

# FRENCH FITNESS

FFB-PR

**FRENCH FITNESS BLACK PILATES  
REFORMER (NEW)**

**ASSEMBLY MANUAL**



## FEATURES

- Made with Aluminum Alloy
- 6 durable springs (2 Red, 2 Green, 1 Blue, 1 Yellow)
- Wear-resistant microfiber leather
- High density EVA Foam
- CE Approved

## TECH SPECS

- Max Weight Capacity: 330 lbs (150 kg)
- Frame Size: 93.3"L x 25"W x 13"H (237cm x 63.5cm x 33cm)
- Frame Size (inc. foot bar): 94"L x 26.8"W x 13"H (239cm x 68cm x 33cm)
- Sitting Box Size: 27.5"L x 15.7"W x 19.4"H (70cm x 40cm x 24cm)
- Carriage Size: 38.2"L x 23.8"W (97cm x 60.5cm with pillow)
- Net Weight: 165 lbs (75 kg)

## WARRANTY

- **10 Years Parts, 1 Year Labor (Commercial)**
- **California Residents see Prop 65 WARNING**

# INSTALLATION INSTRUCTION

## Step 1: Open the package and check that all the parts are in order

This manual should not be used to guide your purchasing decision.

Your product, and the contents inside its carton, may vary from what is listed in this manual. This manual may also be subject to updates or changes. Please contact the supplier for details if necessary.



01 Bed Frame\*1

02 Square box\*1

03 Pull rope with handle\*2

04 Carriage with springs\*1

05 Shoulder bolster\*2

06 Universal pulley pole\*2

07 Plug\*2

08 Limit pull pin\*2

09 Jump Board\*1

10 T-board\*1

11 Handles\*2

# INSTALLATION INSTRUCTION

## Step 2 :

1. Insert **5** shoulder-neck bolster into the hole of **4** Carriage board



2. Use tool **7** plug to install **6** Universal pulley pole on one side of the bed



3. Put the strap of **3** thicken the pull rope on top of **5** shoulder-neck bolster



4. Pass one end of the rope **3** from through universal pulley **6** pole



# INSTALLATION INSTRUCTION

## Step 3 :

5. Connect rope cleat & ③ the pull rope as below



6. This is the final result after installing ③ the pull rope




7. Install ⑧ limit pull pin in the correct hole according to your height.



8. Both ⑨ and ⑩ can be directly inserted into the hole on the side of the bed frame and you can choose to install.



# INSTALLATION INSTRUCTION

9. Line up the hole on the frame to the  Handle and tighten it . Repeat for the other side.



## IMPORTANT SAFETY INSTRUCTIONS

### Equipment Usage:

1. Adjust the equipment settings, such as foot bar height and spring tension, according to your instructor's guidance and your fitness level.
2. Always check that the springs and straps are in good condition and securely attached before use.
3. Do not sit on carriage while adjusting levels.
4. Take care when attaching and detaching springs.
5. Place your hands and feet in the designated areas on the carriage and foot bar while performing exercises.
6. Use proper grip and control during exercises to ensure stability and avoid slipping.
7. Avoid sudden movements or excessive force that may cause the carriage to move uncontrollably.
8. Be mindful of the equipment's weight limit and do not exceed it.

## IMPORTANT

### Cleaning and Maintenance:

1. Clean the equipment regularly with a mild, non-abrasive cleanser and a soft cloth.
2. Inspect the equipment for any signs of wear or damage for example, springs, ropes and rollers. Do not use if parts are damaged.
3. All hardware should be checked every 2 months to make sure that every nut, bolt and fastener is secure. If, at any time, a component exhibits free play, its hardware needs to be properly re-tightened immediately.
4. Lubricate moving parts, such as wheels or springs, as recommended by the manufacturer.
5. Store the equipment in a dry and clean area when not in use.
6. Any spring that exhibits early signs of fatigue (for example, separation in coils) need to be replaced immediately. High-use facilities should replace springs more often.
7. Over time you may experience some minor "fraying" in the ropes. Fraying is completely normal and to be expected. Any ropes with excess fraying, tearing or other problems need to be replaced immediately.