

Align-Pilates®



A2RII Reformer Assembly Guide & User Manual

Introduction

Thank you for purchasing an Align-Pilates A2Rll Reformer. Please be sure to read this manual before first use and then keep it in a safe place for future reference.

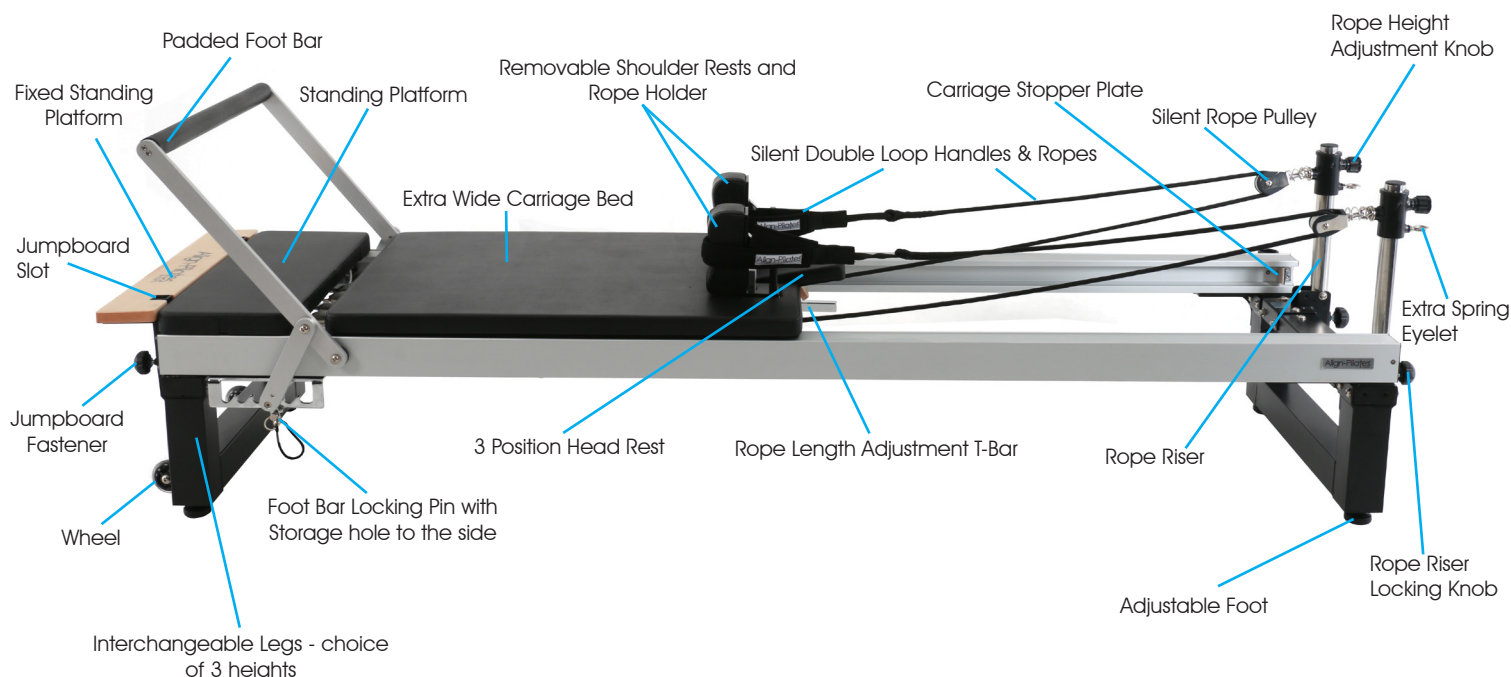
Specification & Adjustability

- Travel: 113cm
- Resistance: 5 nickel plated quality music wire springs 3 different strengths (2 light, (blue) 2 medium (red) and 1 strong (green))
- Quick release spring bar: 4 positions (20cm of adjustment)
- Fold away rope risers with adjustable 5 height positions and rope length adjustments
- Height adjustable feet for perfect alignment
- Align-Pilates 'silent' rope, pulley and handle system with metal free connectors for a quiet experience
- 3 position head rest
- Anodized aluminium runners with matched 4 wheel system for smooth and maintenance free operation. German engineered plastic wheels for a quiet, low maintenance ride.
- Lockable foot bar with 6 positions, including flat.
- Removable & lockable shoulder rests
- ISO20957-1 Class S Item. Max User Weight: 150kg. Suitable for users: 145cm - 193cm (4'10" - 6'8")

Dimensions:

- Reformer only: 235 (L) x 66 (W) x 24cm (H)
- Reformer with Leg Extensions: 235 x 66 x 28cm or 42cm or 64cm dependent on legs selected
- Weight: Approx 75kg depending on the leg configuration

Reformer Map:



Assembly

All the tools required for the assembly are included. The toolkit includes: 1 x socket spanner, 1 x Allen Key. Leg bolt kit includes: 16 x Short Bolts, 4 x Long Bolts and 20 x washers.

Unpacking the Reformer

Note: the A2Rll reformer weighs over 70Kg so at least two people are required to unpack the equipment. At all times you are responsible for your own safety. Please unpack the equipment in a clear, clean & dry environment on a level floor surface.

Remove all strapping using a safety knife and remove the carton lid. The reformer will be wrapped in a plastic wrapper and protected by polystyrene blocks, carefully cut the plastic wrapper open and inside the carton you will find 3 boxes containing the platform extender and the shoulder rests with ropes and tools and bolts. Put these two boxes to one side. Then carefully cut the cable ties which hold the chrome plated foot bar selector rod in place and temporarily remove. This will be put back later as per "Attaching the Foot Bar" on page 4. You are now ready to start assembling your reformer.

We recommend getting a pair of stable trestles to put the reformer on to enable easy fitting of the legs and installation of the ropes. Place the trestles 180cm apart and make sure the top of the trestles have something soft on them to avoid scratching the reformer frame. Lift the reformer out of the box and place it gently onto the trestles, so one of the trestles is underneath the point where the foot bar attaches to the aluminium runner. Having checked the reformer is stable and safe you are now ready to start the assembly.

Attaching the Legs

First install the legs at the fixed standing platform end of the reformer. We suggest you use the legs with the wheels attached in this position and attach them with the wheels facing away from the reformer (as shown in the Reformer Map). The wheeled legs can be attached on either end though particularly when a half Cadillac is attached the wheels are best attached to the standing platform end. Whilst the frame is supported place the legs in position. For the Standard and Rehab legs* the Long Bolts go through the frame as in Fig. 1. Please attach these first and lightly tighten (Fig. 2). Each leg corner then requires 4 x Short Bolts (Fig.3). First screw in all 4 bolts hand tight, taking special care not to cross thread the bolts, then when all the bolts are in tighten fully with the Allen key provided (Fig. 4). Once you have put the first pair of legs on repeat the process at the other end. The short legs attach in exactly the same way as the standard and rehab legs, except there are no long bolts as each leg is separate, rather than 2 legs being connected as with the standard and rehab legs.



Fig. 1



Fig. 2



Fig. 3



Fig. 4

Inserting the Carriage

Before inserting the carriage we recommend you wipe the runners to be sure they are completely clean. Having removed the carriage from its box, adjust the rope T bar so the maximum amount of chrome bar is sticking out. Now carefully slide the carriage in to the runners with the springs end going in first. This is easier to do with one person on each side of the carriage. Be particularly careful not to damage the wheels when they enter the runner. Once you have installed the carriage you can screw in the carriage stoppers (one in each runner) be sure to screw these all the way in or they could be damaged when the carriage hits them. The stoppers only need be hand tightened and allow for quick removal of the carriage for servicing.

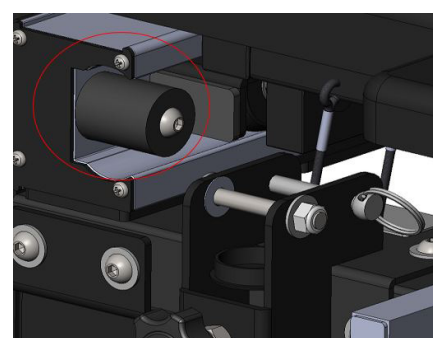


Fig. 5

Attaching the Rope Risers

Once the rope risers are bolted on, slide on the rope pulley holders (Fig. 7) on to each rope riser. Note: if using a Half Cadillac the rope pulley holder can be installed on to Half Cadillac frame as an alternative to installing on the rope riser. If using the reformer only, secure the rope risers in a vertical position: to do this first ensure they are fully dropped down and then secure in position by tightening the riser fastener as in Fig. 8. Please note: when using a Half Cadillac and mattress insert the rope riser can be folded down under the carriage by loosening the riser fastener (Fig.8), lifting the riser and folding down in to the frame – the rope pulleys will also need to be turned to the side.



Fig. 6



Fig. 7

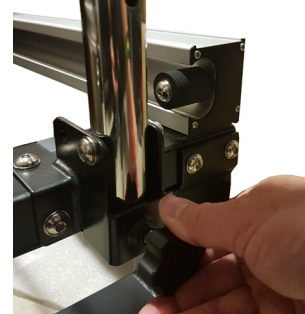


Fig. 8

Attaching the Foot Bar

Slide the chrome plated Foot Bar selector rod back in to place, putting it in the second furthest away slot from the leg - do not reinsert the locking pin. First insert one of the cylindrical headed M8 24mm bolts into hole A (Fig 9) of bar and screw in hand tight, then repeat on the other side. Then using 2 of the 10 small dome bolts and washers, screw these into hole B as per Fig. 9 below and securely tighten – be particularly careful to get the bolt in straight to avoid cross threading the bolt in to the aluminium arm. Finally completely tighten all 4 bolts.

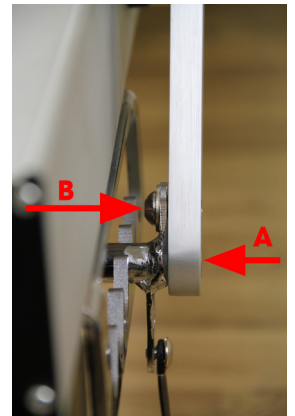


Fig. 9

Attaching the Standing Platform

To attach the standing platform, slide the component over the end of the reformer, taking care to align all of the holes. Screw the 4 long domed bolts (with washers) into the 2 holes adjacent as per Fig. 10 and hand tighten. Then screw in the remaining 8 small domed bolts hand tight as in Fig. 11. Once all bolts are in, go back and fully tighten all the bolts with the Allen key.

Attaching the Shoulder Rests

Next attach the removable shoulder rests by sliding them into the shoulder rest receiving holes (Fig. 12). They can be locked in place by placing the locking pin through the hole at the bottom of the chrome bar. The locking pins are attached on a string to the underside of the carriage as shown in Fig.13.

Attach the Handles to the Ropes

The silent double loop straps feature separate handles for foot & hand for quick transitions. To attach the straps to the ropes, thread the end of the strap through the rope eyelet (Fig. 14) and then thread the handle through the loop on the end of the strap (Fig. 15) and pull tight. To take them off reverse the process.

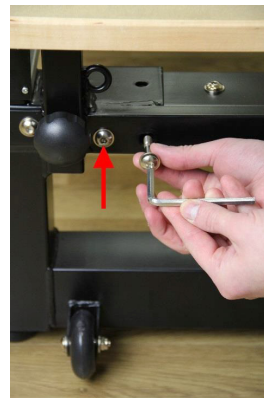


Fig. 10

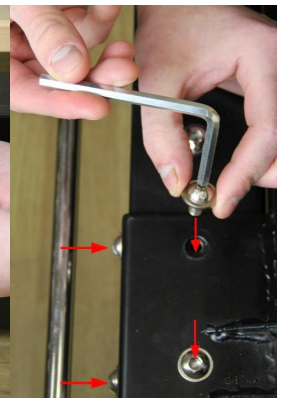


Fig. 11

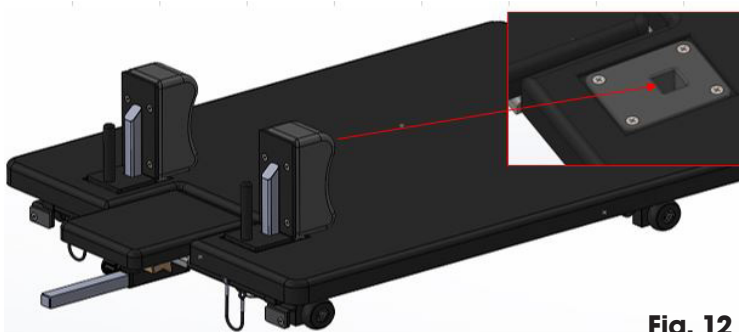


Fig. 12



Fig. 13



Fig. 14



Fig. 15

Foot Strap installation:

- 1) Separate the strap in to 2 parts. Taking one half of the strap, thread the nylon loop through the eyelet on the re-former frame under the jump board (Fig. 16)
- 2) Now pass the foot strap through the loop and pull tight (Fig. 17)
- 3) Repeat this process for the other half of the strap (Fig. 18) and finally re-thread the strap through the D-ring (Fig. 19) and the strap is ready to use (Fig.20).



Fig.16



Fig.17



Fig.18



Fig.19



Fig.20

Attaching the Ropes to the Reformer & Adjusting Rope Length

The A2RII includes our Pro Rope Adjusters which allow you to easily & quickly change the rope length of an individual rope, or both together, to offer maximum versatility and convenience.

Simply pull down the cam lever and slide the rope forward or backward to the desired length and then release the cam. The Pro Rope Adjuster means you can get the perfect setup every time for any person, allowing you to completely focus on your own or your client's repertoire.



Fig.21



Fig.22

Adjusting the Rope Pull Height

The rope pull height can be adjusted by loosening the rope height adjustment knob (Fig. 23) and then pulling the knob outwards (Fig.24). Slide to the desired height and ensure the pin engages in one of the holes, then tighten the knob to prevent rattle.



Fig.23



Fig.24

Check the reformer is level

It is important to check your reformer is level to ensure it runs smoothly, particularly where the floor is not perfectly flat. Once you have positioned your reformer in the location where you intend to use it, place a spirit level on each runner to check it is horizontal. If it is not you can screw in or out or more of the black reformer feet until level. Once the reformer is level then tighten the bolt up against the bottom of the leg to secure the reformer in this position. Please note: the distance of an exposed thread (A), as shown in Fig. 25, should not be more than 10mm.

Unpack the standing platform

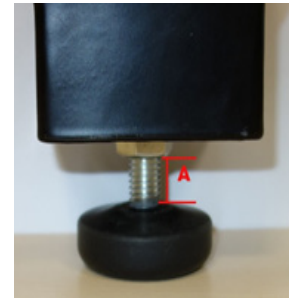


Fig.25

For a full instruction video on how to assemble the A2RII please visit our YouTube Channel, or scan the QR code:

<https://www.youtube.com/watch?v=77yiHv1krdE>



General Usage Guide

1. Using the spring bar & carriage stopper

The spring bar can be moved forward or backward so the reformer can be adapted to suit people of different heights. The spring bar is used in conjunction with the carriage stopper (see Fig. 26 below) so the correct distance is maintained between the carriage and the stopper. The correct position to insert the carriage stopper is indicated by the safety bar, which also ensures the spring bar cannot slip even if not properly engaged. When correctly adjusted the springs will be just under tension. If the distance from the carriage stop to the spring bar is too great it will make it hard to put on or, take off the springs and if left that way this will fatigue the springs and shorten it's lifespan, this is an indication the carriage stopper is not correctly positioned.

Moving the spring bar:

- a)** Firstly remove all the springs - it is dangerous to adjust the spring bar whilst under load. The eyelets of the springs simply slip on to the metal hooks on the spring bar for rapid and easy adjustment. When attached the springs should be under light tension, if they are not the spring bar or carriage stop is in the wrong place and must be adjusted before use. See point 7 on page 7 for working with springs.
- b)** If moving the spring bar away from the fixed standing platform firstly; move the carriage stopper to the desired new position then grip both levers on the spring bar and squeeze towards the spring bar (Fig. 26a). Next, slide the spring bar until it meets the stopper and release the levers. After releasing ensure the levers have returned to the correct position as shown in (Fig. 26b) so the spring bar locking pins are fully engaged in the frame. Failure to do this can result in the spring bar slipping, which can be dangerous.
- c)** If moving the spring bar towards the fixed standing platform (increasing the travel) first move the spring bar and then move the carriage stopper to the corresponding stopper hole as indicated by the end of the safety bar (Fig. 26).
- d)** Reattach the springs - which should be under light tension when attached.

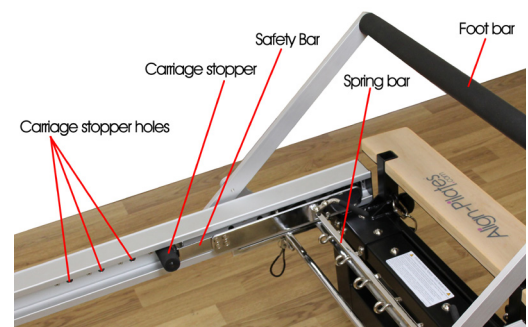


Fig.26

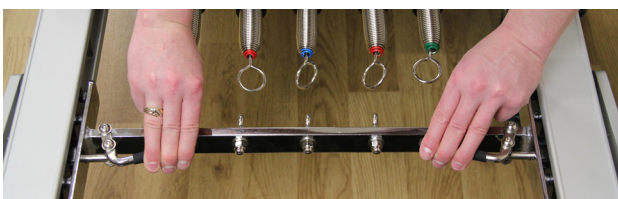


Fig 26a. Squeeze the levers to move spring bar



Fig 26b. Above Left is safe, above right is not engaged properly

2. Adjusting & Locking the foot bar

The foot bar can be positioned in 6 different positions, including flat so it is out of the way. Different positions suit different exercises and user heights. The foot bar can also be locked in any of the positions (except flat) by locating the locking pin in the locking pin hole (see Fig. 27). To adjust the bar:



Fig.27



Fig.28

a) Firstly remove the locking pin if the bar is locked . If raising the bar, lift the bar towards you (whilst sitting on the bed) and release to drop into one of the positions. This can even be done from the lying position by using your foot to lift the bar. Replace the pin if you wish to lock the bar in position. When not in use the footbar pin can be stored in the foot bar pin storage slot (Fig. 28).

b) If lowering the bar it is best to slightly lift the foot bar towards you with one hand, whilst using your other hand to hold the foot bar adjustment arm to smoothly guide it to the next lower, or desired position.

c) If putting the foot bar in the flat position be sure not to stand on the bar in this position as this can damage the bar. **Note: always check the bar is secure before use, if in any way the bar feels loose or wobbly follow the process in the maintenance schedule covering the foot bar on page 8.**

5. Using the platform extender

As the name suggests the platform extender can be used to increase the size of the standing platform at the end of the reformer. The platform can be slotted in position or removed to suit. The platform extender can also be used at the riser end of the frame as a seat for use with a Half Cadillac or on the floor with other equipment such as a Combo Chair. The platform extender has rubber corners to protect the vinyl but please take care not to knock the extender on the foot bar when placing or removing it as this may damage it. The anti-slip feet should sit in between the raised lip on the top of the runners to prevent sideways movement.

7. Working with springs

As previously stated if the spring bar and carriage stoppers are in the correct corresponding positions then the springs should be under a light tension when attached to the spring bar. If the springs are not under tension it is possible they could come off accidentally, so be sure the spring bar and carriage stopper are in the correct corresponding positions. Green is heavy, red is medium and blue is light - use in a combination to suit the desired exercise.

When doing asymmetric exercises where the carriage is pushed from one side, rather than centrally, always attach the springs to the same side of the spring bar as the side you are pushing from, or equally from the centre of the spring bar. This ensures the carriage runs smoothly.

To change the springs positions, go under the reformer, unclip the shock cord and unthread it from the spring eyelets, then uncoil the spring eyelet from the pig tail bolt and release the velcro on the spring covers so the spring can be removed. Switch the cover to the new spring and reverse this process. See the warranty for spring life expectancy. Always replace springs immediately if there is any sign of deformation or damage and cease using immediately.

8. Video on Adjusting the A2RII

Scan QR code to see a video on adjusting the A2RII and half cadillac:



Periodic Maintenance, Care & Safety Checks

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 by someone familiar with the equipment and record your maintenance checks. Equally inspection should be made immediately if any part appears not be operating correctly or something appears to be loose. Below follows this basic maintenance guide, though a more detailed maintenance guide and a sample maintenance log can be downloaded from <https://www.mad-hq.com/align-pilates-resources>

- **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. Springs must be replaced every 2 years or after 3,000 hours, whichever is first, or immediately if showing signs of fatigue or deformation
- **Foot Bar** - check all allen bolts securing the padded bar to the aluminium arms and to the steel engagement bar and through the frame are tight
- **Ropes, Handles & Foot Straps** - check ropes for signs of wear, fraying or nicks and replace if damaged. Check stitching on handles and straps 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. For cleaning upholstery we recommend cleaning with Gym Wipes from www.vital-clean.de, which are available worldwide. For further information on cleaning recommendations see the link above.
- **Runners** - ensure the runners are regularly cleaned and kept free from dirt as this is the main cause for a noisy reformer. If excess dirt is spotted on the runners then the wheels may also need cleaning. We recommend cleaning the runners with Gym Wipes from www.vital-clean.de.
- **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 need to be replaced.
- **Shoulder Rests** - check the pads are securely bolted on to the metal frame - if loose retighten.
- **Spring hooks** - hand check that all eye hooks will not move. If loose remove, apply loctite and retighten. Check that the spring retention bungee is correctly attached.
- **Nuts & Allen Bolts** - check all nuts and bolts are tight, including those on the Silent rope pulley wheels and those securing the head rest.

2. Troubleshooting Smooth Running of your A2RII Reformer

If your reformer is not running smoothly and quietly please follow these steps in order to get it back up and running smoothly:

1. Check the reformer is level using a spirit level
2. Check the runners and wheels are clean and free from dirt and grit
3. Check the wheels and bearings are not damaged. If damaged replace.

3. Basic Reformer & Exercise Safety

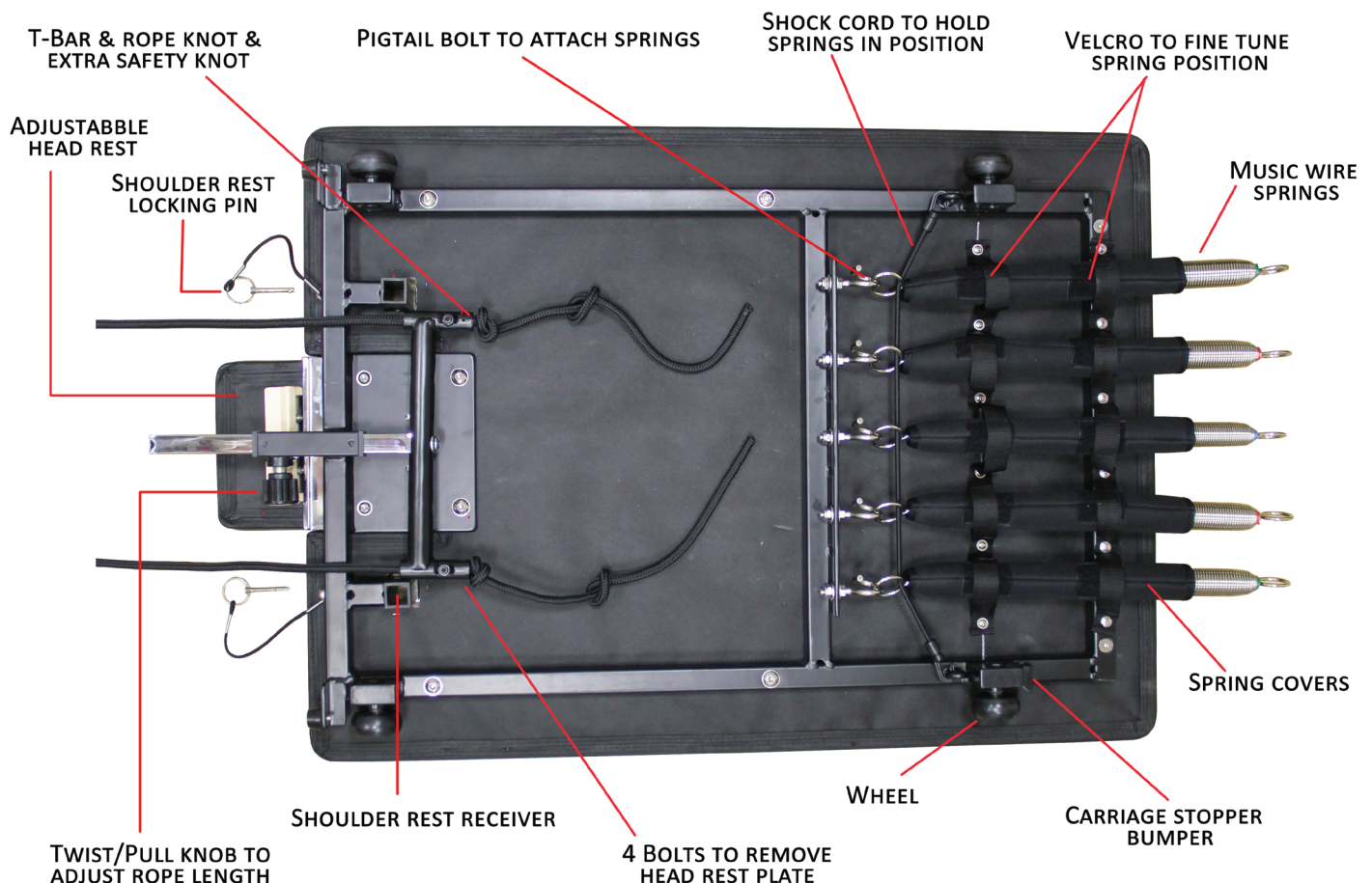
If you are not familiar with using a Pilates reformer we suggest you seek advice from a qualified Pilates professional in order to learn how to get the most out of your reformer and to cover the basic safety aspects of using this type of equipment. A number of companies offer short safety induction courses.

- 1) Pilates is about smooth and controlled movement, so when performing exercises try to prevent the carriage from slamming in to the carriage stops and the springs from recoiling in an uncontrolled manner as this can damage the spring and shorten its life.
- 2) Secure the carriage with at least one spring when your Reformer is not in use, Do not get on the carriage when there are no springs attached unless you deliberately want to do this.
- 3) When standing on the reformer always put your first foot on the standing platform and then the other on the carriage. When getting off the reformer from standing take your foot off the carriage first and then step down off the standing platform
- 4) Use your reformer in a clear space with at least 1m of space all around the machine. This equipment is for indoor use only on a firm and flat surface
- 5) When using a reformer less is often more, remember when performing certain exercises less spring resistance makes the exercise more challenging.
- 6) Before starting any exercise routine, consult a physician.
- 7) Before any new user uses the equipment, get them to read and follow instructions in the safety manual and obtain thorough instruction from a Qualified Trainer.

- 8) Use equipment only for recognised Pilates repertoire.
- 9) Stop exercising if you experience chest pain, feel faint, have difficulty breathing or experience musculoskeletal discomfort.
- 10) Keep clothing, body and hair free from all moving parts.
- 11) Do not use if the equipment appears worn, broken or damaged. Do not attempt to repair equipment yourself. Ensure equipment that is out of service cannot be used.
- 12) Do not allow children to use or be around equipment without adult supervision.
- 13) Do not exceed the maximum user weight for the equipment of 150kg

9. Anatomy of the A2Rll Carriage

The below map shows all the features of the 4th generation A2Rll carriage



10. Removing the Carriage For Maintenance

From time to time you may need to remove the carriage either to deep clean the wheels & runners or to change the springs or wheels. Removing the carriage is easily done and no tools are required. To do this follow these steps

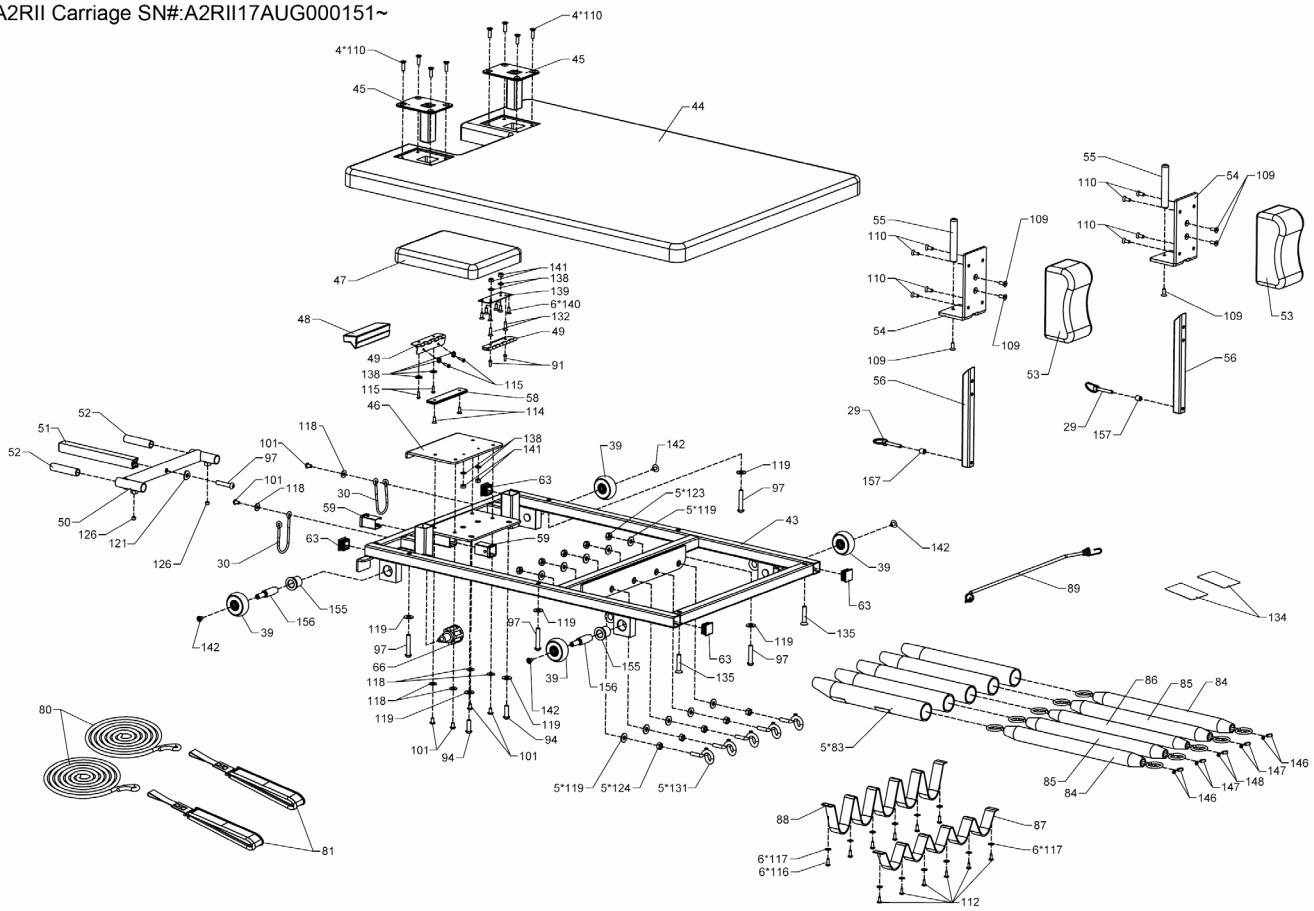
- a) Remove shoulder rests, unlocking them first if they were locked
- b) Remove the T bar that holds the ropes
- c) Fold down the rope risers and rotate the pulleys so they are flat and pointing towards the runner
- d) Remove the two carriage stoppers at the open end of the runner - these can be unscrewed by hand
- e) Now gently slide the carriage out

Remember when putting the carriage back in to be careful not to damage the wheels when inserting them in to the runner - this job is best done by two people.

Exploded diagrams:

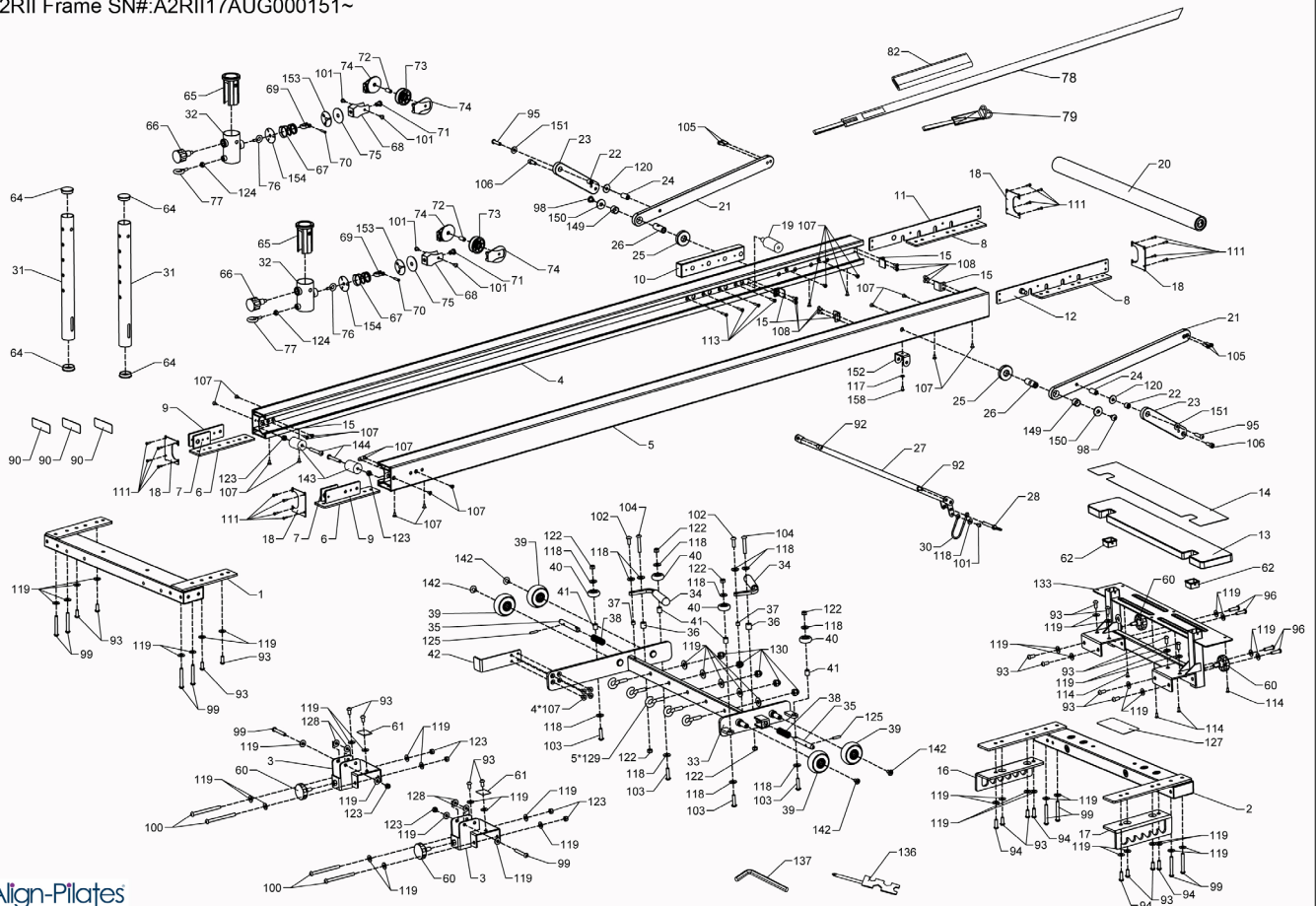
Note: For larger images of the exploded diagrams and a detailed parts list please download from: <https://www.mad-hq.com/align-pilates-resources>

A2RII Carriage SN#:A2RII17AUG000151~



Align-Pilates

A2RII Frame SN#:A2RII17AUG000151~



Align-Pilates

Optional Extras

1) Sitting Box

The Align-Pilates Sitting boxes make many seated exercises more comfortable and makes new exercises possible on your reformer. **Note: the reformer already comes with a foot strap**

Size: 70cm (L) x 40cm (w) x 28cm (h). 9Kg



Sitting Box



Jump Board

2) A2 Jump Board

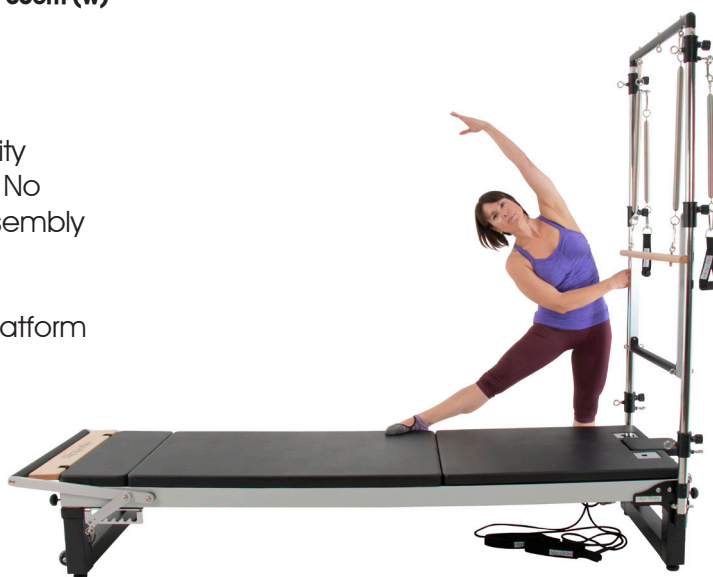
A Jump Board is available that slots in to the square holes on the fixed standing platform. To install simply loosen the thumb knobs. Insert the jump board and tighten in to position.

Size: 60cm (h) x 66cm (w)

3) Half Cadillac Tower & Mattress insert

The Half Cadillac allows you to perform the majority of the repertoire of the Cadillac on your reformer. No modification is needed to attach the unit and assembly takes around 20 minutes.

The mattress insert works in conjunction with the platform extender to convert the A2Rll in to a full size bed.



Half Cadillac Tower & Mattress Insert

4) Alternative Legs

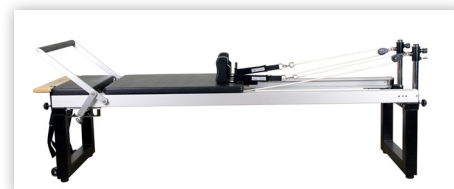
The legs on the A2Rll are interchangeable so if you move Studio or want to change the usage of your A2Rll Reformer you can order higher or lower legs to change your reformer. The change is easy and only requires an allen key.



Low legs - 28cm.



Standard legs - 42cm.



Rehab legs - 64cm.

5) Spare Parts

A comprehensive range of spare parts including: springs, ropes, straps, shoulder rests and other wear and tear components are available. See our website for details.

Warranty Information

D. ALIGN-PILATES™ LIMITED LIFETIME WARRANTY

Terms of Limited Lifetime Warranty

Align-Pilates offers the following limited lifetime warranty, for the periods as stated below from the date of purchase, to the original owner of their products, upon presentation of an original invoice in their name. The warranty is a Light Commercial Warranty allowing for a maximum usage of 27.5 hours per week.

Align-Pilates will repair or replace any mechanical part that malfunctions due to defects in materials and/or workmanship during the warranty period. The warranty excludes normal wear and tear, damage due to negligence or misuse, abuse, modification or unauthorized repair; scratches to the finish, and tears or indents in the upholstery. Align-Pilates will, at its discretion, repair or replace any parts deemed defective during the warranty period. If we opt to repair or replace your apparatus, this may require that your product is returned for inspection at our premises prior to sending out replacement apparatus. Parts repaired or replaced under the terms of this warranty will be warranted for the remainder of the original warranty period only. This warranty does not cover shipping charges, customs clearance fees (where applicable) or any costs incurred in installing repaired or replacement parts shipped under the provisions of this warranty.

Duration of Limited Warranty

- 1) Frame, Gear bar and foot bar mechanisms - 5 year warranty.
- 2) Other non-wear and tear components - 2 year warranty
- 3) Ropes, Straps, Spring Clips, Handles, Wheels, Silent pulleys, foot straps - 1 year warranty
- 4) Springs - 2 year or 3,000 hours (first reached applies) warranty is given on all springs, excepting that a decrease of 5% of the spring power per 1,500 hours usage is acceptable according to international standards. Align-Pilates Springs should be replaced after a maximum of 3,000 hours use or 2 years, whichever is earlier. In the event of any signs of damage or wear springs should be replaced immediately regardless of age or usage.
- 5) Upholstery - The upholstery fabric on Align-Pilates equipment will be replaced if it fails to give normal wear for 90 days from the date of delivery. Proof of damage may be required. This warranty does not cover cuts, scratches, burns, stains, soiling, or damages caused by unreasonable use such as wearing jewellery or inappropriate clothing whilst using the equipment. Align-Pilates reserves the right to substitute an equivalent fabric if an identical fabric is not available. Upholstery must be properly cared for – do not use chemical sprays or industrial soaps - see the Maintenance guide for care details.

Warranty Return Procedure

The customer must call Align-Pilates or its authorized Distributor for authorization prior to returning the equipment. The customer is responsible for the cost of returning products to Align-Pilates (or their appointed Distributor) for warranty adjustment, should this be deemed necessary. The customer is responsible for any damage or loss during shipment back to Align-Pilates (or their appointed Distributor). The customer is responsible for the cost of return freight to them in the event Align-Pilates decline to make a warranty adjustment. Align-Pilates do not accept responsibility for any items returned without a pre-approved authorization number, which must be clearly marked on the outside of the package.

Limitation of Liability

The above is our exclusive warranty and is in lieu of all other warranties, express or implied, including warranties of merchantability or fitness for any purpose. In no event shall Align-Pilates or their Distributors be liable for incidental, consequential or punitive damages.

RETURNS

Items that may not be returned:

Reformers, Cadillacs, Half Cadillacs, Wall units, Ladder barrels, chairs, mat converters & springs.

CONTACT

This warranty is issued by Align-Pilates Equipment Ltd. Contact details: 430 Enterprise Way, Vale Park, Evesham, Worcs WR11 1 AD, UK. Telephone + 44 1386 425920. Email: customercare@align-pilates.com
For more information about Align-Pilates equipment please visit: www.align-pilates.com