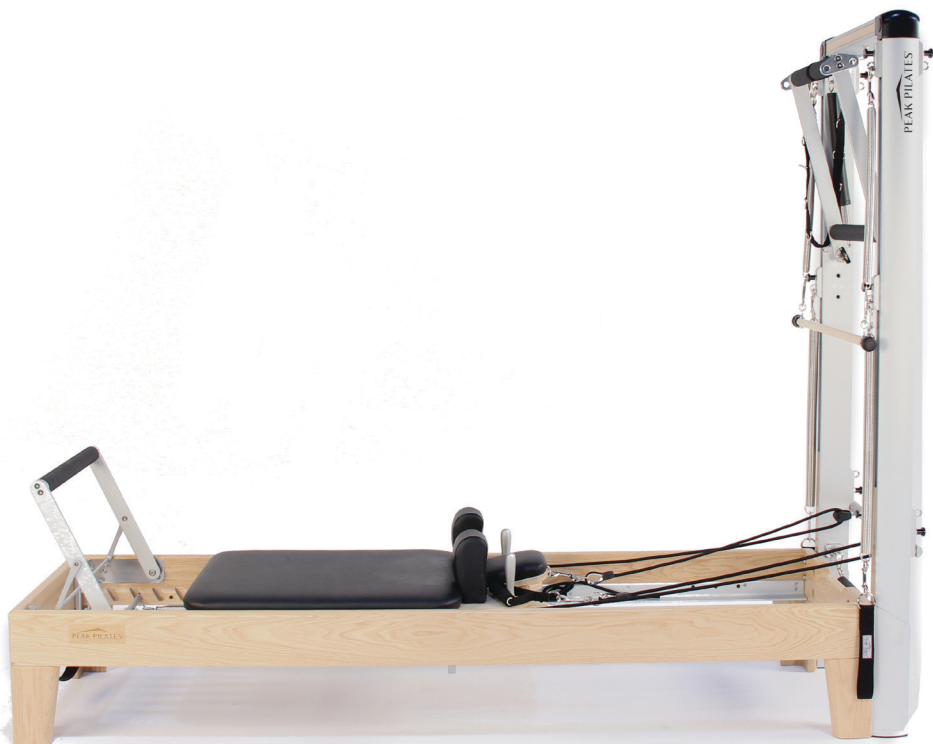


PEAK PILATES®



AFINA™ REFORMER & TOWER
ASSEMBLY GUIDE & OWNER'S MANUAL

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THE AFINA™ REFORMER

At Peak Pilates®, we strive to combine the classical method of Joseph Pilates with the latest science and exercise research to deliver the best Pilates program in the world. Our Afina™ Reformer continues that commitment to excellence. The Afina Reformer offers a variety of systematic movements and flow, as well as accommodates all levels of Pilates enthusiasts with its unique pulley system, gliding carriage and spring tension that simultaneously strengthens and supports the body. We are honored that you have chosen the Afina Reformer by Peak Pilates to continue your path to a happier, healthier life for you and your clients.

This manual provides valuable information concerning the safe and proper use of your Afina Reformer. The entire guide should be read before beginning any exercise. All manufacturer's recommendations, cautions and/or warnings must be adhered to at all times. Failure to adhere to the content provided in this manual could lead to damage to your machine and/or injury to you or your clients. The remainder of this chapter will provide safety and contact information should your machine require service or should you need to ask functional questions. If, at any time, you have questions concerning any part of this manual please contact us using the information found on page 7.

We strongly advise that the Afina Reformer be used only by or under the supervision of a Certified Pilates Instructor. Peak Pilates offers education programs and can provide training leading to certification. Visit the Peak Pilates website at www.peakpilates.com or call 800.925.3674 for more information.

RECOMMENDED USE

Peak Pilates® strongly recommends consulting a physician before beginning any exercise program. Having a complete medical exam is particularly important if the user has a family history of high blood pressure or heart disease, is over the age of 45, smokes, has high cholesterol, 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 Afina™ 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 apparatus, 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

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.

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

Proper Use

1. This equipment is only to be used as described by the manufacturer. It is imperative that the Afina 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 Operation Warnings

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 or hairline cracks) are evident in the springs. If any defects are visible, the spring must be immediately replaced.
3. Before using either of the push-through bar springs, verify that the end with the safety link is connected to either the frame or the tower—bottom or top push-through bar spring respectively—and the end with the quick snap clip with thumbscrew is connected to the push-through bar. The thumbscrews must be tightened on all connecting clips.
4. 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 1/8".
5. Do not tip the machine during use.
6. Children and/or pets must not be allowed near this machine. Teenagers and/or physically challenged individuals require supervision.
7. Keep hair, clothing, jewelry and other loose items clear of moving parts at all times.
8. It is the purchaser's sole responsibility to instruct end users and supervising personnel on the proper operating procedures of the Afina™ Reformer. We strongly recommend that the end user's physical condition be evaluated prior to beginning any exercise program.

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

Warranty

We warrant your purchase 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 product carries a lifetime warranty on the frame structural components and tower extrusions, effective as of the invoice date of the original purchase. All other components (with the exception of the upholstery, ropes and straps) are covered by a two-year limited warranty effective as of the invoice date of the original purchase. If a failure due to workmanship and/or materials occurs, we will repair or replace the defective components at our discretion. Upholstery, ropes and straps are warranted against defects in workmanship and/or materials for 60 days effective as of the invoice date of the original purchase.

This warranty refers to the Afina Reformer model and covers material only. It remains in effect only under the following conditions:

1. This machine is not modified in any way.
2. The machine is only used as specified in this 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 the equipment and is not transferable. All claims must be made within the relevant warranty period specified above. Warranties outside the U.S. may vary.

If you have any questions or need additional assistance, please contact our Peak Pilates® Customer Service Team:

For customers within North America, South America and Asia Pacific, please contact:

PEAK PILATES®
Mad Dogg Athletics, Inc.
2111 Narcissus Court
Venice, CA 90291 U.S.A
310.823.7008 (Worldwide)
800.925.3674 (North America)
310.823.7408 (Fax)
customerservice@peakpilates.com

For customers within Europe, the Middle East and Africa, please contact:

PEAK PILATES®
Mad Dogg Athletics Europe
Industrieweg 20 A,
3144 CH Maassluis
The Netherlands
+31 1059 04508 (Worldwide)
+31 1059 00054 (Fax)
international@peakpilates.com

WHAT'S INSIDE

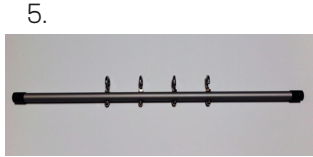
All Afina™ Reformers come with all of the following items included:



COMPONENT	QUANTITY
1. Reformer Frame	1
2. Standard Long/Short Box	1
3. Foot Strap (preinstalled on frame)	1
4. Carriage Stop	1

All Afina Reformers come with different components depending on your order and desired parts. Other combinations are available with special requests and custom orders. For a complete and comprehensive list on all of the items included in each kit, please see the following pages.

The following additional items are included in the Afina™ 4 Reformer kit:



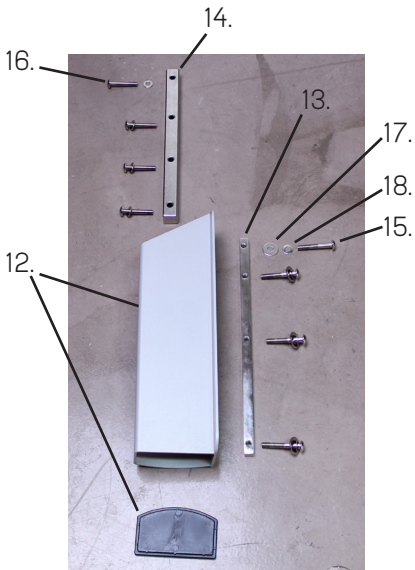
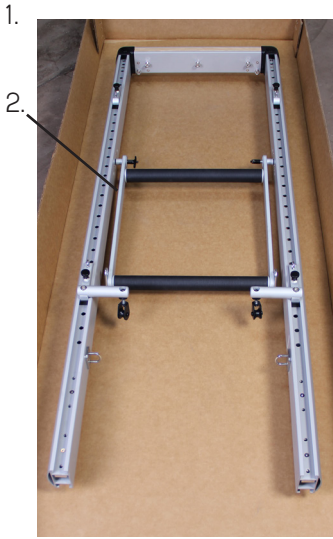
COMPONENT	QUANTITY
1. Leather Strap Flip Carriage with Resistance Ride Wheels	1
2. Leather Straps	2
3. Leather Handles	4
4. Long Spine Straps	2
5. Gear Bar with 4 Eyehooks	1
6. Resistance Ride Springs	4

The following additional items are included in the Afina™ 5 Reformer kit:



COMPONENT	QUANTITY
1. Nylon Rope Flip Carriage with Ball-bearing Wheels	1
2. Foot Loops	2
3. Nylon Ropes	2
4. Handles	2
5. Risers with Pulleys and Mounting Hardware	2
6. Gear Bar with 5 Eyehooks	1
7. Reformer Springs (1 Heavy Tension, 2 Medium Tension, 2 Light Tension)	5
8. Shoulder Screws	4
9. M12 Washers	4
10. Special Nuts	4

The following additional items are included in the **Tower** kit, which can be included with any order of the Afina 4 or Afina 5 kit:



COMPONENT	QUANTITY
1. Tower	1
2. Push-Through Bar	1
3. Roll Down Bar	1
4. Safety Straps	2
5. Double-ended Clips	8
6. Safety Links	6
7. Arm Springs	2
8. Leg Springs	2
9. Push-Through Springs	2
11. Foot Loops	2
12. Tower Bracket with Plastic Feet	2
13. Threaded Tower Bracket Block	2
14. Tower Bracket Spacer	2
15. 50 mm Screws (for Threaded Tower Bracket Blocks)	8
16. 45 mm Screws (for Tower Bracket Spacers)	8
17. M8 Large (24 mm outer diameter) Washers (for Threaded Tower Brackets Blocks only)	8
18. M8 Small (16 mm outer diameter) Washers	16
19. Short Wooden Trim Blocks	2
20. Long Wooden Trim Blocks	2
21. Tower Caps	4

The following accessories can also be paired with your order of any Afina™ Reformer:

1.



2.



3.



COMPONENT	QUANTITY
1. Jump Board / Dancer Jump Board	1
2. Side Split Platform	1
3. Twin Mats (2 per set)	1

Tools Needed for Assembly

5mm Allen key (provided in kit)

6mm Allen key (Afina 5 assembly only)

8mm Allen key (Afina 5 assembly only)

INSTALLING THE CARRIAGE, GEAR BAR AND SPRINGS

The Reformer Frame

The Afina™ Reformer frame comes preassembled, is hand-crafted in either oak or bamboo, and finished with lacquer for a long-lasting shine as well as protection against sweat and water damage. Two or more people should assist with moving and placing the reformer frame in the desired location for use.

Installing Springs

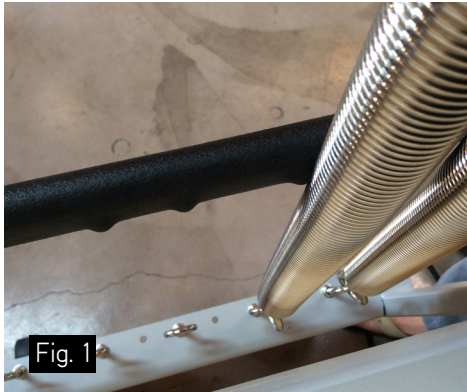
The reformer comes with either four reformer springs that are all the same medium-level tension, or five reformer springs that have varying levels of tension. The five springs of varying levels of tension feature different colors near the eyebolt that denotes the tension rating of each spring.

Blue – Light tension

Yellow – Medium tension

Red – Heavy tension

The eyehooks for attaching the springs come pre-installed on both the carriage and gear bar. To install the springs, please follow the steps below:



1. Flip the carriage over and locate the eyehooks.
2. Unpack the springs, being careful not to scratch the coils during the unpacking.
3. Hook the non-color coded ends of each spring to the eyebolts located on the carriage, making sure that they rest against the spring support bar.
Note: The springs should rest between the small grooves found on the bottom on the spring support bar (Fig. 1).

Installing the Carriage

We recommend that the springs be attached to the carriage prior to installing the carriage in the frame.

Please follow the steps for placing the carriage into the frame below. These steps should also be completed by two or more people.

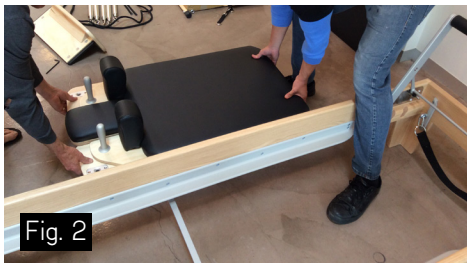


Fig. 2



Fig. 3



Fig. 4

1. Each person should place hands on the short side of the carriage to ensure that fingers do not get caught between the carriage and the track (Fig. 2).
2. Lift the carriage and carefully place one foot inside the frame. Then step over and place the other foot in the frame before lowering the carriage onto the track (Fig. 3).
3. Place the carriage within the inside of the frame by aligning the wheels onto the aluminum track. The head pad and shoulder blocks should face the head end (opposite the foot bar, as shown in Fig. 4).
4. Roll the carriage back and forth to be sure the wheels are properly aligned and that it slides backward and forward with ease.

Installing the Gear Bar and Carriage Stop

The gear bar, also known as the spring bar, is where the carriage springs hook onto and where the user can make adjustments to the position of the carriage. The gear bar slides easily into any of the four grooves cut into the side of the rails so the user can find the right fit. Be sure that the open ends of the hooks on the bar face up to easily and safely lock the springs into place.

After installing the gear bar, place the color-coded ends of the springs over their respective hooks on the gear bar. The color-coded ends should be attached to the gear bar so that the color is visible when the reformer is in use.

The settings for the gear bar are -1, 1, 2, 3. The desired setting will be determined by the user's height and length, or by the user's hip and knee flexion.

Position -1 – Carriage stop is removed and placed in the storage hole in the frame

Position 1 – Carriage stop in hole position 1

Position 2 – Carriage stop in hole position 2

Position 3 – Carriage stop in hole position 3

AFINA™ 4 ASSEMBLY GUIDE

For the clients that have chosen leather straps and handles, the head end of the frame will have the pulleys preinstalled for using the leather straps. In addition, the leather handles will have clips attached so they can easily snap on to the end of the leather straps.

All straps, ropes and handles must be secured before use. These are the moving parts that are frequently interchanged with other accessories and they are essential to providing the fluid movement. Before use, be sure that the ropes and straps are not twisted so they can easily move through the pulleys

Installing the Leather Straps

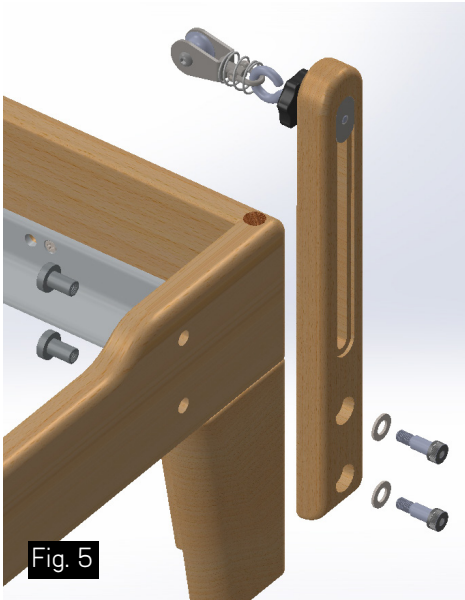
1. Snap the leather handles onto the steel rings at the end of the leather straps.
2. With the gear bar and carriage stop in the Position 1, place the handles over the shoulder blocks on the carriage.
3. Thread the loose ends of the straps through the pulleys mounted at the head end of the reformer frame. Loop the ends of the straps back toward the carriage, ensuring that the strap is not twisted.
4. Unscrew the black knobs on the underside of the carriage (on each side of the headrest) to reveal the screw post.
Note: If top mounting of the knob is desired, the screw post can be unbolted, flipped and installed in the opposite direction.
5. Feed the loose ends of the straps through the slots at the head of the carriage. Pull the straps to remove any slack. Align the nearest hole in the straps with each screw posts. Slide the selected hole in each strap over each screw post.
6. Re-screw the black knobs back onto the screw posts, tightening the knobs against the straps until they are secure.
7. Thread the loose ends of the leather straps through the cutouts underneath metal frame on the carriage to prevent the ends of the straps from dragging along the ground.

AFINA™ 5 ASSEMBLY GUIDE

For the clients that have chosen the reformer equipped with ropes and risers, the Afina™ Reformer allows for easy installation of ropes and pulleys to the risers. Your reformer frame will have holes in the head end to accommodate the installation of the risers.

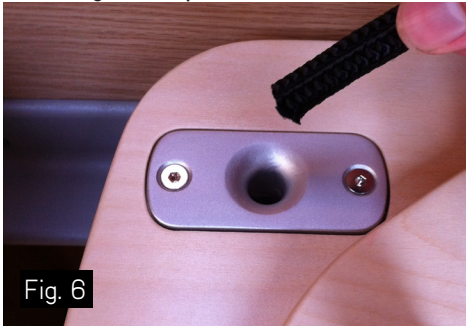
All straps, ropes and handles must be secured before use. These are the moving parts that are frequently interchanged with other accessories and they are essential to providing the fluid movement. Before use, be sure that the ropes and straps are not twisted so they can easily move through the pulleys.

Installing the Risers

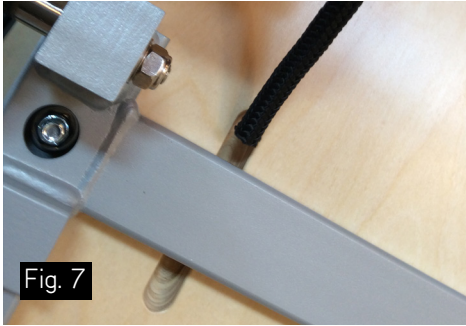


1. Unpack the risers and screws, being careful not to scratch the wood with any of your cutting tools.
2. Locate the group of four holes on the inside of the head end of the reformer frame.
3. Align the four holes in the risers with the four holes on the head end of the reformer.
Note: The risers must be placed on the outside of the reformer frame with the pulleys pointing inward.
4. Secure the risers to the frame using the screws, washers and special nuts with the 6mm and 8mm Allen keys, as shown in Fig. 5.

Installing the Ropes



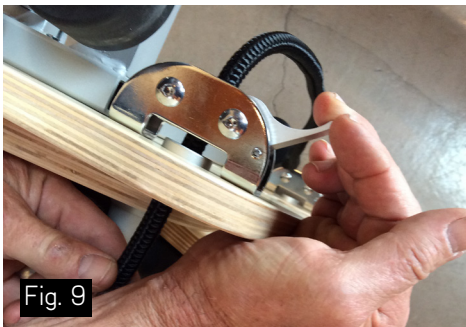
1. Using the double ended clips, clip the neoprene handles to the ends of the ropes.
2. With the gear bar and carriage stop in position 1, place the handles over the shoulders posts.
3. Thread the loose ends of the ropes through the pulleys mounted on the risers, looping the rope ends back toward the carriage.



4. Thread the ends of those ropes down through the hole and the cleat (near the headrest of the carriage) as shown in Fig. 6.
5. Thread the excess rope through the cutouts underneath metal frame on the carriage (preventing the end of the ropes from dragging along the ground) as shown in Figs. 7 and 8.



To shorten the rope, simply pull it further through the hole. To lengthen the rope, lift the cleat to release the tension on the rope (Fig. 9).



TOWER ASSEMBLY GUIDE

If you have ordered the Afina™ Reformer with the tower kit, most components for the tower will arrive in a separate box. It contains additional items (detailed in the “What’s Inside” section). The following pages will detail all of these components and the steps required for installation.

Tower Bracket Assembly



The first step toward assembling the tower is installation of the tower brackets on the head end of the reformer frame. Please find the instructions for installing these mounts below:



1. Place the plastic caps into the bottom of each tower bracket (Fig. 10).
2. Align the four holes at the outside end of the reformer frame with the four holes on the long edge of the tower bracket.
Note: the bowed edge of the tower bracket must be on the outside edge of the frame. (Please refer to Fig. 11.)



3. Insert the tower bracket block into the tower bracket and align it with the four holes (Fig. 12).



4. Insert the 50 mm screws with two washers (one small and one large as shown in Fig. 13) per screw into the holes on the inside of the frame to affix the tower bracket and tower bracket block to the frame. Screw in the 50 mm screws until they are finger tight.

Removing the Push-Through Bar

The tower comes with the push-through bar already attached. Because the push through bar swings freely, we recommend removing from the tower before attaching the tower to the reformer frame. To remove the push-through bar from the tower, please follow the instructions below:



1. Locate the two black handles at the pivot end of the push-through bar.
2. Press the circular button at the top of the handle, then pull the handle out to release it from the tower (Fig. 14).
Note: This step requires at least two people as shown in Fig. 15.

Once the tower brackets have been installed on the frame, you can now attach the tower into the reformer. Two or more people are required to complete these steps.

1. Carefully remove the tower from the box.
2. Grip the tower with two hands, with one hand on the preassembled pulleys (as shown in Fig. 16). Carry it over to the reformer.
3. Still holding onto the pulleys, lift the tower and slide it into the tower brackets until it sits securely against the bottom of both brackets (Fig. 17).
Note: The preinstalled pulley mounts on the tower must be on the outside of the reformer frame, with the pulleys pointing inward.

Tower Bracket Spacer Installation



The final step for attaching the tower to the frame is the installation of tower bracket spacers. Please find the instructions for installing these spacers below:

1. Take the tower bracket spacer and place it inside the rail of the reformer (Fig. 18).
2. Place the Allen key in the top hole of the tower bracket spacer, then gently lower the spacer into the tower bracket (Fig. 19).
3. Insert the 45 mm screws with one small washer per screw into the four holes on the outside of the tower bracket. Screw in the 45 mm screws until they are finger tight.
Note: Use the Allen key to align the holes while the tower bracket spacer sits inside the tower bracket (Fig. 20.)
4. Now tighten all 16 screws attaching the tower to the reformer frame with the Allen key until they are completely tight and secure (Fig. 21).



Reinstalling the Push-Through Bar

Now that the tower is attached and secure to the reformer frame, you can now reinstall the push-through bar onto the tower. To re-install the push-through bar, please follow the instructions below (Note: these steps require at least two people):

1. Position the push-through bar at one of the three sets of holes in the tower.
2. Press the circular button at the top of the black handle to release the pins.
3. Insert the pins into the holes until they lock into place.



Fig. 22

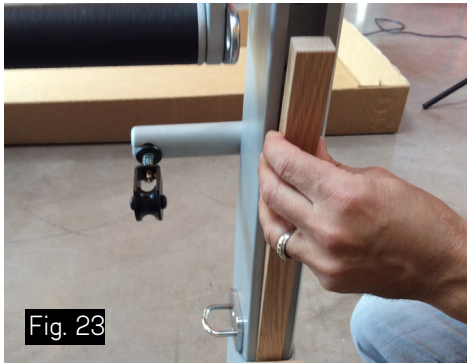


Fig. 23

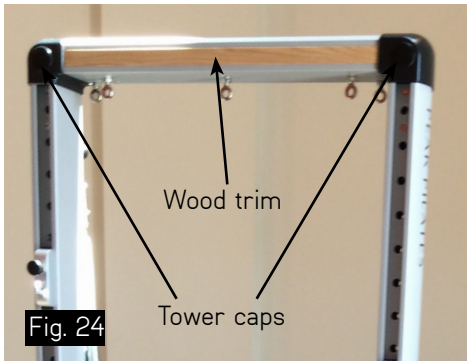


Fig. 24

Installing the Wood Trim

The Afina Reformer comes with four wood pieces to cosmetically connect the classical wooden frame with the modern metal tower. The instructions for installing this optional wooden trim is below:

1. Take the wooden blocks and remove the protective covering from the double-sided tape (Fig. 22).
2. Press the wooden blocks into the tower extrusions (the lower right-hand corner is shown Fig. 23).

The long wood blocks should be inserted in the horizontal extrusions at the top of the tower (on both sides). The short wood pieces should be inserted in the lower right- and left-hand corners of the tower (only on the side that faces the reformer frame).

Tower Cap Installation

The tower also comes with four circular plastic tower caps that protect the metal frame when it is un-installed from the reformer and resting against other surfaces like the floor. Simply insert the caps into the four holes on both sides of the top two corners of the tower. Two installation points are shown in Fig. 24.

INSTALLING OTHER ACCESSORIES

All Afina™ Reformers come with metal brackets preinstalled on the frame that allow for easy installation of the accessories like a jump board or side split platform. Please find the instructions for installing these two items below:

Installing the Jump Board / Dance Jump Board

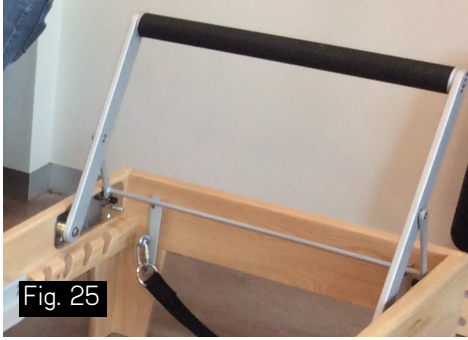


Fig. 25

1. Place the foot bar in Position 3 (Fig. 25).
2. Slide the nylon edges of the jump board into the metal brackets, with the padded side facing inside the frame (Fig 26).
3. Ensure that the rear handle on the jump board is touching the foot bar for additional support (Fig. 27).



Fig. 26

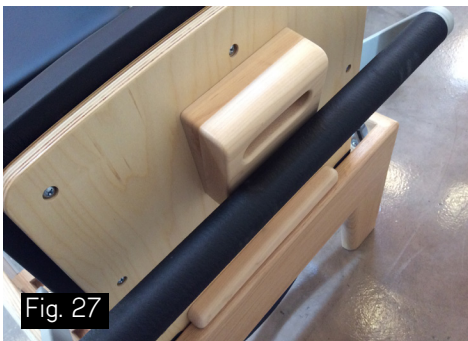


Fig. 27

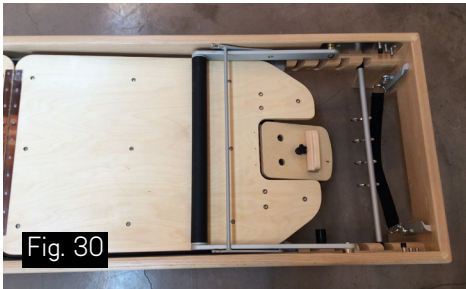
Installing the Side Split Platform.



1. Place the foot bar so that it is resting on the outside the frame.
2. Slide the nylon edges of the side split platform into the metal brackets, with the rounded edge facing inside the frame (Fig. 28).
3. Ensure that the bottom of the side split platform is touching the frame (Fig. 29).

Twin Mat Conversion

The carriage can be flipped over to install either the springs or twin mats (for exercises with the tower). Please follow the instructions below for using the twin mats onto the reformer frame.



1. Unlock all springs from the gear bar.
2. Slide the carriage toward the head end of the reformer frame.
3. Lift the carriage near the headrest and fold it into the reformer frame.
4. Fold the foot bar into the frame so that it rests on the flipped-over side of the carriage (Fig. 30).
5. Place the mats on top of the reformer frame, with the foot strap set against the foot end of the frame (the head is shown in Fig. 31).

MAINTAINING THE AFINA™ REFORMER

The Afina™ Reformer is constructed from the finest components and materials. Proper maintenance requires only a small, but very important investment of your time in a regular routine maintenance program.

If you are using the equipment in a studio or club environment, we strongly suggest the following maintenance program:

Part	Daily	Weekly	Bi-monthly	Bi-annually	As Needed
INSPECT					
Overall Machine	▪				
Springs		▪			
Safety Chain and Clips		▪			
Tracking System (Carriage Rollers)			▪		
CLEAN					
Frame		▪			
Upholstery	▪				
Tracking System (Carriage Rollers)	▪				
REPLACE					
Springs				▪	
Ropes					▪
Foot Loops					▪
Handles					▪
Safety Clips					▪
LUBRICATE					
Riser Pulley Adjustment Knobs				▪	

Inspect

- Overall machine – We highly recommend that you visually inspect the machine daily and that you thoroughly inspect all the hardware to make sure every nut, bolt and fastener is secure every 2 months.
- Springs, Safety Chain and Clips – We strongly recommend that you inspect all springs, safety chain and clips weekly. Severe nicks, abrasions or metal fatigue may develop as a result of frequent use and could lead to premature spring breakage. Not replacing springs in a timely manner increases the risk of failure. While the breakage or deformation of a spring and the resulting potential for serious injury is a remote possibility, periodic inspection of your springs is critical. The springs are zinc- and nickel-plated to prevent rust or corrosion from perspiration, condensation and humidity. Variation in the brightness of the finish is the result of different plating batches and does not affect the superb performance of our springs.
- Tracking System – The sealed bearings in the Carriage Wheels are permanently lubricated and require no further lubrication. You should inspect the Wheel Axles every 2 months.

Clean

- Framework – The wooden components on this equipment are finished with a non-toxic, water-based lacquer. Other than an occasional wipe down using a mild soapy solution and drying, no additional cleaning is necessary. The metal framework should be cleaned with a mild soapy solution.
- Upholstery – We recommend wiping down your vinyl upholstery with a mild cleaning solution such as ArmorAll® Multi-Purpose Cleaner diluted with water in a 50/50 solution after each use.
- Tracking System – The tracks upon which your carriage rides are anodized to inhibit the build-up of unsightly aluminum oxide residue. Clean them on an as-needed basis using a warm, mild soapy water solution and dry thoroughly with a soft cloth.

Replace

- Springs – We recommend that you replace all of the springs every two years , minimum. Any spring that exhibits early signs of fatigue (for example, separation in coils, even if slight) should be replaced immediately.
- Ropes – You may experience some minor “fraying” or “pilling” on the cotton rope. “Fraying” or “pilling” is completely normal and to be expected. Any ropes that tear or otherwise fail should be replaced immediately. The ropes can be used until the “fraying” affects their function.
- Foot Loops, Handles and Safety Clips – These parts wear out over time. Please replace them as needed.



Lubricate

- Riser Pully Adjustment Knobs – Lubricate threads every six months (or more frequently as needed) with white lithium grease.





PEAK PILATES®

Mad Dogg Athletics, Inc.
2111 Narcissus Court
Venice, CA 90291 U.S.A
310.823.7008 [Worldwide]
800.925.3674 [North America]
customerservice@peakpilates.com

Mad Dogg Athletics Europe
Industrieweg 20 A,
3144 CH Maassluis
The Netherlands
+31 1059 04508 [Worldwide]
international@peakpilates.com