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PILATES · TONE · YOGA

**fit™ REFORMER**

ASSEMBLY GUIDE AND OWNER'S MANUAL

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# ABOUT THE PEAK PILATES® fit™ REFORMER

Thank you for purchasing the Peak Pilates® fit™ reformer. The fit™ reformer is an affordable, light-weight, and durable piece of Pilates equipment that offers a unique stacking and vertical storing solution. The only reformer in its class to be built at “studio height,” it features a locking footbar, a four position one-hand gear bar and graphic treatment to align student and instructor. As with all Peak Pilates® equipment, the fit™ reformer is constructed of the highest quality, commercial grade material and is engineered for the utmost performance and durability.

This manual provides valuable information concerning the safe and proper use of your fit™ reformer machine. 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. Subsequent chapters include information on: machine specifications, recommendations for basic use, instructions for unpacking and assembly, how to operate the machine, maintenance, and common replacement parts. If at any time you have questions concerning any part of this manual, please contact Peak Pilates®.

There are a great number of exercises that can be done on the fit™ reformer where correct form is imperative. We strongly advise that the fit™ reformer be used only by or under the supervision of a Peak Pilates® Certified Instructor. Peak Pilates® offers education programs and can provide certification training.

Visit [www.peakpilates.com](http://www.peakpilates.com) or call 800.847.7746 (or +1.310.823.7008 for international customers) for more information or assistance.

## Recommended Use

Peak Pilates® strongly recommends consulting a physician for a complete medical exam before beginning an exercise program. Having a complete medical exam is particularly important if the user has a family history of high blood pressure, has heart disease, is over the age of 45, smokes, has high cholesterol, is obese, 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 important safety and usage information. Before beginning an exercise program on the Peak Pilates® fit™ reformer, read the entire manual, paying specific attention to all cautions and warnings. Use only for the intended exercises. Do not modify the machine in any way. It is designed to be used indoors. Modifying the machine will nullify your warranty. Keep this guide handy for future reference.



## WARNING

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UNSAFE OR IMPROPER USE OF THIS EQUIPMENT RESULTING FROM 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 FIT™ REFORMER, WE MAKE NO REPRESENTATION CONCERNING THE SAFETY OF THIS EQUIPMENT. THERE ARE RISKS ASSOCIATED WITH THE USE OF ANY EXERCISE EQUIPMENT. THE USER ASSUMES ALL RESPONSIBILITY FOR THOSE RISKS.

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## Safety Statement

It is the responsibility of the purchaser of the product to instruct all individuals, whether they are the end users or supervising personnel, on the proper use of the equipment.

Inspect the machine including all structural and mechanical components, hardware, springs and accessories 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. Notify Peak Pilates® immediately regarding any defects.

**DO NOT** remove labels for any reason. They contain important information. If the labels are illegible or missing, contact your service representative for replacements.

Visit [www.peakpilates.com](http://www.peakpilates.com) for more information.

**NOTE:** We strongly recommend that all users of Peak Pilates® exercise equipment be informed of the following information prior to use.

### Proper Use

This equipment is only to be used as outlined in the Owner's Manual. It is imperative that the fit™ reformer be used properly to avoid injury or damage to the unit. 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®. Keep a three-foot area (about one meter) around the equipment clear of obstructions. Make sure the machine is used on a level surface.

### Specific Operating Warnings

- Be certain that all hardware is fully tightened before beginning to exercise.
- Verify that no gaps exist between the coils or other defects are evident in the springs. If any defects are seen, the spring(s) must be immediately replaced.
- Verify that no tears or excessive wear are evident in the ropes, foot loops, foot strap, or double loops. If excessive wear is evident, the ropes, strap, or loops must be immediately replaced.
- Do not tip the machine during use.
- Children must not be allowed near this machine. Teenagers and/or physically challenged individuals require supervision.
- It is the purchaser's sole responsibility to instruct end users and supervising personnel on the proper operating procedures of the fit™ reformer.
- Verify that all adjustable components are properly engaged in the exercise and not the in storage positions before beginning to exercise.
- We strongly recommend that the end user's physical condition be evaluated by a physician prior to beginning any exercise program.
- After each use, inspect the hardware that connects the foot bar support bar to the foot bar. The hardware should be snugly tightened so it creates friction at the pivot point and thus ensures proper function of the self-locking feature.
- Do not use the foot bar as a handle when lifting or moving the fit™ reformer.
- 

**NOTE:** Understanding each and every warning to the fullest is critical. If any of these warnings are unclear, contact Peak Pilates® for clarification.

## Unpack the Carton

1

Open the box. Carefully remove all parts and verify that all components and accessories are included.

2

Place protective cover on the floor (so the aluminum frame will not be scratched). With one person at each end of the reformer, lift the unit out of the box and place on the floor.



## WARNING

SINCE NO SPRINGS ARE ATTACHED, THE CARRIAGE IS NOT LOCKED IN POSITION AND MAY START TO ROLL, BE EXTRA CAUTIOUS WHEN MOVING THE UNIT.

3

Tip the reformer onto its side, exposing the underside of the frame.

## Assemble the Legs

4

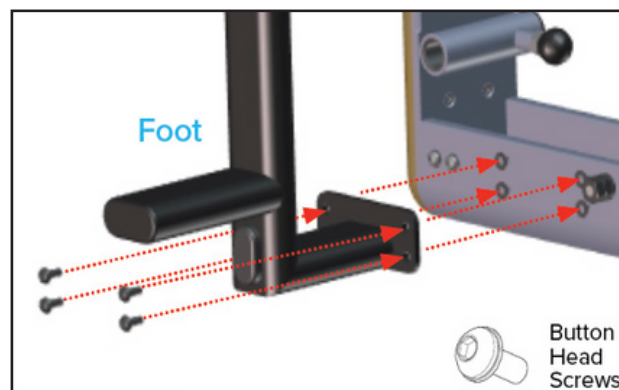
Attach the foot end leg to the reformer frame. Make sure that the wheels are facing toward the foot end of the machine. Secure using Button Head Screws and washers, hand tighten all eight screws on each leg.

5

Repeat the process for head end leg.

6

Go back and fully tighten all screws (torque to 12 ft-lbs or 16 N-m) with the provided 4mm allen wrench.



## Attach the Springs

7

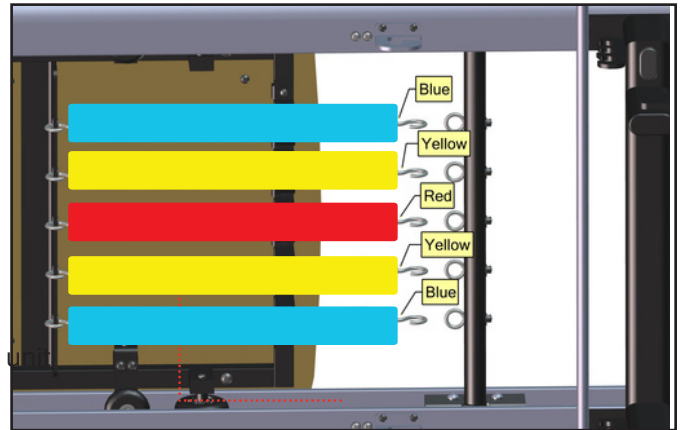
Attach the reformer springs to the anchor bar on the underside of the carriage. The open part of the hook should be facing away from the carriage.

8

Remove the shipping spacers located between the frame of the carriage and the aluminum rails.

9

With two people holding the reformer, turn the unit over onto its legs.

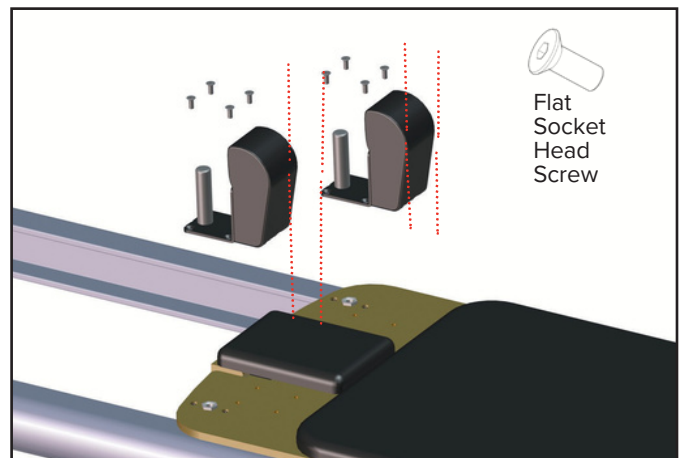


Anchor Bar

## Assemble the Shoulder Pads

10

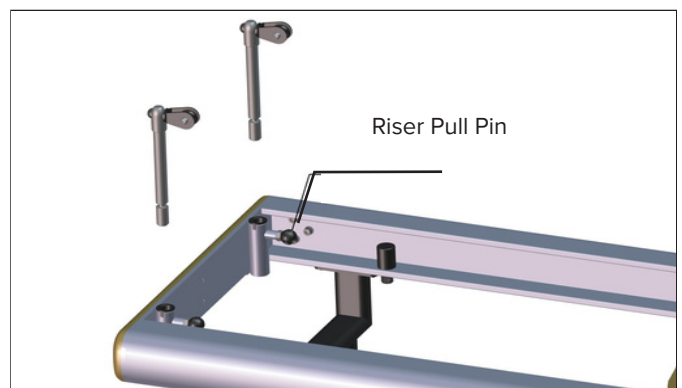
Place the shoulder pads into position, aligning the mounting holes. Secure using Flat Head Socket Screws. Partially tighten all four screws. Once all four are partially tightened, go back and fully tighten with the provided 5mm allen wrench.



## Assemble the Risers and Ropes

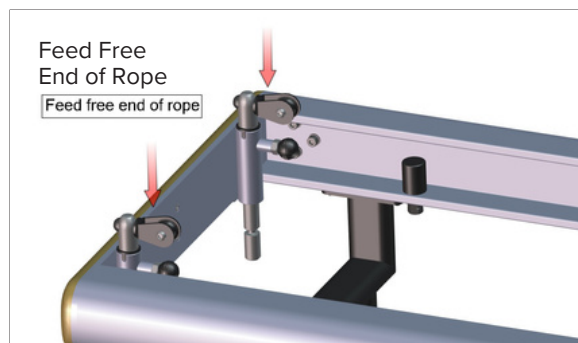
11

Pull out and hold the riser pull pin. Insert each riser into its respective bushing and release the pull pin. Make sure that the riser has engaged the pin and test by pulling up before the rope is installed.



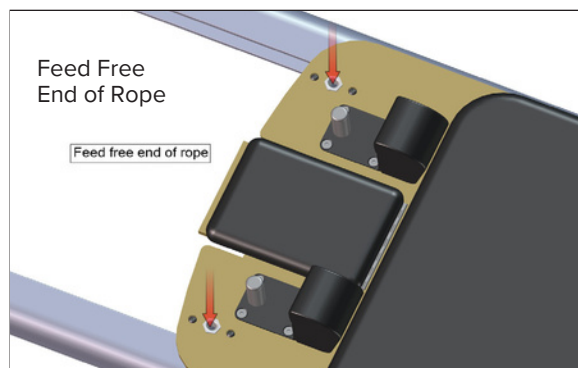
12

Feed the free end of each rope through the pulley on the riser assembly. Note that the ropes should only be used when the risers are in the raised and engaged position. Do not exercise on the reformer when the risers are in the low, stored position.



13

Feed the rope downward through the chrome guide. Pull the lever of the rope cleat and feed the rope through its cam. Repeat for the other side.



**NOTE:** MAKE SURE THAT THE ROPES ARE ADJUSTED TO EQUAL LENGTHS AND THE ROPE LOCK IS ENGAGED BEFORE USE.

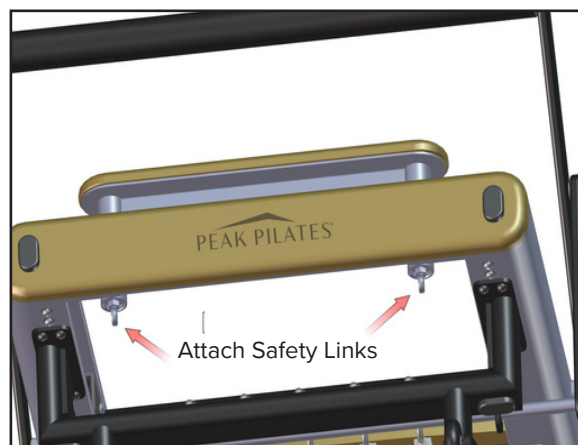
## Attach the Foot Strap

14

To attach the foot strap, fasten one safety link to each of the eye bolts located under the foot end cross member.

15

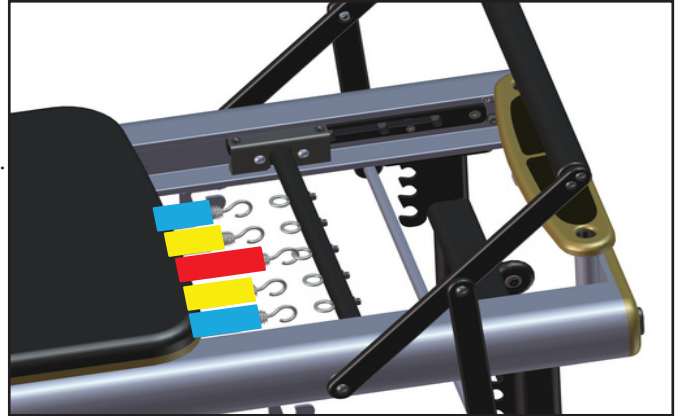
Tighten the safety link locking nuts.



## Attaching the Reformer Springs

The fit™ reformer comes with five reformer springs as described below:

- HEAVY – One heavy spring marked with a red tab.
- MEDIUM – Two medium springs marked with yellow tabs.
- LIGHT – Two light springs marked with blue tabs.



## WARNING

AT LEAST ONE SPRING MUST BE ATTACHED TO THE GEAR BAR AT ALL TIMES.

1

To attach a spring to an eye bolt on the gear bar, lift the end of the spring and insert the spring hook through the respective eye bolt on the gear bar.

## Adjusting the Gear Bar

The gear bar has 4 positions: -1, 1, 2, and 3. To adjust the gear bar:

1

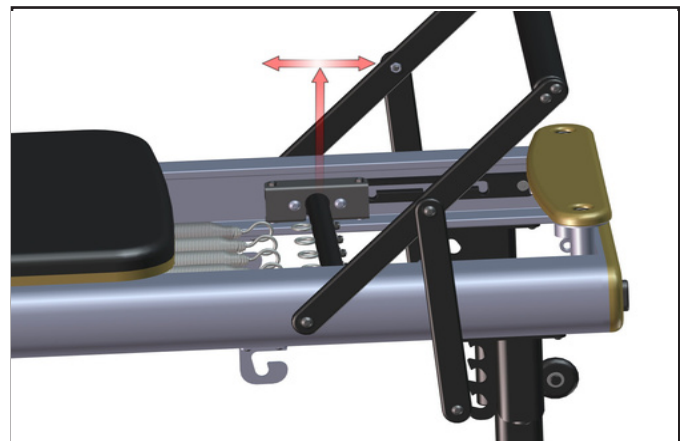
Remove all five springs.

2

Lift the center of the gear bar.

3

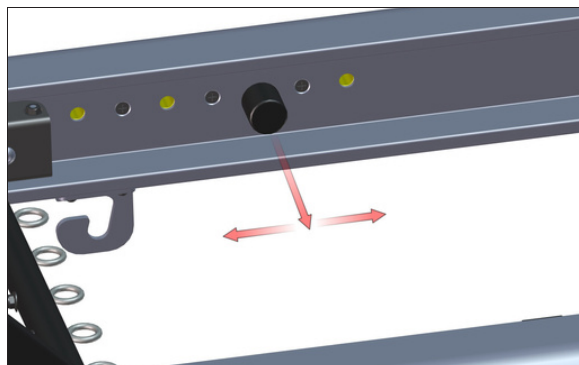
Move the gear bar to desired position and make sure that the bar drops into the slot and is fully engaged. Pull out the carriage stop and place it in the location hole that corresponds to the gear bar position. Make sure that the pin is completely engaged in the hole.



Move gear block

4

Gear bar	□	Carriage Stop
-1		-1
1		1
2		2
3		3



5

Re-attach at least one spring to the gear bar.



## WARNING

MAKE SURE THAT THE GEAR BAR IS FULLY ENGAGED IN ONE OF THE FOUR POSITIONS BEFORE BEGINNING TO EXERCISE. FAILURE TO DO SO COULD RESULT IN DAMAGE TO THE REFORMER OR INJURY TO THE USER.

## Adjusting the Headrest

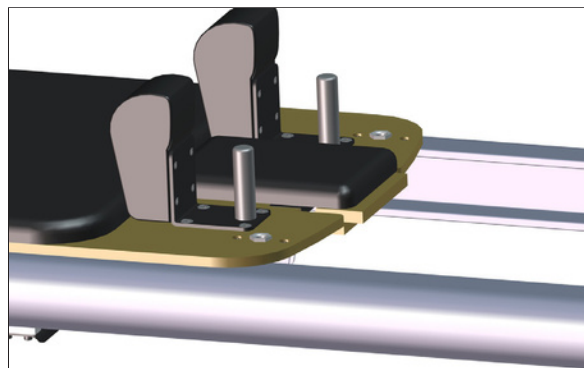
The headrest has three positions:

- Flat, as shown in the figure
- Half raised
- Fully raised

1

To change the headrest from the flat position to the half-raised position:

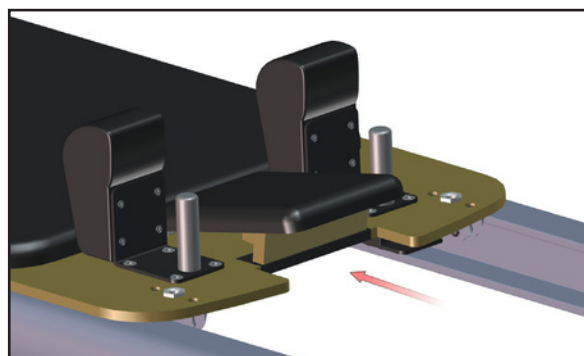
- Lift and push in the headrest support block until it rests on its first ledge.



2

To change the headrest to the fully raised position:

- Lift the headrest and push the headrest support block in all the way.



## WARNING

VERIFY THAT THE HEADREST SUPPORT BLOCK IS PROPERLY SET BEFORE BEGINNING ANY EXERCISE.

## SUPPLEMENTAL INFORMATION

The fit™ reformer is in compliance with the EN 957-2 Class S (studio) standard. Please insure that the fit™ reformer is used in supervised areas where access and control is specifically regulated by the instructor or user. Please keep pets and small children away from the reformer at all times. The fit™ reformer should also only be used by persons that have been trained and/or are being trained by Peak Pilates® Certified Instructors or equivalent.

The fit™ reformer should always be used in a safe manner and has a user weight limit that should not exceed 300 pounds. Please refer to the Peak Pilates® training methods learned during instruction for all exercise modalities on the fit™ reformer. Peak Pilates® education and programming provide comprehensive training in all aspects of exercises that can be achieved on this reformer. Training is imperative to safe and quality operation of this reformer. Springs provide resistance during exercise on the fit™ reformer. Exercise should always be achieved in a deliberate and controlled manner that is consistent with the Peak Pilates® program.

Please note that any adjustment features left protruding can possibly interfere with the user's movement on or around the fit™ reformer.

The fit™ reformer is classified as a speed-independent piece of training equipment (meaning that the resistance can also be adjusted by other means than speed; eg: an adjustable braking mechanism).



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