

Orbit NJH1 Foldable Pilates Reformer



ASSEMBLY INSTRUCTION MANUAL

IMPORTANT

This manual contains important safety and usage information. Please read thoroughly.

Recommended use

Orbit Health and Fitness recommends consulting a physician for a complete medical exam before beginning any exercise. Having a complete medical exam is particularly important if the user has a 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.

Use the machine only for the intended exercises. Do not modify the machine in any way. Modifying the machine will void your warranty.

Each Pilates Reformer has been hand crafted and completely assembled for testing. Once all checks have taken place, each Reformer is disassembled and packed.

Safety statement

It is the responsibility of the purchaser of the products to instruct all individuals, whether they are end-users or supervising personnel, on the proper use of the equipment. Safety depends on proper maintenance and appropriate operation, in addition to the quality of the equipment. There are risks associated with the use of any exercise equipment. The user assumes the responsibility for those risks.

- Keep clothing, body and hair free from all moving parts. Do not allow children to use or be around equipment without adult supervision.
- Inspect all new pieces of equipment upon receipt to confirm that everything is in order. Inspect the machine including all structural and mechanical components, hardware, springs, ropes and accessories before use each time.
Do not exercise on the machines if signs of excessive wear, loose hardware or other defects are evident.
- Do not attempt to fix a defective machine, notify Orbit Health and Fitness Service department at service@orbitfitness.com.au or call 08-62413021.

Care and maintenance

You can extend the life of your upholstery by keeping it clean and free of dirt, oil, and perspiration. After each use, wipe down the upholstery with a solution of mild soap and water. Then wipe it down with clean water and dry with a cloth.

Parts

QTY	ITEM	QTY	ITEM
1	Reformer Base Frame	2	Ropes
1	Reformer Carriage	2	Double Loop Straps
8	Reformer Legs	4	Transport Wheel w/Screws
1	Jump Board	2	Pulley Risers
2	Shoulder Rests		



Installation

- Remove the lid of the heavy duty carton and take out all components and accessories.
- Make sure there is clear space where you can fold out the frame. The main parts of the Reformer are the Carriage and the Reformer Base Frame. As its name suggests the 'foldable' reformer can be lifted out and then unfolded to its full length.

1

Metal legs come already attached to the main frame .
Unclip from cradle and slot into place to secure



2

Next, place the Jump board into position at the end of frame, by slotting it into the main frame and then tighten with two black knobs.

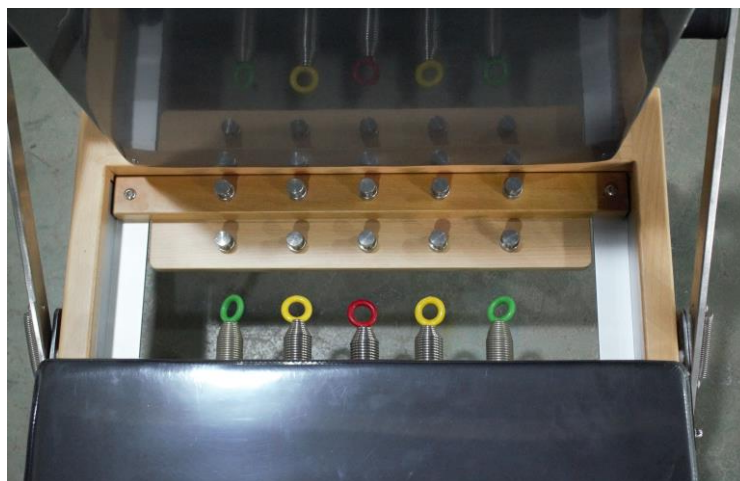


3

The five springs should be attached underneath the carriage. Place the RED spring (Heavy) in the middle and a YELLOW (Medium) and a GREEN (Light) on each side . It will provide the maximum amount of resistance when all five springs are engaged.



Slide carriage onto the main frame and attach the springs to the hooks. Detach some springs to change the combination to suit a variety of exercises and adjust resistance.



STEP 4

Insert the two pulley risers into the two holes on standing plate, next to Orbit logo. Twist to secure until the pulleys face the carriage. Install the shoulder pads onto the carriage using the two metal rods supplied.



Connect the ropes with the double loop straps if they are not already connected. Place the loops onto the shoulder rest. Feed the other end of the rope from top to down through the pulleys, the silver rope guide and then the rope adjustment clamp. Adjust rope length through the clamp so that top rope and bottom rope are of the same length, before tie rest of the rope to the second silver rope guide and make a knot. Rope length can be quickly adjusted by lifting rope out of clamps and putting it back again after adjustment.



Fit the transport wheels onto the end of the base frame as shown in diagram, using the hardware provided. This will enable you to move the reformer around once it's folded.



Now your reformer should be ready to go!

To fold away your Reformer, detach all springs and ropes from the carriage to the base frame, then remove the carriage off its track. Remove foot bar and jump board from base frame as well. Flip the Reformer to its side, pull out metal legs and clip them into the cradles. Detach the latch that connects the two halves. Apply force at both end of base frame and fold the Reformer away from your body. Secure the two folded halves with latch before flipping it back. Life it up to vertical position until it stands on its transport wheels. Wheel it to your preferred storage place and place the carriage, the foot bar and the jump board next to it in a safe manner



