

TOORX
PROFESSIONAL LINE

INSTRUCTION



PILATES REFORMER

PTX 5000

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Code: GRLDTOORXPTX5000

Rev: 00

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Component:

When you open package, you will find:



No.	Item	Quantity
1	Reformer frame with foot bar	1
2	Carriage with accessories	1
3	Box	1
4	Jumpboard	1
5	Soft pad	1
6	Shoulder rest	2
7	Shoulder rest screw knob	2
8	Shoulder rest pillar	2

9	Rope riser	2
10	Rope riser knob	4
11	Rope riser sliding wheel	2
12	Rope riser sliding wheel knob	2
13	Rope	2
14	Foot strap ring	2
15	Foot strap	1
16	Assembly kit tools	1

Assembly:

Warning: the main box for the reformer weights around 76kg so at least two strong people are required to unpack the equipment and correct lifting technique should be used. At all times you are responsible for your own safety and those around you.

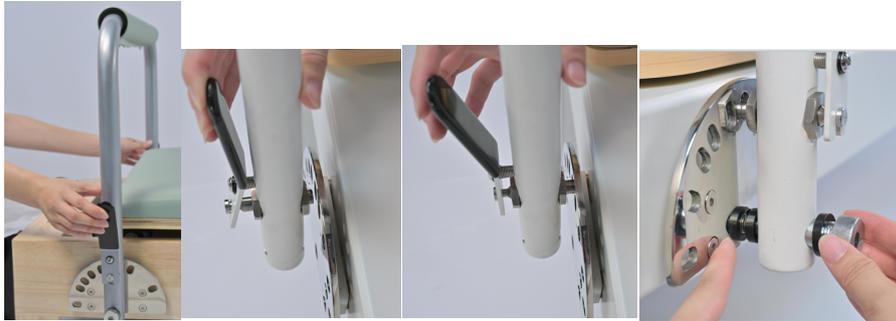
Please unpack the equipment in a clear, clean & dry environment on a level floor surface. And follow the steps below to operate”

1. Take Out All Parts:

Please take out each product from the wooden box and place them on a flat surface.

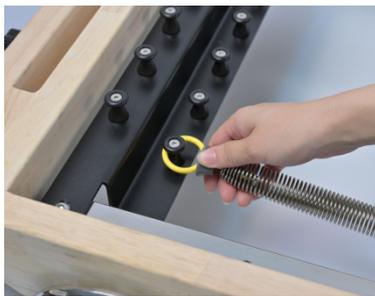
2. Install foot bar:

Align the foot bar with the half round gear dial on both sides of the reformer, and tighten the screws for fixation.



3. Adjust carriage:

Hang one spring at least on spring row, to fix carriage position.



4. Install limiting stopper:



5. Install shoulder rest:

Put the shoulder rest into holes on carriage, and assemble turn knobs from the bottom of carriage to fix shoulder rest.



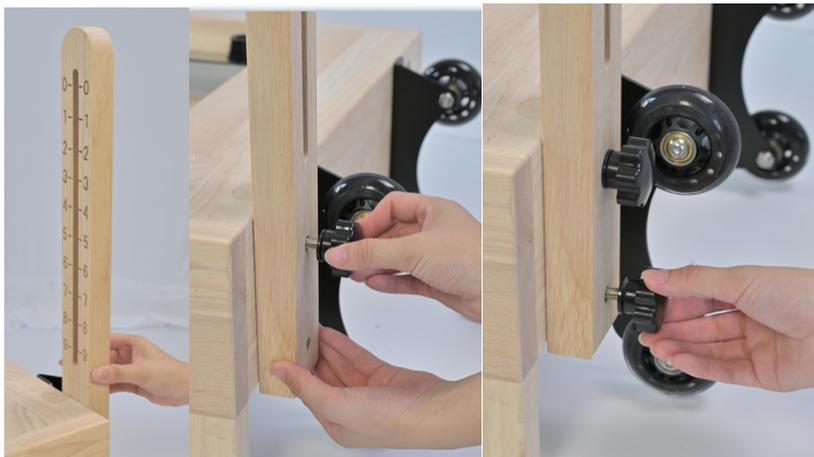
6. Install shoulder pillars

Rotate pillars and screws them tightly into the corresponding holes.



7. Install Rope Riser:

Face the side with the markings towards the carriage, insert the rope riser into reformer slot, rotate knobs to fix riser.



8. Install pulley

Put pulley on the side of markings and assemble knob at the back, to fix pulley on the rope riser.



9. Assemble Ropes:

Pass one end of the rope through the pulley on the rope riser, tie it with the rope and the foot strap ring.

Put another end of rope through the ring on the reformer, and press the accessory that fix the rope, then, pass another ring on the reformer, and adjust the length of the rope according to your own situation to the optimal usage length.



10. Install foot strap:

Attach the foot straps to the hooks and hang them on the ring at the top of reformer.



11. Install soft pad:

Insert soft pad into holes.



12. Install Jumpboard:

Adjust foot bar position to first hole of half round gear dial, then, open soft pad, insert jumpboard into holes and rotate knobs to fix jumpboard.





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