



## Contents [ [hide](#) ]

[1 ALMAFIT Assembly Elysium Reformer](#)

[2 Statement of Intended Use](#)

[3 Introduction](#)

[4 Specifications](#)

[5 Dimensions & Weight](#)

[6 Contents](#)

[7 Quick Setup](#)

[8 Elysium”Reformer Assembly](#)

[8.1 Step-1:](#)

[8.2 Step 2 .](#)

[8.3 Step – 3](#)

[8.4 Step – 4](#)

[8.5 Step – 6](#)

[9 Elysium” Reformer User Guide](#)

[10 Essential Safety & Maintenance](#)

[11 Warranty Information](#)

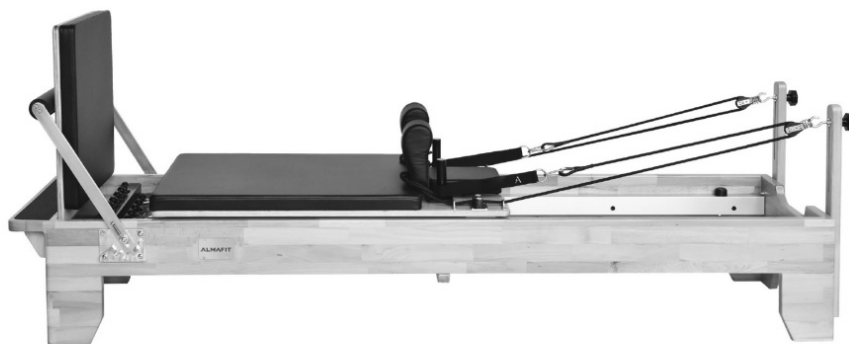
[12 Duration of Limited Warranty](#)

[13 Documents / Resources](#)

[13.1 References](#)

[14 Related Posts](#)

## ALMAFIT Assembly Elysium Reformer



## **USER MANUAL**

### **Statement of Intended Use**

ALMAFIT™ Reformers are designed for individuals to use for general body strengthening and mobility improvement, physiotherapy, supportive therapy for disabilities, rehabilitation, injury prevention and treatment. Always consult with your therapist or pilates instructor.

### **Important:**

This manual is intended for fitness professionals or experienced users of this type of equipment. If you have any doubts about the appropriateness of any exercise, consult a trained professional.

Instructions in document subject to change. For the latest version, please visit [www.alma-fit.com](http://www.alma-fit.com).

Warning: ALMAFIT™ Reformers contain flammable materials. Keep them away from direct heat.

### **For assembly video visit:**

[www.alma-fit.com](http://www.alma-fit.com) or

### **Scan the QR code**



## Introduction

Thank you for purchasing the ALMAFIT™ Elysium™ Reformer, handcrafted from high-quality solid beech wood panels 1.2" (3cm) thick for high durability, with a smooth finish and a unique design.

Designed for studio, rehab, or private use, our innovative design offers a host of easy adjustments to provide complete flexibility in use. This manual will show you how to build each variant of the Elysium™ Reformer. Please ensure you read it fully before unpacking and assembling the equipment.

The Elysium™ Reformer is designed to customize training and recovery with ease, depending on the specific needs of the user and by providing a variety of exercises for the whole body. The functions of the Elysium™ Reformer offer the possibility of fully customized training due to the easiness of changing the resistors and the footbars' inclination, while its carriage moves smoothly and silently, offering comfort and anatomical support for a wide range of movements. The Elysium™ Reformer sits higher than ordinary Pilates beds, for easier management by Pilates instructors and users. At the same time, it works more ergonomically and allows senior users to move in and out with ease, taking into consideration that their musculoskeletal disorders may not allow them to sit lower on other Pilates reformers.

The width of our wooden frame is narrower than ordinary Pilates reformers, without affecting the width of the moving platform, thus saving space when placed at home or in a Pilates studio. Preserving its timeless design, our wooden frame boasts sleek and elegant lines with smooth sculpted edges, while its handmade manufacturing uses only the best materials like panels from solid beech wood and stainless steel for the steel components and the foot bar.

## **Specifications**

### **Frame**

The frame is made from high-quality solid beech wood panels 1.2" (3cm) thick for high durability, with smooth finish and unique design.

### **Moving platform carriage**

The moving platform rolls silently and smoothly due to its system of 8 polyurethane wheels.

### **Footbar**

The footbar consists of a sturdy, stable and easy-to-use mechanism of 5 different positions, made of stainless steel (inox).

### **Reformer Profile – Metal**

Elysium™ Reformer aluminum profiles are 0.16" (4mm) thick to withstand high loads. All metal components are made of stainless steel to prevent rust.

### **Shoulder pads**

The anatomical shoulder pads are designed to provide comfort. They are detachable so that they can be completely removed, for easy cleaning and care, with posts that hold ropes off the floor.

### **Risers**

The wooden risers are detachable and allow the rotating pulleys to work with resistance while changing angles in any direction.

### **Headrest**

The anatomical headrest provides three resting positions for customized cervical support.

### **Standing Platform**

The standing platform of the Elysium™ Reformer is made of beech wood and features an anti-skid surface suitable for barefoot use.

### **Upholstery**

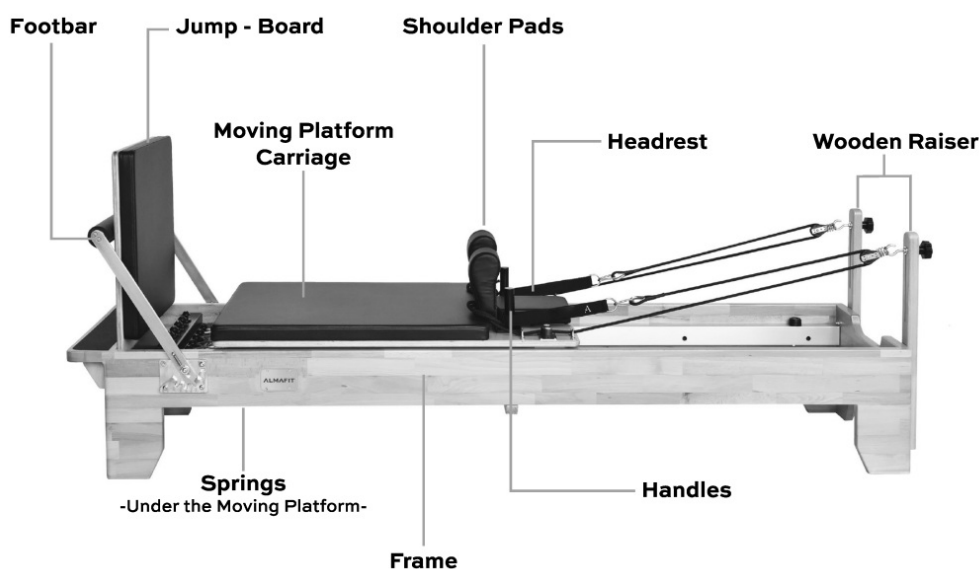
The upholstery is made of high durability synthetic leather designed for intensive use. The inner lining of the upholstery consists of a special foam material of extremely high density to provide the trainee with comfort and anatomical support.

## Handles

The handles are made of high-quality cotton material, with fleece inner lining to provide comfort and soft contact with the skin.

## Springs

The springs are made of durable nickel-plated steel and conical tapered ends with swivel powder-coated hooks of different colors, providing various tension levels.



All components of the Elysium™ Reformer comply with EEC quality standards.

## Dimensions & Weight

- Weight: 200lbs
- Wooden Frame
- Dimensions: Length 99.2"; Width 25.6"; Height 17.7"
- Maximum Weight Load: 330lbs

## Features

1. Position footbar

2. Position resistance rating
3. Detachable shoulder pads
4. Detachable risers
5. Position headrest
6. Springs of 4 different tension levels, 18.1"

## **Contents**

- Elysium™ Reformer
- 1 Padded Jump Board
- 1 Padded Sitting Box
- 1 Padded Standing Platform
- 1 Padded Oversized Platform Extender
- 1 Balance Pole 36" long made of beech hardwood
- 1 pair of Double Loop Handles for arms and legs

## **Quick Setup**

Elusium™ Reformer comes pre-assembled, minimizing the effort required to put parts together. This allows for easy setup in just a few minutes, even for users with minimal experience.

## **Handcrafted in Greece (EU)**

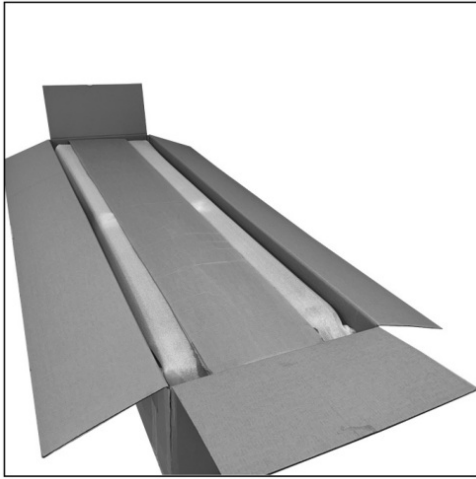
## **Elysium™ Reformer Assembly**

### **Step-1:**

### **Unpacking the outer box**

Carefully cut the edges and the middle tape on the outer box. Remove the sitting box and hook one spring onto the eyebolt to secure the carriage from moving.

With one person at each end carefully lift the reformer out. Move the outer box out of the way (we suggest you do not dispose of it until you are happy with the complete install).



## Step 2 .

### Installing the standard wooden risers

The adjustable wooden risers attach to the preinstalled screws on the reformer frame.

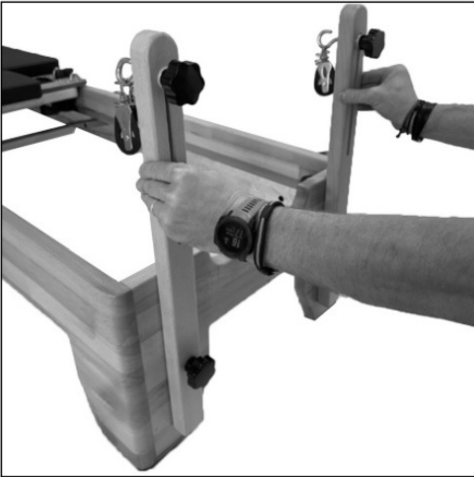
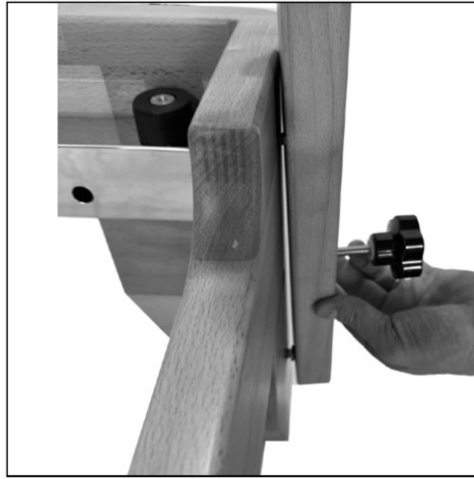
Install the risers on the outside of the frame as shown in the pictures.

Tighten the black knobs on each riser and ensure they are secure. This Reformer configuration comes with pulleys pre-installed on the risers.

Make sure the pulleys are facing the carriage. Raise and lower the pulleys by loosening the black knob and sliding the pulley up or down in the slot, then tighten the black knob. Be careful to not over tighten the knob.

See pictures for proper orientation.

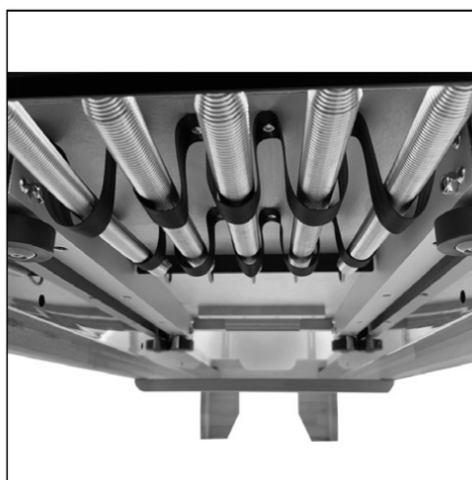
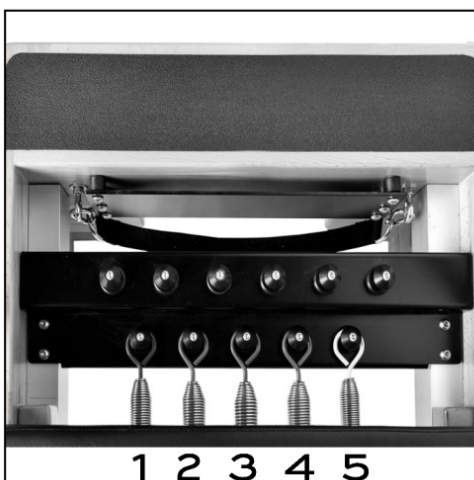




### Step – 3

#### Attaching the springs onto the eyebolts

Hook the springs onto the eyebolts as shown in the picture. The bodies of the springs should rest on the flat straps under the carriage.



1 Blue, 2 Red, 3 Green, 4 Red, 5 Yellow.



## **In case of freight damage**

If there is freight damage, make certain you keep all packaging material. Please call or email us within three days.

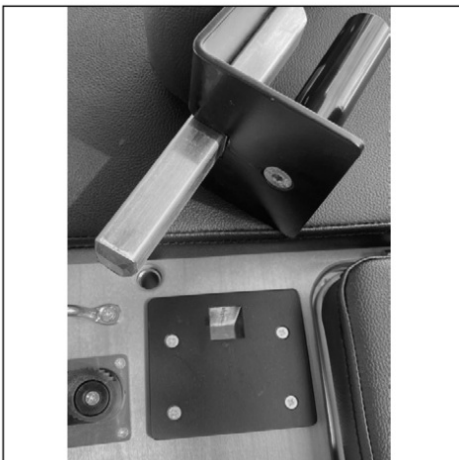
## **Warning**

The outer box for the Elysium™ Reformer weighs around 220lbs 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.

## **Step – 4**

### **Installing the shoulder rests**

Insert the shoulder rests and lock into place with the locking pins as shown in the picture. Use the handle knob to push down and secure the shoulder rest on the carriage pad as shown in the pictures.



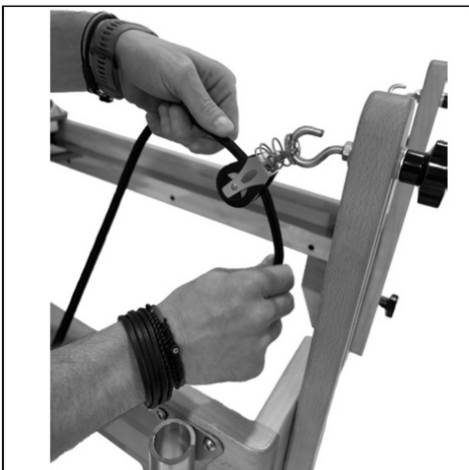
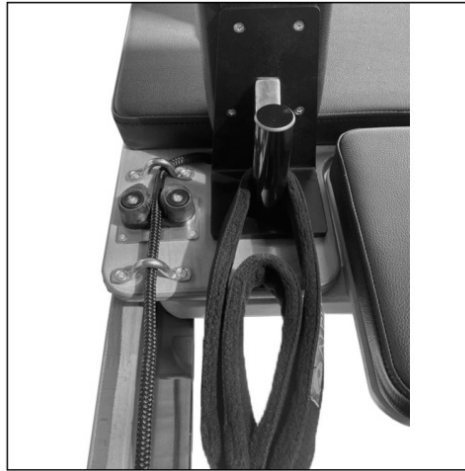
## **Step – 5**

### **Attaching the ropes**

After having installed the shoulder rests first, engage at least one carriage spring to the springbar to hold the carriage in place. Unroll and separate the ropes.

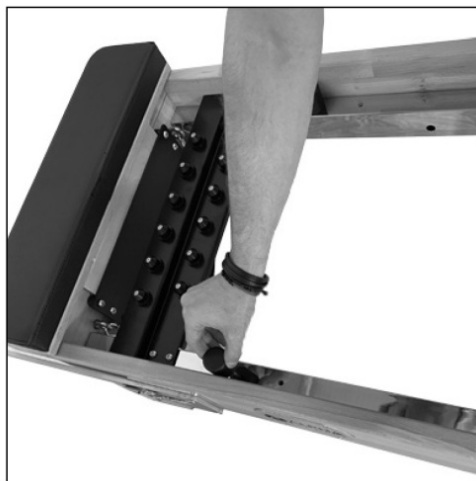
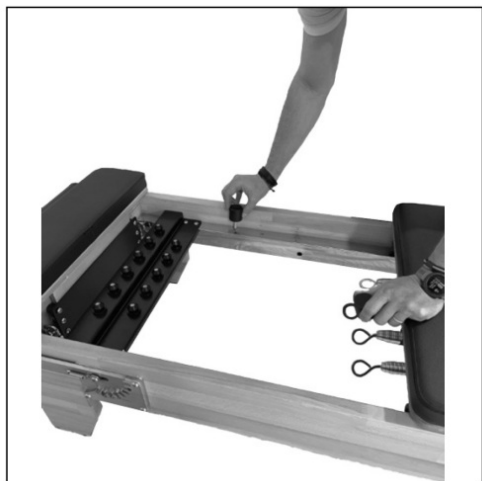
The cotton loops are already clipped onto the end of each rope. Hang the loops on the shoulder rests as shown in the picture. Thread the other end of each rope through a pulley and back into the cam cleats on the carriage to adjust the length.

Be sure to go through the chrome eyestraps on both sides of the cam cleats. Always push the rope firmly down into the cleats to ensure a good grip. Insert the excess rope into the hole on the carriage and let loose under the reformer.



## Carriage extensions stopper

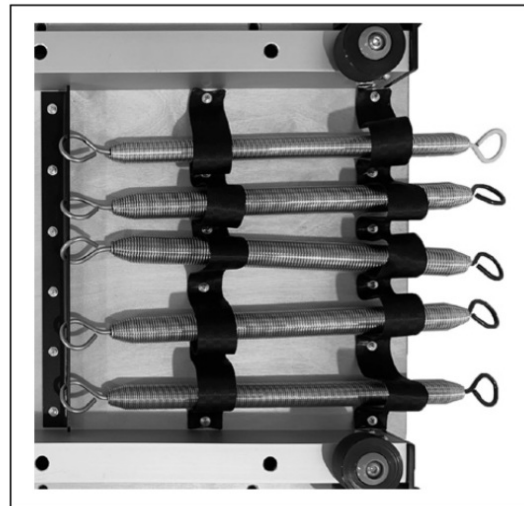
On the Elysium™ Reformer the carriage extension stoppers are already pre-installed and the positions can be changed by lifting and dropping them into the metal frame rail holes to decrease the distance the carriage can travel from its resting point at the foot end. This is for users who have a limited range of motion or wish to stop the carriage from traveling too far for whatever reason may be necessary.



## Elysium™ Reformer User Guide

### Identifying the springs

The springs have an overall length of 181" and can be identified with the corresponding color code by tension level:



Yellow – Very Light x 1 piece

Blue – Light x 1 piece

Red – Medium x 2 pieces

Green – Heavy x 1 piece

Before use, ensure all springs are securely attached.

Consult a certified Pilates instructor if unsure about proper spring resistance to avoid risk of falling.

### **Adjusting the rope height**

The ropes are very simple and easy to adjust; twist and pull the knob, slide the pulley to the desired height and lock into place.

### **Adjusting the headrest**

The headrest has 3 positions including flat. Use the wooden height adjuster block to select the preferred angle.



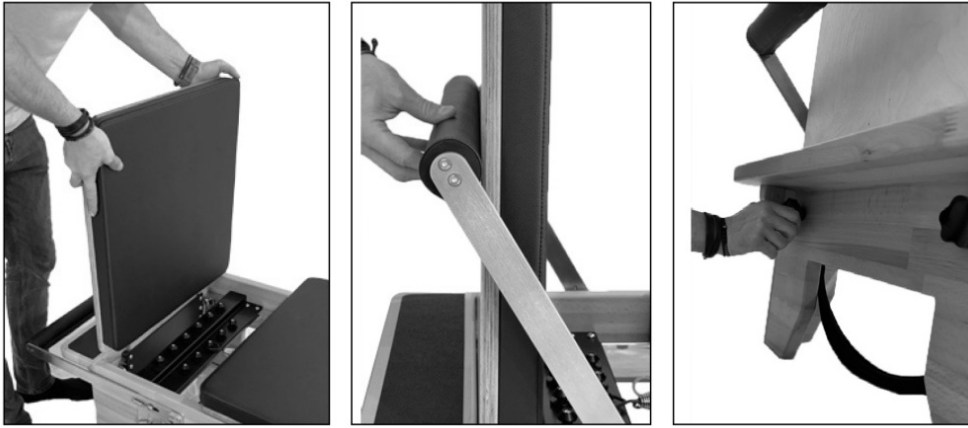
### **Fitting the padded standing platform and oversized standing platform**

The padded standing platform is pre-fitted in this Reformer configuration but can be removed when required. To use the oversized standing platform, you must first remove the padded standing platform.



### **Fitting the optional padded jump board**

- a. The padded jump board is interchangeable with the padded standing platform.
- b. When using the padded jump board, the footbar must be in the third lowest position so the padded jump board is supported by the footbar. Never use the padded jump board without it being supported by the footbar. When the padded jump board is inserted, tighten the knobs in the back to hold it safely in position.



## **Optional Extras**

Optional accessories including Half Cadillac with brackets and Mat Converter. Visit our website for the latest range of products and accessories.

## **Essential Safety & Maintenance**

### **Information (read before use)**

Proper maintenance and safe use are crucial for your Pilates equipment. Read the instructions carefully and keep them for future reference. Contact us if you have any questions. Failure to follow these instructions could result in serious injury.

### **Periodic Maintenance**

Please check the equipment before first use and after each of the first few uses to check all the fittings are securely fastened. Thereafter, it is important to follow a regular maintenance schedule conducted by someone familiar with the equipment and record your maintenance checks. Equally, inspection should be made immediately if any part appears not be operating correctly or something appears to be loose.

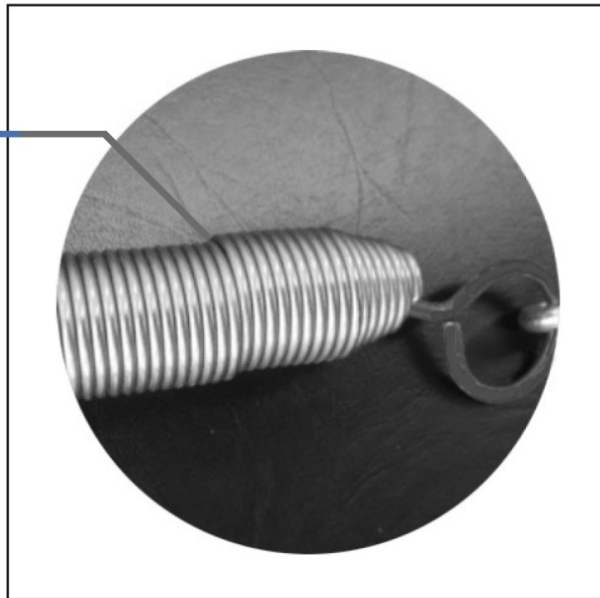
### **See below for a basic maintenance guide:**

**Springs** – Inspecting springs is essential for safety. Replace all ALMAFIT™ springs at least every two years or after 3,000 hours, whichever comes first. In certain conditions, springs may need replacement more frequently. Regular inspections are vital as worn or old springs lose resilience and might break, potentially causing injury.

Do not allow springs to recoil uncontrollably, as this damages them. Inspect the springs

regularly by turning the carriage upside down and carefully checking for gaps, kinks, and deformation. Discontinue use and replace any spring showing these issues immediately. Look for rust or oxidation and replace the spring if found. Springs showing signs of wear, deformation, kinks, gaps, and corrosion must not be used and must be replaced immediately.

**Kink**



**Snaps Maintenance** – Inspect snaps monthly. Ensure the snap hook works properly; if it does not, replace it immediately.

**Footbar** – Check all Allen bolts securing the padded bar to the reformer arms and to the footbar selector rod and through the frame are tight, but be careful not to over tighten.

**Tracks** – Ensure the tracks are regularly cleaned and kept free from dirt as this is the main cause for a noisy reformer. If excess dirt is spotted on the tracks, then the wheels may also need cleaning. We recommend cleaning the tracks with wipes, as recommended below for the upholstery.

**Ropes and Handles** – Check ropes and handles quarterly. Replace ropes if the core is visible or if they are flattened. Replace straps as soon as any fraying is noticed, especially at the attachment points. Check ropes for signs of wear, fraying or nicks and

replace if damaged. Check stitching on handles and foot straps is intact and not overly worn.

**PVC Upholstery** – Always ensure belts, jewelry and shoes are removed when working on the equipment as buckles, rings, watches, and bangles can all end up damaging the upholstery. Extend upholstery life by cleaning it regularly with mild soap and water, followed by a clean water wipe and drying with a soft towel.

**Wheels** – Clean the tracks and wheels weekly for smooth carriage travel. Disconnect the springs and clean the tracks with a soft cloth and mild soap. Avoid abrasive cleaners. Clean the wheels by moving the carriage with a cloth against them. Remove hair and debris from the wheels with tweezers.

Do not spray silicone near or inside the wheels. Use dry silicone or Teflon spray for pulleys to prevent squeaking. Do not lubricate the Reformer rails. Remove the carriage and check for smooth rotation, if the wheels are not turning smoothly or are scarred or damaged this will impede smooth and quiet running of the equipment and the wheels will need to be replaced. Check side wheels are adjusted correctly if squeaking is experienced.

**Shoulder Rests** – Check the shoulder rests are securely inserted on to the carriage frame.

**Spring eyebolts** – Hand check all eyebolts on the springbar and check the spring retention bungee is correctly attached underneath the carriage.

**Bolts and Screws** – Tighten all bolts and screws monthly. Ensure all eyebolts, nuts, and bolts are secure and tight, including those on the rope pulley wheels and those securing the Half Cadillac, if attached.

## **Reformer Checks**

Quarterly, check the eyebolts for tightness.

Ensure wood risers remain tight on the outside of the frame. When not in use, secure the carriage with at least two springs. Many users set default settings for springs, footbar and ropes to ensure readiness for the next use.



## Maintenance Schedule

Follow the recommended maintenance schedules and practices to ensure your Reformer's optimal performance.

Equipment	Inspection Protocol	Weekly	Monthly	Quarterly
Springs	Check for gaps & kinks	✓		
Snap	Wear & tear		✓	
Nuts & Bolts	Check for tightness		✓	
Ropes & Straps	Wear & tear			✓
On the Reformers	Inspection Protocol	Weekly	Monthly	Quarterly
Wheels & tracks	Clean, remove hair	✓		
Eyebolts	Inspect for tightness			✓
Risers	Inspect for tightness			✓

## Ordering Replacement Parts

For replacement parts or questions, contact us via the provided phone number, email, or website.

## Keep it clean

Clean under the Reformer to maintain a clean workspace. Clean all skin-contact parts after each use, including carriage, shoulder rests, headrest and footbar. Use a solution of mild soap and water. Dry thoroughly. For light soiling, use a solution of 10% household liquid dish soap with warm water applied with a soft damp cloth. Tracks and wheels should be cleaned regularly with a lightly damp cloth to ensure that the carriage rides smoothly and quietly. Wash double loop handles regularly. Place in pillowcase, wash on gentle cycle and air dry.

## Lubrication and adjustments

Periodically lubricate pulleys with silicone spray. Be careful of overspray. Never use "wet" lubricants like WD40 or oil.

## Basic Reformer & Exercise Safety

The Pilates Reformers are designed for use by individuals who are experienced and confident in their ability to use the equipment at home, as well as for exercises under the supervision of a trained instructor. Ensure that exercises are appropriate for both the equipment and the user's skill level to avoid injury. If you are not familiar with using a Pilates reformer, seek advice from a qualified Pilates professional to learn how to use

the equipment correctly.

Pilates emphasizes in controlled movements; therefore, avoid allowing the carriage to slam into the carriage stops and prevent the springs from recoiling in an uncontrolled manner, as this can damage the springs and shorten their lifespan. Pay attention to the following:

Secure the carriage with at least one spring when your Reformer is not in use. Do not get on the carriage when there are no springs attached unless you deliberately want to do this.

When standing on the reformer always put your first foot on the standing platform and then the other on the carriage. When getting off the reformer from standing take your foot off the carriage first and then step down off the standing platform.

Use your reformer in a clear space with at least 3ft of space all around the machine. This equipment is for indoor use only on a firm and flat surface.

When using a reformer less is often more, remember when performing certain exercises less spring resistance makes the exercise more challenging.

Balance, Coordination, and Control: Users must maintain balance, coordinate movements with spring resistance, and control their movements.

Before using the equipment, read and follow the instructions and seek consultation from a Pilates instructor.

Stop exercising if you experience chest pain, feel faint, have difficulty breathing or experience musculoskeletal discomfort.

Keep clothing, body, and hair free from all moving parts.

Do not use if equipment appears worn, broken, or damaged. Do not attempt to repair equipment yourself.

Ensure equipment which is out of service cannot be used.

Do not allow children to use or be around equipment without adult supervision.

Do not exceed the maximum user weight for the equipment which is 330lbs.

## **Exercise Transitions**

Ensure proper mounting and dismounting of the Reformer to avoid injuries.

Sitting Box and Footstrap: Perform exercises as instructed, maintaining proper form and alignment. Avoid sudden movements that could dislodge the sitting box or footstrap.

Ropes: Ensure ropes are properly threaded and secure before use.

Standing Exercises: Use caution with standing exercises on the moving carriage.

Back End Work: Exercise with caution when working from the back end of the Reformer.

Footbar Check: Always ensure the footbar is secure before use.

High Kneeling Exercises: Use caution with high kneeling exercises to avoid imbalance.

Ballistic Movements: Avoid ballistic movements to prevent loss of control and potential injury. Group Classes: Ensure quality instruction and adherence to safety principles in group classes. User-Instructor Relationship: Maintain open communication for safe and effective Pilates sessions.

## **Troubleshooting Smooth Running of your Elysium™ Reformer**

If your reformer is not running smoothly and quietly, please follow these steps:

Check the reformer is leveled using a spirit level. Check the tracks and wheels are clean and free from dirt and grit.

Check the side wheels are correctly adjusted and none of the wheels are damaged. If damaged, replace.

## **Warranty Information**

### **ALMAFIT™ LIMITED LIFETIME WARRANTY**

#### **Terms of Limited Lifetime Warranty**

ALMAFIT™ offers the following limited lifetime warranty, for the periods as stated below from the date of purchase, to the original owner of the products, upon presentation of an original invoice in their name.

The warranty is a Light Commercial Warranty allowing for a maximum usage of 28 hours per week. ALMAFIT™ will repair or replace any mechanical part that malfunctions due to defects in materials and/or craftsmanship during the warranty period.

The warranty excludes normal wear and tear, damage due to negligence or misuse, abuse, modification, or unauthorized repair; scratches to the finish, and tears or indents in the upholstery.

ALMAFIT™ will, at its discretion, repair or replace any parts deemed defective during the warranty period. If we opt to repair or replace your equipment, this may require that your product is returned for inspection at our premises prior to sending out replacement equipment. Parts repaired or replaced under the terms of this warranty will be warranted for the remainder of the original warranty period only. This warranty does not cover shipping charges and customs clearance fees (where applicable).

This warranty will be null & void if springs are not changed as specified or, if all safety, maintenance, and usage instructions as specified in the manuals are not observed or, if the equipment is used for any other purpose other than for Pilates exercises or if the equipment has been subjected to accident, abuse, improper service, or modification not authorized by ALMAFIT™.

## **Duration of Limited Warranty**

Stainless steel frames, springbar, footbar mechanisms & welded components.

### **10-year warranty.**

Wooden frames & wooden components.

5-year warranty. Wooden frames must not be positioned next to convection radiators or air conditioning units.

Reformer made components.

### **2-year warranty.**

Ropes, Straps, Springs, Spring Clips, Hooks, Pulleys, Handles, Wheels & Foot Straps.

### **1-year warranty**

Upholstery

The upholstery fabric on ALMAFIT™ equipment will be replaced if it fails to give normal wear for 90 days from the date of delivery. Proof of damage may be required. This warranty does not cover cuts, scratches, burns, stains, soiling or damage caused by unreasonable use such as wearing jewelry or inappropriate clothing whilst using the

equipment. ALMAFIT™ reserves the right to substitute with an equivalent fabric if an identical fabric is not available. Upholstery must be properly cared for as laid out in the manual.

## **Warranty Return Procedure**

The customer must call ALMAFIT™ for authorization prior to returning the equipment. The customer is responsible for the cost of returning products to ALMAFIT™ for warranty adjustment if this should be deemed necessary. The customer is responsible for any damage or loss during shipment back to ALMAFIT™. The customer is responsible for the cost of return freight to them in the event ALMAFIT™ declines to make a warranty adjustment. ALMAFIT™ does not accept responsibility for any items returned without a pre-approved authorization number, which must be clearly marked on the outside of the package.

## **Limitation of Liability**

The above is our exclusive warranty and is in lieu of all other warranties, expressed or implied, including warranties of merchantability or fitness for any purpose. In no event shall ALMAFIT™ be liable for incidental, consequential or punitive damages.

## **Congratulations!**

You are now ready to use your Elysium™ Reformer. Now would be a good time to make a note to replace your springs in 2 years or, within 3,000 hours of use, whichever is sooner. We hope you enjoy using your new ALMAFIT™ Elysium™ Reformer!


## **This warranty is issued by Alma-Fit LLC.**

Contact details: 8765 Sawgrass Way, Duluth GA, 30097 US. Telephone + 1 [248-520-0548](tel:248-520-0548). Email: [info@alma-fit.com](mailto:info@alma-fit.com)

For more information about ALMAFIT™ Pilates equipment please visit: [www.alma-fit.com](http://www.alma-fit.com)  
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# ALMAFIT™

## **Documents / Resources**

	<a href="#">ALMAFIT Assembly Elysium Reformer [pdf]</a> User Guide Assembly Elysium Reformer, Elysium Reformer, Reformer
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References

- [User Manual](#)

Related Posts



[IKEA LYCKSELE User Guide](#)

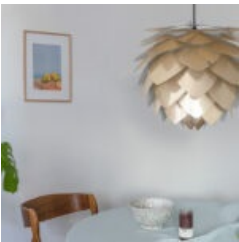
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