



# Peak Pilates® fit™ reformer

## OWNER'S MANUAL



[www.peakpilates.com](http://www.peakpilates.com)

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# About the Peak Pilates® fit™ reformer

Thank you for purchasing the Peak Pilates® fit™ reformer. The fit reformer is an affordable, light-weight, and durable piece of Pilates equipment that offers a unique stacking and vertical storing solution. The only reformer in its class to be built at “studio height,” it features a locking footbar, a four position one-hand gear bar and graphic treatment to align student and instructor. As with all Peak Pilates equipment, the fit reformer is constructed of the highest quality, commercial grade material and is engineered for the utmost performance and durability.

This manual provides valuable information concerning the safe and proper use of your fit reformer machine. The entire guide should be read before beginning any exercise. All manufacturer’s recommendations, cautions and/or warnings must be adhered to at all times. Failure to adhere to the content provided in this manual could lead to damage to your machine and/or injury to you or your clients.

The remainder of this chapter will provide safety and contact information should your machine require service or should you need to ask functional questions. Subsequent chapters include information on: machine specifications, recommendations for basic use, instructions for unpacking and assembly, how to operate the machine, maintenance, and common replacement parts. If at any time you have questions concerning any part of this manual, please contact Peak Pilates.

We strongly advise that the fit reformer be used only by or under the supervision of a Certified Pilates Instructor. Peak Pilates offers education programs and can provide certification training.

Visit the Peak Pilates website at [www.peakpilates.com](http://www.peakpilates.com) or call 800.925.3674 or 303.998.1531 for more information or assistance.

## Recommended Use

Peak Pilates® strongly recommends consulting a physician for a complete medical exam before beginning an exercise program. Having a complete medical exam is particularly important if the user has a family history of high blood pressure, has heart disease, is over the age of 45, smokes, has high cholesterol, is obese, or has not exercised regularly in the past year. If at any time while exercising the user feels faintness, dizziness, pain, or shortness of breath, he or she must stop immediately.

**Important:** This manual contains important safety and usage information. Before beginning an exercise program on the Peak Pilates fit™ reformer, read the entire manual, paying specific attention to all cautions and warnings. Use only for the intended exercises. Do not modify the machine in any way. Modifying the machine will nullify your warranty. Keep this guide handy for future reference.



## WARNING

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**UNSAFE OR IMPROPER USE OF THIS EQUIPMENT RESULTING FROM FAILURE TO READ AND COMPLY WITH ALL REQUIREMENTS AND WARNINGS COULD RESULT IN SERIOUS INJURY. BECAUSE PEAK PILATES CANNOT ANTICIPATE EVERY SITUATION AND CONDITION THAT CAN OCCUR WHILE USING THE FIT™ REFORMER, WE MAKE NO REPRESENTATION CONCERNING THE SAFETY OF THIS EQUIPMENT. THERE ARE RISKS ASSOCIATED WITH THE USE OF ANY EXERCISE EQUIPMENT. THE USER ASSUMES ALL RESPONSIBILITY FOR THOSE RISKS.**

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## Safety Statement

It is the responsibility of the purchaser of the product to instruct all individuals, whether they are the end users or supervising personnel, on the proper use of the equipment.

Inspect the machine including all structural and mechanical components, hardware, springs and accessories before use. Do not exercise on the machine if signs of excessive wear, loose hardware, or other defects are evident. Do not attempt to fix a defective machine. Instead, notify Peak Pilates immediately.

Notify Peak Pilates immediately regarding any defects. Do not attempt to fix a defective machine.

**DO NOT** remove labels for any reason. They contain important information. If the labels are illegible or missing, contact your service representative for replacements.

Visit the Peak Pilates website at [www.peakpilates.com](http://www.peakpilates.com)

**NOTE:** We strongly recommend that all users of Peak Pilates exercise equipment be informed of the following information prior to use.

## Proper Use

This equipment is only to be used as outlined in the Owner's Manual. It is imperative that the fit™ reformer be used properly to avoid injury or damage to the unit. Use only components provided by the manufacturer.

**DO NOT** use parts or accessories or modify the machine in any way not approved by Peak Pilates®. Keep a three-foot area (about one meter) around the equipment clear of obstructions. Make sure the machine is used on a level surface.

## Specific Operating Warnings

- Be certain that all hardware is fully tightened before beginning to exercise.
- Verify that no gaps exist between the coils or other defects are evident in the springs. If any defects are seen, the spring(s) must be immediately replaced.
- Verify that no tears or excessive wear are evident in the ropes, foot loops, foot strap, or double loops. If excessive wear is evident, the ropes, strap, or loops must be immediately replaced.
- Do not tip the machine during use.
- Children must not be allowed near this machine. Teenagers and/or physically challenged individuals require supervision.
- It is the purchaser's sole responsibility to instruct end users and supervising personnel on the proper operating procedures of the fit™ reformer.
- Verify that all adjustable components are properly engaged in the exercise and not the in storage positions before beginning to exercise.
- We strongly recommend that the end user's physical condition be evaluated by a physician prior to beginning any exercise program.

**NOTE:** Understanding each and every warning to the fullest is critical. If any of these warnings are unclear, contact Peak Pilates for clarification.

# Warranty

Congratulations on the purchase of your fit™ reformer! Peak Pilates® guarantees this machine to be free of manufacturing defects. Any parts that are repaired or replaced under the terms of this agreement will be guaranteed for the remainder of the term of the original warranty.

**This warranty becomes effective on the invoice date of the original purchase and extends as follows:**

This product carries a two year limited warranty on the frame structural components.

All other components, with the exception of the upholstery, ropes, foot strap and double loops are covered by a one year limited warranty. If a failure due to workmanship and/or materials occurs, we will, at our discretion, repair or replace the defective components.

Upholstery, ropes, foot strap, and double loops are warranted against defects in workmanship and/or materials for 60 days.

This warranty refers to the Peak Pilates fit reformer and covers materials only. It remains in effect only under the following conditions:

This machine is not modified in any way. The machine is only used as specified in the manual and in accordance with generally accepted Pilates exercise practices. Accidents, abuse, misuse or improper service will not be covered under the provisions of this warranty.

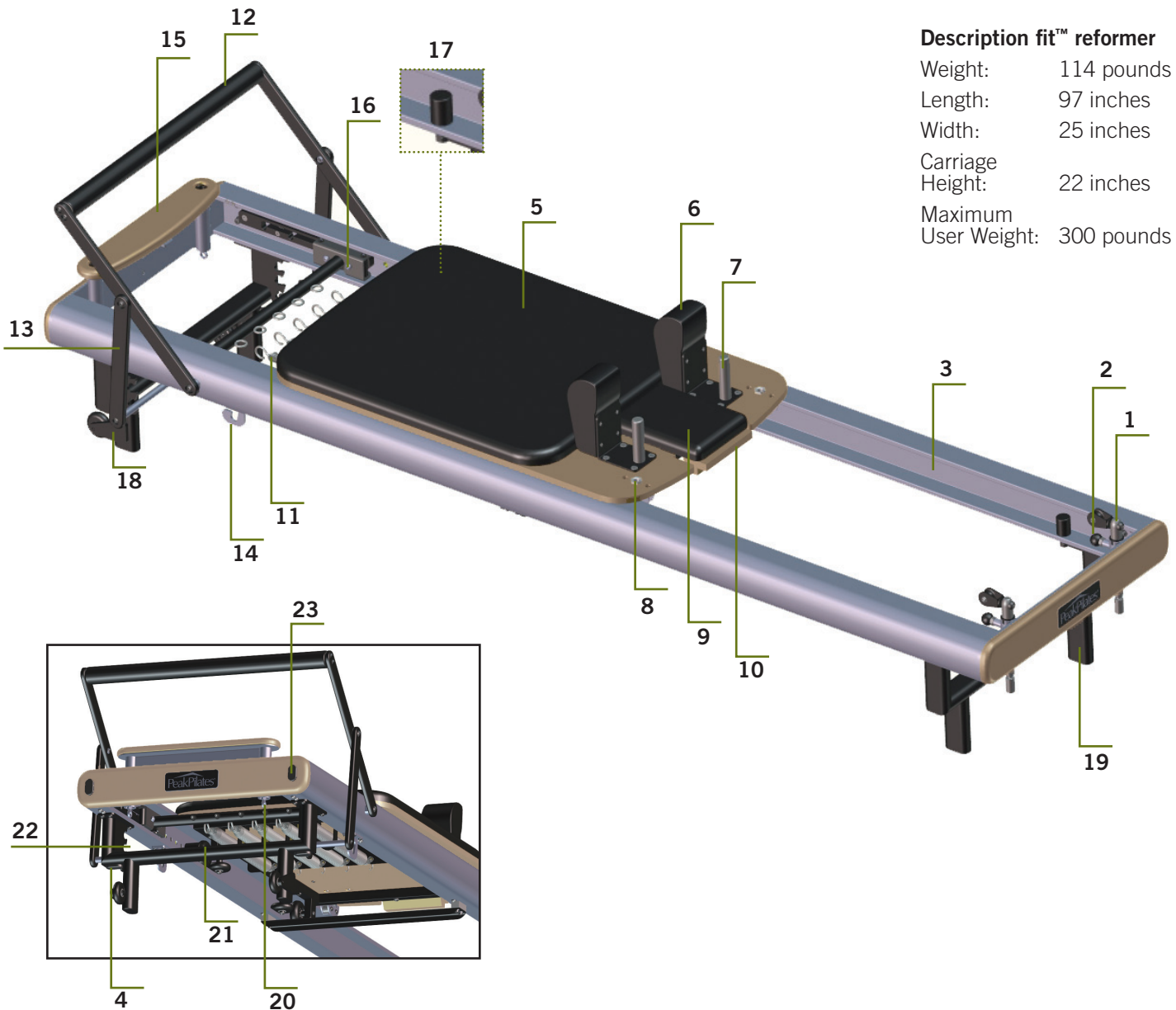
This warranty only applies to the original purchaser of this equipment and is not transferable. All claims must be made within the relevant warranty period specified above. Warranties outside the U.S. may vary.

**Contact Information:**

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[www.peakpilates.com](http://www.peakpilates.com)

# Specifications

**Description fit™ reformer**  
 Weight: 114 pounds  
 Length: 97 inches  
 Width: 25 inches  
 Carriage Height: 22 inches  
 Maximum User Weight: 300 pounds



## Glossary of Parts

Many other parts are shown and described in other sections of this manual.

- |                           |                            |                             |                                |
|---------------------------|----------------------------|-----------------------------|--------------------------------|
| 1 Riser Assembly          | 7 Shoulder Pad Post        | 13 Foot Bar Support Bar     | 20 Eye Bolts for Foot Strap    |
| 2 Riser Assembly Pull Pin | 8 Rope Cleat               | 14 Storage Bracket          | 21 Storage Loop for Foot Strap |
| 3 Rail                    | 9 Head Rest                | 15 Standing Platform        | 22 Foot Bar Positioning Plate  |
| 4 Stacking Bumper         | 10 Head Rest Support Block | 16 Gear Change Bar          | 23 Vertical Storage Bumpers    |
| 5 Carriage                | 11 Reformer Springs        | 17 Gear Block (inside rail) |                                |
| 6 Shoulder Pad            | 12 Foot Bar                | 18 Foot End Leg             |                                |
|                           |                            | 19 Head End Leg             |                                |

# Package Contents

Description	Quantity
fit™ reformer Frame	1
Foot End Leg	1
Head End Leg	1
Button Head Screw (Legs to Frame)	16
Washer (Legs to Frame)	16
Allen Wrench M5	1
Springs	1 Heavy - Red 2 Medium - Yellow 2 Light - Blue
Riser Assembly	2
Rope Assembly	2
Double Loop Handle	2
Long/Short Box	1
Foot Strap with 2 Safety Links	1
Non-Slip Pad	1
Shoulder Pad Assembly	2
Flat Socket Head Screw (Shoulder Pad to Carriage)	8
Washer (Shoulder Pad to Carriage)	8
Touch-up Paint	1



## Unpack the Carton

1

Open the box. Carefully remove all parts and verify that all components and accessories are included.

2

Place protective cover on the floor (so the aluminum frame will not be scratched). With one person at each end of the reformer, lift the unit out of the box and place on the floor.



## WARNING

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**SINCE NO SPRINGS ARE ATTACHED, THE CARRIAGE IS NOT LOCKED IN POSITION AND MAY START TO ROLL, BE EXTRA CAUTIOUS WHEN MOVING THE UNIT.**

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3

Tip the reformer onto its side, exposing the underside of the frame.

## Assemble the Legs

4

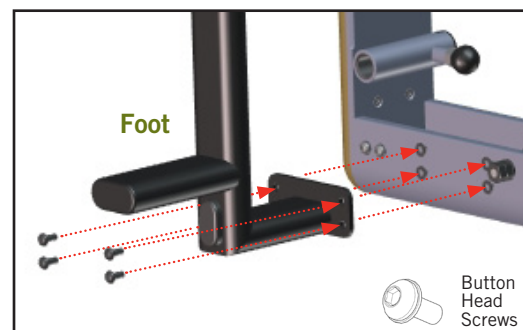
Attach the foot end leg to the reformer frame. Make sure that the wheels are facing toward the foot end of the machine. Secure using Button Head Screws and washers, hand tighten all eight screws on each leg.

5

Repeat the process for head end leg.

6

Go back and fully tighten all screws (torque to 12 ft-lbs or 16 N-m) with the provided M5 Allen wrench.



## Attach the Springs

7

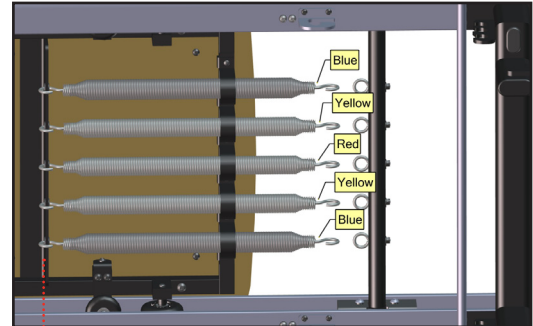
Attach the reformer springs to the anchor bar on the underside of the carriage. The open part of the hook should be facing away from the carriage.

8

Remove the shipping spacers located between the frame of the carriage and the aluminum rails.

9

With two people holding the reformer, turn the unit over onto its legs.

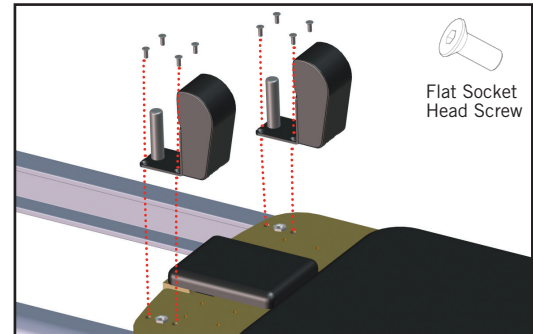


Anchor Bar

## Assemble the Shoulder Pads

10

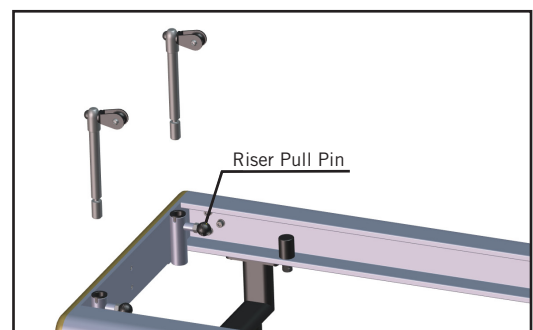
Place the shoulder pads into position, aligning the mounting holes. Secure using Flat Socket Head Screws and washers. Partially tighten all four screws. Once all four are partially tightened, go back and fully tighten.



## Assemble the Risers and Ropes

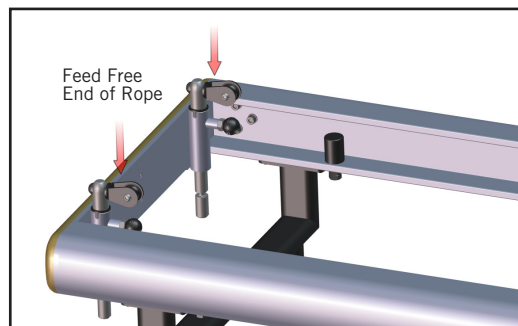
11

Pull out and hold the riser pull pin. Insert each riser into its respective bushing and release the pull pin.



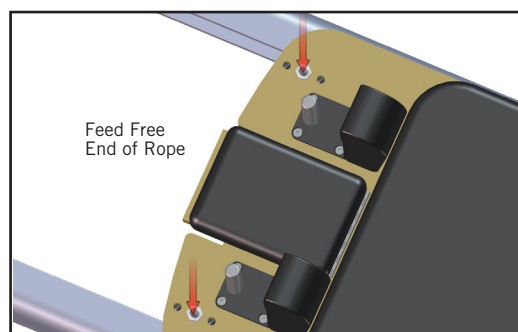
12

Feed the free end of each rope through the pulley on the riser assembly.



13

Feed the rope downward through the chrome guide. Press the lever of the rope cleat and feed the rope through its cam. Repeat for the other side.



**NOTE:** MAKE SURE THAT THE ROPES ARE ADJUSTED TO EQUAL LENGTHS AND THE ROPE LOCK IS ENGAGED BEFORE USE.

## Attach the Foot Strap

14

To attach the foot strap, fasten one safety link to each of the eye bolts located under the foot end cross member.

15

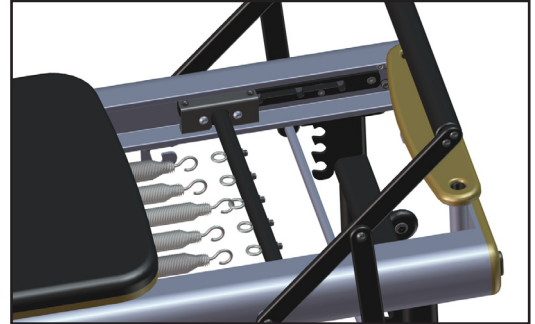
Tighten the safety link locking nuts.



## Attaching the Reformer Springs

The fit™ reformer comes with five reformer springs as described below:

- HEAVY – One heavy spring marked with a red tab.
- MEDIUM – Two medium springs marked with yellow tabs.
- LIGHT – Two light springs marked with blue tabs.



## WARNING

AT LEAST ONE SPRING MUST BE ATTACHED TO THE GEAR BAR AT ALL TIMES.

1

To attach a spring to an eye bolt on the gear bar, lift the end of the spring and insert the spring hook through the respective eye bolt on the gear bar.

## Adjusting the Gear Bar

The gear bar has 4 positions: -1, 1, 2, and 3. To adjust the gear bar:

1

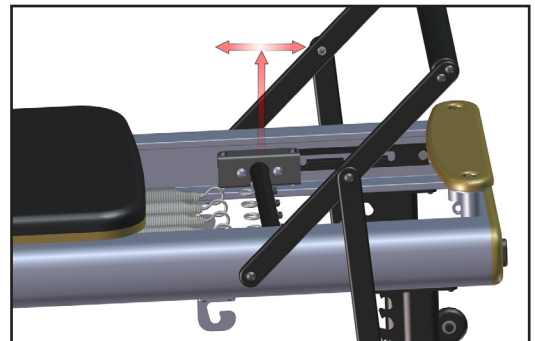
Remove all five springs.

2

Lift the center of the gear bar.

3

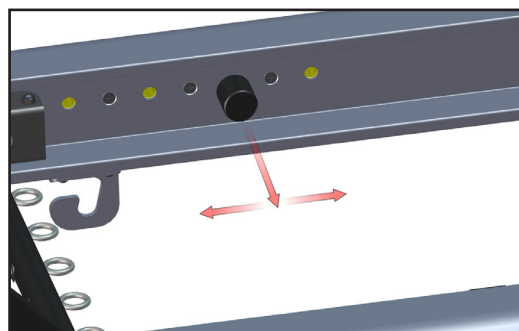
Move the gear bar to desired position making sure the bar is fully engaged into the slot.



**Move gear block****4**

Pull out the gear block and place it in the location hole that corresponds to the gear bar position. Make sure that the pin is completely engaged in the hole.

Gear bar	→	Gear block
-1		-1
1		1
2		2
3		3

**5**

Re-attach at least one spring to the gear bar.

**WARNING**

**MAKE SURE THAT THE GEAR BAR IS FULLY ENGAGED IN ONE OF THE FOUR POSITIONS BEFORE BEGINNING TO EXERCISE. FAILURE TO DO SO COULD RESULT IN DAMAGE TO THE REFORMER OR INJURY TO THE USER.**

**Adjusting the Headrest**

The headrest has three positions:

- Flat, as shown in the figure
- Half raised
- Fully raised

**1**

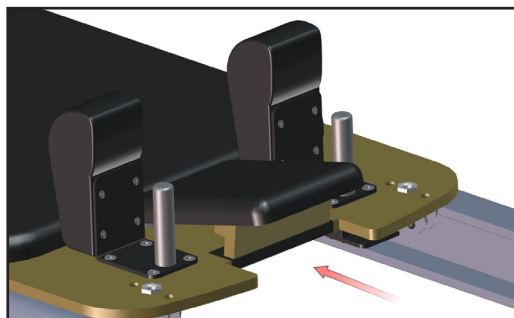
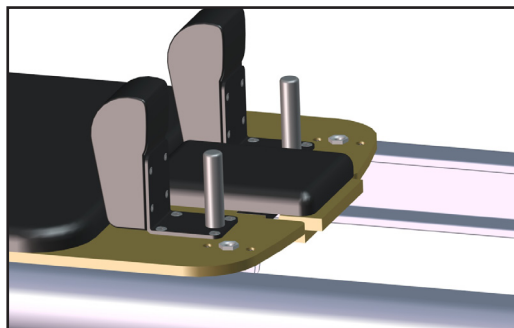
To change the headrest from the flat position to the half-raised position:

- Lift and push in the headrest support block until it rests on its first ledge.

**2**

To change the headrest to the fully raised position:

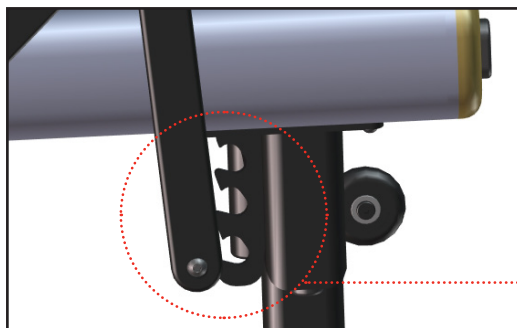
- Lift the headrest and push the headrest support block in all the way.

**WARNING**

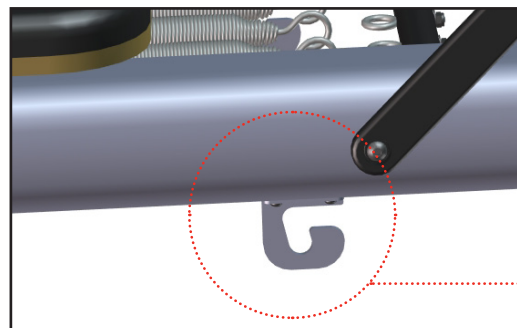
**VERIFY THAT THE HEADREST SUPPORT BLOCK IS PROPERLY SET BEFORE BEGINNING ANY EXERCISE.**

## Adjusting the Foot Bar

The foot bar has four positions – three functional and one for storage.



Three  
Functional  
Positions



Storage  
Position

To disengage and change the position of the foot bar:

1

Lift the rod at the end of the foot bar support bar out of its locating slot while holding the foot bar with your other hand.

2

Re-engage the rod of the support bar to the desired position.



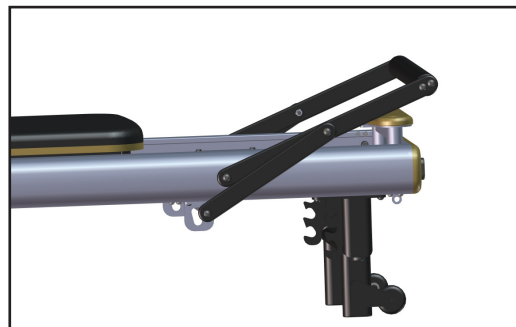
## WARNING

ENSURE THAT THE ROD OF THE FOOT BAR SUPPORT BAR IS FULLY ENGAGED IN BOTH OF ITS POSITIONING SLOTS (LEFT AND RIGHT SIDES) BEFORE BEGINNING ANY EXERCISE. FAILURE TO DO SO COULD RESULT IN SERIOUS INJURY.

The fourth position is the storage position. To store the foot bar:

3

After disengaging the foot bar support bar from a locating slot, lift the foot bar until it's nearly vertical. Swing the rod of the foot bar support bar toward the head end of the reformer. Slide the rod into the storage bracket slot.



## WARNING

VERIFY THAT THE ROD OF THE FOOT BAR SUPPORT BAR IS FULLY ENGAGED IN THE STORAGE SLOT BEFORE ATTEMPTING TO LIFT THE REFORMER USING THE HANDLE.

## Using the Long/Short Box

Use the long/short box by following the directions below.

To use as a long box:

1

Place the headrest in the flat position and foot bar and foot bar support bar in the storage position.

2

Place the box lengthwise on the carriage cushion, butting one end against the shoulder pads.

To use as a short box:

1

Place the headrest in the flat position and foot bar and foot bar support bar in the storage position.

2

Place the box on the carriage cushion with one of the long sides resting against the cushioned surface of the shoulder pads.

## Stacking the fit™ reformer

The fit reformer is unique in its design and can be easily stacked without the removal of any parts.

1

Place the gear bar and gear block in position 3.

2

Make sure at least the center spring remains hooked to the gear bar.

3

Place the foot bar and foot bar support bar in the storage position making sure that the support bar is fully engaged.



## WARNING

---

**VERIFY THAT THE FOOT BAR SUPPORT BAR IS FULLY ENGAGED IN ITS STORAGE SLOT BEFORE ATTEMPTING TO LIFT A MACHINE.**

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4

Drop the risers into their lowest position.

5

**For the upper machine:** Hook each double loop strap onto its respective storage post located behind the shoulder pad.

6

**For the lower machine:** Slide the double loop straps off of the storage posts and drop into the well of the reformer.

7

Hook the foot strap into its storage loop.

8

With one person at each end, lift the reformer. The footbar can be used as a handle for lifting only when fully engaged in the storage position.

9

Nest the units by lining up the head end and foot end legs respectively and lowering the top unit into the well of the machine below.

## CAUTION

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**VERIFY THAT THE ALL FOUR STACKING BUMPERS OF THE UPPER UNIT TOUCH THE TOPS OF THE LOWER UNIT RAILS OF THE BEFORE ATTEMPTING TO STACK ADDITIONAL MACHINES. DO NOT STACK OVER 3 UNITS HIGH FOR STABILITY.**

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## Vertically Storing the fit™ reformer

**To vertically store the fit reformer:**

1

Place the gear bar and gear block in the -1 position.

2

Make sure that at least the center spring is hooked onto the gear bar.

3

Place the foot bar in its highest position.

4

Hook the foot strap into its storage loop.



5

Roll the machine to its desired storage location.



## WARNING

**VERIFY THAT THE FLOOR IS FLAT AND THAT THERE ARE NO OBSTRUCTIONS IN THE DESIRED STORAGE AREA.**

6

Carefully lift the head end of the machine from the cross member. Continue lifting by “walking” your hands along the left and right side rails until the storage bumpers located on the foot end cross member contact the flooring surface. The unit should rest at approximately 10 degrees short of completely vertical when properly stored.



## WARNING

**THE LOCATION FOR VERTICAL STORAGE SHOULD BE CAREFULLY SELECTED—THE MACHINE SHOULD NOT BE PLACED IN AN AREA WHERE IT COULD BE KNOCKED OVER. PLACING THE UNIT ON A CARPETED OR SOFT FLOORING AS WELL AS TOUCHING OR BUMPING INTO THE UNIT IN ANY WAY COULD CAUSE IT TO FALL.**

## Maintaining the fit™ reformer

You have purchased a high-quality piece of equipment that is constructed of the finest components and materials. Proper care requires only a small, but very important investment of time in a regular, routine maintenance program.

Part	Daily	Weekly	Bi-Monthly	Annually	As Needed
<b>Inspect:</b>					
Overall Machine	✓				
Springs	✓				
Tracking System		✓			
Hardware			✓		
<b>Clean:</b>					
Frame					✓
Upholstery	✓				
Tracking System		✓			
<b>Replace:</b>					
Springs					✓
Ropes				✓	
Double Loops					✓
Safety Clips					✓

Refer to the next page for details.

## Inspect

Overall Machine    Springs    Tracking System    Hardware

**Overall Machine:** We highly recommend that you visually inspect the machine daily.

**Springs:** Even with extensive pre-testing and rigorous quality inspections, the possibility of spring failure exists. In addition, severe nicks or abrasions may develop as a result of misuse and could lead to springs breaking prematurely. Not replacing springs in a timely manner could also lead to failure. While breakage or deformation of a spring and the resulting potential for injury is a remote possibility, a daily inspection is critical. If, at any time, a gap between the coils of a spring becomes evident, that spring needs to be replaced immediately. The springs are zinc plated to prevent rust or corrosion from perspiration, condensation and/or humidity. Minor variations in the brightness of the finish are the result of different plating batches and do not affect the performance of the springs.

**Tracking System:** The protected bearings in the carriage wheels are permanently lubricated and require no further service. You should inspect the axles weekly. Remove any debris that might be trapped between the wheel and carriage frame and tighten the axles if any wheel “play” is evident.

**Hardware:** All hardware should be checked every 2 months to make sure that every nut, bolt and fastener is secure. If, at any time, a component exhibits free play, its hardware needs to be properly re-tightened immediately.

## Clean

Frame    Upholstery    Tracking System

**Framework:** The framework and wood components should be cleaned with a mild, soapy solution. A good furniture polish can also be used on the wood components.

**Upholstery:** We recommend wiping down your vinyl upholstery with a mild cleaning solution after each use. For example, a solution of one part Simple Green and 12 parts water in a spray bottle works well.

**Tracking System:** The tracks upon which your carriage rides are powder coated to inhibit the buildup of aluminum oxide. Clean them on an as-needed basis using a warm, mild soapy water solution and dry thoroughly with a soft cloth.

## Replace

Springs    Ropes    Double Loops    Safety Clips

**Springs:** All springs should be replaced each year. Any spring that exhibits early signs of fatigue (for example, separation in coils) need to be replaced immediately. High-use facilities should replace springs more often.

**Ropes, Double Loops, Safety Clips:** Over time you may experience some minor “fraying” in the ropes. Fraying is completely normal and to be expected. Any ropes with excess fraying, tearing or other problems need to be replaced immediately. Double loops, safety clips, and so on can wear over time. Replace them as required.



# WARNING

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**VERIFY THAT ANY PERSON(S) MAKING ADJUSTMENTS, PERFORMING MAINTENANCE OR MAKING REPAIRS OF ANY KIND IS QUALIFIED TO DO SO.**

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**fit™ reformer**  
OWNER'S MANUAL

# PeakPilates®

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fit™ reformer Item # 4610-2300