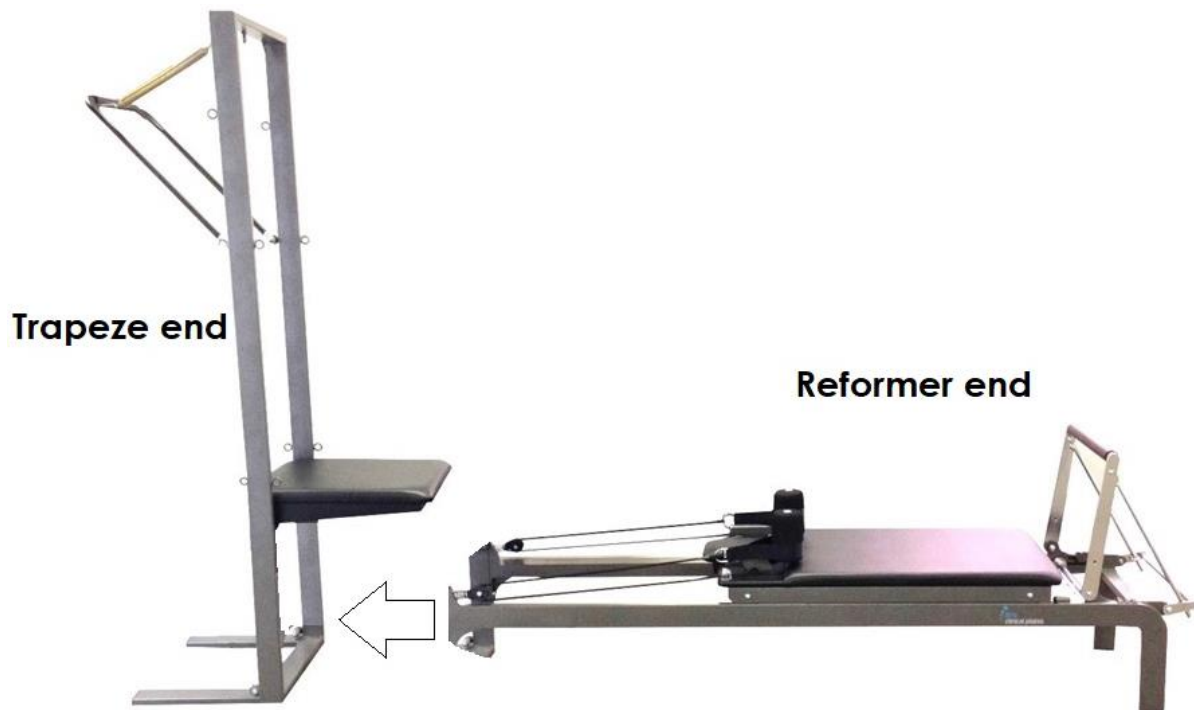


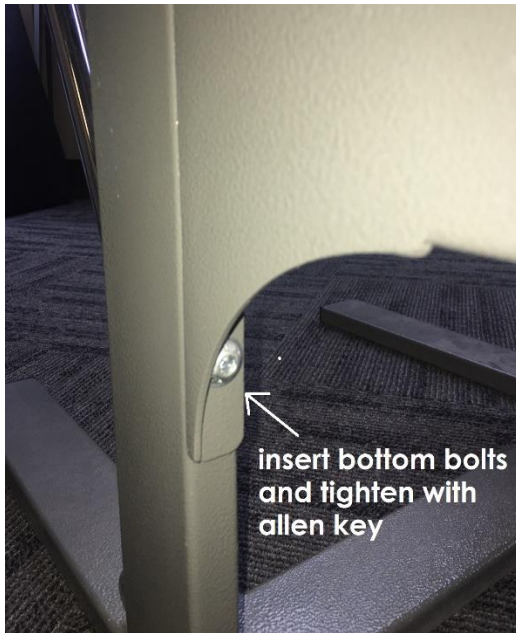


### **Trapformer Setup instructions**

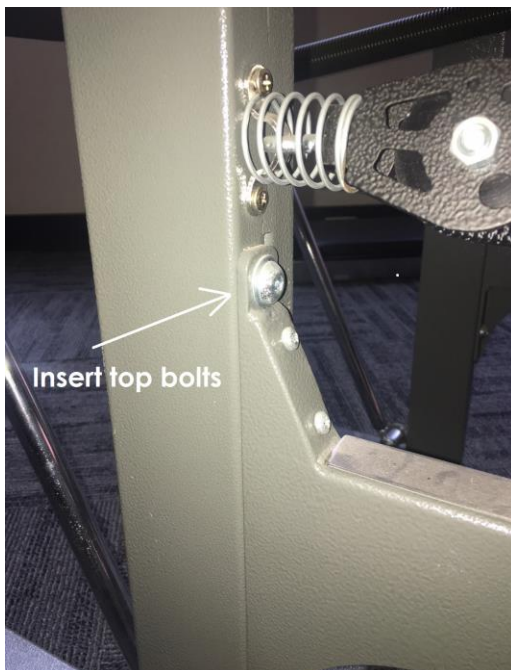
- Gently remove Reformer Frame, Carriage Frame, and Trapeze End Frame from box
- Place Reformer carriage onto Reformer frame
- Using the 4 bolts and Allen key provided, connect the two halves together as per diagram



- Insert bottom bolts, connecting both frames together



- Insert top bolts, connecting both frames together

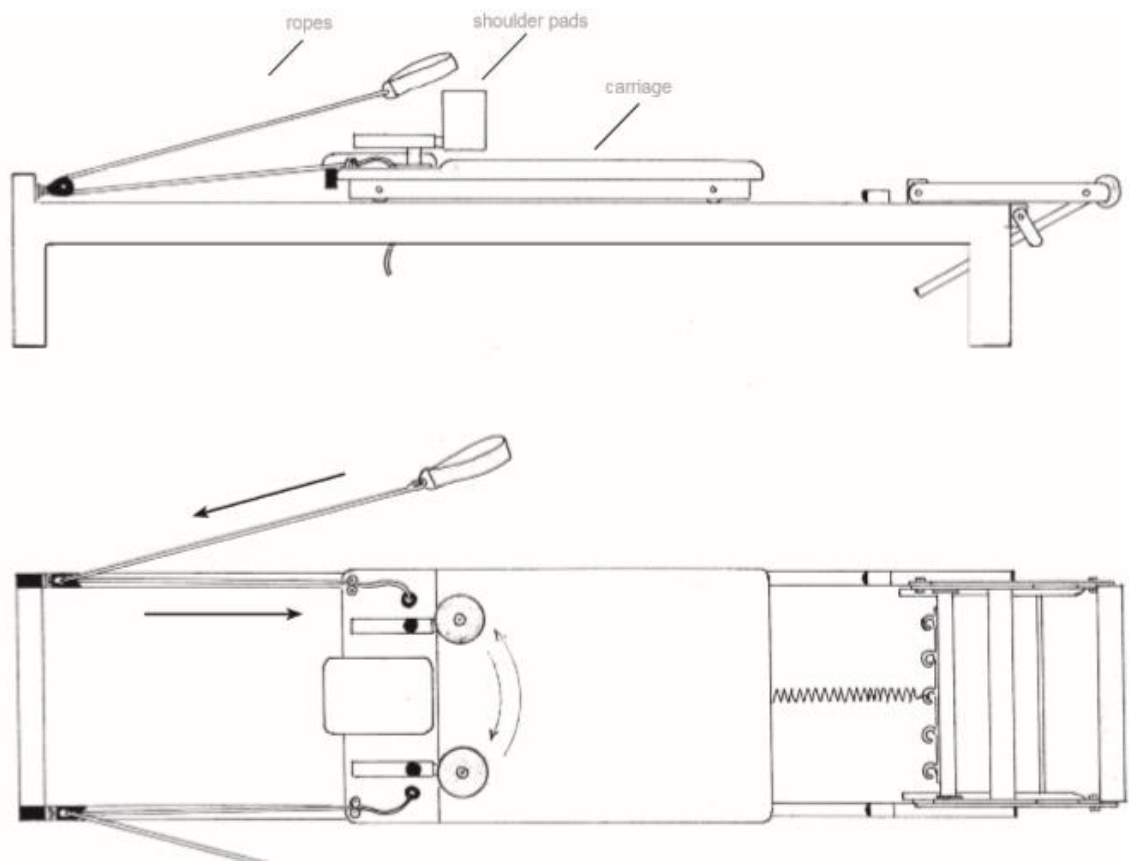


Insert shoulder pads into brackets, offset to outside.

Wipe tracks and wheels down thoroughly with damp rag to remove any residue from packaging.

Place carriage on tracks and run to check for smooth running. Wipe / check wheels if any bumps.

To attach ropes place foot loops around shoulder pads feed through rear pulleys and forward through cleats. Drop remainder through hole in carriage.



- Attach required springs on Trapformer and its ready to use