

FITPADDDY® **PILATES REFORMER**



Please read this user manual carefully before using the product.

Installation Steps

1. Insert the bottom clip of the base into the slot of the folding board from top to bottom.
2. Insert both ends of the resistance bar into the slots on the base.
3. Unfold the board and remove the handle from its slot. Align the handle with the base and insert it into place, and rotate it 45 degrees.
4. Remove the push-up handle from the folding board slot and insert it into the fixed slot from top to bottom.

Installation Steps

5. Take out the handle and pull the resistance band. Attach one clip to the handle and the other to the hooks on both sides of the base.
6. Remove both foot pedals from the bottom of the base and insert the clips into the base slots.
7. Unfold the resistance band clip from the bottom of the base. Thread one end of the band over the roller, open the hook, and snap it into the fixed slot.

Accessory Description

- 1 Resistance band x3
- 2 Fixed base x 1
- 3 Elbow pipe x 1
- 4 Board x 1
- 5 Pulling rope x 1
- 6 Handle pull cord x2

Standard Configuration: Includes 3 adjustable latex resistance bands. The tension is fully customizable to suit your workout level. For advanced training, additional bands are available as optional accessories.

Action Reference

STANDING SIDE SLIDE
 Glute Tone
 Glute Firming

KNEE-SIDE PULL
 Ab Definition
 Waist Sculpting

PULLING ROPE
 Shoulder Definition
 Bicep Toning

Action Reference

LOW LUNGE STRETCH
 Ab Definition
 Core Stability

PUSH-UPS
 Back Definition
 Chest Toning

ABDOMINAL EXERCISE
 Glute Shape & Lift
 Thigh Definition

Action Reference

STANDING STRETCH
 Upper Body Definition
 Core Strength

LIFT LEG AND PRESS WAIST
 Lower Body Toning
 Core Strength

SWAN DIVE / SWAN
 Lower Back Strength
 Back Definition