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› **VEVOR Pilates Reformer Cadillac Machine User Manual S700-F-B**

VEVOR S700-F-B

VEVOR Pilates Reformer Cadillac Machine User Manual

Model: S700-F-B

Brand: VEVOR

1. INTRODUCTION

This manual provides essential instructions for the safe and effective assembly, operation, and maintenance of your VEVOR Pilates Reformer Cadillac Machine. Please read this manual thoroughly before using the equipment and retain it for future reference. Proper understanding and adherence to these guidelines will ensure optimal performance and longevity of your machine.

6 Silent Springs Equipped

3 Rows for Freedom Choice
Provides maximum flexibility for workouts



Imported
Piano Steel



Durable



Flexible
Adjustment



Piano Steel
Technology

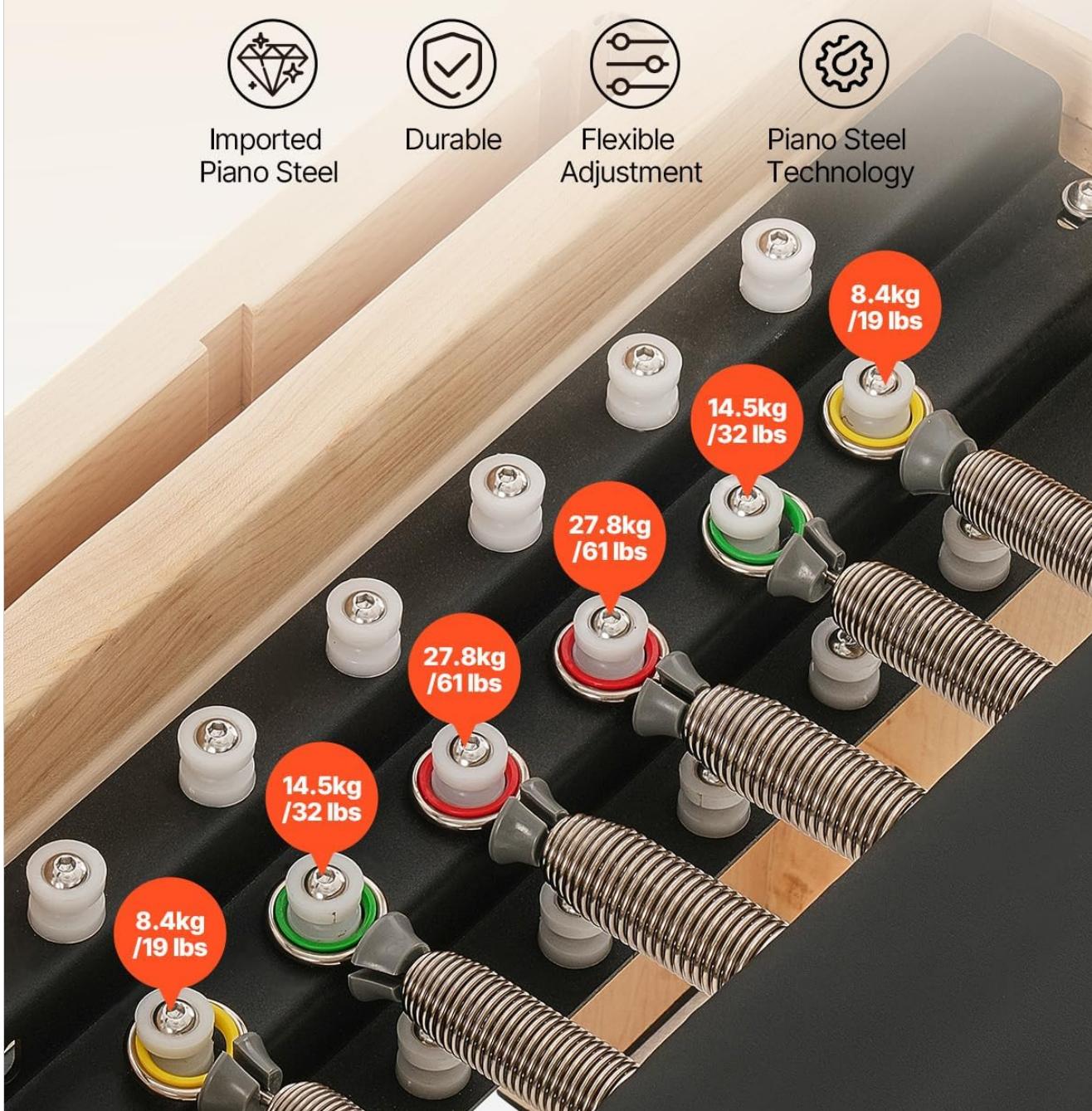


Figure 1: VEVOR Pilates Reformer Cadillac Machine, a comprehensive home gym solution.

2. IMPORTANT SAFETY INFORMATION

Before using the Pilates Reformer Cadillac Machine, please observe the following safety precautions:

- Consult a physician before starting any new exercise program.
- Ensure all components are securely assembled and tightened before each use.
- Keep children and pets away from the machine during operation.

- Use the machine on a stable, level surface.
- Inspect the machine for any signs of wear or damage before each use. Do not use if damaged.
- Do not exceed the maximum weight capacity of 400 lbs (181 kg).
- Wear appropriate athletic attire and footwear.
- Perform exercises slowly and with control. Avoid sudden or jerky movements.

3. COMPONENTS OVERVIEW

Your VEVOR Pilates Reformer Cadillac Machine includes the following main components:

- Main Reformer Frame (Maple Wood)
- Cadillac Tower (Metal)
- Carriage with Microfiber Leather Padding
- Adjustable Footbar
- Shoulder Pads
- Headrest
- Springs (2 Strong Red, 2 Medium Green, 2 Light Yellow)
- Pulleys and Ropes
- Jump Board
- Pilates Box
- Push-Through Bar
- Roll-Down Bar
- Fuzzy Straps
- Safety Chain



Figure 2: All included components for the Pilates Reformer Cadillac Machine.

4. SETUP AND ASSEMBLY

The VEVOR Pilates Reformer Cadillac Machine requires assembly. Follow the steps below carefully. It is recommended to have at least two people for assembly due to the size and weight of some components.

4.1 Unpacking

Carefully remove all components from the packaging. Lay them out on a clean, flat surface and verify all parts are present against the packing list. Keep all packaging materials until assembly is complete.

4.2 Main Frame Assembly

1. Attach the footbar support brackets to the main frame using the provided hardware. Ensure they are securely tightened.
2. Install the adjustable footbar into the support brackets.
3. Place the carriage onto the rails of the main frame. Ensure it glides smoothly.

4.3 Cadillac Tower Assembly

The Cadillac Tower consists of several metal poles and connectors. Refer to the video for detailed visual guidance.

1. Connect the vertical support poles to the main reformer frame using the designated attachment points and screws.
2. Assemble the horizontal bars of the tower, ensuring all connection points are secure.
3. Attach the top frame of the Cadillac Tower to the vertical poles.
4. Secure all connections with the provided screws and tools.

4.4 Attaching Accessories

1. Attach the springs to the spring bar and the carriage. The set includes 2 strong (red), 2 medium (green), and 2 light (yellow) springs for varied resistance.
2. Install the pulleys and ropes. Ensure the ropes run smoothly through the pulleys.
3. Attach the hand straps and foot straps to the ropes.
4. Place the shoulder pads and headrest on the carriage.
5. Attach the Push-Through Bar and Roll-Down Bar to the Cadillac Tower using the appropriate hooks and safety chains.
6. Position the Jump Board and Pilates Box as needed for your exercises.

For a visual guide on assembly, please watch the following video:

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Video 1: Detailed assembly instructions for the VEVOR Pilates Reformer Cadillac Machine.

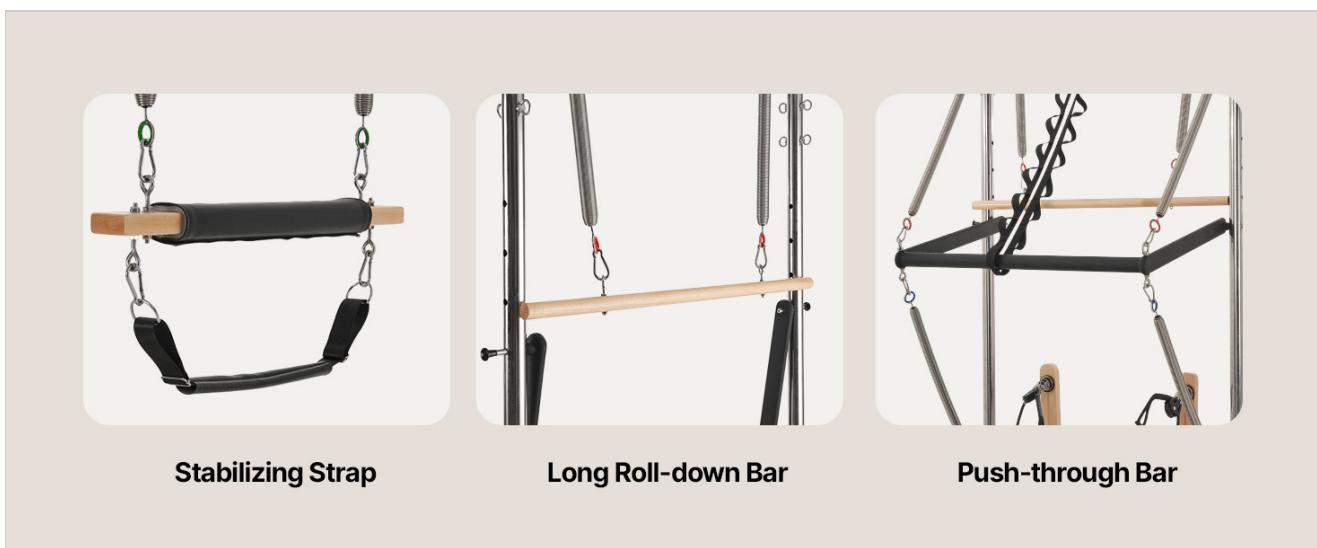


Figure 3: Close-up of the 6 silent springs, offering varied resistance levels.

5. OPERATING INSTRUCTIONS

The VEVOR Pilates Reformer Cadillac Machine offers a versatile workout experience. Familiarize yourself with its adjustable features to customize your routine.

5.1 Adjusting Resistance

The machine is equipped with 6 high-quality piano steel springs: 2 strong (red), 2 medium (green), and 2 light (yellow). Adjust the resistance by attaching or detaching springs from the spring bar to the carriage. Experiment with different combinations to find the appropriate challenge for each exercise.

5.2 Footbar Adjustment

The footbar is 4-level adjustable. To adjust, release the locking mechanism, move the footbar to the desired position, and re-engage the lock. Ensure it is securely in place before use.

5.3 Using the Cadillac Tower

The Cadillac Tower provides additional exercise options. Utilize the Push-Through Bar, Roll-Down Bar, and various spring attachment points for a full-body workout. Always ensure bars and springs are securely attached before applying pressure.

Multi-Function Pilates Reformer

Ergonomic and height-appropriate

Full-body Strength

Flexibility

Balance

Figure 4: Demonstrating the multi-functional capabilities of the Pilates Reformer Cadillac.

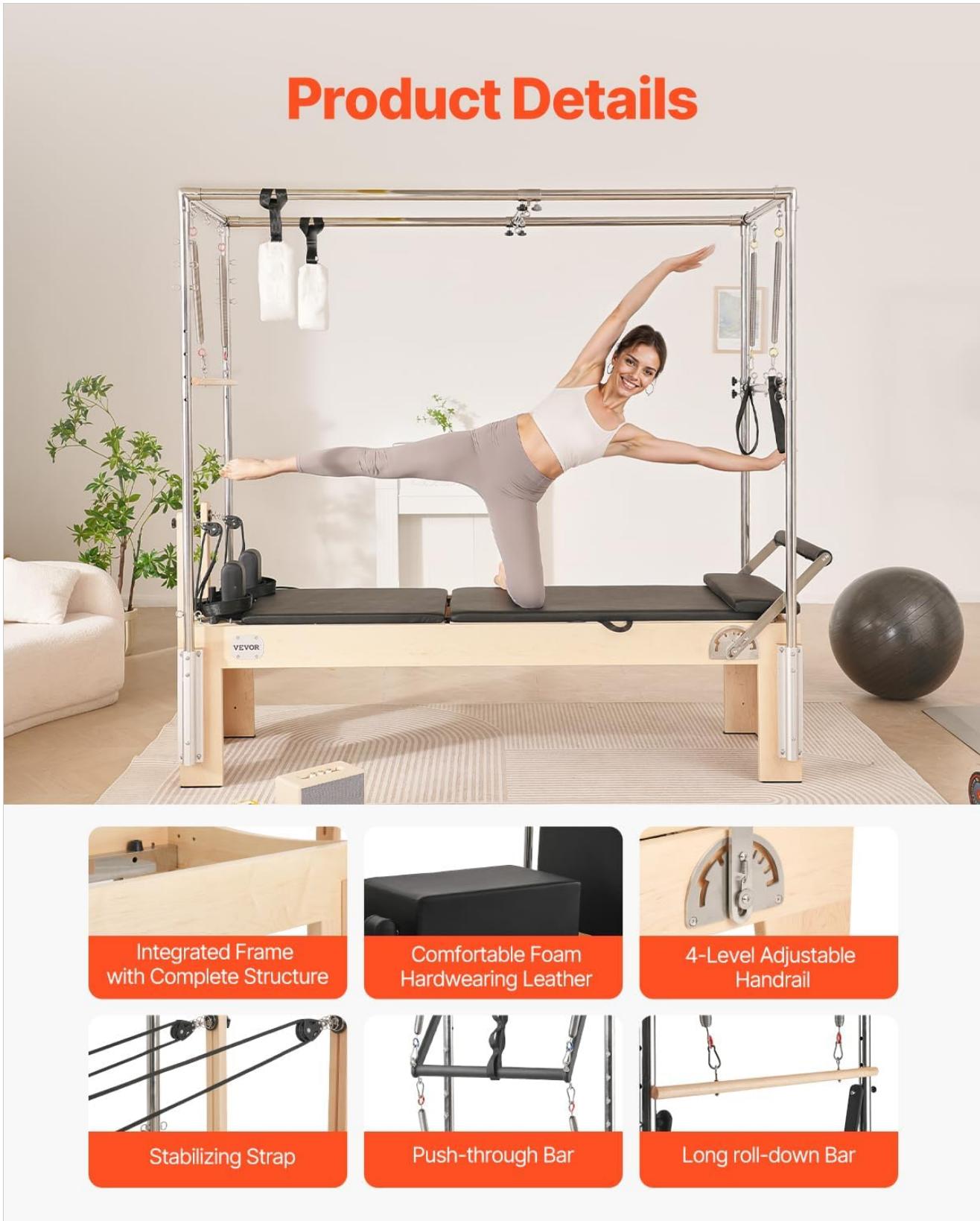


Figure 5: Key features including integrated frame, comfortable foam, adjustable handrail, stabilizing strap, push-through bar, and long roll-down bar.

6. MAINTENANCE

Regular maintenance ensures the safety and longevity of your Pilates Reformer Cadillac Machine.

- Cleaning:** Wipe down the frame and upholstery with a damp cloth after each use. For the microfiber leather,

use a mild soap solution if necessary, then wipe dry. Avoid harsh chemicals.

- **Inspection:** Periodically check all nuts, bolts, and connections for tightness. Ensure springs are free from rust or damage. Inspect ropes and pulleys for fraying or wear.
- **Lubrication:** Apply a silicone-based lubricant to the carriage wheels and rails every few months or as needed to maintain smooth operation.
- **Storage:** Store the machine in a dry, temperate environment away from direct sunlight or extreme temperatures.

7. TROUBLESHOOTING

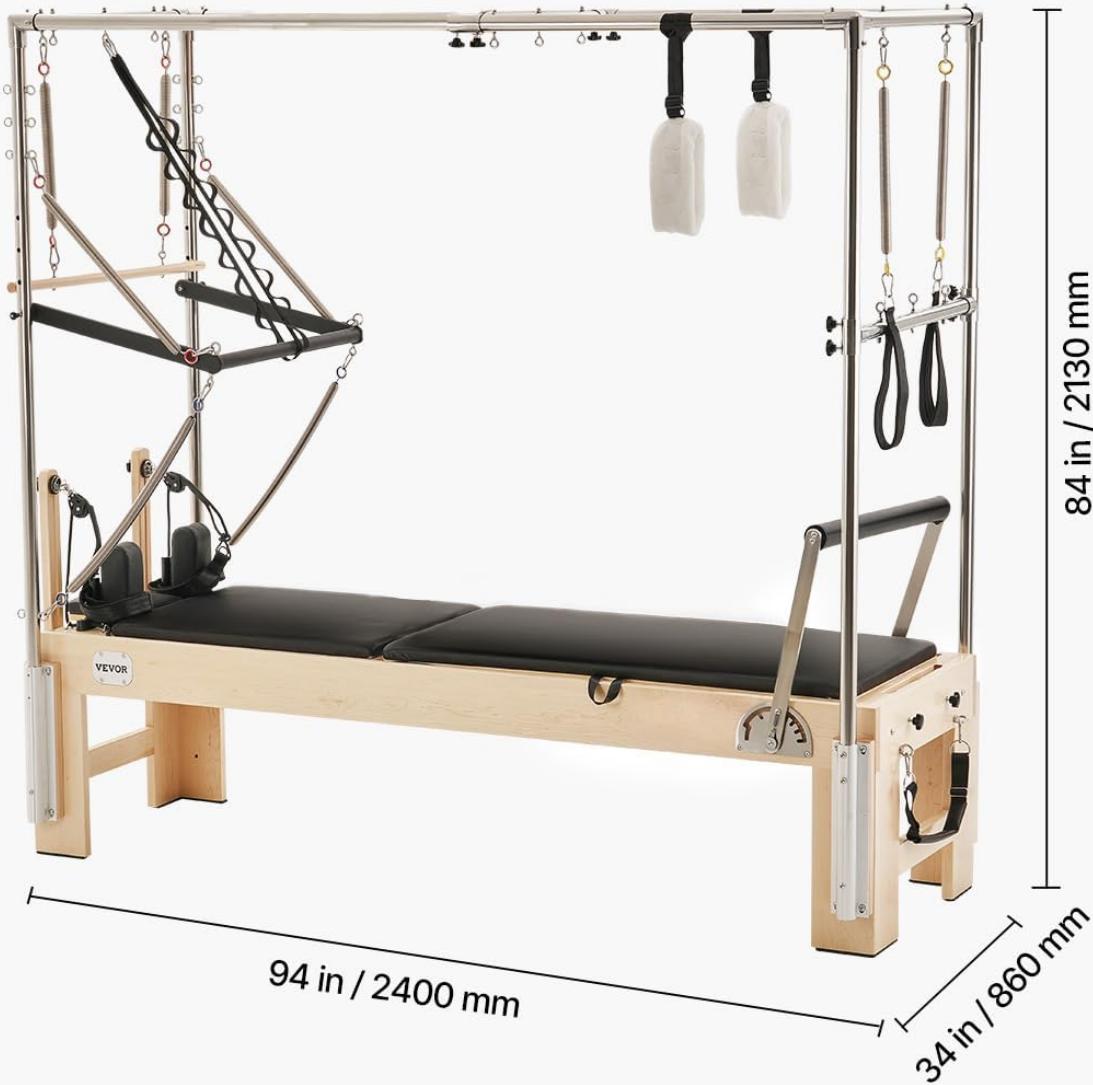
If you encounter any issues with your Pilates Reformer Cadillac Machine, refer to the following common problems and solutions:

- **Squeaking Noise:** Check all connections for tightness. Lubricate carriage wheels and rails with silicone spray. Ensure springs are properly attached and not rubbing against each other.
- **Carriage Not Moving Smoothly:** Inspect the rails for debris and clean if necessary. Lubricate the rails and wheels. Check for any obstructions.
- **Loose Components:** Regularly check and tighten all bolts and screws. If a part is consistently loosening, apply thread locker (e.g., Loctite) to the threads before re-tightening.
- **Springs Not Providing Consistent Resistance:** Ensure springs are correctly attached. If a spring appears stretched or damaged, replace it immediately.

If the problem persists after attempting these solutions, please contact VEVOR customer support.

8. SPECIFICATIONS

Feature	Specification
Model Name	Pilates Reformer
Model Number	S700-F-B
Brand	VEVOR
Material	Maple Wood, Metal
Item Weight	337.3 Pounds (153 kg)
Max. User Weight Capacity	400 lbs (181 kg)
Spring Resistance Levels	6 (2 Red, 2 Green, 2 Yellow)
Item Package Dimensions (L x W x H)	92.13 x 31.5 x 30.71 inches
Item Size (L x W x H)	94 x 34 x 84 inches (2400 x 860 x 2130 mm)
UPC	197988671787



Item Model Number: **S700-F-B**

Item Size: **94x34x84 inch / 2400x860x2130 mm**

Item Weight: **337 lbs / 153 kg**

Figure 6: Detailed dimensions of the Pilates Reformer Cadillac Machine.

9. WARRANTY AND SUPPORT

VEVOR products are designed for durability and performance. For specific warranty details, please refer to the warranty card included with your product or visit the official VEVOR website. If you require technical assistance, have questions about product operation, or need to report a defect, please contact VEVOR customer support through their official channels. Provide your model number (S700-F-B) and UPC (197988671787) for faster service. You can visit the VEVOR store for more information: [VEVOR Store](#)

