

Align-Pilates®



F3 Folding Reformer

Assembly Instructions
& User Manual

Translations

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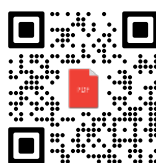


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Introduction

The F3 Reformer was developed to bring the benefits of a Pilates Reformer workout into your home, without the need to have a space dedicated to your Pilates workout. Taking the best from its predecessor the F3, the F3 now features lighter weight aluminium runners and an innovative new carriage design that means the wheels never cross the join, so you cannot tell that this machine is a folding Reformer in use! Featuring the same springs as our professional Reformers, the F3 offers smooth progressive resistance and a range of adjustments to fine tune the machine for your workout. The F3 folds up in a matter of minutes into a compact and self-contained machine that can be easily wheeled around and stored safely out of the way.

Specification & Adjustability

- Travel: 97cm
- Resistance: 4 Nickel plated music wire springs (1 Medium, 2 Strong and 1 Light)
- x4 Foot Bar positions: 3 plus down & storage position
- Removable rope risers with 3 height options & 5 easy rope length adjustments
- New Align-Pilates double loop handles with “silent” metal free connectors for a quieter workout
- 3 position head rest & fixed shoulder rests with choice of 2 widths
- Aluminium runners with 8 wheel design. Locking bolts to lock Reformer both open and closed. 4 wheels to enable movement of the Reformer when open or closed. 6 adjustable feet to ensure your Reformer sits flat and can run smoothly
- ISO20957-1 Class H Item. Max User Weight: 120Kg. Suitable for users: 145cm – 193cm (4’10 – 6’4”) Fixed shoulder rests with choice of 2 widths

Dimensions:

- Open size (maximums): 247cm x 70cm x 47cm
- Carriage size: 89cm (L) x 58cm (W)
- Folded size (maximums) 143.5cm x 70cm x 34.5cm
- Weight: 58Kg

Packaging & Delivery:

Delivered in 2 boxes with total GW of 66.6Kg being:

- Box 1: Frame 133.5 x 69.5 x 32.5cm GW 46Kg
- Box 2: Carriage 102.5 x 62.5 x 17cm GW 20.6Kg

BEFORE YOU START

You may find it beneficial to see a video on how to assemble your Reformer and on the features of your F3 reformer. Please scan the QR code below to take you to the relevant video or search YouTube for “Align-Pilates F3 Reformer” and you will see a selection of relevant videos

Assembly:

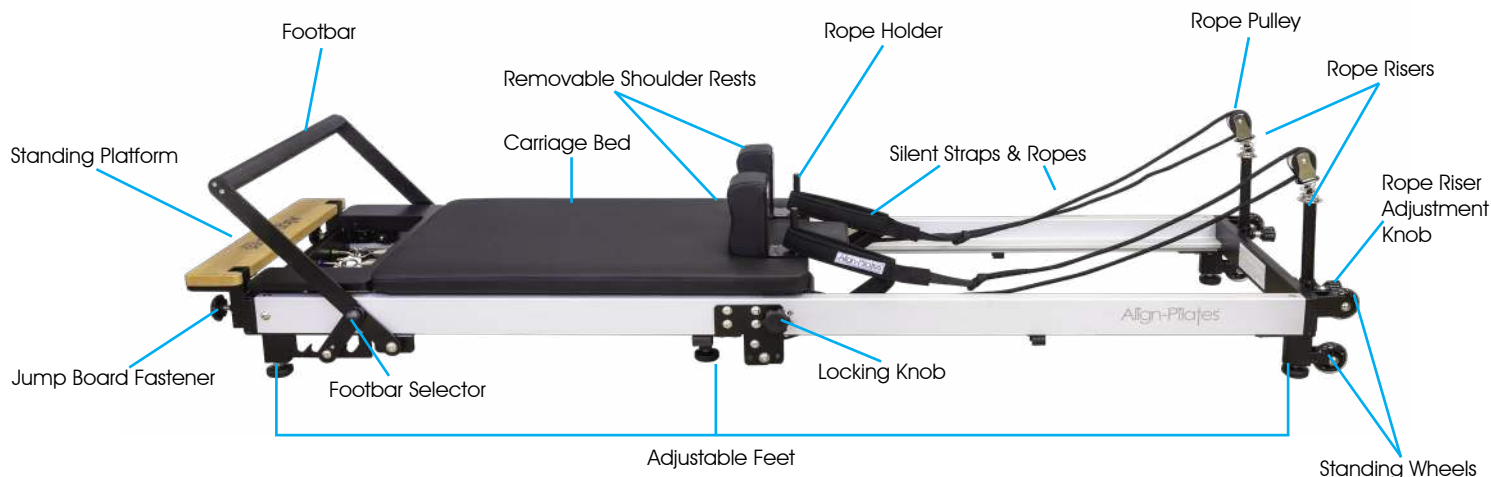


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Features:



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Assembly

1. Unpacking the F3 Reformer

Allowing for space to assemble the Reformer, carefully open both boxes and remove the polystyrene blocks and other packaging material. The smaller of the two boxes contains the carriage bed. The larger box contains the frame with another box inside containing smaller parts. Open and lay out the parts (leave the carriage bed in the box for now). The two locking knobs should already be inserted in the frame of the F3 Reformer, see Fig.1 & 2. Please note: the rope risers with pulleys are already clipped to the rope riser holders on the frame

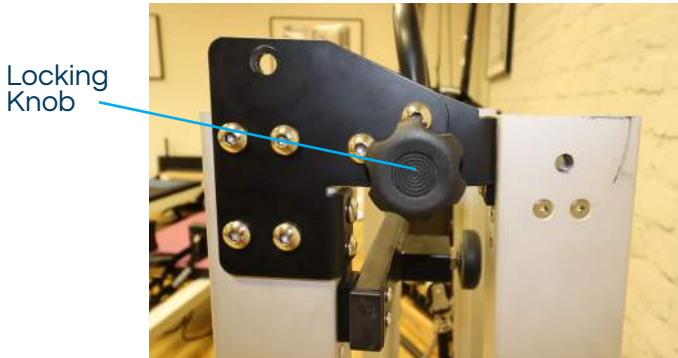


Fig.1



Fig.2

2. Unfolding your F3 Reformer & adjusting the foot bar

Please watch the video before unfolding for the first time. You can see the video QR code on Page 2 of this manual.

Warning: We recommend the F3 Reformer is opened and closed by two people to minimise the chance of injury. However the F3 can be opened and closed by a single person with relative ease, as the lifting weight is similar to lifting a heavy suitcase. If planning to open and close the F3 on your own we suggest familiarising yourself with the process using 2 people first and always be sure to use correct lifting technique. If you have back or similar issues you should avoid opening the F3 alone.

With assistance, lift the F3's frame out of the box and stand it on its feet. Carefully cut the two cable ties that secure the foot bar and the silver footbar selector bar from the frame, see Fig.3. Before unfolding the F3, remove the rope risers with pulleys from the holders and place to one side, location shown in Fig.4



Fig.3



Fig.4

Note: upon opening the F3, the standing platform will remain approximately where it is whilst the wheels move away. First ensure there is space for the Reformer to open in this manner. Carefully unscrew the two locking knobs, whilst using your foot to prevent the Reformer opening. Then with your hands towards the centre of the lowering/lifting handle and your palm facing towards where the carriage will be placed (to avoid wrist injury) slowly lower the frame to the floor. Be sure to keep your hands and clothing clear of the hinge points and be careful not to lower the centre leg on to your foot. Once flat on the floor replace the locking knobs. **The Reformer must always be locked open before use.**

To attach the footbar selector bar to the footbar adjustment arm, insert the bar through the Reformer resting on the selector gear teeth. Then, using the two bolts with washers and allen key provided, screw these into the bar on either side through the hole in the footbar adjustment arm and then fully tighten the bolts see Fig.5.



Fig.5

3. Levelling the frame

The F3 has 6 adjustable feet to ensure the Reformer is level. If not level the F3 will not run smoothly.

The feet are adjusted by screwing them in or out to adjust the height. Using a spirit level, adjust the feet to level the frame, ensuring that each foot is firmly in contact with the floor. Tip: Always lower a high foot before raising a low foot.

4. Assembly of the carriage bed & attaching the ropes

Remove the carriage bed from its box and lay it face down on a soft and dry surface, such as clean carpet, to avoid damaging the leatherette upholstery. Remove the elastic retaining strap and attach the x4 springs. Now pass the elastic retaining strap through the eye of each of the springs and reattach the hooks to secure the springs, see Fig. 6.



Fig.6

Locate the pair of rope risers with rope pulleys and the pair of ropes (**Note: each rope has an eyelet on one end**). Thread the unfinished end of each rope through one of the rope pulleys (see Fig.7) and lay out each rope riser with rope threaded through the pulley, at the headboard end of the carriage bed. Thread the ropes into the carriage bed, Fig.8 shows white ropes for illustrative purposes only. Once each rope has been threaded, tie a simple "over-hand" knot on the end of each rope, then ensure the tails are the same length - once they are pull the knots tight. You may need to fine tune the final knot position to ensure the ropes are the same lengths. Use the series of hooks to quickly adjust the length of each rope, as shown in Fig.8. For more details see point 11.



Fig.7

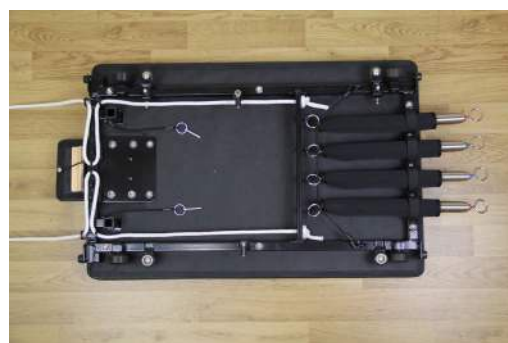


Fig.8

5. Placing the bed in the frame and final assembly

Lower the foot bar to the position closest to the foot board. With assistance, lift up the carriage bed and flip it over, ensuring the springs are pointing towards the foot bar. Now carefully lower the carriage bed into the frame, taking care not to hit the frame. Make sure to place the carriage on the runners at the rope riser end so that the hook on the underside doesn't sit on top of the eyelet. See Fig 9. Once the carriage bed is in position, gently slide the bed to the foot of the Reformer and attach one of the springs. To remove the carriage in future remove all springs and slide to the rope risers to ensure the underside hook is not positioned in the eyelet.

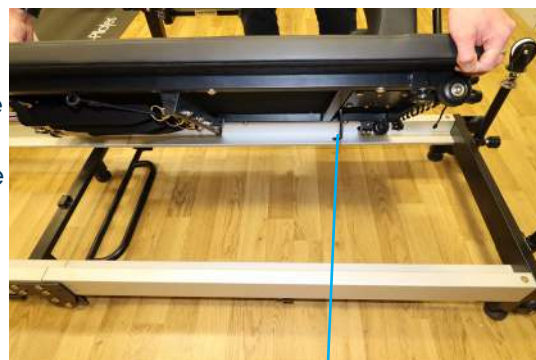


Fig.9

Underside hook

6. Attaching & adjusting the rope risers

Partially screw the rope riser fastener on the end of the frame and insert the rope riser. Pull back on the fastener and slide the rope riser to the desired height. When happy with the height, let go of the fastener and twist to tighten, securing it in place. Be sure that the locking pin is engaged in one of the holes of the rope riser to secure it safely in position Fig.10 & 11.



Fig.10

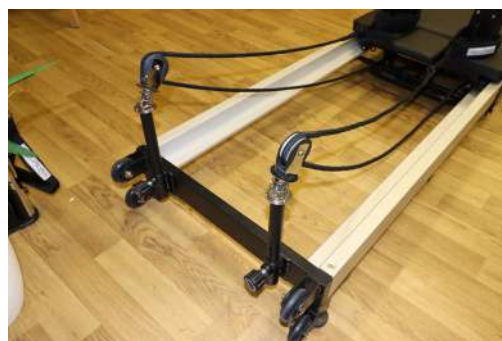


Fig.11

The F3 allows you to set your ropes at 3 different heights. To adjust the rope height simply loosen the fastener then pull out to release the pin. You can then move the rope riser up or down into one of the 4 holes. Fig.12.



Fig.12

7. Attach the Double Loop handles

Thread the nylon loop of the handle through the rope eyelet and then thread the loop handle through the nylon eyelet to secure the handle to the rope as per Figs.13, 14 & 15. Pull tight to check it is secure.



Fig.13



Fig.14



Fig.15

8. Installing & locking the shoulder rests

Attach the shoulder rests to the carriage by using 4 allen headed bolts. Please ensure these bolts are fully tightened. We recommend going round and tightening each bolt in turn, repeating several times. Fig 16. Note that each shoulder rest is off centred to its bracket, which allows you to have either a wide or narrow setting. Check which set up you prefer before attaching to the carriage.



Fig.16



Fig.17

9. Working with springs

The F3 is fitted with 4 springs, in 3 strengths to offer a wide range of possible resistances. Green = Strong x 2, Red = Medium x 1, Blue = Light x 1, see Fig.17. The springs can be used in any combination, although when using the Reformer for asymmetric exercises, please ensure the springs selected are on the same side that you are working on, or set equally in the middle, to ensure the carriage runs true. E.g. when doing a hip flexor stretch with one foot on the floor and the other on the shoulder rest. **Warning: After unfolding your Reformer and before use always check that the springs are properly attached to the underside of the carriage by pulling them firmly - the spring should stretch but not move or the spring may have become unhooked.**

10. Folding the F3 Reformer

Watch the video before doing for the first time (see QR code Page 2). Attach at least one spring to the carriage. Remove the rope risers and attach them into the clips on the underside of the frame and lay the ropes on the floor in the centre of the frame, see Fig.18. Remove the locking knobs and with assistance, with one person on either side of the Reformer, place hands in the indicated position on the lowering/lifting handle as per Fig.19. Carefully lift the Reformer until it is fully upright, ensure the footbar adjuster arm bar sits in the second from the bottom footbar position so the footbar helps to stabilise the F3 then, whilst preventing the Reformer from reopening with your foot, replace the locking knobs. **Note: the F3 must always be locked when in the closed position to prevent accidental opening.** The straps can now be hung from the shoulder rests. It is now safe to wheel the Reformer away for storage - simply tip on to the wheels and move like a wheel barrow.



Fig.18



Fig.19

PALMS MUST FACE TOWARDS THE CARRIAGE - Illustration shows 2 person lift

11. Placing the bed in the frame and final assembly

Once your ropes are set up as outlined in point 4, fine tuning the rope length is easy. Simply move the rope along the hooks. When the rope is not on any hooks it is at its longest (Fig. 20 B) and when the rope is over the centre hook it is at its shortest (Fig. 20 A). There are 5 available rope lengths adjustment positions



12. Periodic Maintenance

Please check the apparatus before first use and after each of the first few uses to check that all the fittings are securely fastened. Thereafter, it is important to make regular maintenance checks. Equally inspection should be made immediately if any part appears not be operating correctly or something appears to be loose. Below follows a basic maintenance guide though our detailed maintenance guide and a sample maintenance log can be downloaded from <https://align-pilates.com/resources/>

- **Springs** - inspect all springs for signs of wear, look for deformation, kinks, gaps and corrosion. Springs showing signs of damage must not be used and must be replaced immediately. Springs must be replaced every 2 years or after 3,000 hours, whichever is first.
- **Foot Bar** - check that all allen bolts securing the bar to the aluminium arms and to the steel engagement bar and through the frame are tight.
- **Runners** - ensure the runners are clean and free from grit to enable the smooth running of the Reformer. If excess dirt is spotted on the runners then the wheels may also need cleaning. We recommend cleaning the runners with a window cleaner eg. Windowlene.
- **Ropes and Handles** - check ropes for signs of wear, fraying or nicks and replace if damaged. Check stitching on handles is intact and handles are not overly worn. Check the handle clips are working.
- **PVC Upholstery** - regularly clean all upholstery on your equipment, we recommend using Gym Wipes from Vital Clean (www.vital-clean.de) as these will not damage your upholstery. Beware that some bactericides and strong or abrasive cleaning products will dry out the vinyl and reduce its life. Vinyl is non-absorbent, so will not absorb dirt so surface wiping is only required.
- **Wheels** - Remove the carriage and check for smooth rotation and signs of damage. If the wheels are not turning smoothly or the wheels are damaged this will impede smooth running and the wheels need to be replaced.
- **Shoulder Rests** - check the pads are securely bolted on to the metal frame - if loose retighten.
- **Spring hooks** - hand check that all eye hooks will not move. If loose remove, apply loctite and retighten.
- **Nuts & Allen Bolts** - check all nuts and bolts are tight, including those on the rope pulley wheels and those securing the head rest.
- **The Main Hinge & Lifting Bar** - check that hinge bolts are tight, but avoid overtightening the allen bolt in the cross support or the hinge will become stiff.

Congratulations! You are now ready to use your F3 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 that you enjoy using your new F3 Reformer!

Troubleshooting Smooth Running of your F3 Reformer

If your Reformer is not running smoothly please follow these step in order to get it back up and running smoothly:

1. Check the Reformer is level using a spirit level and adjust the feet as described
2. Check the runners and wheels are clean and free from dirt and grit

3. Check the wheel alignment of the side wheels

a) Occasionally the side wheels on your Reformer may be knocked out of alignment. You will know this if you hear squeaking where the side of one of the horizontal wheels hits the side of the runner. If this is the case adjustment is easy by following these simple steps

b) Identify which side of the carriage the fixed wheels are on (this should be the right hand side if looking from the spring bar end towards the head rest).

c) Disconnect all springs and roll the carriage to the riser end of the Reformer. Now push the carriage from the side ensuring both the fixed side wheels are touching the side wall of the runner.

d) Now tilt the Reformer on its right hand side and using an 8mm spanner slacken the 2 locking bolts A (Fig 21) on each of the adjustable side wheels, then screw in or out allen bolt B (Fig 21) so the adjustable side wheel stops approximately 2mm from the edge of the runner. Then tighten the allen bolts A before tightening the allen bolt B. Repeat the process for the other side wheel.

e) Lower the Reformer, ensuring it is level and then with NO springs attached gently move the carriage for the full length of the frame and back, ensuring you push it from a central position so as to keep it in line, now attach a pair of springs and check the bed is running smoothly with no squeaking, additional fine tuning may be necessary to achieve optimal performance.

4. Check the wheels and bearings are not damaged. If damaged replace.



Fig 20

16. Basic Reformer & Exercise Safety

If you are not familiar with using a Pilates Reformer we suggest you seek advice from a qualified Pilates professional in order to learn how to get the most out of your Reformer and to cover the basic safety aspects of using this type of equipment. A number of companies also offer short safety induction courses.

a) Pilates is about smooth and controlled movement, when performing exercises try to prevent the carriage from slamming into the carriage stops and the springs from recoiling in an uncontrolled manner as this can damage the spring and shorten its life.

b) 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.

c) 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.

d) Use your Reformer in a clear space with at least 1m of space all around the machine. This equipment is for indoor use only on a firm and flat surface.

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

f) Before starting any exercise program, consult a physician.

g) Before using the equipment, read and follow instructions in the safety manual and obtain thorough instruction from a Qualified Trainer.

h) Use equipment only for recognised Pilates repertoire.

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

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

k) Do not use if equipment appears worn, broken or damaged. Do not attempt to repair equipment yourself. Ensure equipment that is out of service cannot be used.

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

m) If folding the equipment for storage be sure it is kept in a safe place, on level ground and away from children or activities that could knock it over. If in doubt, secure the equipment in an appropriate manner.

n) Do not exceed the maximum user weight for the equipment which is 120Kg.

o) The F3 can be moved around either open or folded by a single person with relative ease, as the lifting weight is similar to lifting a heavy suitcase. However, if you have back or any similar issues you should avoid moving or folding the F3 alone.

17. Accessories for your F3 Reformer

If you have not already purchased them the following accessories may be of interest to enhance your F3 Reformer:



F3 Jump Board



Sitting Box & Foot Strap



Neck Pillow



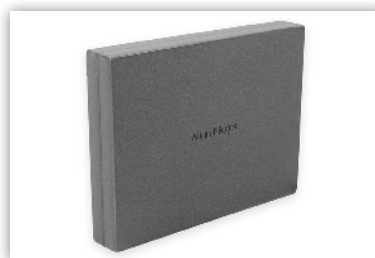
Pro Pilates Ring 14"



Pilates Studio Mat – 10mm



Pro Soft Pilates Weights – Pair
Of 0.5kg



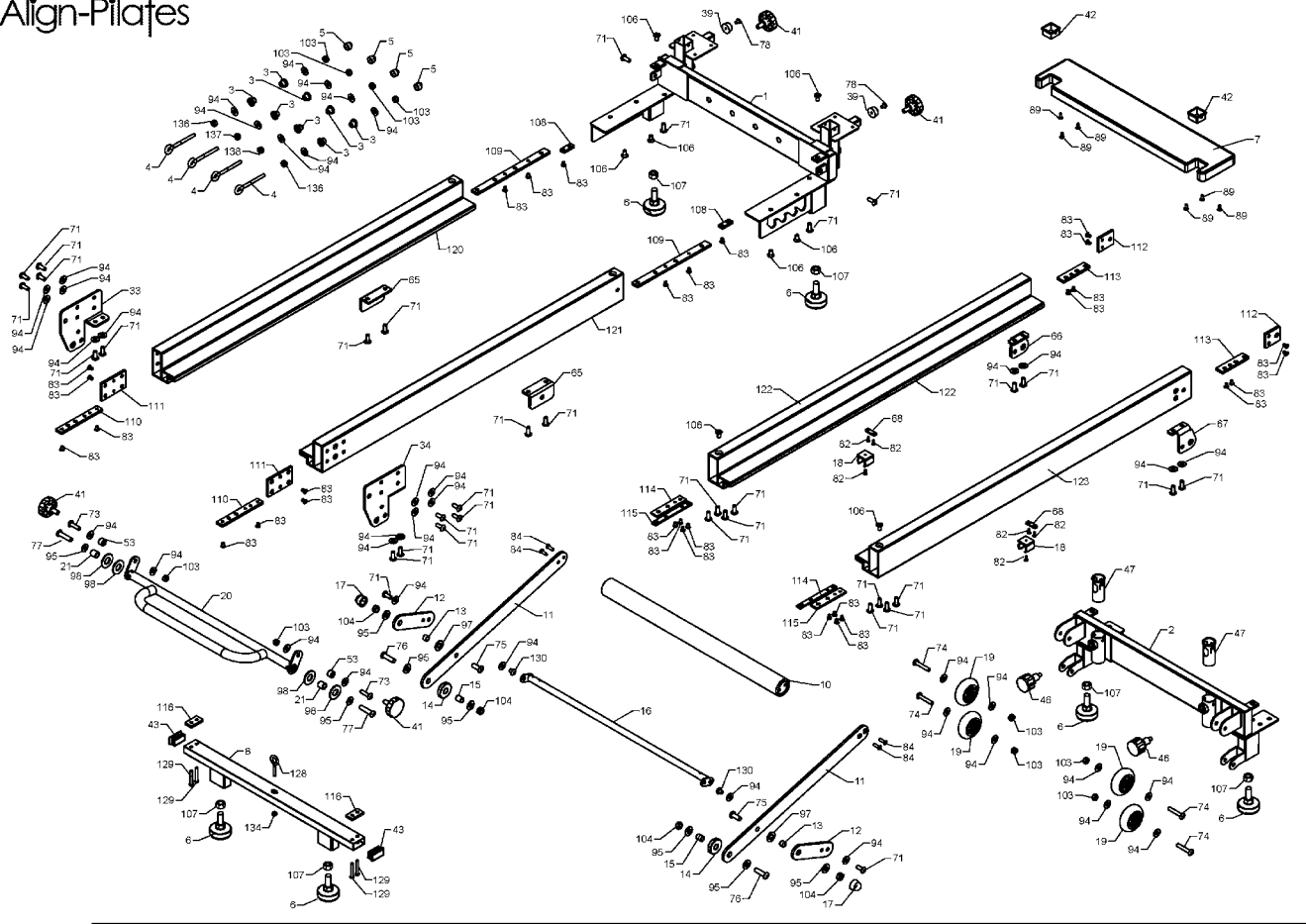
2" x 10" x 13" Pilates Block



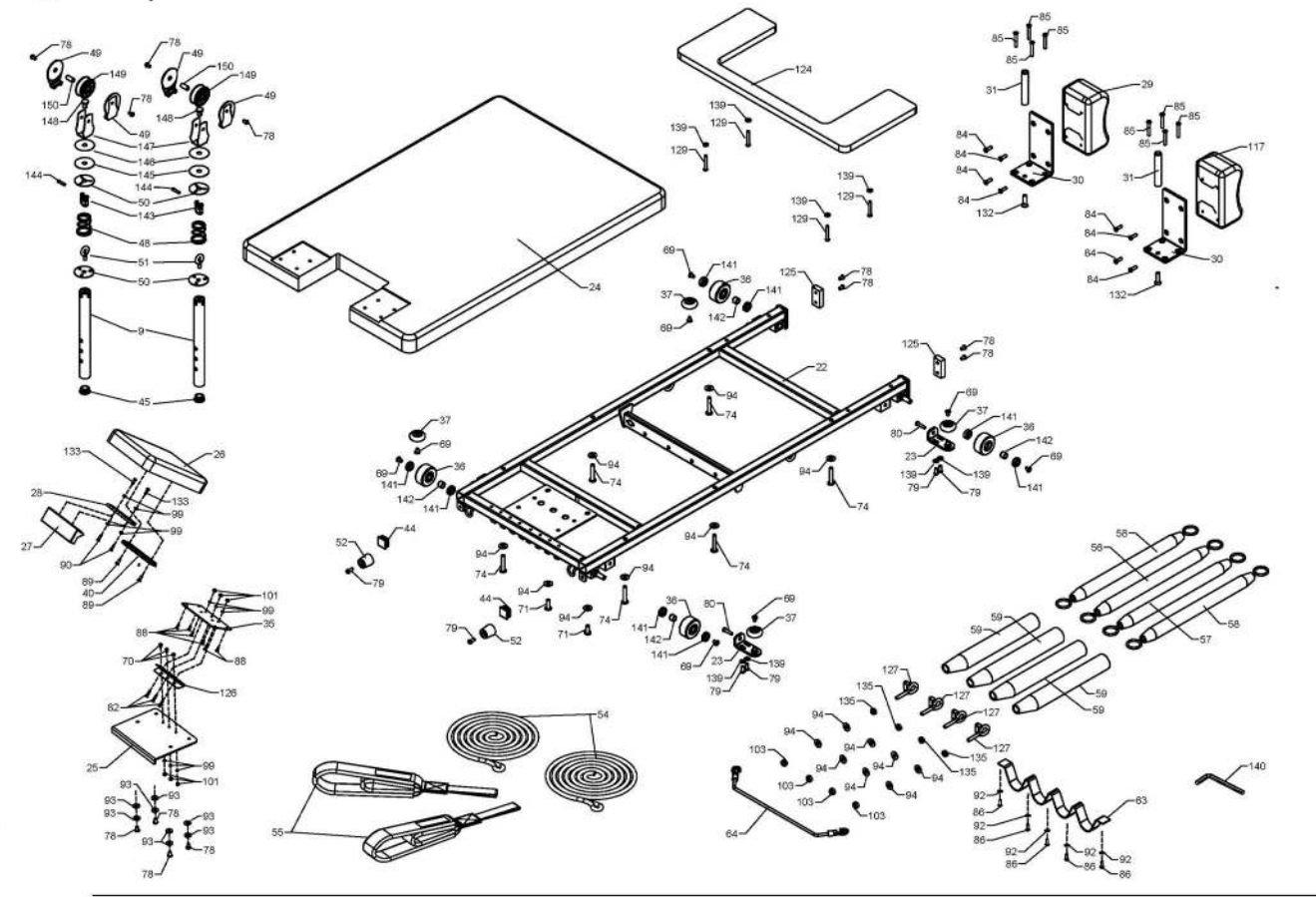
7" Exer-Soft Pilates Ball – Purple

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Warranty Information

ALIGN-PILATES™ LIMITED LIFETIME WARRANTY

Terms of Limited Lifetime Warranty

Align-Pilates offers the following limited lifetime warranty, for the periods as stated below from the date of purchase, to the original owner of their products, upon presentation of an original invoice in their name. The warranty covers domestic usage only - the H1/F2/F3 is not warranted for commercial or professional use. Align-Pilates will repair or replace any mechanical part that malfunctions due to defects in materials and/or workmanship 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. Align-Pilates will, at its discretion, repair or replace any parts deemed defective during the warranty period. If we opt to repair or replace your apparatus, this may require that your product is returned for inspection at our premises prior to sending out replacement apparatus. 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, customs clearance fees (where applicable) or any costs incurred in installing repaired or replacement parts shipped under the provisions of this warranty.

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 repertoire or if the equipment has been subjected to accident, abuse, improper service, or modification not authorised by Align-Pilates.

Duration of Limited Warranty

1) H1/F3/F3 Reformer carries a 2 year warranty for the main steel frame and standing platform and the following warranty on other parts

a) Springs

2 year / 3,000 hours warranty is given on all springs, excepting that a decrease of 5% of the spring power per 1,500 hours usage is acceptable according to international standards. Align-Pilates Springs should be replaced after a maximum of 3,000 hours use or 2 years, whichever is earlier. In the event of any signs of damage or wear springs should be replaced immediately regardless of age or usage.

b) All other parts including wear and tear parts including wheels, straps, ropes: 1 year

c) Upholstery

The upholstery fabric on Align-Pilates 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 damages caused by unreasonable use such as wearing jewellery or inappropriate clothing whilst using the equipment. Align-Pilates reserves the right to substitute 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 Align-Pilates or its authorized Distributor for authorization prior to returning the equipment. The customer is responsible for the cost of returning products to Align-Pilates (or their appointed Distributor) for warranty adjustment should this be deemed necessary. The customer is responsible for any damage or loss during shipment back to Align-Pilates (or their appointed Distributor). The customer is responsible for the cost of return freight to them in the event Align-Pilates decline to make a warranty adjustment. Align-Pilates do 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, express or implied, including warranties of merchantability or fitness for any purpose. In no event shall Align-Pilates or their Distributors be liable for incidental, consequential or punitive damages.

Further Information

This warranty is issued by Align-Pilates Equipment Ltd. Contact details: 430 Enterprise Way, Vale Park, Evesham, Worcs WR11 1 AD, UK. Telephone + 44 1386 425920. Email: customercare@align-pilates.com
For more information about Align-Pilates equipment please visit: www.align-pilates.com