

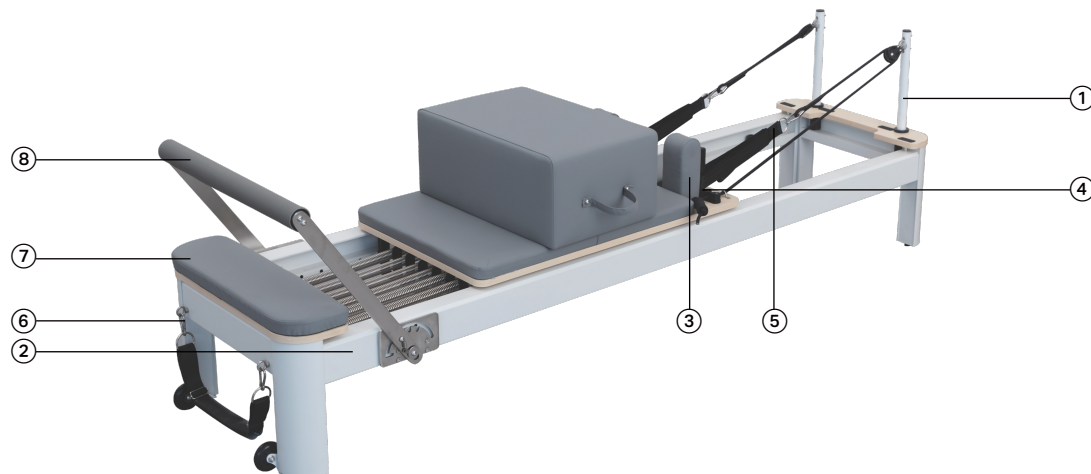


PH FITNESS

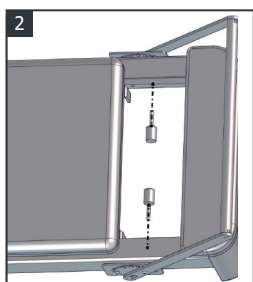
ASSEMBLY MANUAL PILATES REFORMER

**Enjoying your pilates equipment?
Leaving a review means the world to us!**

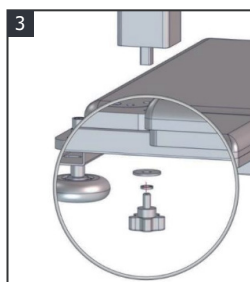
Aluminium Reformer Installation Steps



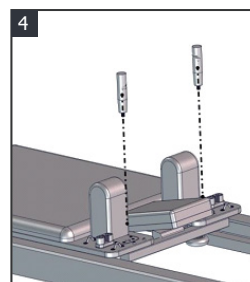
1
Insert the upright post into the bed frame, rotate to align with the notch, and then tighten with the knob screw.



2
Install the limiters by inserting both ends into the first hole position.



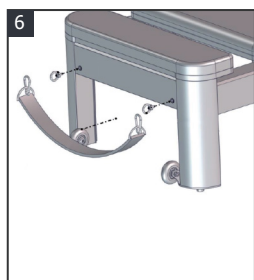
3
Align the shoulder rest with the square hole on the sliding board, insert it from top to bottom, and secure with screws.



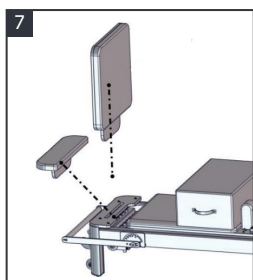
4
There are two round holes on the shoulder rest block with nuts inside. Align and screw them into the corresponding holes.



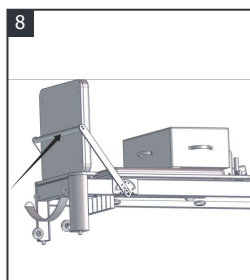
5
Pass the pull cord through the pulley on the upright post, then through the rope clamp of the slide plate, and secure the rope in place.



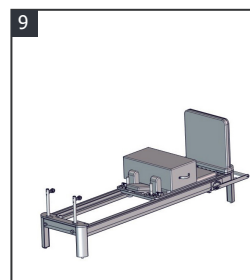
6
Attach the foot straps: First, fix the two screws with circular hanging rings to the bed frame, then hook the foot straps onto them.



7
Insert the jump board into the foot end of the bed.



8
When using the jump board, adjust the hand-bar to the 4th level and position it against the back of the jump board.



9
Installation complete



PH FITNESS



HEADQUARTERS

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The Netherlands

We're two cousins who have a mission to promote overall wellbeing by making pilates accessible to everyone.

ABOUT PH FITNESS

- At PH Fitness, we believe in the transformative power of pilates. What began as a growing need during the pandemic has developed into a lasting shift: people seeking a smarter, low-impact way to build strength, improve mobility and reduce stress from the comfort of their own home.
- Pilates meets that need. Backed by scientific research, it improves posture, core stability and mental clarity — essential qualities in today's demanding world.
- Our mission is clear: to make high-quality, innovative and accessible pilates equipment available to everyone, whether you are new to pilates, experienced, short on time or prefer training at home.
- From our beginnings in the Netherlands, PH Fitness Pilates Reformers are now used in thousands of homes, studios and hotels across Europe, bringing professional-level training within everyone's reach.

P.S. Loving your PH Fitness gear?

Leave us a positive review on the platform you purchased from or on Google. It really helps us grow! Want to share your story? Email us at info@phfitness.nl — we'd love to hear from you!

*Luc & Stijn,
Founders of PH Fitness*

WARRANTY

After-sales service

- Your pilates equipment is under a 24 month warranty starting from the date of purchase. We will remedy all defects in workmanship or materials within the warranty period. In order for the warranty to be granted, all warranty claims must be accompanied by proof of purchase from PH Fitness.
- Damage due to improper use as well as failure to follow proper use is not covered by the warranty. Replacement parts can be ordered upon request by contacting PH Fitness support.
- **Website:** www.phfitness.nl
- **Email Us:** info@phfitness.nl
- We're happy to help you!

Find us on:



Physical Sports Group B.V.
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