powertrain sports

Pilates Aria Home Reformer

Instruction manual



Precautions

1. It is the responsibility of the owner to ensure that all users of this machine are adequately informed of all warnings and precautions.

2. Exercise can present health risks, consult a physician prior to using this machine or any other exercise machine.

3. Stop exercising immediately and consult your physician if you feel any pain, faint, short of breath, dizzy, nausea, headache, tightness of chest, Irregular heartbeat, or discomfort. Contact your doctor before you use the machine again.

4. Keep children and pets off and away from this machine, this machine is for adult use only.

5. To examine the machine for loose parts or any signs of wear before each use of the machine, tighten loose parts and replace any worn or loose components prior to each use.

6. Over exercise may result in serious injury or death. Always choose the workout which best fits your physical strength and flexibility level.

7. When folding or unfolding the machine, keep children and pets away from the machine and make sure your hands are clear of any folding or pinch point.

8. Proper Warm-up and stretch are necessary before exercise on the equipment.

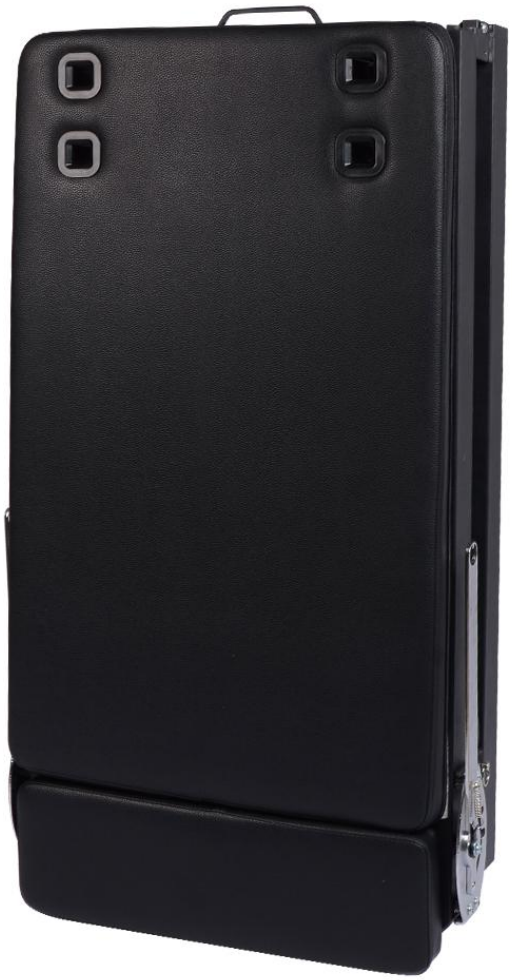
9. Fix the fixing clips of the legs before use .

10. Please be careful not to pinch your hands when adjusting the strength of the springs.

11. To set up and use this machine on a solid, level surface. This machine is for indoor use only. Do not use this machine outdoors or in wet or moist or slippery or high temperature or uneven locations.

12. It may cause serious injury if this machine is used improperly. Use this machine for its intended purpose as described in this manual ONLY.

Product Composition





① 2x Stop blocks



② 2x M8*30 Bolts



③ 2x Wheels



④ 2x M8*16 Bolts & Gaskets



⑤ 2x Foot pillars



⑥ 1x Hex wrench



4x Leg clips 2x Folding clips



1x Footbar



2x Foot pads

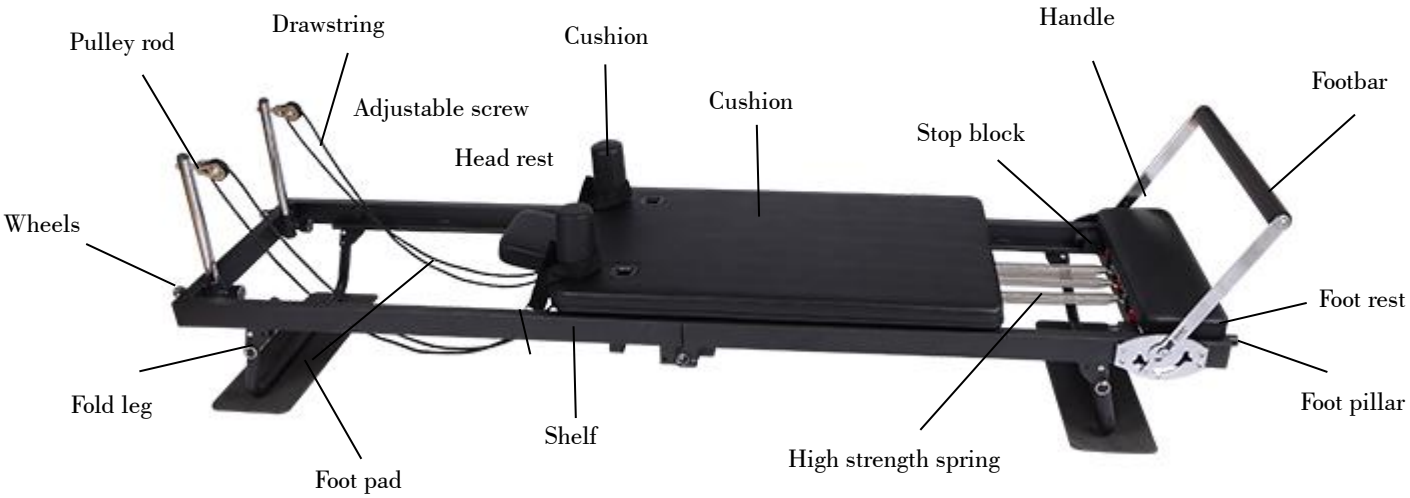


2x Shoulder pads



1x Head rest

Product manual



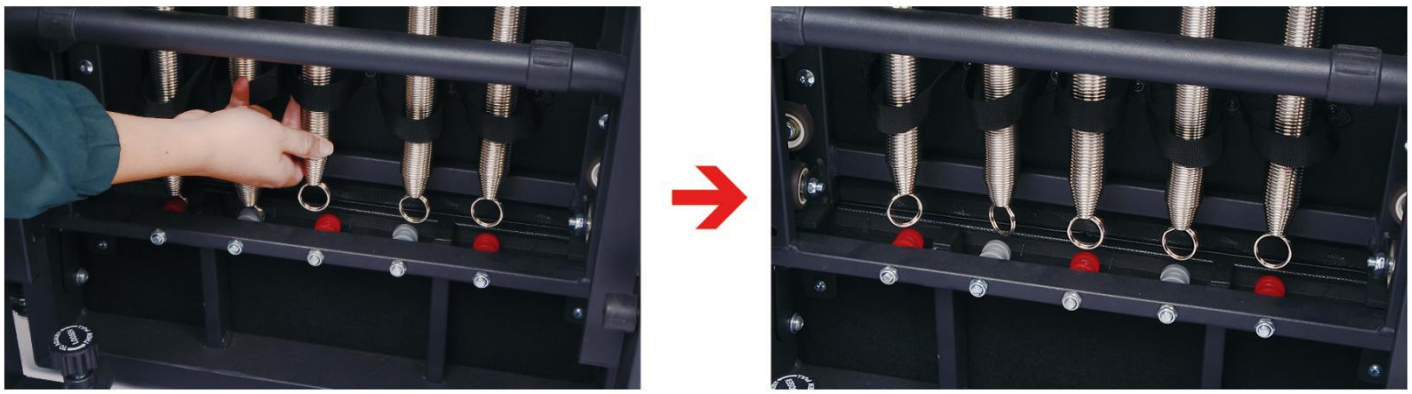
Assembly

Precautions when assembling

* When folding or unfolding the machine, keep children and pets away from the machine and make sure your hands are clear of any folding or pinch points.

* Because of the risk of injury, be sure to operate with two people when moving or assembling the product.

Attention!



Before unfolding the frame, remove the springs from buckles.

Installation steps 01



1. Check whether the Pilates bed outer box is complete，open the package and take out the corresponding accessories.



2. Pull out the folding clips on both sides of the fold.



3. Break the binding tie and take out the pulley



4. Expand the framework.



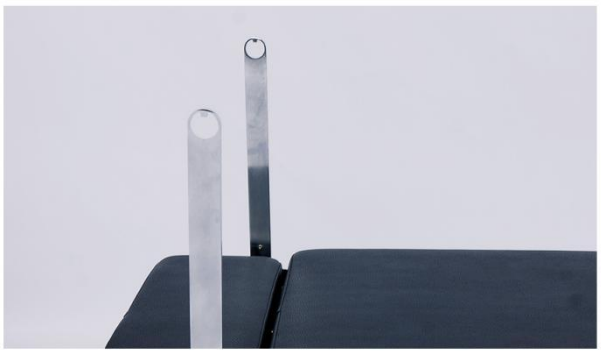
5. Take 2 pulley rods and unscrew the adjustable screws to pull them out，Insert the pulley rod and



6. Pull out the leg clips on both sides of the fold leg.



7. To assemble the front & rear fold leg: lift the frame, pull apart the fold leg, and insert the latch into the hole. (Slightly lift the fold leg and shake the latchs a bit for easy insert into the hole.)

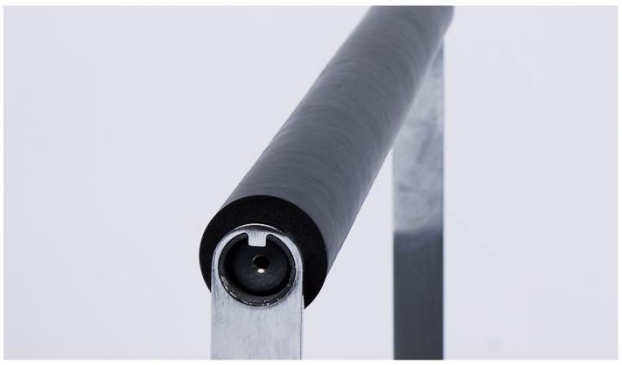


8. Pull and lift the hand rail on both sides to adjust them to the middle position.

Installation steps 02



9. Take the footbar,remove the screws and gaskets of two sides with hexagon wrench.



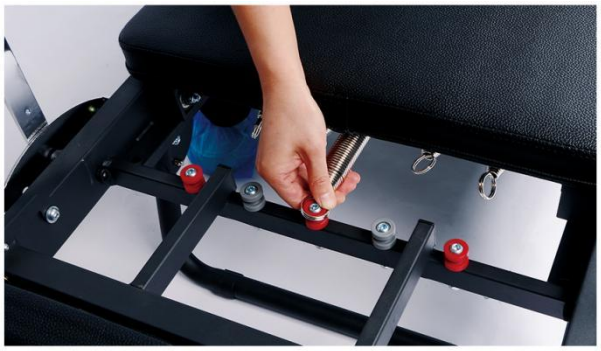
10. Place the footbar in the two head slots of the handle.



11. Tighten the screws of two sides gaskets and with a hexagon wrench



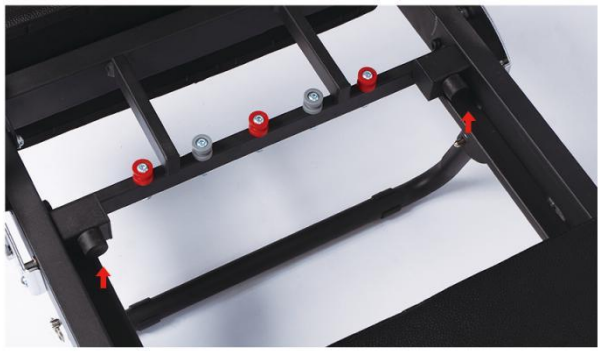
12. Lift and remove the foot rest.



13. After removing all the springs,push the cushion back to othe side.



14. Take the stop block ① and screw ② and insert them enter the lower hole and use a hex wrench to tighten the bolt.



15. Install the stop block as shown.



16. Buckle the spring onto the hook and adjust the number of springs to control the strength during use.

Installation steps 03



17. Put back the foot rest.



18. Install two shoulder pad as shown in the picture.



19. Take the gasket ④ and screw on the wheel③ and tighten it with hex wrench.



20. Take the feet pillars⑤ and tighten them.



21. Install the small head rest and tighten the knob.



22. Place the foot pad at the bottom of the tripod and complete the installation.

Drawstring adjustment steps



1. Unscrew the pull rope adjustment knob under the bottom of the seat cushion.



2. Adjust the rope to a position that suits you.



3. Tighten the rope adjustment knob.

Folding for storage



1. Adjust the footbar to the position shown in the picture to prevent cushion from moving.



2. Pull out the leg clip on both sides of the front and rear fold leg.



3. Insert the leg clip into the hole to lock the front and rear fold leg.



4. Pull out the adjustable knob and take out the pulley rods on both sides.



5. Grasp the folding handle below the panel and lift it upwards.



6. In sert two folding clip the side holes to lock the steel frame.



7. Place the pulley rod and shoulder pad into the storage hole.

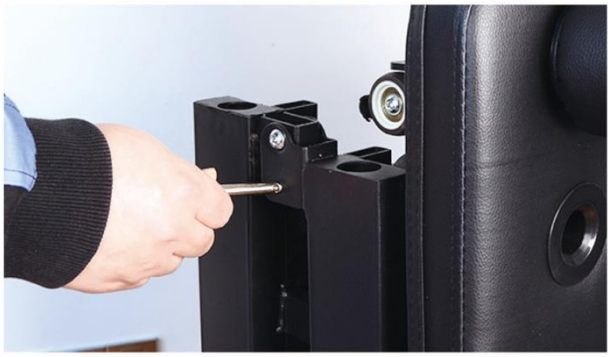


8. Folding completed.

Notes when unfolding for use



1. Take out the two pulley rods and the shoulder pads.



2. Pull out the two side folding clip and unfold the frame.

Precautions for panel installation



If the roller is not fitted correctly onto the slide rail and there is resistance to pushing forward, it may damage the limit bar.



The roller is correctly positioned on the slide rail and can be pushed and pulled back and forth easily.

Concentrated upper limb exercise



Spine stretching

Kneel on your knees, stretch your upper limbs forvard,grab the pole with your arms to stretch your spine.



Mermaid

Take a mermaid pose,one arm is placed on the fixed handrail rod, and the other arm is in a longlive pose to stretch the ribs.



Side twist

Take a mermaid pose, rotate your body to the fixed foot, and push your arms forward.



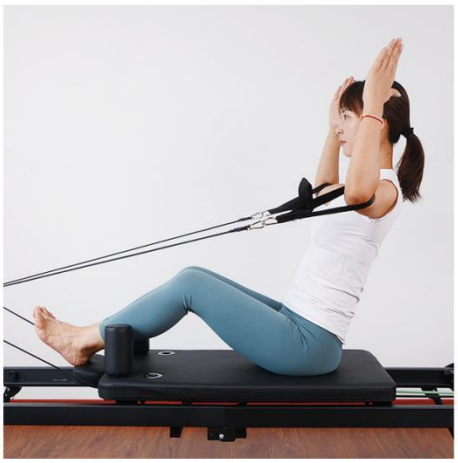
Abdomen and arms muscle strengthening

Grasp the drawstring and stretch your arms backwards while exerting force on your abdomen.



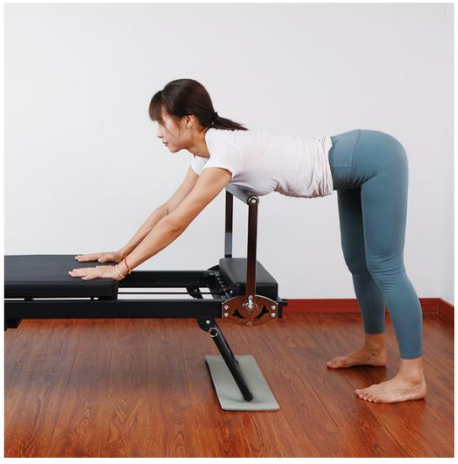
Spine corredtion,waistline correction

Grasp the drawstring and rotate your body with the roller down.



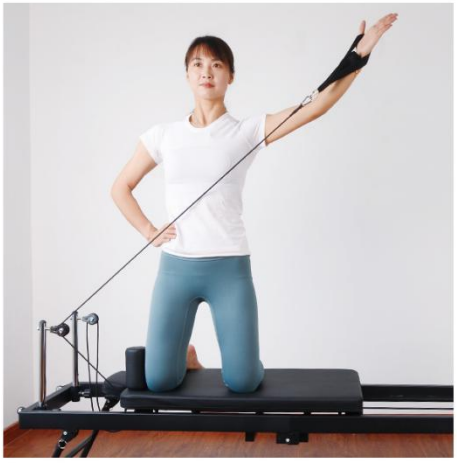
Back and shoulder pain relief

Grasp the drawstring and open your chest with your arms bent.



Spine stretching

Pushing the cushion forward while standing upright can help the spine stretch.



Shoulder exercise

With both knees on the cushion, one arm grasps the drawstring to open the shoulder joints.



Shoulder flexion

With both knees on the cushion, control the center and push and pull your arms forward.

Concentrated upper limb exercise 1



Buttock's stretching

Place one foot in a cross-legged position behind the handrail rod, while pushing and pulling the cushion,while stretching the hip muscles.



Hip extension reverse

Put your hands on the shoulder pad, one foot on the handrail rod, and use the hip muscles to push and pull.



Psoas stretching Improvement of back pain

Place one foot on the cushion and extend it backwards. At this time, put your strength behind the supporting leg to keep your upper body upright.



Muscle strengthening of hips and legs

Be careful not to lower your waist excessively and lift one leg up hard on your hips.



Hip knee movement

Don't shake your body, lift your knees toward your abdomen and then extend back.



Psoas stretching Improvement of back pain

Place one foot in front of the handrail rod and place both hands on the handrail rod . Be careful not to lower the waist excessively and stretch the front muscles of the pelvis.



Hip extension whith strap

Put your hands on the shoulder pad,hang a drawstring on one foot, and use the hip muscles to stretch.



Pelvic correction,leg muscle

Kneel on the cushion with one knee, place the other foot on the handrail rod, grasp the center of gravity and open the knee.



Hip extension reverse

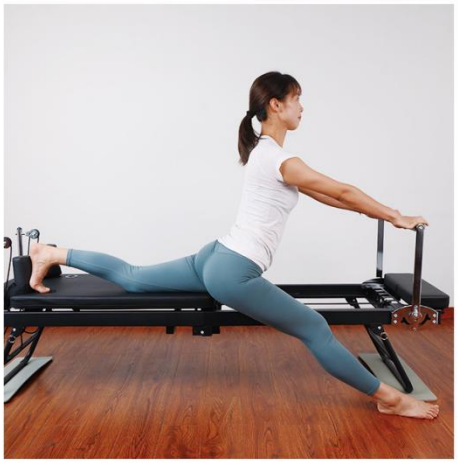
Put your hands on the shoulder pads and use your hip muscles to lift your feet.

Concentrated upper limb exercise 2



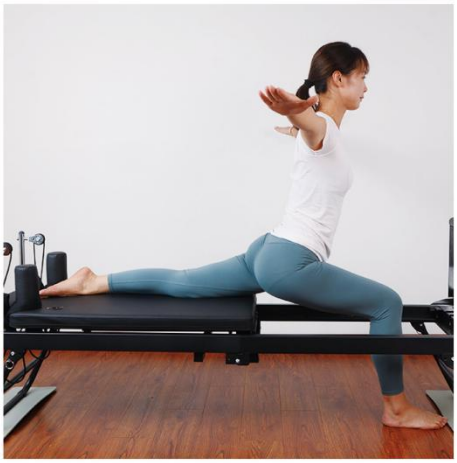
Hamstring stretching1 Improvement of back

Try to stretch your upper limbs and stretch the back muscles of your thighs.



Hamstring stretching2 Improvement of back

Put one foot on the cushion and stretch back and stretch the supporting leg forward.



Muscle strengthening of the buttocks and inner thighs

After removing all the springs, stand in middle of the cushion, stretch one foot back, and open your arms to both sides.



Iunge reverse Muscle strengthening

Standing on the cushion, long live to the shoulder lever.



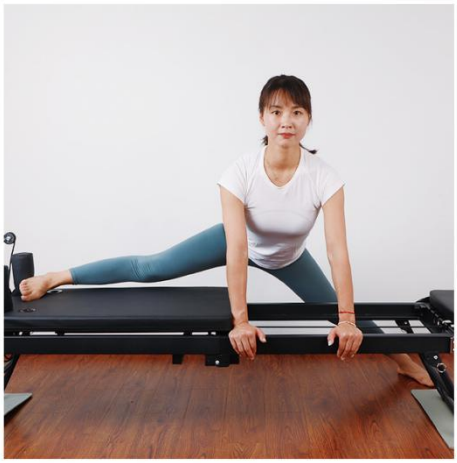
Adductor exercise2 Train inner thigh

With one foot on the ground and one on the cushion, train the inner thigh muscles without springs.



Muscle strengthening

Stand on top of the cushion, grasp the center of gravity and train.



Adductor stretching Train inner thigh

Put one foot on the shoulder pad and one foot on the ground. Exercising stretch the inner thigh muscles.



Side lying Correct leg lines

After lying on your side, hang a stretch band on one foot and raise your leg up and down while maintaining the curve of your spine.



Frog exercise Pelvic correction

Hang the stretch straps behind your feet and bend your knees, open your knees until your feet form a V shape.

Warranty and Contact Details

Kmate Pty Ltd provides a 12 month warranty for this product when used for domestic purposes. Commercial use of the product will void all warranty.
The benefits of this warranty are provided in addition to other rights and remedies you may have under a law in relation to the goods and services to which this warranty relates. Our goods come with guarantees that cannot be excluded under the Australian Consumer Law. You are entitled to a replacement or refund for a major failure and for compensation for any other reasonably foreseeable loss or damage. You are also entitled to have goods repaired or replaced if the goods fail to be of acceptable quality and the failure does not amount to a major failure.
Before making a claim under warranty, please refer to your user/installation manual to ensure that you have followed correct operating procedures of your product, and refer to the trouble shooting section (if such exists) to assist solving any problems.
The warranty period begins from the day of purchase.
Your proof of purchase must be produced before assistance will be provided.

Where the Product is replaced pursuant to this Warranty, the replacement Product will be subject to the warranty terms and warranty commencement date of the original product.
This warranty is only valid if the product is operated and maintained in accordance with the manufacturer's instructions.

Damage to property including but not limited to furniture, carpets, walls, ceilings or any other event either directly or indirectly are excluded from warranty as well as any losses or expenses incurred by you in relation to the product or making a claim under this warranty including without limitation any costs associated with installation, reinstallation or transporting the product.

A claim may be refused if the defective claim has arisen for reasons other than a manufacturers fault or defective parts or workmanship. Circumstances in which a warranty claim may be declined include, but are not limited to the following:

- Normal wear and tear;
- Misuse or abuse, including failure to properly maintain or service;
- Damages caused by improper or incorrect installation, force-majeure, water etc are not eligible for warranty repair;
- Insect or vermin infestation;
- Failure to clean or improper cleaning and/or operation of the product;
- If the product is modified without authorisation from Kmate Pty Ltd in writing;

Warranty Contact Details Powertrain Sports (Australia)
PO Box 133, Braeside VIC 3195 warranty@powertrain.com.au 03 9790 0055

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