

## care and cleaning of equipment

Thank you for purchasing the DMA Portable Reformer. Designed for years of safe, trouble free use they will need only some basic care to ensure all parts continue to work smoothly.

Dust & dirt may build up on tracks in carpeted/air-conditioned areas quickly affecting the smoothness of the carriage. On a weekly basis wipe tracks and running wheels on carriage with metholated spirits.

All bearings are sealed and no lubrication is needed. **Do not** use lubricating sprays on tracks or wheels.

To ensure optimum operation of the footbar mechanism keep bolts between frame and footbar hinges firmly nipped up (do not over tighten). The chrome locking bar bolts and the vertical chrome upright bolts should be loose so that the adjusting mechanism is loose. The locking mechanism will be affected if these bolts are tightened.

To clean upholstery, please use a soft sponge and a spray bottle containing a mixture of 100ml of Eucalyptus oil to 1 litre of water.

## contents

Reformer Frame & Carriage  
Shoulder Pads  
Reformer Ropes  
Instruction Booklet

## warranty

dma Clinical Pilates Equipment designed and manufactured exercise equipment is guaranteed against defects in workmanship and materials under normal use for 24 months. This includes ropes and springs.

If any part thereof proves to be defective within the warranty period it will be repaired or replaced, free of charge, and at the discretion of Clinical Pilates Pty. Ltd. This includes parts and labour.

This warranty is extended to the original purchaser from date of purchase.

- Damage to structural or other integral parts of equipment due to negligence is not covered by warranty. In such cases warranty coverage will be subject to the manufacturers' discretion.
- The warranty will be voided if the equipment has been modified, altered or contains components that are not part of the Clinical Pilates Pty Ltd line.

The benefits conferred by this warranty are in addition to all other rights and remedies which the consumer has under the Trade Practices Act.

## to obtain warranty service

Call dma Clinical Pilates Equipment and fax / email your written claim with details of the problem experienced. Appropriate action will be taken as quickly as possible.



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# portable reformer assembly

# reformer assembly instructions

## unfolding portable reformer

1. Lay unit down with upholstery facing up.
2. Unhook side hooks to footbar.
3. Lift unit at head end of board, using crossbar located under headrest, unfold frame and place back on the floor.
4. NOTE -  
If footbar has unfolded, fold back to carriage.
5. Unhook shock cords securing carriage to footbar.
6. Lift footbar just clear of the upholstery and roll carriage away at least 15cm – then unfold footbar.
7. Lift, rotate (180°) and engage shoulder pads.
8. Locate press button lock on headrest stem, press and extend.



## folding portable reformer

1. Unhook any shock cord hooks from hookbar.
2. Move carriage at least 15cm away from footbar.
3. Fold footbar until just clear of upholstery and allow carriage to roll back until it stops.
4. Wrap at least one shock cord around hookbar and hook to itself. If travelling, secure all cords this way.
5. Press button under headrest stem and retract headrest.
6. Lift, rotate (180°) and lay down shoulder pads.
7. Lift unit by crossbar at head end and fold frame.
8. Lay down with upholstery facing up and connect side hooks to footbar.

