

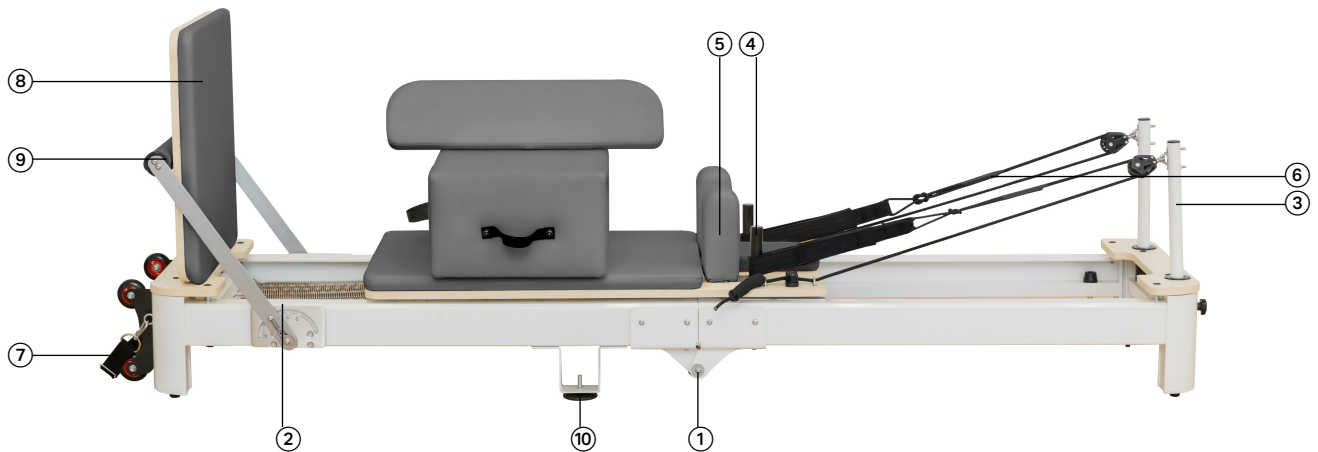
A grayscale background image of a Pilates studio. Several people are visible using Pilates reformers. In the foreground, a person is lying on a reformer, performing an exercise. Other people are in the background, also working out on similar equipment. The overall atmosphere is one of a busy, active fitness space.

PH FITNESS

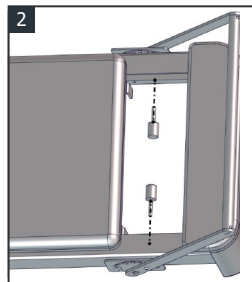
ASSEMBLY MANUAL PILATES REFORMER

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

Foldable Aluminium Reformer Installation Steps



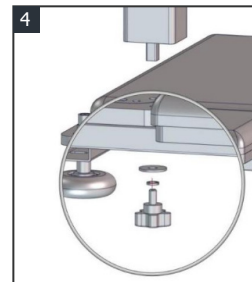
1 Lift the central handle with both hands to unfold the bed.



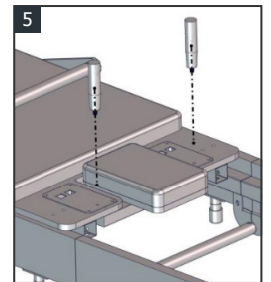
2 Install the limiters by inserting both ends into the first hole position.



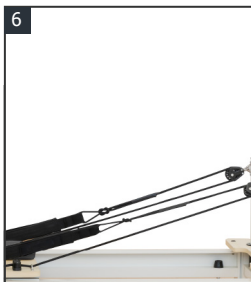
3 Install the upright posts: align them with the holes, then tighten the hex screws at the base.



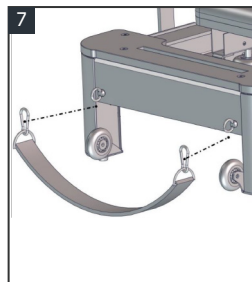
4 Align the shoulder rest with the square hole on the sliding board, insert it from top to bottom, and secure with screws.



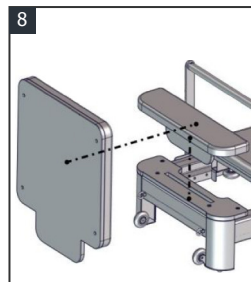
5 There are two round holes on the shoulder rest block with nuts inside. Align and screw them into the corresponding holes.



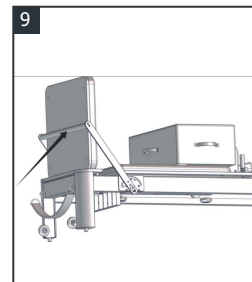
6 Pass the pull cord through the pulley on the upright post, then through the rope clamp of the slide plate, and secure the rope in place.



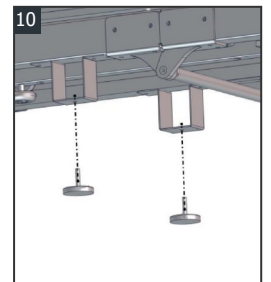
7 Attach the foot straps: First, fix the two screws with circular hanging rings to the bed frame, then hook the foot straps onto them.



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

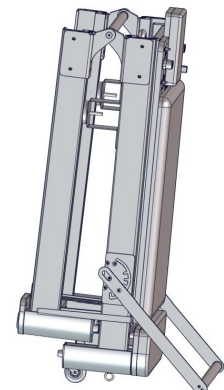
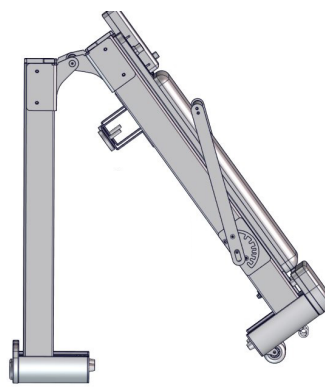
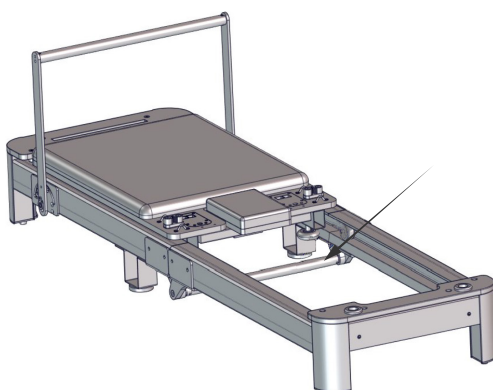


9 When using the jump board, adjust the hand-bar to the 4th level and position it against the back of the jump board.



10 Install the adjustable foot pads: Screw them into the desired position.

Store and fold



Stand in the middle, grasp the middle hinge shaft with both hands, lift upward until the slide bar is upright, then pull it backward continuously to lay the bed flat. Alternatively, adjust the armrest to the 3rd gear, grasp the middle hinge shaft, lift upward until the bed is upright, then tilt it forward to let the gear arm touch the ground.



HEADQUARTERS

Zürichstraat 20
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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!

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