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PAETA PR10

PAETA PR10 Pilates Reformer with Tower Instruction Manual

MODEL: PR10

1. Introduction

Thank you for choosing the PAETA PR10 Pilates Reformer with Tower. This versatile equipment is designed to provide a comprehensive Pilates workout experience in the comfort of your home or studio. Combining the dynamic movement of a reformer with the precise control of a tower, it offers a wide range of exercises to enhance strength, flexibility, and overall well-being.

This manual provides essential information for the safe and effective assembly, operation, and maintenance of your PAETA PR10 Pilates Reformer. Please read it thoroughly before initial use and keep it for future reference.

2. Safety Information

- Consult with a healthcare professional before starting any new exercise program.
- Ensure all components are securely fastened before each use. Regularly inspect the equipment for any signs of wear or damage.
- Keep children and pets away from the equipment during operation.
- Use the equipment on a flat, stable surface.
- Do not exceed the maximum weight capacity of 800 lbs.
- Always maintain proper form and control during exercises to prevent injury.
- If you experience pain or discomfort, stop exercising immediately.

3. Package Contents

Your PAETA PR10 Pilates Reformer with Tower package includes the following components:

- Pilates Reformer Base
- Pilates Tower Frame
- Carriage Bed with Headrest and Shoulder Pads
- Footbar
- Springs (various resistances)
- Ropes and Handles
- Pulleys and Risers
- Sitting Box
- Jumpboard
- Converter Mat
- Push-Through Bar
- Assembly Hardware and Tools
- Instruction Manual

The product is delivered in three separate boxes. Please ensure all parts are present before beginning assembly.

4. Setup & Assembly

For a detailed step-by-step assembly guide, please refer to the official installation video provided below. It covers the complete process of setting up your PAETA PR10 Pilates Reformer with Tower.

Your browser does not support the video tag.

Video Description: This video provides a comprehensive step-by-step installation guide for the PAETA Pilates Reformer with Tower. It visually demonstrates each stage of assembly, from unboxing to final setup, ensuring a smooth and correct installation process.

Key assembly points include:

- Assembling the main wooden frame.
- Attaching the support legs.
- Installing the spring fixing iron piece and limit blocks.
- Mounting the rope risers and footbar mechanism.
- Placing the carriage bed, shoulder rests, and strap handles.
- Assembling and attaching the tower components, including suspension rings and the wooden round rod.
- Connecting the springs and straps to the tower.

Maximize Versatility Without Extra Space!



Image Description: An assembled PAETA PR10 Pilates Reformer with Tower, showcasing its wooden frame, black padded carriage, and white tower with various springs and straps. This image provides an overview of the complete setup.

5. Operating Instructions

The PAETA PR10 offers dual functionality as both a reformer and a tower, allowing for a wide array of exercises. The converter mat facilitates quick transitions between modes.

5.1. Adjusting Resistance and Components

- **Springs:** The reformer features premium piano wire springs with varying resistances, tested for 50,000 uses. Adjust the number and type of springs attached to the carriage for desired resistance.
- **Rope Length:** Easily adjust the rope length for different exercises and user heights.
- **Pulley Risers:** The pulley risers are 6-height adjustable, allowing for varied angles and intensity.
- **Footbar:** The footbar offers 7 settings for angle adjustment, accommodating diverse exercises and body types.
- **Shoulder Pads & Headrest:** The shoulder pads and headrest provide high-density foam padding for

comfort and support. The headrest is 2-position adjustable.

- **Push-Through Bar:** The push-through bar on the tower is height-adjustable with pins for convenience and versatility.



Image Description: A close-up view highlighting the adjustable features of the PAETA PR10, including the 6-height pulley risers, 2-position headrest and shoulder pads, 7-settings footbar, and high elastic silent PU wheels for smooth operation.

5.2. Using Accessories

- **Sitting Box:** The sitting box can be placed on the carriage or floor for various seated exercises, adding challenge and variety.
- **Jumpboard:** The extra-large, thick jumpboard attaches to the footbar end, providing a stable surface for plyometric exercises and cardio workouts. It features a knob lock for stability.

5.3. Folding and Unfolding

The PAETA PR10 is designed for easy folding and unfolding, making it suitable for spaces with limited room. For a visual demonstration of how to fold and unfold the reformer, please watch the video below.

Your browser does not support the video tag.

Video Description: This video demonstrates the process of folding and unfolding the PAETA Pilates Reformer, highlighting its space-saving design and ease of storage. It also shows how to prepare the reformer for use after

unfolding.

5.4. Exercise Demonstrations

To explore various exercises and routines suitable for your PAETA PR10, refer to the official exercise video:

Your browser does not support the video tag.

Video Description: This video, titled 'Flow, Tone, & Lengthen: PR10 Evo Reformer W/ Tower', showcases various Pilates exercises performed on the PAETA PR10 Reformer with Tower, demonstrating its versatility for full-body workouts.



Dual-Function

Level up your practice



Image Description: A collage of images demonstrating the dual-functionality of the PAETA PR10 Pilates Reformer. It shows a user performing exercises on both the reformer bed and utilizing the tower for various stretches and resistance training, highlighting its versatility.

6. Maintenance

- **Cleaning:** Wipe down the frame and upholstery with a damp cloth after each use. Avoid harsh chemicals that may damage the materials.

- **Springs:** Regularly inspect springs for any signs of stretching, rust, or damage. Replace worn springs immediately.
- **Ropes and Pulleys:** Check ropes for fraying and ensure pulleys move smoothly. Lubricate if necessary.
- **Frame and Fasteners:** Periodically check all bolts and fasteners to ensure they are tight. Tighten as needed.

7. Troubleshooting

- **Squeaking Noises:** Check for loose bolts or components. Apply a small amount of silicone lubricant to moving parts if necessary.
- **Uneven Carriage Movement:** Inspect the tracks for debris and clean them. Ensure the wheels are free from obstruction and rolling smoothly.
- **Spring Issues:** If a spring feels too loose or too tight, ensure it is correctly attached. If damaged, replace it.
- **Difficulty Adjusting Components:** Ensure no debris is blocking the adjustment mechanisms. Apply light lubricant if parts are stiff.

If you encounter persistent issues not covered here, please contact PAETA customer service for assistance.

8. Specifications

Brand Name	PAETA
Model Name	PR10
Color	Wood
Material	Alloy Steel, Oak Wood
Suggested Users	Unisex-Adult
Included Components	Reformer with Tower, Pilates Box, Jumpboard
Maximum Capacity	800 lbs

Product Dimensions

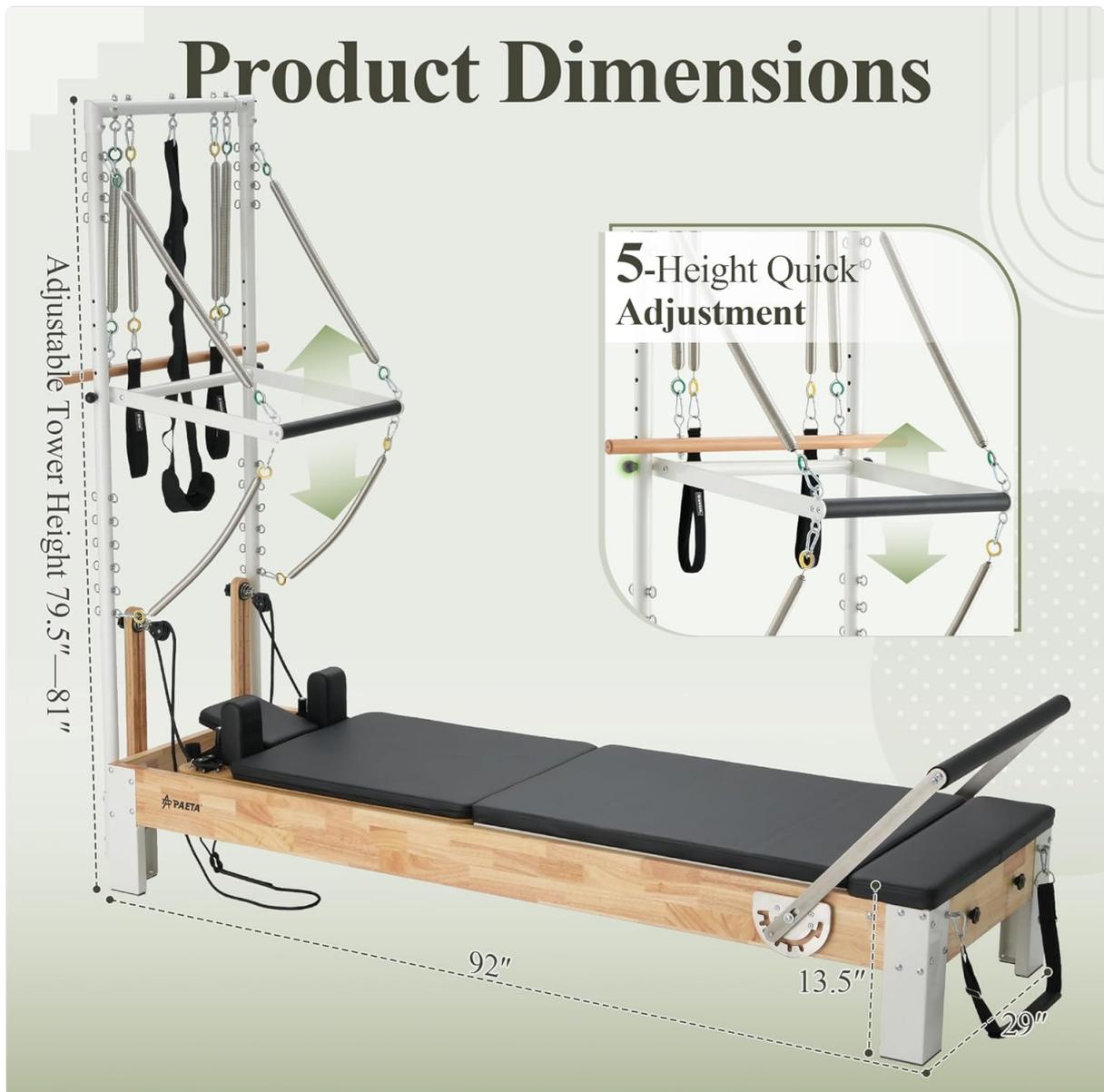


Image Description: An illustration detailing the product dimensions of the PAETA PR10 Pilates Reformer with Tower. Key measurements such as total length (92"), height (29"), and adjustable tower height (79.5"-81") are clearly indicated.

Superior Quality Built to Last

Strength Meets Elegance



Steel Support Feet



Solid Oak Frame



High-Quality Steel Pipe



Image Description: A detailed view showcasing the superior quality construction of the PAETA PR10 Pilates Reformer. It highlights the solid oak frame, reinforced steel tubing, and steel support feet, emphasizing durability and stability.

9. Warranty & Support

PAETA is committed to providing high-quality products and excellent customer service.

- **Warranty:** Your PAETA PR10 Pilates Reformer comes with a 2-year warranty.
- **Customer Service:** Our customer service team is available to assist with any questions or concerns. You can expect a quick reply within 24 hours.
- **Return Policy:** Enjoy a 30-day unconditional return policy.
- **Technical Support:** Lifetime technical support is provided for your product.

For support, please refer to the contact information provided with your purchase documentation or visit the official PAETA website.

