



**FOLDED REFORMER
INSTALLATION AND USER GUIDE**



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1. SAFETY INSTRUCTIONS

If you do not use **ATRO FOLDED REFORMER** properly; you can hurt yourself and you may cause injury or an accident. To reduce such risks, we recommend that you read the entire booklet before using the device.

Do not modify **ATRO FOLDED REFORMER** and do not use other than those written. Otherwise, damage to the instrument will not be covered by the Warranty.

- Before starting the workout on **ATRO FOLDED REFORMER** read all instructions which are in the user guide.
- Before starting the workout on **ATRO FOLDED REFORMER** see a doctor and make a health check up.
- Use **ATRO FOLDED REFORMER** with under the supervision of a professional trainer and only for the exercises the trainer has determined
- Adjust the system to your level before starting the training program and do not stand on the **ATRO FOLDED REFORMER** when adjusting.
- If you feel any chest pain, fatigue, shortness of breath or fatigue in your muscles during exercises, stop exercising.
- Keep your body, clothes and hair away from moving parts of **ATRO FOLDED REFORMER**.
- If any part of **ATRO FOLDED REFORMER** has damaged or broken do not use the device.
- Do not attempt to repair the **ATRO FOLDED REFORMER** on your own.
- Children should not use **ATRO FOLDED REFORMER** without adult supervision.
- Make sure that the Foot Bar is tight, that the tap adjuster fits into the slots and does not move.
- After adjusting the gear bar, slide the safety lock and tighten the screws and ensure that the bar does not move upwards.
- Make sure the hooks of the foot belt are locked.
- Make sure the Push Through Bar shafts are fully seated in their slots. Do not leave the spring attached to it after use.
- When exercising with accessories attached to the upper springs in the tower, do not quickly release the accessories attached to the tensioned springs. If you release the spring quickly, it may cause the spring to strike and cause serious injury.
- Make sure the shoulder rests are set and the pins of the shoulder rests are tightened.
- Check all springs regularly and replace if springs are damaged.
- Make sure all pins are undamaged and tight.

2. GENERAL FEATURES

- **ATRO FOLDED REFORMER** will be delivered to you in a parcel. Installation is done by the user with the help of the installation video sent by **ATRO PILATES**.
- **ATRO FOLDED REFORMER** is foldable and contains 5 springs with different hardness. It is suitable for all sizes with adjustable ropes.

TABLE OF SPRINGS

BLACK	VERY HARD
RED	HARD
GREEN	MEDIUM
BLUE	LIGHT
YELLOW	VERY LIGHT

2.1. Dimensions

METAL CASE : 62 cm (width) x 243 cm (length) x 35cm (height)

FOLDED SIZES : 62 cm (width) x 135 cm (length)

CARRIER MAIN BOARD : 62 cm (width) x 115 cm (length)

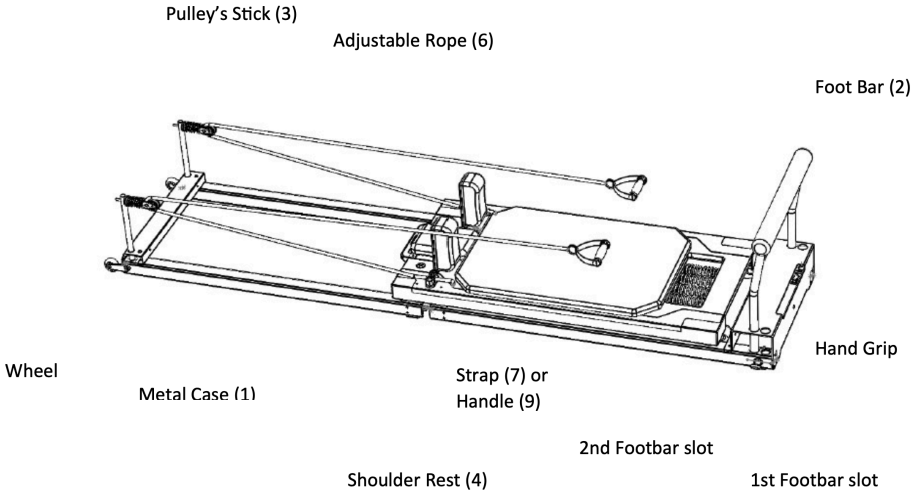
HEADREST : 17 cm (width) x 22 cm (length)

SHOULDER RESTS : 8 cm (width) x 8 cm (length) x 18 cm (length)

2.2. Accessories

- Box
- Handles
- Jump Board

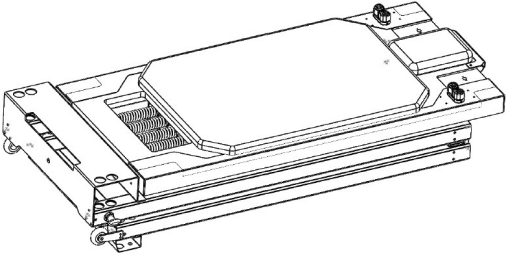
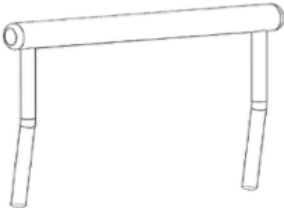
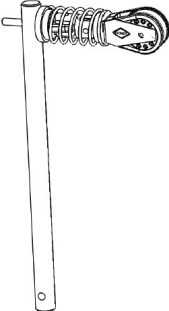
2.3. Components Diagram

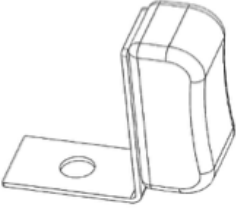


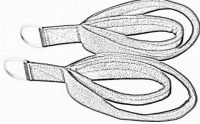
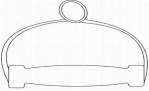
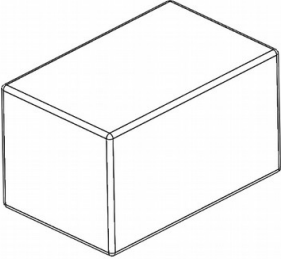


3. INSTALLATION

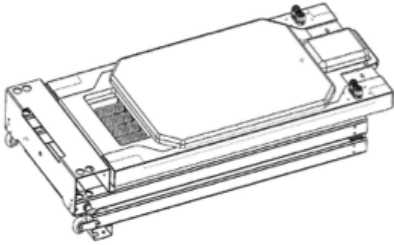
3.1. Components List

The following parts are the main parts of **ATRO FOLDED REFORMER**:

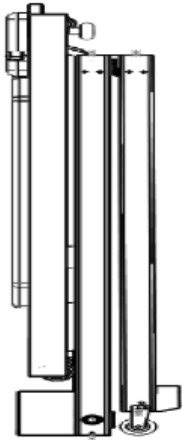
No	Component Name	Qntty	Picture
1	Metal Case	1	
2	Foot Bar	1	
3	Pulley Stick	2	

4	Shoulder Rest	2	
5	Shoulder Rest Screw	2	
6	Adjustable Rope	2	
7	Straps	2	
8	Handles	2	
9	Box	1	

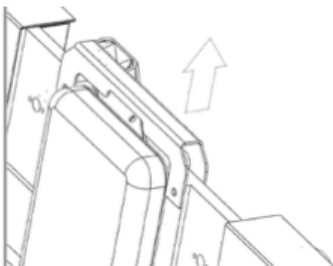
3.2. Installation Instructions



Insert horizontally metal case(1) in the ground.

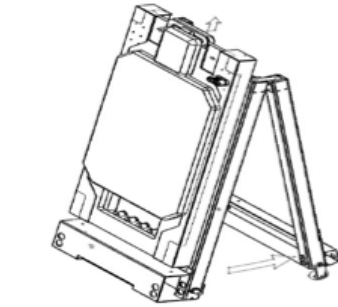


Put the metal case upright in position where it gets in contact with wheels and ground.

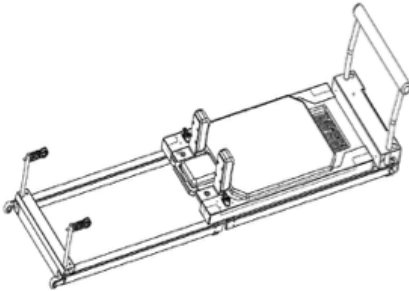


Hold the handgrip that is upside of the metal case and under the headrest

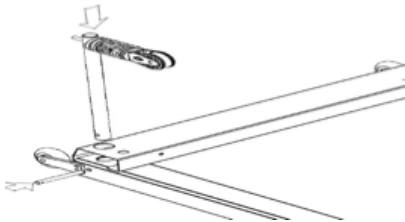
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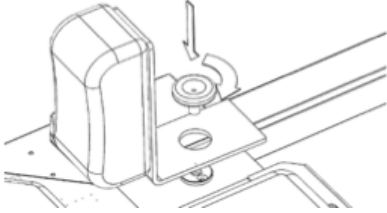
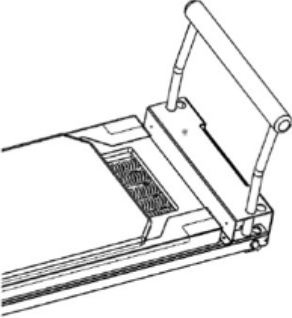
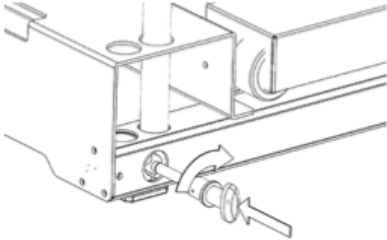
Set the metal case where you hold the handgrip to open position with the help of the wheels as it is seen in the picture.



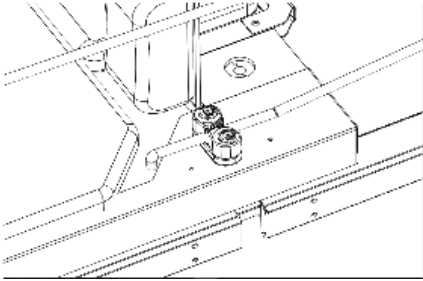
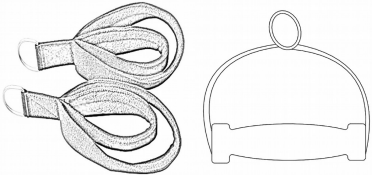
Bring the metal case in the open position as horizontally as in the picture.



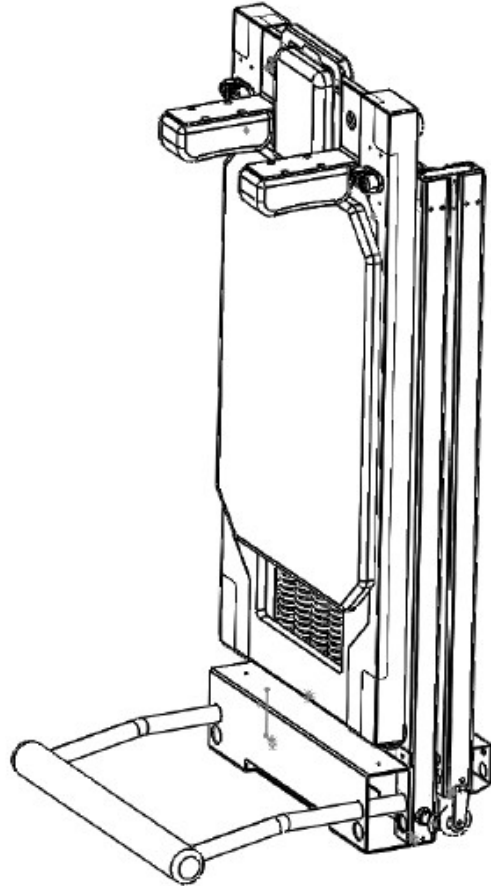
The pulleys coming out of the box are mounted on their sticks. Insert the pulley's stick(3) into their slots at the bottom of the case as shown. Fix the pulley's sticks with pins that hanging from the side of the slots.

	<p>Place the shoulder rests (4) in the slots on either side of the headrest. Fix the shoulder rests with the shoulder screws(5).</p>
	<p>Place the Foot Bar(2) into the 1st or 2nd foot bar slots at the bottom of the metal case as shown in the figure</p>
	<p>After inserting the Foot Bar into the appropriate slot, fix the Foot Bar as shown in the figure with the help of overhanging pins. After inserting the pin, tighten it by turning it. Make sure that the Foot Bar does not move.</p>

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	<p>Put in the adjustable ropes(6) firstly pulleys and then through the lock mechanism. Fix the rope system to the desired size</p>
	<p>Insert the straps(7) or handles(9) into the metal ring at the end of the rope.</p>

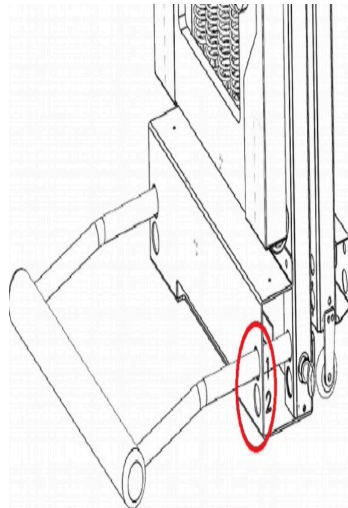
3.3. Storage Instructions



When you finish exercises with **ATRO FOLDED REFORMER**;

- 1.Remove the ropes,
- 2.Remove the pulley's sticks,
- 3.Mount Foot Bar 2nd Foot Bar slot
- 4.Place the case in an upright position with the Foot Bar down and the mold in contact with the floor as shown.

Make sure that **ATRO FOLDED REFORMER** is on flat ground



4. MAINTENANCE INSTRUCTIONS

ATRO FOLDED REFORMER which is produced with long-lasting and enduring materials will provide more long-lasting and efficient working process with the help of maintenances that you may able to perform in a short time.

It will be more important for you to do so if you use **ATRO FOLDED REFORMER** in a studio or gym center.

Do not put grease on any part of **ATRO FOLDED REFORMER**.

MAINTENANCE INSTRUCTION	DAILY	WEEKLY	MONTHLY	ANNUAL	AS NEEDED
GENERAL OVERVIEW					X
SPRINGS			X		
CARRIER SYSTEM				X	
SURFACE	X				
COVERINGS	X				
ROPE				X	
STRAPS					X

All parts of the ATRO FOLDED REFORMER: Check the whole system of the **ATRO FOLDED REFORMER** is well-set daily and the screws are firm in each two months.

Springs: We advise you to check the all springs before use. There is always a possibility of having error and lapse even if they are tested many times before they are delivered to your end. Springs are made of galvanize, they do not become old very fast and have rust. The color on the instrument provides you to have the same performance. Clean anything compressed in between.

Cleaning:

- You shall use cotton made cloth for metal parts.
- It will cause to have long-lasting period of use if you clean the coverings after each use. You shall use soap-based cleansing products. Do not use alcohol-based cleansing products.
- Clean the carrier system with the soft and dewy cloth and wipe it with dry cloth.
- You shall change the straps in case of they become non-usable or present a danger.

IMPORTANT WARNINGS:

ATRO FOLDED REFORMER is aimed to use in domestic places. Do not use the deice in outside and/or domestic places with moist and insufficient ventilation.

If you do not have the knowledge and experience, ask for help from an expert or a trainer.

Errors caused by the user are considered outside the scope of the warranty.