

JELENS JP01

JELENS JP01 Foldable Pilates Reformer Instruction Manual

Model: JP01

1. INTRODUCTION

This manual provides detailed instructions for the JELENS JP01 Foldable Pilates Reformer. This equipment is designed to enhance your Pilates practice at home or in a gym setting, offering a full-body workout experience. It features a robust design with adjustable resistance and height settings, catering to both beginners and advanced users.

The JELENS JP01 Pilates Reformer combines strength training with flexibility enhancement, improving body control and core strength. Please read this manual thoroughly before assembly and use to ensure safe and effective operation.

2. SAFETY INFORMATION

Important Safety Instructions:

- Consult a physician before starting any new exercise program.
- Read all instructions in this manual before using the equipment.
- Keep children and pets away from the equipment during use.
- Place the reformer on a flat, stable surface. Ensure adequate space around the equipment for safe operation.
- Inspect the reformer for any damaged or worn parts before each use. Do not use if any components are compromised.
- Do not exceed the maximum user weight capacity of 440 lbs (200 kg).
- Wear appropriate athletic clothing and footwear.
- Stop exercising immediately if you feel pain, dizziness, or nausea.
- Ensure all adjustment pins and locking mechanisms are securely engaged before starting your workout.

3. PACKAGE CONTENTS

Upon unpacking, please verify that all components are present:

- JELENS JP01 Pilates Reformer Unit (95% pre-installed)
- Instruction Manual
- Any included tools for final assembly (if applicable)

If any parts are missing or damaged, please contact customer support immediately.

4. SETUP AND ASSEMBLY

The JELENS JP01 Pilates Reformer arrives 95% pre-installed, requiring only a few simple steps to prepare for use.

4.1 Unfolding the Reformer

The reformer is designed for easy folding and storage. To unfold:

1. Place the folded reformer on a clear, flat surface.
2. Carefully extend the main frame until it locks into its fully open position. Listen for a click to confirm it is secure.
3. Ensure all support legs are firmly on the ground and stable.

EASY TO MOVE & STORE



Figure 4.1: The JELENS JP01 Pilates Reformer being moved and stored, highlighting its foldable design and integrated wheels for convenience.

4.2 Initial Inspection

Before first use, visually inspect the following:

- **Springs and Ropes:** Ensure all four springs and five latex ropes are securely attached and show no signs of wear or damage.
- **Carriage:** Check that the carriage moves smoothly along the tracks without obstruction.
- **Footbar and Pulleys:** Verify that the footbar and pulley system are correctly installed and can be adjusted.

5. OPERATING INSTRUCTIONS

The JELENS JP01 Pilates Reformer offers various adjustments to customize your workout.

5.1 Adjusting Resistance

The reformer is equipped with four springs and five high-elasticity latex ropes. These can be combined to adjust the resistance level according to your exercise plan and target muscle groups.

- **Springs:** Attach or detach springs from the carriage to increase or decrease resistance. More springs mean higher resistance.
- **Latex Ropes:** The five latex ropes provide additional, finer resistance adjustments.

ULTIMATE COMFORT MEETS DURABILITY



Figure 5.1: The resistance system of the JELENS JP01 Pilates Reformer, illustrating the adjustable springs and latex ropes for customized workouts.

5.2 Adjusting Footbar and Pulleys

The footbar and pulley heights are adjustable to accommodate different exercises and user heights.

- **Footbar:** The footbar has 4 position adjustments for various workout requirements. Release the locking mechanism, adjust to the desired angle, and ensure it clicks securely into place.
- **Pulleys:** The pulley rods offer 3 height adjustable settings. Adjust the pulley height to change the angle and intensity of arm and leg exercises.

ADAPTABLE TO SUIT ALL YOUR NEEDS

4

Position Adjustment
Footbar For Various Workout



Foot Pedal



3



Height Adjustable
Pulley Rods

Pulley

Figure 5.2: Adjustable footbar and pulley system, demonstrating how to customize the reformer for different exercises and user preferences.

5.3 Performing Exercises

The JELENS JP01 Pilates Reformer supports a wide range of exercises for a full-body workout, including body sculpting, muscle strengthening, balance and coordination improvement, flexibility enhancement, and cardiopulmonary elevation.



Figure 5.3: Examples of full-body exercises that can be performed on the JELENS JP01 Pilates Reformer.

For specific exercise routines and techniques, it is recommended to consult a certified Pilates instructor or refer to professional Pilates resources.

6. MAINTENANCE

Regular maintenance ensures the longevity and safe operation of your JELENS JP01 Pilates Reformer.

- **Cleaning:** Wipe down the frame, carriage, and upholstery with a damp cloth after each use. Use mild soap and water for deeper cleaning, avoiding harsh chemicals. The cushion and backrest are made of breathable leather for easy cleaning.
- **Inspection:** Periodically check all bolts, nuts, and moving parts for tightness. Ensure springs and ropes are free from fraying or damage.
- **Lubrication:** The silent wheels and smooth tracks are designed for quiet operation. If any squeaking occurs, a small amount of silicone-based lubricant can be applied to the tracks, avoiding contact with the wheels themselves.
- **Storage:** When not in use, the reformer can be folded and stored to save space. The folded size is approximately 48.4" x 21.3" x 9.5".

TRAPEZOIDAL FRAME STRUCTURE IS SMOOTH AND SAFE

440LBS



Muscles



Sculpting



Balance



Endurance

Figure 6.1: The comfortable and durable cushion material, designed for easy maintenance.

SMOOTH AND STABLE EXPERIENCE



Figure 6.2: The durable steel rail and multi-directional wheels contribute to a smooth and stable workout, requiring minimal maintenance.

7. TROUBLESHOOTING

If you encounter any issues with your JELENS JP01 Pilates Reformer, refer to the following common problems and solutions:

- **Carriage not moving smoothly:**
 - Check tracks for debris and clean if necessary.
 - Inspect wheels for damage or obstruction.
- **Unusual noises during operation:**
 - Ensure all bolts and connections are tight.
 - Check springs for proper attachment and condition.
 - Apply a small amount of silicone lubricant to the tracks if squeaking persists.
- **Resistance feels inconsistent:**

- Verify that springs are correctly attached and in good condition.
- Check latex ropes for wear or stretching.

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

8. SPECIFICATIONS

Feature	Detail
Model Name	JP01
Brand	JELENS
Material	Alloy Steel
Color	White
Maximum User Weight	440 LBS (200 kg)
Resistance System	4 Springs, 5 High Elasticity Latex Ropes
Adjustments	Adjustable Footbar (4 positions), Adjustable Pulley Rods (3 heights)
Unfolded Dimensions (L x W x H)	Approx. 75.2" x 23.62" x 36.61"
Folded Dimensions (L x W x H)	Approx. 48.4" x 21.3" x 9.5"
Package Weight	88.2 Pounds

PERFECT FOR COMPACT SPACES



Figure 8.1: Dimensions of the JELENS JP01 Pilates Reformer, both unfolded and folded for compact storage.

FULL-BODY WORKOUT



Body
Sculpting



Strengthen
Muscles



Balance &
Coordination



Body
Flexible



Cardiopulmonary
Elevation

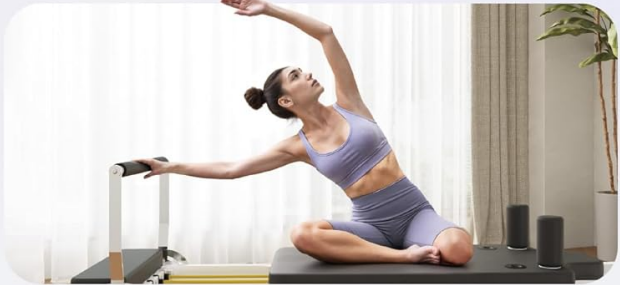
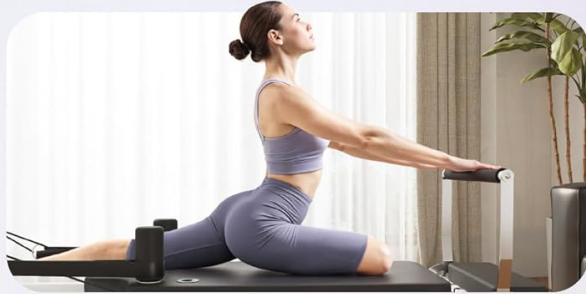


Figure 8.2: The robust trapezoidal frame structure, supporting up to 440 LBS.

9. WARRANTY AND SUPPORT

9.1 Warranty Information

The JELENS JP01 Pilates Reformer comes with a **1-year warranty** from the date of purchase. This warranty covers manufacturing defects and material flaws under normal use. It does not cover damage resulting from misuse, accidents, unauthorized modifications, or improper maintenance.

9.2 Customer Support

JELENS is committed to providing professional after-sales support. If you have any questions, concerns, or require assistance with your Pilates reformer, please do not hesitate to contact our service team. We are dedicated to providing specific solutions based on your needs.

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

