

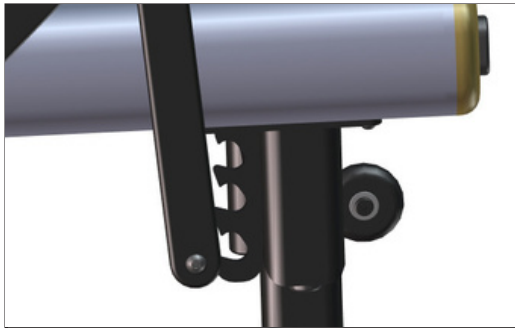


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PILATES · TONE · YOGA

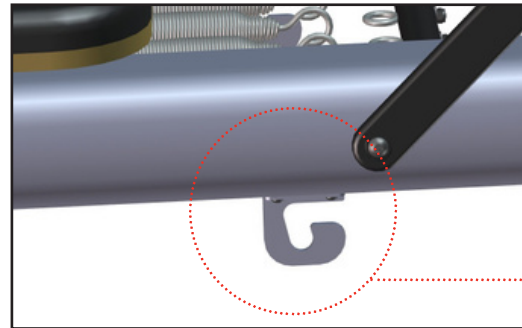
fit™ REFORMER
OPERATIONS | OWNER'S MANUAL

Adjusting the Foot Bar

The foot bar has four positions – three functional and one for storage.



Three
Functional
Positions



Storage
Position

To disengage and change the position of the foot bar:

1

Lift the rod at the end of the foot bar support bar out of its locating slot while holding the foot bar with your other hand.

2

Re-engage the rod of the support bar to the desired position.



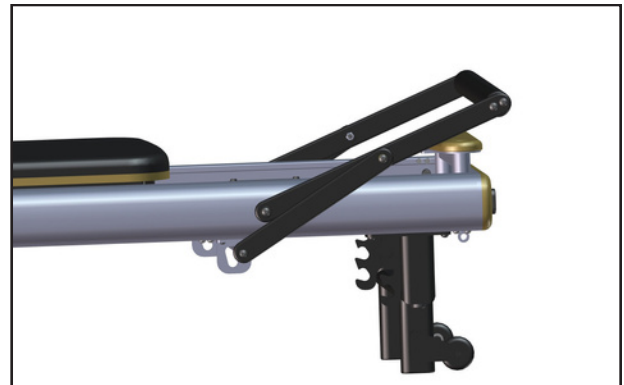
WARNING

ENSURE THAT THE ROD OF THE FOOT BAR SUPPORT BAR IS FULLY ENGAGED IN BOTH OF ITS POSITIONING SLOTS (LEFT AND RIGHT SIDES) BEFORE BEGINNING ANY EXERCISE. FAILURE TO DO SO COULD RESULT IN SERIOUS INJURY.

The fourth position is the storage position. To store the foot bar:

3

After disengaging the foot bar support bar from a locating slot, lift the foot bar until it's nearly vertical. Swing the rod of the foot bar support bar toward the head end of the reformer. Slide the rod into the storage bracket slot.



WARNING

DO NOT USE THE FOOT BAR AS A HANDLE TO LIFT THE FIT™ REFORMER. INSTEAD, PLEASE LIFT BY GRASPING THE UNDERSIDE OF THE FRAME MEMBERS.

Installing the Jump Board

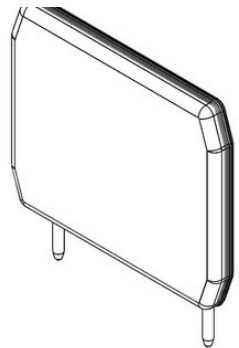
To install the Jump Board perform the following:

1

Lower the Footbar and Support Bar.

2

Slide the Jump Board pegs into the holes located on the Standing Platform with the padded end facing the carriage.



Using the Long/Short Box

Use the Long/Short box by following the directions below.

To use as a Long box:

1

Place the headrest in the flat position and foot bar and foot bar support bar in the storage position.

2

Place the box lengthwise on the carriage cushion, butting one end against the shoulder pads.

To use as a Short box:

1

Place the headrest in the flat position and foot bar and foot bar support bar in the storage position.

2

Place the box on the carriage cushion with one of the long sides resting against the cushioned surface of the shoulder pads.

Stacking the fit™ reformer

The fit™ reformer is unique in its design and can be easily stacked without the removal of any parts.

1

Place the gear bar and gear block in position 3.

2

Make sure at least the center spring remains hooked to the gear bar.

3

Place the foot bar and bar support bar in the storage position making sure that the support bar is full engaged.



WARNING VERIFY THAT THE FOOT BAR SUPPORT BAR IS FULLY ENGAGED IN ITS STORAGE SLOT BEFORE ATTEMPTING TO LIFT A MACHINE.

OPERATION

4

Pull the pin on each riser and make sure that they drop to their lowest position..

5

For the upper machine: Hook each double loop strap onto its respective storage post located behind the shoulder pad.

6

For the lower machine: Slide the double loop straps off of the storage posts and drop into the well of the reformer.

7

Hook the foot strap into its storage loop.

8

With one person at each end, lift the reformer by grasping the underside of the frame members. Do not use the foot bar as a handle to lift the reformer.

9

Nest the units by lining up the head end and foot end legs respectively and lowering the top unit into the well of the machine below. Use caution to ensure that fingers and clothing do not get caught between each reformer when stacking.

CAUTION

VERIFY THAT THE ALL FOUR STACKING BUMPERS OF THE UPPER UNIT TOUCH THE TOPS OF THE LOWER UNIT RAILS OF THE BEFORE ATTEMPTING TO STACK ADDITIONAL MACHINES. DO NOT STACK OVER 4 UNITS HIGH FOR STABILITY.

Vertically Storing the fit™ reformer

To vertically store the fit™ reformer:

1

Place the gear bar and gear block in the -1 position.

2

Make sure that at least the center spring is hooked onto the gear bar.

3

Place the foot bar in its highest position.

4

Hook the foot strap into its storage loop.

5

Roll the machine to its desired storage location.



WARNING

VERIFY THAT THE FLOOR IS FLAT AND THAT THERE ARE NO OBSTRUCTIONS IN THE DESIRED STORAGE AREA.

6

Carefully lift the head end of the machine from the cross member. Continue lifting by “walking” your hands along the left and right side rails until the storage bumpers located on the foot end cross member contact the flooring surface. The unit should rest at approximately 10 degrees short of completely vertical when properly stored.



WARNING

THE LOCATION FOR VERTICAL STORAGE SHOULD BE CAREFULLY SELECTED—THE MACHINE SHOULD NOT BE PLACED IN AN AREA WHERE IT COULD BE KNOCKED OVER. PLACING THE UNIT ON A CARPETED OR SOFT FLOORING AS WELL AS TOUCHING OR BUMPING INTO THE UNIT IN ANY WAY COULD CAUSE IT TO FALL.

Maintaining the fit™ reformer

You have purchased a high-quality piece of equipment that is constructed of the finest components and materials. Proper care requires only a small, but very important investment of time in a regular, routine maintenance program.

Part	Daily	Weekly	Bi-Monthly	Annually	As Needed
Inspect:					
Overall Machine	<input type="checkbox"/>				
Springs	<input type="checkbox"/>				
Tracking System		<input type="checkbox"/>			
Hardware			<input type="checkbox"/>		
Foot Bar Support Bar Hardware	<input type="checkbox"/>				
Clean:					
Frame					<input type="checkbox"/>
Upholstery	<input type="checkbox"/>				
Tracking System		<input type="checkbox"/>			
Replace:					
Springs				<input type="checkbox"/>	
Ropes				<input type="checkbox"/>	
Double Loops					<input type="checkbox"/>
Safety Clips					<input type="checkbox"/>

Refer to the next page for details.

OPERATION

INSPECT

☑ Overall Machine ☑ Springs ☑ Tracking System ☑ Hardware ☑ Foot Bar and Foot Bar Support Bar

Overall Machine: We highly recommend that you visually inspect the machine daily.

Springs: Even with extensive pre-testing and rigorous quality inspections, the possibility of spring failure exists. In addition, severe nicks or abrasions may develop as a result of misuse and could lead to springs breaking prematurely. Not replacing springs in a timely manner could also lead to failure. While breakage or deformation of a spring and the resulting potential for injury is a remote possibility, a daily inspection is critical. If, at any time, a gap between the coils of a spring becomes evident, that spring needs to be replaced immediately. The springs are nickel-plated to prevent rust or corrosion from perspiration, condensation and/or humidity. Minor variations in the brightness of the finish are the result of different plating batches and do not affect the performance of the springs.

Tracking System: The protected bearings in the carriage wheels are permanently lubricated and require no further service. You should inspect the axles weekly. Remove any debris that might be trapped between the wheel and carriage frame and tighten the axles if any wheel “play” is evident.

Hardware: All hardware should be checked every 2 months to make sure that every nut, bolt and fastener is secure. If at any time, a component exhibits free play, its hardware needs to be properly re-tightened immediately.

Foot Bar and Foot Bar Support Bar:

The hardware that connects the Foot Bar Support Bar to the Foot Bar should be inspected daily or after each use. The bolts should be sufficiently tight to create friction at the pivot point and prevent the Foot Bar Support Bar from swinging freely.

CLEAN

☑ Frame ☑ Upholstery ☑ Tracking System

Framework: The framework and wood components should be cleaned with a mild, soapy solution. A good furniture polish can also be used on the wood components.

Upholstery: We recommend wiping down your vinyl upholstery with a mild cleaning solution after each use. For example, a solution of one part Simple Green and 12 parts water in a spray bottle works well.

Tracking System: The tracks upon which your carriage rides are powder coated to inhibit the buildup of aluminum oxide. Clean them on an as-needed basis using a warm, mild soapy water solution and dry thoroughly with a soft cloth.

REPLACE

☑ Springs ☑ Ropes ☑ Double Loops ☑ Safety Clips

Springs: All springs should be replaced each year. Any spring that exhibits early signs of fatigue (for example, separation in coils) need to be replaced immediately. High-use facilities should replace springs more often.

Ropes, Double Loops, Safety Clips: Over time you may experience some minor “fraying” in the ropes.

Fraying is completely normal and to be expected. Any ropes with excess fraying, tearing or other problems need to be replaced immediately. Double loops, safety clips, and so on can wear over time. Replace them as required.



VERIFY THAT ANY PERSON(S) MAKING ADJUSTMENTS,
PERFORMING MAINTENANCE OR MAKING REPAIRS OF ANY KIND IS
QUALIFIED TO DO SO.

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intentionally



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