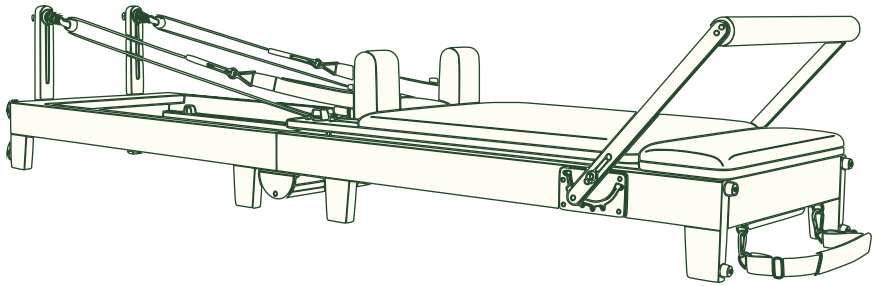


User Guide

# Folding Pilates Reformer



• ISSUE: MWI0003\_V1 • ISSUE DATE: 10-09-2026 •



**Model Number:**

EF01

\*Styles may vary.



## Wellness Information

- 03. Introduction
- 04. Applications
- 05. Exercise Guidelines

## Product Information

- 06. Package Contents
- 07. Assembly
- 08. Footboard & Spring Tension
- 09. Storage
- 10. Usage Instructions

## Safety Information

- 11. CAUTIONS

## Contact Us

- 12. Warranty and Contact Information



## Introduction

Integrating a folding Pilates reformer into your daily life is a great investment in your long-term physical wellbeing. This machine offers modern convenience while relying on nearly a century of refined anatomical study. Extensive evidence details how dynamic resistance training improves human strength, flexibility, and posture.

The reformer is designed to interact comfortably with your natural form and biomechanics, relying on adjustable spring tension to safely stretch and strengthen your frame in the comfort of your home.



## Safety Note

Please consult a qualified health care professional before starting any new exercise program, especially if you have any medical condition, injury, or pregnancy. Wear comfortable athletic clothing that allows you to move freely. Stop exercising if you feel pain, dizziness, or discomfort. Listen to your body and rest as needed. This device is used by one person at a time. Children are not allowed on or around the equipment without adult supervision.

## A Pilates reformer can be used for:

- › Building foundational core strength
- › Increasing full-body flexibility
- › Supporting low-impact joint health
- › Improving everyday postural alignment
- › Maximising available home workout space
- › Assisting in gentle injury rehabilitation
- › Facilitating a consistent exercise routine
- › Enhancing body control



## Exercise Guidelines

Ensure you consult a medical professional before starting any new physical routine, particularly if you are over the age of 45 or managing pre-existing health conditions.

Consistent movement is an effective method for managing your weight, enhancing your general fitness, and mitigating the physical impacts of both stress and aging. For the most beneficial results, aim to integrate these movements into your daily life in a way that feels sustainable and enjoyable.

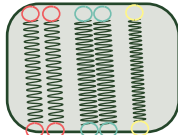
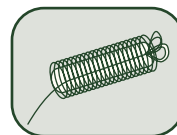
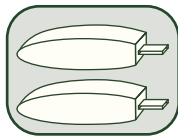
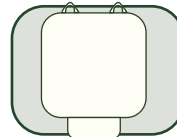
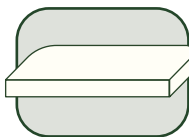
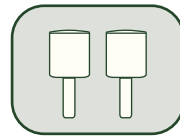
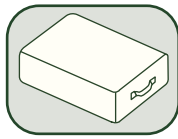
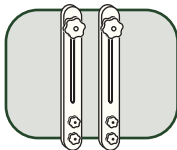
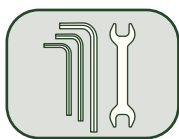
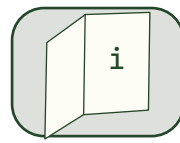
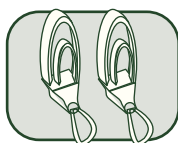
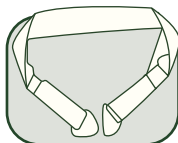
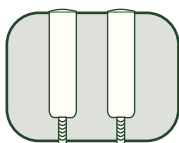
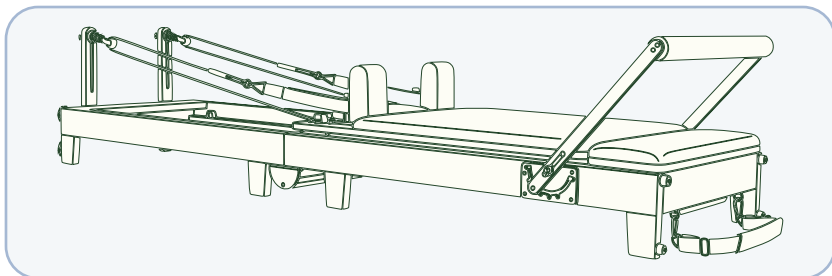
### Warm-Up Phase

Begin every session with five to ten minutes of light mobility work and stretching. This safely elevates your core body temperature, heart rate, and blood circulation before you begin. Ease gradually into your main routine. Once properly warmed up, you can increase the pace to match your target program, maintaining a steady intensity to optimise your physical performance. Remember to maintain deep, consistent breathing throughout exercise.

### Cool-Down Protocol

Conclude your routine with at least one minute of light, continuous movement, such as a gentle walk or jog. Follow this with an additional five to ten minutes of dedicated stretching. This controlled deceleration supports muscle flexibility and significantly helps to prevent post-exercise physical complications.

# Package Contents

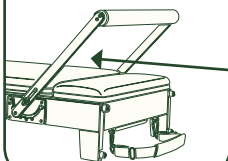




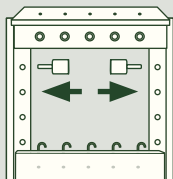
## Product Information

# Assembly

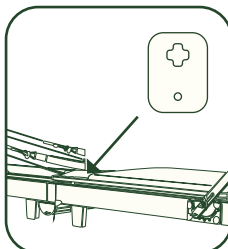
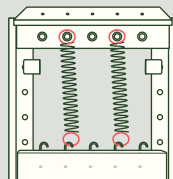
Slide base to reveal



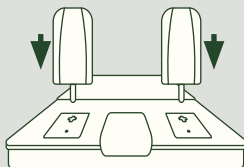
Step 1.



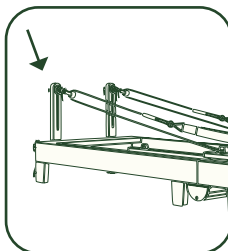
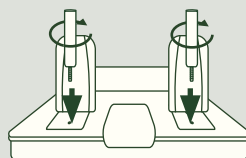
Step 2.



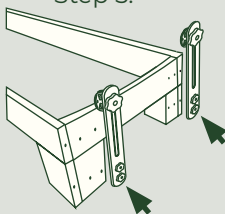
Step 3.



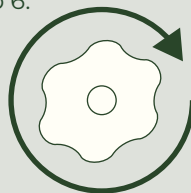
Step 4.



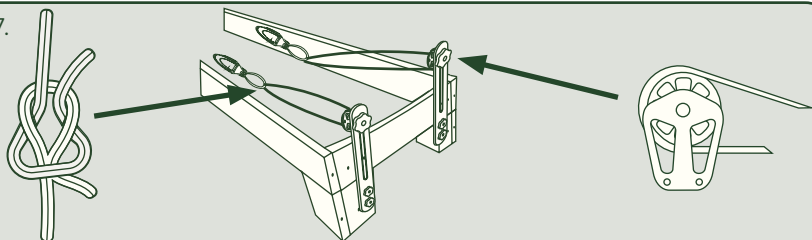
Step 5.



Step 6.

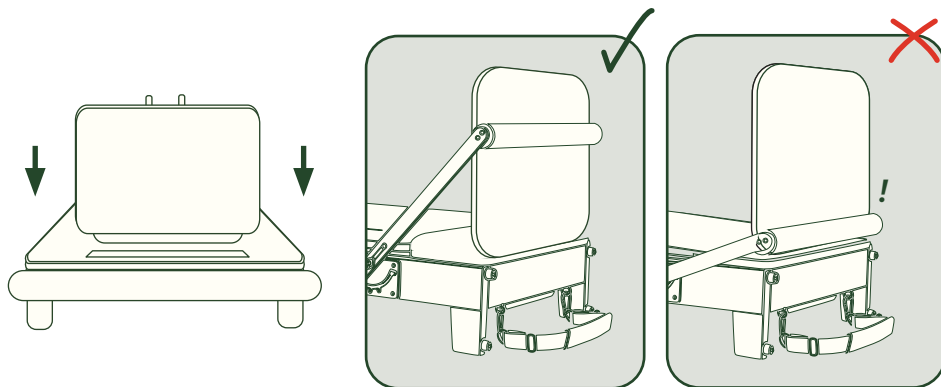


Step 7.



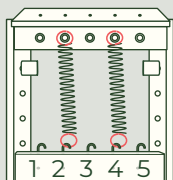


## Footboard Installation



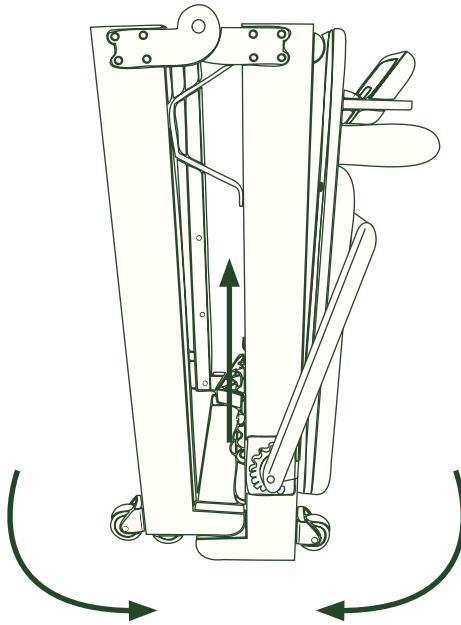
NOTE: Using the footboard without the footbar raised, as shown above, could cause damage.

## Spring Tension



- High Tension
- Medium Tension
- Low Tension

(Position 1 + 5)  
(Position 2 + 4)  
(Position 3)



## Storing the Machine

1. Remove the risers (*see page 07 "Assembly," step 5*).
2. Fold the footbar towards the bed, locking it in place.
3. Lift the machine by the central bar to fold it. It may be easier to do so by stepping into the machine first, and stepping out as it begins to fold.
4. Lean the machine toward you, using the wheels to roll the machine away.



## 1. Set Your Resistance

Adjust the machine's springs to match your strength level and the specific requirements of your exercise. Always double-check that the springs are fully hooked and the footbar is securely locked in place.

## 2. Align Your Body

Position yourself centrally on the carriage, ensuring your spine is neutral and your weight is evenly distributed. Whether holding the straps or placing your feet on the footbar, maintain a symmetrical grip or stance.

## 3. Execute

Push or pull against the spring resistance using smooth, deliberate, and fluid movements. Focus on engaging your core muscles while maintaining a steady, continuous breathing pattern.

## 4. Control The Return

Actively resist the tension of the springs as the carriage glides back to its starting position. Never let the carriage simply snap back or slam into the stoppers.

## 5. Mount and Dismount Safely

Always wait until the carriage has come to a complete, resting stop before changing positions or getting off. When finishing your routine, carefully release any straps and step off the machine one foot at a time. Store the straps over the handles beside the shoulder pads.



## Safety Information CAUTIONS

### DO'S

- › **WARNING!** Consult your physician before starting any exercise programme.
- › **WARNING!** Over-exercising may result in serious injury or death. If you feel faint, dizzy, or experience pain, stop exercising immediately.
- › Always examine the equipment for damage and wear (e.g., springs, ropes, pulleys, and tracks) before each use. The safety level of the equipment can only be maintained if it is examined regularly.
- › Replace defective components immediately and keep the equipment out of use until repaired.
- › Always ensure the reformer is fully unfolded and all locking pins, hinges, and tension springs are securely engaged before use.
- › Always keep a safe clearance area of at least 0.6m (24 inches) greater than the training area in the directions from which the equipment is accessed.

### DON'TS

- › Keep children and pets away from the equipment at all times. Do not leave them unattended in the same room as the equipment.
- › Do not place fingers, hands, or loose clothing near the folding hinges, carriage tracks, or moving springs during operation or while folding/unfolding.



## GUARANTEE

Your product carries a minimum 12 month guarantee from the date that the original purchaser receives it. If your product fails to operate to its specification due to faulty workmanship or materials during the guarantee period, we will either repair or replace the product. We will use our discretion to determine whether to offer a repair or provide a replacement. The product will not be covered by the guarantee if it has been misused, transformed, modified or altered in any way.

If your product fails within the guarantee period please ensure that you have all necessary documentation available including proof of purchase (receipt or invoice with serial number, location and date of purchase) in addition to all original undamaged packaging and leaflets etc. It is strongly recommended that you inspect your product carefully before it is used or installed. For full details of your product you should refer to the instruction manual which accompanies the product. You are strongly advised to read this manual carefully in its entirety and to retain it for future reference.

This product guarantee does not affect your statutory rights.



[metawellness.co.uk](https://metawellness.co.uk)



Fired Up Corporation Ltd.  
HD1 3LF, UK

Fired Up Corporation (Ireland) Ltd.  
71, D02 P593, Dublin

