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VEVOR S1002

VEVOR Pilates Reformer (Model S1002) Instruction Manual

Basic Version

1. Safety Information

Please read and understand all instructions before assembling and using the VEVOR Pilates Reformer. Retain this manual for future reference.

- Consult a physician before starting any new exercise program.
- Ensure all components are securely fastened before each use.
- Do not exceed the maximum weight capacity of 400 lbs (181 kg).
- Keep children and pets away from the equipment during use.
- Use the equipment on a flat, stable surface.
- Inspect the reformer for any signs of wear or damage before each workout. Do not use if damaged.
- Wear appropriate athletic attire and footwear.

2. Product Overview

The VEVOR Pilates Reformer (Model S1002) is a versatile fitness machine designed for full-body workouts, suitable for both beginners and advanced users. It features a sturdy cast iron frame, dual resistance springs and cords, and a foldable design for convenient storage.



Image 2.1: VEVOR Pilates Reformer, Basic version.

Key Features:

- **Premium Structure:** Sturdy, wear-resistant cast iron frame supporting up to 400 lbs. Ergonomically designed.
- **Comprehensive Configuration:** Includes high-density foam shoulder pads, non-slip mat, 5 springs, and other necessary components.
- **Premium Springs:** 5 levels of spring resistance (3 strong red springs, 2 light gray springs) for varied intensity.

- **Enhanced Core Training:** Facilitates full-body workouts targeting legs, quads, calves, and core. Smooth, adjustable pulley system for arm and leg exercises.
- **Foldable Design:** Folds to 43x22x9 inches (108x57x22 cm) for minimal storage space.

3. Setup Instructions

The VEVOR Pilates Reformer is designed for straightforward assembly. Follow these steps to set up your machine.

3.1 Unpacking and Initial Setup

1. Carefully remove all components from the packaging.
2. Place the main reformer frame on a flat, clear surface.
3. Identify all parts against the included parts list to ensure everything is present.



Image 3.1: All components of the Pilates Reformer laid out before assembly.

3.2 Unfolding the Reformer

The reformer comes pre-assembled in a folded configuration. Follow the steps in the video below to unfold and prepare the frame.

Video 3.1: This video demonstrates the unfolding and initial assembly process for a foldable Pilates reformer. While the model shown may vary slightly, the general steps for unfolding and securing the frame are applicable.

1. Release any securing straps or pins holding the reformer in its folded position.
2. Carefully extend the frame until it is fully open and flat.
3. Secure the frame in the open position using the provided locking mechanisms or pins.
4. Attach the foot bar and shoulder rests as shown in the video.

3.3 Attaching Accessories

Once the main frame is set up, attach the remaining accessories.

- **Pulleys:** Insert the pulley posts into the designated holes at the head of the reformer and secure them.
- **Cords:** Thread the resistance cords through the pulleys and attach the hand/foot straps.
- **Springs:** Attach the resistance springs to the carriage and the spring bar. The reformer includes 3 strong red springs and 2 light gray springs.

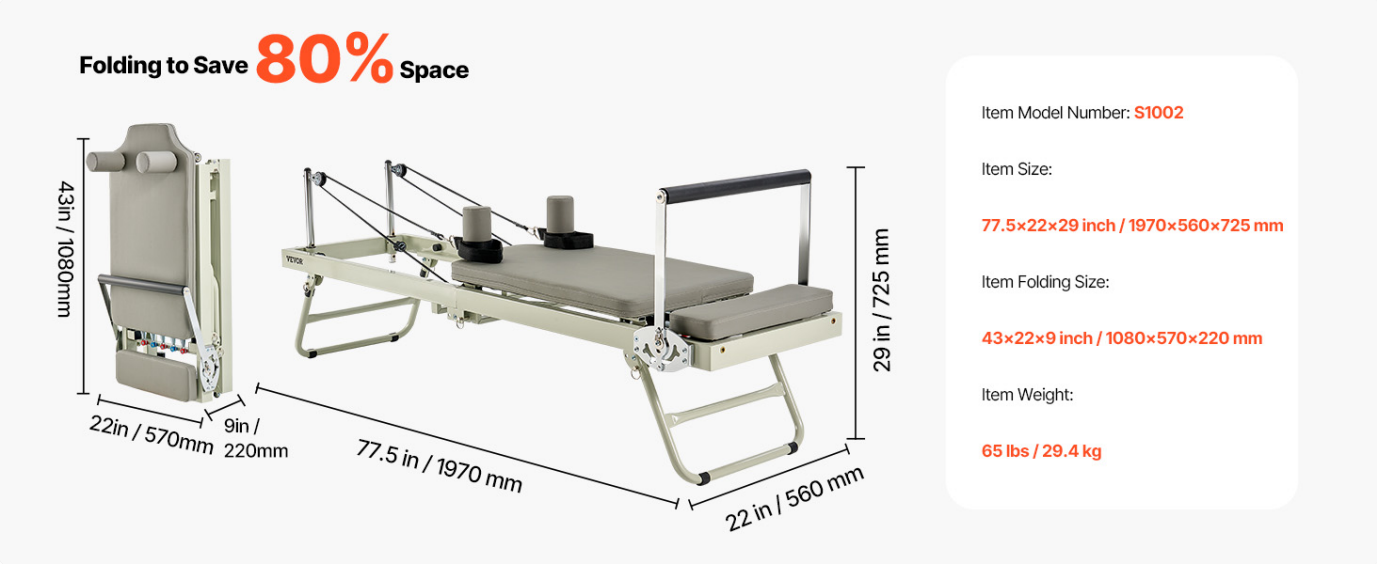


Image 3.2: Close-up view of the five silent springs equipped on the Pilates reformer, showing their attachment points and varying resistance levels.

4. Operating Instructions

The VEVOR Pilates Reformer offers a wide range of exercises. Always ensure proper form and adjust resistance levels to match your fitness level.

4.1 Adjusting Resistance

The reformer features 5 springs for adjustable resistance. You can attach or detach springs from the carriage to increase or decrease the intensity of your workout. The set includes 3 strong (red) springs and 2 light (gray) springs.



Image 4.1: The reformer's spring system, illustrating the five silent springs that provide adjustable resistance for various exercises.

4.2 Basic Usage and Exercises

The reformer allows for a variety of exercises targeting different muscle groups. Here are some examples:

- **Footwork:** Lie on the carriage with feet on the foot bar. Push and pull the carriage using your legs to strengthen glutes, hamstrings, and calves.
- **Arm Work:** Sit or kneel on the carriage, holding the straps. Perform exercises like bicep curls, tricep extensions,

and chest presses.

- **Core Work:** Engage your core with exercises such as crunches, planks, and oblique twists.

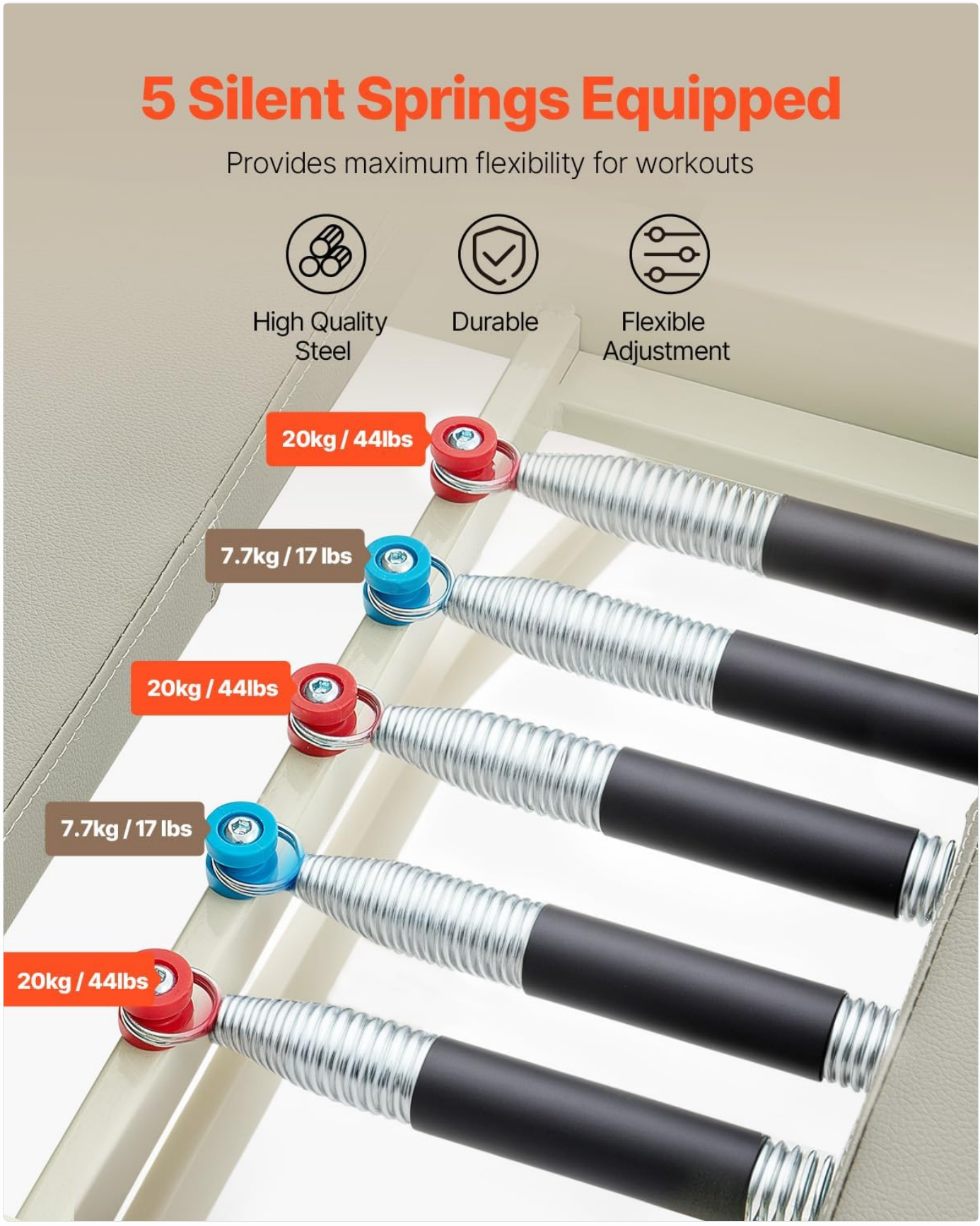


Image 4.2: A user performing leg exercises on the Pilates Reformer, demonstrating the use of the foot straps and carriage for lower body strengthening.



Image 4.3: A user demonstrating a plank exercise on the Pilates Reformer, highlighting its versatility for core engagement.

Video 4.1: This video showcases various exercises that can be performed on a foldable Pilates reformer, including leg work, arm exercises, and core strengthening routines.

5. Maintenance

Regular maintenance ensures the longevity and safe operation of your Pilates Reformer.

- **Cleaning:** Wipe down the frame and upholstery with a damp cloth after each use. Use mild soap and water for deeper cleaning, avoiding harsh chemicals.
- **Lubrication:** Periodically check and lubricate moving parts, such as the carriage wheels and pulleys, with a silicone-based lubricant to ensure smooth operation.
- **Springs:** Inspect springs for any signs of rust, stretching, or damage. Replace worn springs immediately.
- **Cords and Straps:** Check cords and straps for fraying or wear. Replace if necessary.
- **Storage:** When not in use, the reformer can be folded and stored upright or horizontally to save space.

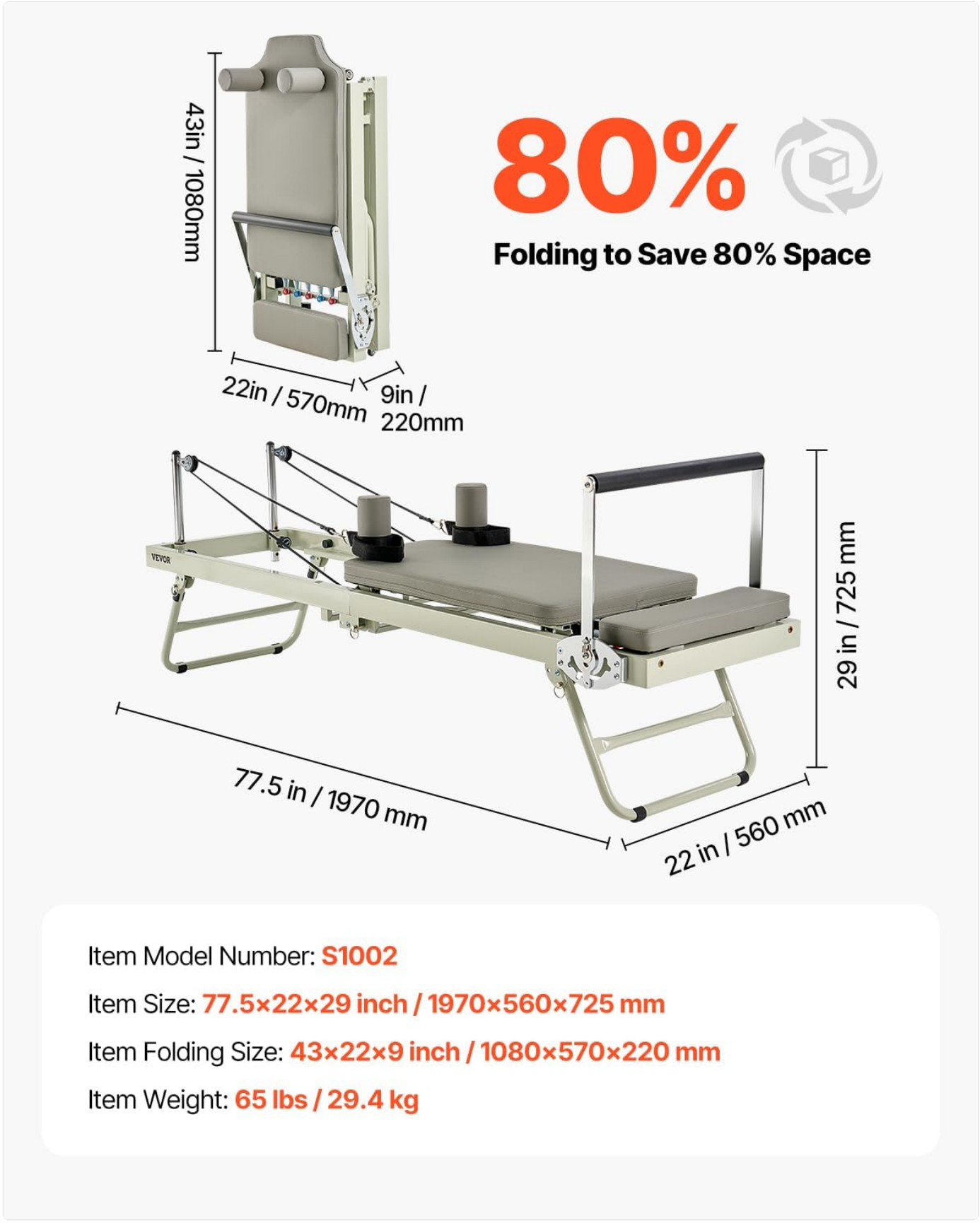


Image 5.1: The Pilates Reformer in its folded configuration, showing its compact dimensions for storage.

6. Troubleshooting

If you encounter any issues with your VEVOR Pilates Reformer, refer to the following common problems and solutions:

Problem	Possible Cause	Solution
Carriage not sliding smoothly	Dust or debris on tracks; worn wheels; insufficient lubrication.	Clean tracks with a damp cloth. Inspect and replace worn wheels. Apply silicone lubricant to wheels and tracks.
Squeaking noises during use	Lack of lubrication on moving parts; loose fasteners.	Lubricate carriage wheels, pulleys, and spring attachments. Tighten all bolts and screws.
Uneven resistance from springs	Damaged or stretched spring; incorrect spring attachment.	Inspect all springs for damage and replace if necessary. Ensure springs are correctly hooked to the carriage and spring bar.
Foot bar or shoulder rests feel unstable	Loose adjustment knobs or pins.	Ensure all adjustment knobs and pins are fully tightened and engaged in their respective positions.

7. Specifications

- **Model Number:** S1002
- **Product Dimensions (Unfolded):** 208 x 56 x 72.5 cm (81.9 x 22 x 28.5 inches)
- **Product Dimensions (Folded):** 108 x 57 x 22 cm (43 x 22 x 9 inches)
- **Item Weight:** 29.4 kg (64.82 lbs)
- **Maximum Weight Recommendation:** 400 lbs (181 kg)
- **Material:** Cast Iron
- **Color:** Grey
- **Included Components:** 1 x Pilates Reformer, 1 x Set of Accessories (shoulder pads, non-slip mat, 5 springs, straps, tools)
- **UPC:** 197988509936

8. Warranty and Support

For warranty information, product support, or to order replacement parts, please contact VEVOR customer service. Keep your purchase receipt and model number (S1002) handy for faster service.
You can find more information and contact details on the official VEVOR website:VEVOR Store

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