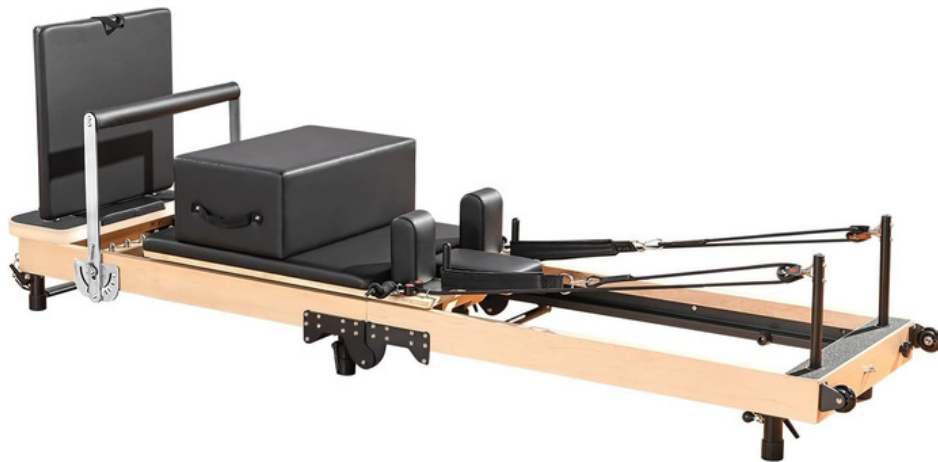


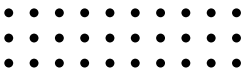


Zous 2.0 pilates reformers

Installations Instructions



WWW.PERSONALHOUR.COM



Frame Installations

For some orders we ship the frame not installed to travel without the risk of damage.

If you received the frame installed, skip this section

Step 1

Check the parts for the frame

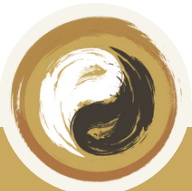
- A-** 6 legs
- B-** Legs adjustable regulator
- C-** Metal pole attached to the frames joints
- D-** 2 joints holders
- E-** Frame Screws

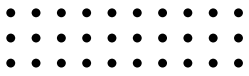


Step 2

Allocate the joints holders place and align them with the frame edges as below

They should be 2 one each side





Step 3

Screw the metal pole with the joints holders

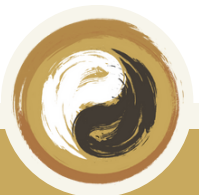


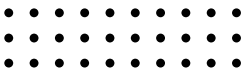
Repeat that from the 2 sides

Make sure the two sides are aligned before you install the legs

Step 4

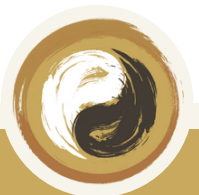
Flip the frame to have the rail to the bottom and allocate the legs holes
Screw the 6 legs to the frame bottom

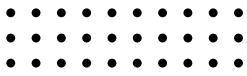




Step 5

Stable the foot bar, using the 2 screws





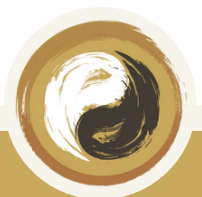
Installation Steps

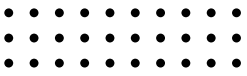
1. Retrieve your folded reformer stand from the delivery box and gently unfold it until it lies flat. We advise having a second person on hand to assist with this process.

2. If necessary, position the reformer on its side and make leg adjustments by pulling the round knob and loosening the handles on the stand legs. Afterward, flip the stand back onto its legs.



3. Secure the foot strap to the hooks at the footrest end using the included clips. Your reformer should appear as follows:

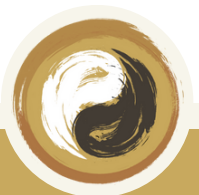


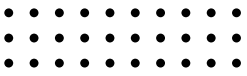


4. Place the poles in their slots at the end of the reformer, screwing them into place using the cog.



5. Place the carriage onto the frame and thread the rope through the pulleys from the top and then thread through cleats underneath the carriage. Your reformer should now look like this:

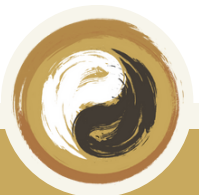


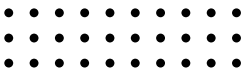


6. Grab the shoulder pads and place them into their slots at the headrest end of the carriage. Screw them in, using the cog screw and a washer, underneath the carriage to lock them in place.



7. To add the jump-board, simply slip it in the slots at the foot rest end of your reformer and secure it in place by tightening the cog screw.

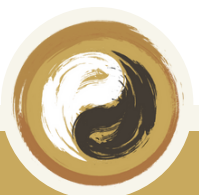


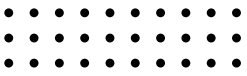


8. To move the foot-bar, lift the bar up towards yourself and angle it to where you want it then push it gently into place. You have 6 options to choose from.

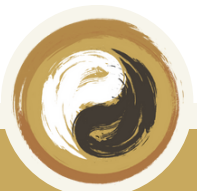


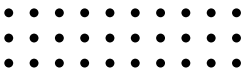
9. You are also provided with a stopper, that has 4 options where it can go, and a 2-option hook slab. For shorter people we recommend having the stopper closest to the hook slab but depending on what exercise you are doing, this can change. As for which hooks to put your springs on, for more resistance and a heavier work out, use the hooks closest to the foot rest/ furthest from the carriage. For less resistance and a lighter work out, use the hooks furthest from the foot rest/ closest to the carriage.





10. Your reformer has now been fully set up! Grab your sitting box, turn on our online programs and Move Better, Feel Better, Look Better at home with The Pilates Shop





Disclaimer

Consult a physician before starting any exercise program. Discontinue exercise immediately if you experience pain or discomfort. Improper use of exercise equipment may cause serious injury. Use this equipment only after use and safety training by certified instructors. By choosing to use this equipment, you and your clients and patients assume the sole responsibility for its proper use. You agree to release, indemnify, and hold harmless all retailers, distributors, and manufacturers for injuries resulting from your unsafe or improper use of this equipment.

