

XRCYCE  
*ReFormer*

PRODUCT INSTALLATION MANUAL

**FITNESSENGROS**

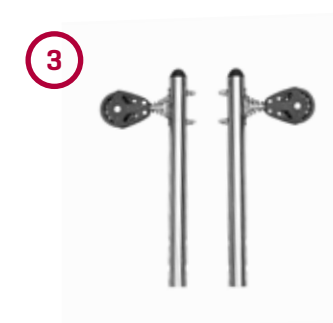
WWW.FITNESSENGROS.DK | WWW.FITNESENGROS.NO

## 1. Unpacking

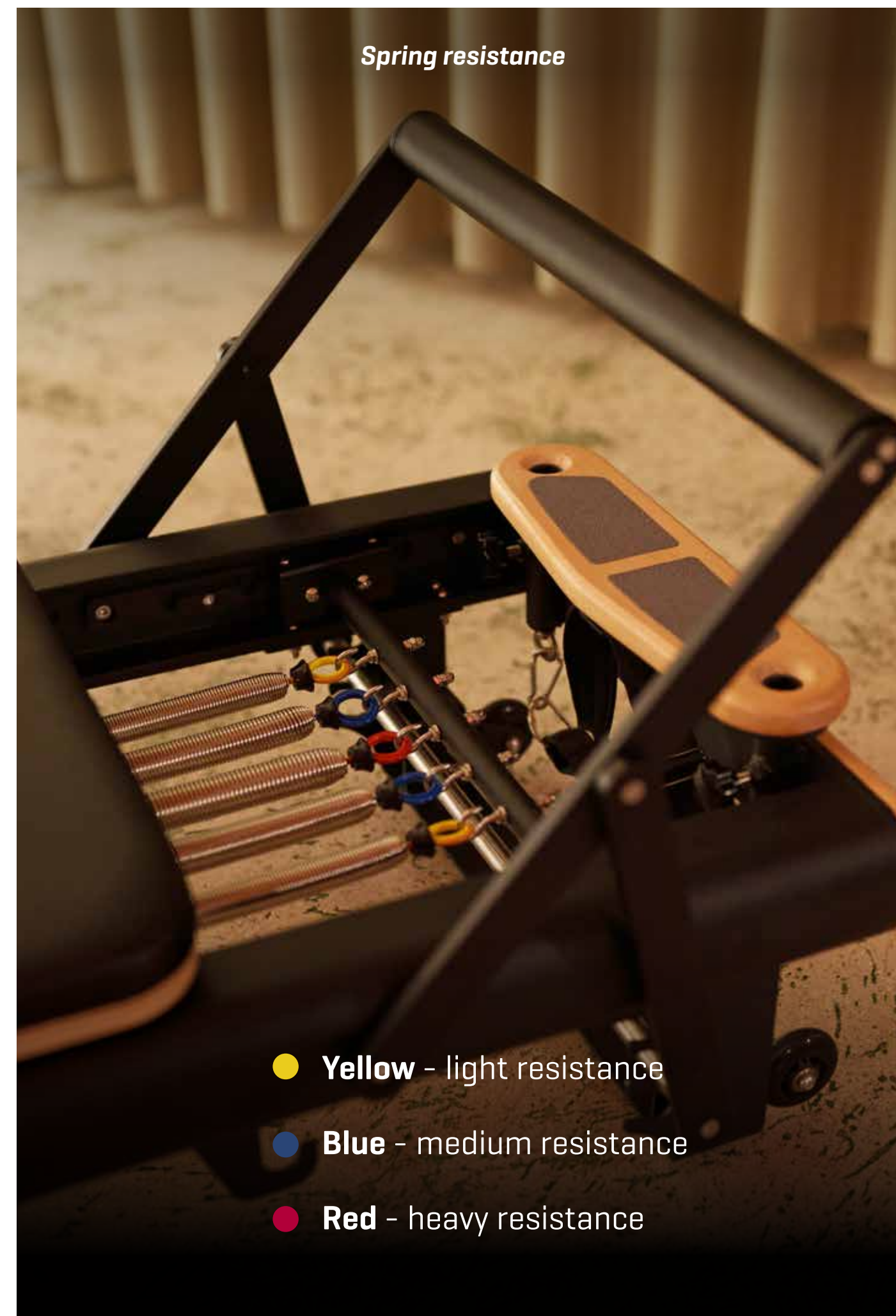
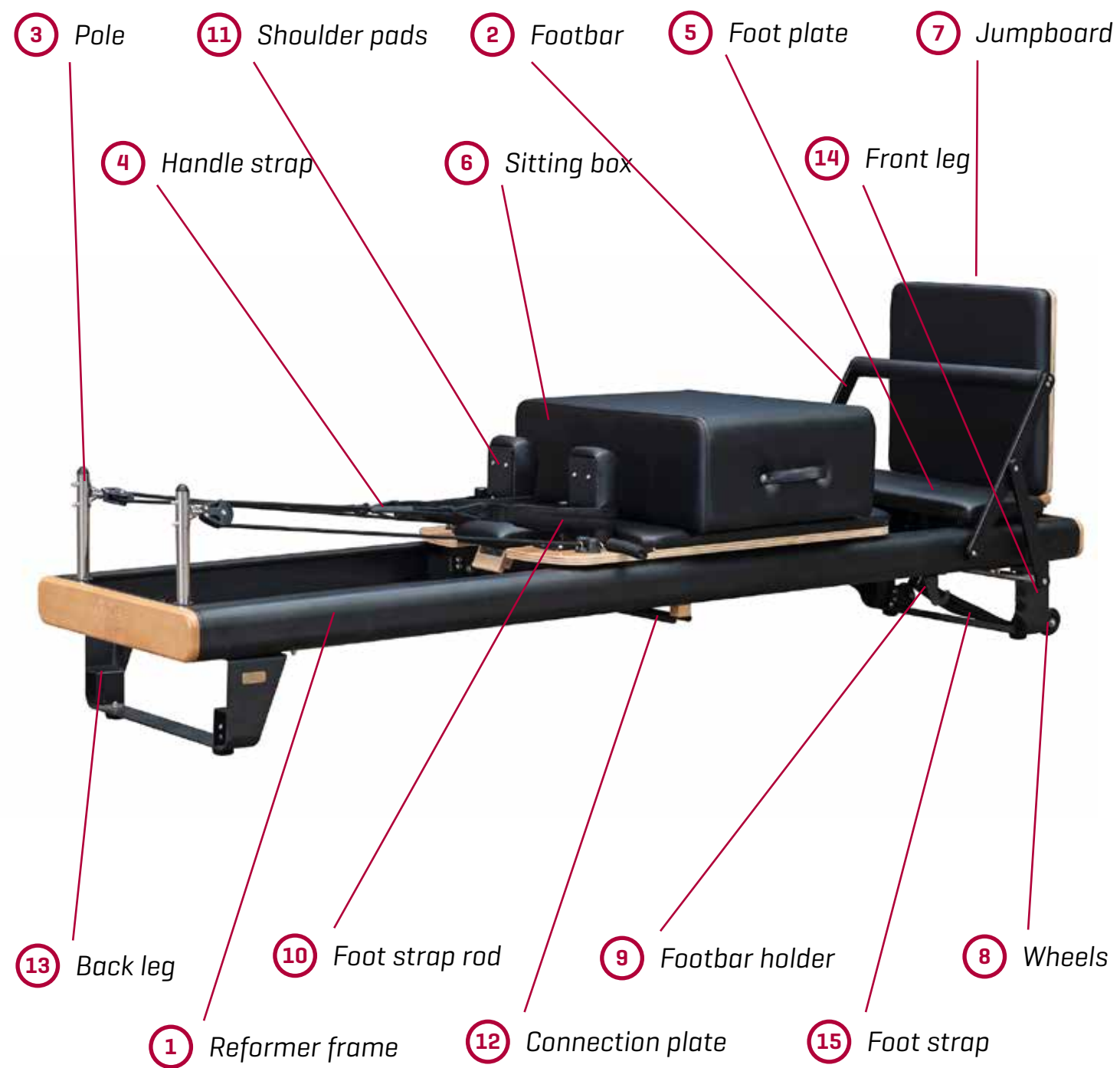


## 2. Check accessories

- |                      |                     |                        |
|----------------------|---------------------|------------------------|
| ① Reformer frame [1] | ② Footbar [1]       | ③ Pole [2]             |
| ④ Handle strap [2]   | ⑤ Foot plate [1]    | ⑥ Sitting box [1]      |
| ⑦ Jumpboard [1]      | ⑧ Wheels [2]        | ⑨ Footbar holder [2]   |
| ⑩ Foot strap rod [2] | ⑪ Shoulder pads [2] | ⑫ Connection plate [1] |
| ⑬ Back leg [1]       | ⑭ Front leg [1]     | ⑮ Foot strap [1]       |
| ⑯ Screws tools [3]   |                     |                        |







### 3. Assembly



Place the subject in the direction shown above.

#### A. Assemble the right footbar and the left back leg and the right front leg



1. Place the footbar in the position shown in the figure above.



2. Place the front legs as shown in the figure above.



3. Align the screw holes.



4. Tighten the four screws to fix the support legs and the reformer.



5. Fix the other end of the supporting leg in the same way as above.



6. Connect and fix the footbar to both sides of the reformer.



7. Install the left back leg.



8. Four screws to fix the support legs and the reformer.



9. Fix the other side in the same way as above.



10. Installation completed.

#### B. Assemble footbar holder, connecting plate, wheels & foot strap







1. Install the footbar frames on both sides.



2. Fix the wooden blocks at both ends of the connecting plate.



3. Fix the connecting plate and wooden blocks to the reformer frame with two screws.

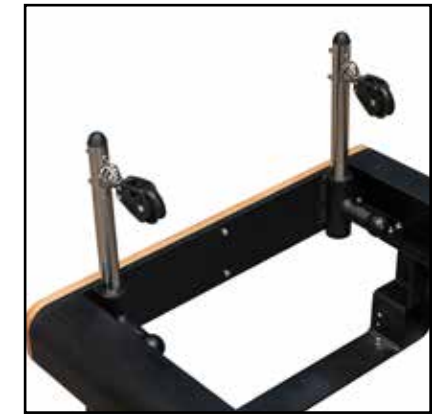
### C. Install of the left side



1. Place the vertical pole in the direction shown in the figure.



2. Align the vertical pole with the hole and fix it.



3. Follow the same steps as 1 & 2 to fix the other side and place it in the corresponding position.

### D. Install shoulder pad & foot strap rod



4. Fix the other side of the connecting plate in the same way as above.



5. Fix the wheels the same way as above.



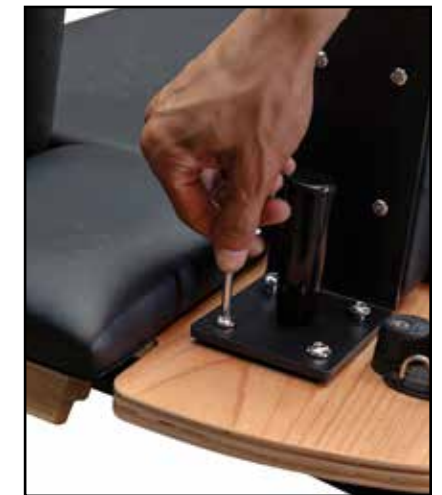
6. Install the wheels in the same way as above.



1. Place the shoulder pad in the position shown in the figure above.



2. Place the foot strap rod in the position shown in the figure above.



3. Screw the shoulder pads on both sides and align the holes.

### E. Install the handle strap



7. Install the foot strap hanging ring.



8. Bang the foot strap hook on the hanging ring.



9. Install the other side in the same steps as 7 and 8.



1. Put the handle strap onto the shoulder pad.



2. Pass the rope end from left to right through the rope threader-rope clamp-rope threader. Pass one end of the handle strap through the pulley from top to bottom.







3. Install the pull rope on the other side in the same three steps as 1, 2 & 3.

### ***F. Assemble standing foot plate, sitting box & jumpboard***



1. Align the holes and install jumpboard.



2. Install foot plate.



3. Install sitting box.

