

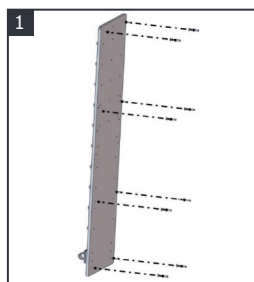
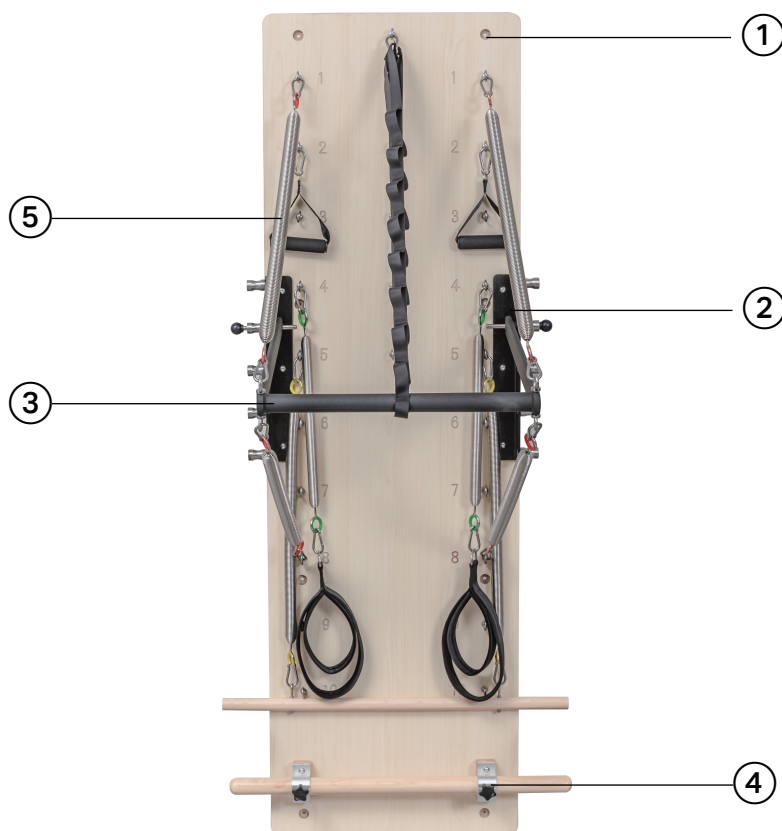
A grayscale background image of a Pilates studio. In the foreground, a person is lying on a Pilates reformer machine, performing an exercise. In the background, other people are visible, some sitting on the floor and others standing, in a well-lit studio with large windows.

PH FITNESS

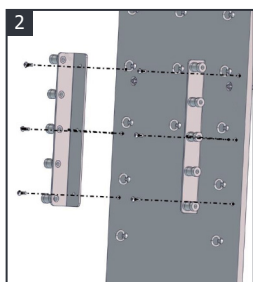
ASSEMBLY MANUAL PILATES SPRING BOARD

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

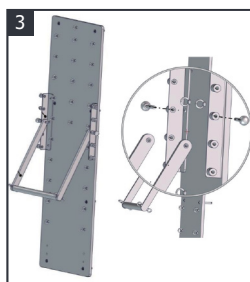
PH Fitness Pilates Spring Board Installation Steps



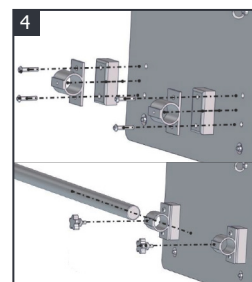
1 Drill holes in the wall, insert the expansion bolts, align the holes on the main frame with the expansion bolts, then tighten with a tool.



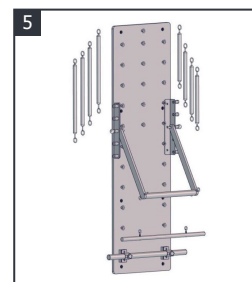
2 Align the wall mount bracket with the pre-drilled holes on the main frame, and secure it with screws.



3 First align the U-frame with the holes on the wall mount bracket, then insert the pin from outside to inside through the holes.



4 Align the fixing bracket with the round holes on the main frame, screw it in, place the training rod into the fixing bracket, and finally tighten the screws.



5 Adjust the spring position and accessory setup according to your personal training needs.

PH FITNESS



HEADQUARTERS

Zürichstraat 20
6135LP SITTARD
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.
Chamber of Commerce no: **99011158**