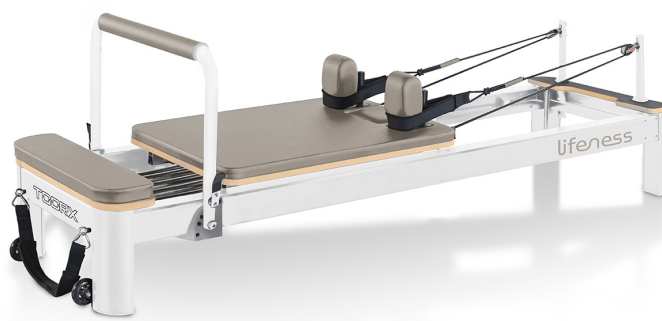


**TCORX**  
PROFESSIONAL LINE

# INSTRUCTION



*PILATES REFORMER*

**PTX 7500**  
**liveness**



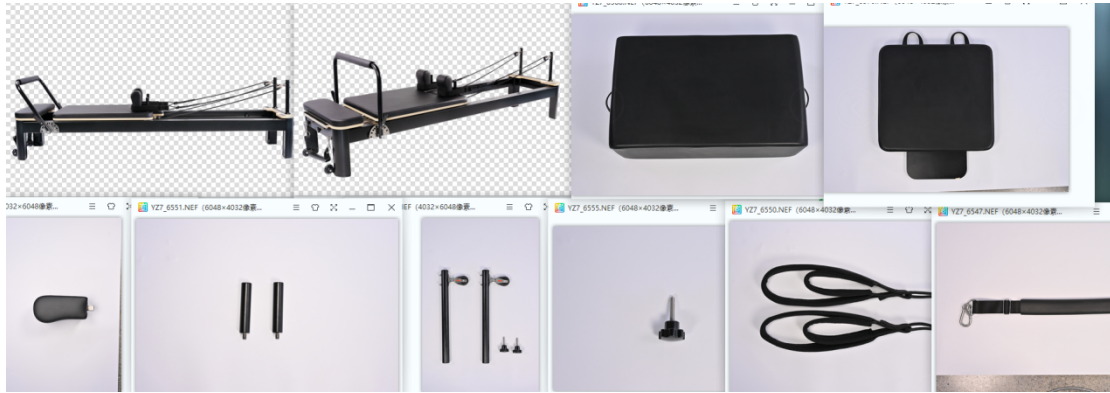
Code: GRDTCORXPTX7500

Rev: 00

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## Component:

When you open package, you will find:



| No. | Item                      | Quantity |
|-----|---------------------------|----------|
| 1   | Reformer frame            | 1        |
| 2   | Carriage with accessories | 1        |
| 3   | Box                       | 1        |
| 4   | Jumpboard                 | 1        |
| 5   | Foot bar                  | 1        |
| 6   | Shoulder rest             | 2        |
| 7   | Shoulder rod              | 2        |
| 8   | Rope riser                | 2        |
| 9   | Rope riser bolt           | 2        |
| 10  | Rope                      | 2        |
| 11  | Foot strap ring           | 2        |
| 12  | Foot strap                | 1        |
| 13  | Assembly kit tools        | 1        |

## **Assembly:**

Warning: the main box for the reformer weighs around 72kg so at least two strong people are required to unpack the equipment and correct lifting technique should be used. At all times you are responsible for your own safety and those around you.

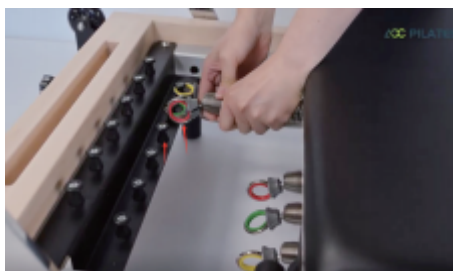
Please unpack the equipment in a clear, clean & dry environment on a level floor surface. And follow the steps below to operate”

### **1. Take Out All Parts:**

Please take out each product from the wooden box and place them on a flat surface. Be careful that the carriage on the reformer is slidable.

### **2. Adjust carriage:**

Hang one spring at least on spring row, to fix carriage position.



### **3. Install shoulder rest:**

Put the shoulder rest into holes on carriage, and assemble turn knobs from the bottom of carriage to fix shoulder rest. . Then, install shoulder rod on the carriage.



#### **4. Install shoulder pillars**

Rotate pillars and screws them tightly into the corresponding holes.



#### **5. Install Rope Riser:**

Face the side with the pulley towards the carriage, insert the rope riser into reformer slot, rotate knobs to fix riser.



#### **6. Assemble Ropes:**

Press the accessory that holds the rope under the carriage to loosen the rope, pull out rope. Pass one end of the rope through the pulley on the rope riser, tie it with the rope and the foot strap ring, and adjust the length of the rope according to your own situation to the optimal usage

length.



### **7. Install Foot Bar:**

Align the foot bar with the half round gear dial on both sides of the reformer, and tighten the screws for fixation.



### **8. Install foot strap:**

Attach the foot straps to the hooks and hang them on the ring at the top of reformer.

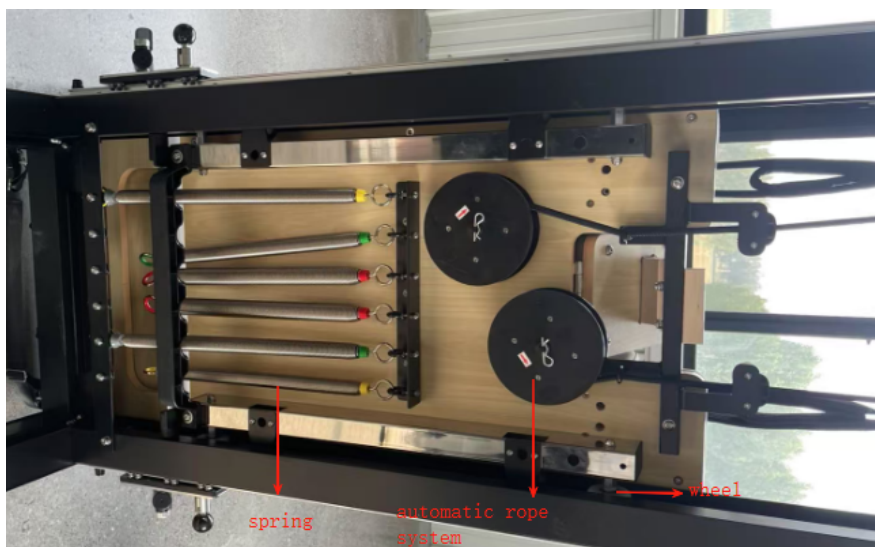
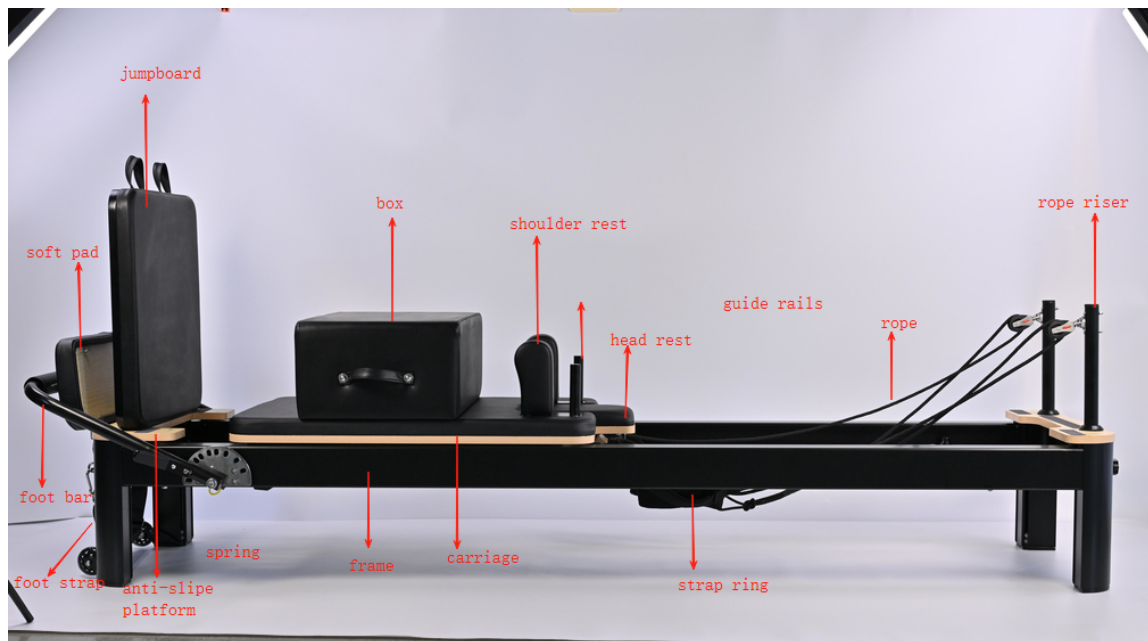


### **9. Install Jumpboard:**

Adjust foot bar position to first hole of half round gear dial, then, open soft pad, insert jumpboard into holes and rotate knobs to fix jumpboard.



## Product Introduction:



## **Cleaning and Maintenance:**

### **Daily Cleaning**

After each use, gently wipe the surface of the equipment, including the sliding bed, headrest, shoulder pads, sliding rails, and other parts, with a clean and soft damp cloth to remove sweat, dust, and stains. Avoid using rough cleaning tools to prevent scratching the surface of the equipment.

### **Deep Cleaning**

Conduct deep cleaning of the equipment at regular intervals (it is recommended to do it once a month). You can use a mild neutral cleaner, dilute the cleaner in warm water, dip a soft cloth into the solution to wipe the equipment, then rinse it thoroughly with clean water, and finally dry it with a dry cloth. Pay special attention to cleaning the pulleys and sliding rails to ensure that there is no debris accumulation, so as to maintain the smooth operation of the equipment.

### **Storage Environment**

When the equipment is not in use, store it in a dry and well-ventilated place, away from direct sunlight and humid environments. Prolonged exposure to sunlight may cause the materials of the equipment to age and fade, and a humid environment may cause metal parts to rust, affecting the service life of the equipment.

### **Parts Maintenance**

- Please check the apparatus before first use and after each of the first few uses to check all the fittings are securely fastened. Thereafter, it is important to follow a regular maintenance schedule
- Springs - Inspect for signs of wear, look for deformation, kinks, gaps and corrosion. Springs showing signs of damage must not be used and must be replaced immediately.



- Foot bar - Check all allen bolts securing the padded bar to the aluminium arms and to the foot bar selector rod and through the frame are tight, but be careful not to over tighten
- Ropes and Handles - Check ropes for signs of wear, fraying or nicks and replace if damaged. Check stitching on handles and silent foot strap is intact and handles are not overly worn.
- PVC Upholstery - Always ensure belts, jewellery and shoes are removed when working on the equipment as buckles, rings, watches and bangles can all end up damaging the upholstery.
- Wheels - Remove the carriage and check for smooth rotation, if the wheels are not turning smoothly or are scarred or damaged this will impede smooth and quiet running of the equipment and the wheels will need to be replaced.
- After attaching at least one spring, roll the carriage back and forward checking that the carriage runs freely for the whole length of the runner. There should be no squeaking or interference from the side wheels, if there is the side wheels need to be moved inwards.
- Nuts & Allen Bolts - Check all nuts and bolts are tight, including those on the rope pulley wheels and those securing the head rest.

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