

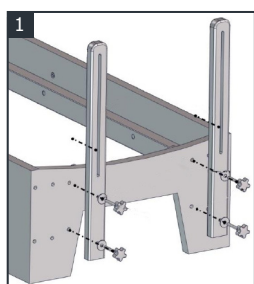


PH FITNESS

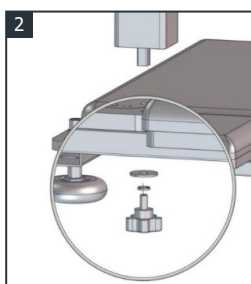
ASSEMBLY MANUAL PILATES REFORMER

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

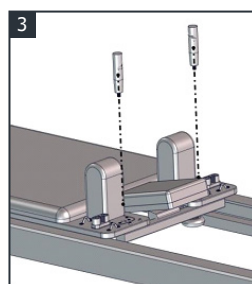
Wooden Pilates Reformer with Tower Installation Steps



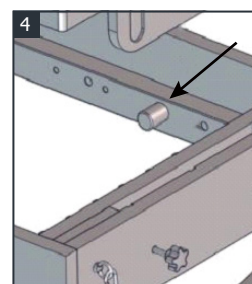
1
Align the holes on the wooden upright post with the innermost pre-drilled holes on the bed frame, then tighten the screws to secure.



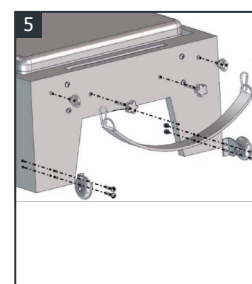
2
Align the shoulder rest with the square hole on the sliding board, insert it from top to bottom, and secure with screws.



3
There are two round holes on the shoulder rest block with nuts inside. Align and screw them into the corresponding holes.



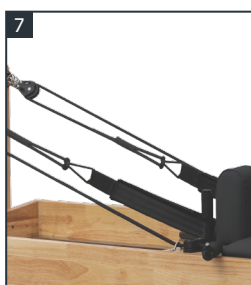
4
Insert the limit pin into the slide rail.



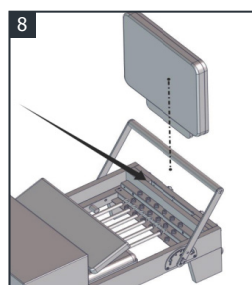
5
Screw the hanging rings into the holes on both sides clockwise and tighten, attach the foot straps, align the roller with the holes under the bed frame, then tighten with a tool.



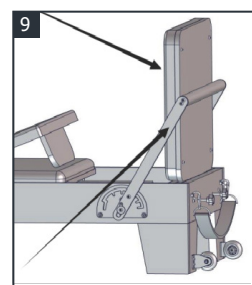
6
Insert the rope assembly into the long slot in the middle of the wooden upright post and tighten the screws.



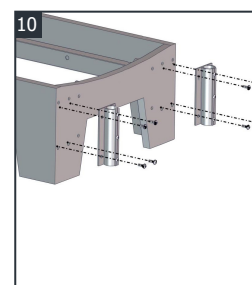
7
Pass the pull cord through the pulley on the upright post, then through the rope clamp of the slide plate, and secure the rope in place.



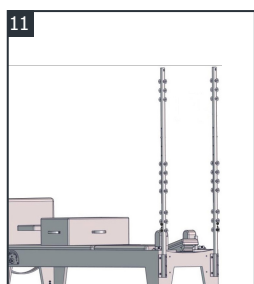
8
Insert the jump board into the foot end of the bed. Tighten the knob screw to secure the jump board.



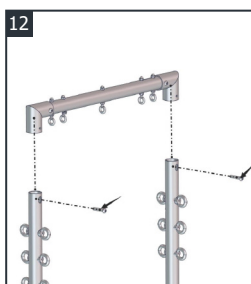
9
When using the jump board, adjust the handbar to level 4 and position it flush against the back of the board.



10
Align the holes on the tower mount aluminum piece with the outermost two rows of holes on the bed frame, then secure with screws.



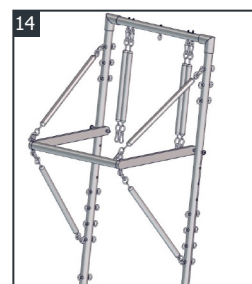
11
Insert the tower upright tube into the hole of the tower mount aluminum piece, then tighten the screws to secure it.



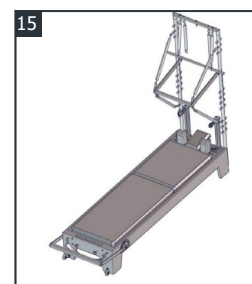
12
Place the top piece onto the upper end of the tower upright tube, align the holes, and secure with screws.



13
Insert the quick-release pin into the required pre-drilled hole, align the round hole on the U-frame with the pin, and pass it through the hole on the U-frame.



14
For the spring needed for training, press the safety clip and hook it onto the hanging ring hole on the tower.



15
First move the sliding board to the foot end of the bed, then place the conversion plate into position.



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!

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