



COREPLUS REFORMER

Setup, Workout Tips, and Care & Safety Guide

Please read before setting up or using your CorePlus Reformer.

SETUP

1. Remove the CorePlus Reformer from box and check for shipping damage.
2. Your CorePlus Reformer is now ready for use.

WORKOUT TIPS

1. Initially follow the exercises presented in the program without using the CorePlus Reformer. This will help you become more familiar with the workout and its benefits. Begin using the CorePlus Reformer only after you have become accustomed to the movement.
2. Keep your head directly over your shoulders, chin parallel to the floor, chest lifted, eyes focused forward.
3. Use a smooth and steady motion when performing each exercise.
4. Perform exercise routines to the best of your ability without strain.
5. Avoid holding your breath while exercising.

CARE

1. Dry the CorePlus Reformer with a towel after use.
2. Hand wash the CorePlus Reformer in cold water with mild soap to clean. Dry thoroughly.
3. Avoid exposing the CorePlus Reformer to heat or excessive sunlight.
4. Store in a cool, dry place.



COREPLUS REFORMER

Setup, Workout Tips, and Care & Safety Guide

Please read before setting up or using your Core Plus Reformer.

IMPORTANT SAFETY CAUTIONS!

1. Not all exercise is suitable for everyone. To reduce the risk of injury, consult your doctor before beginning this or any exercise program or before using this or any other exercise equipment. The instruction presented herein is in no way intended as a substitute for medical counseling.
2. If you suffer from heart disease, high blood pressure or any other disease or condition, consult your physician before beginning this workout.
3. Perform exercises in a slow and controlled manner.
4. Stop and rest if you feel dizzy or short of breath.
5. Use product only as intended and demonstrated in the program.
6. This product is sold without any warranties or guarantees of any kind and manufacturer and distributor disclaim any liability, loss or damage caused by its use.
7. This product is made with natural latex that has been known to cause allergies in certain people.

Learn more at <http://life.gaiam.com>

©2015 Gaiam Americas, Inc. All rights reserved. GAIAM and the "Flower of Life" logo design are registered trademarks of Gaiam, Inc. or its subsidiaries.
Manufactured and distributed by Gaiam Americas, Inc., Louisville, CO 80027-2452.

MADE IN CHINA.

SKU 05-5349CANE