

# Align-Pilates®



## **C1-Pro Reformer** Assembly Instructions & User Manual

# Introduction

The C1-Pro Reformer is an incredibly versatile piece of commercial Pilates apparatus and has been designed to grow with your studio. This manual will show you how to build each variant of the C1-Pro reformer. Please ensure you read it fully before unpacking and assembling the equipment.

## Specification & Adjustability

- Travel: 100.5cm
- Resistance: 5 nickel plated quality music wire springs 3 different strengths (2 light, 2 medium and 1 strong)
- Foot bar positions : 4 positions including flat
- Removable rope risers with 7 height positions and 7 rope length adjustments
- Height adjustable feet for perfect alignment
- New Align-Pilates 'silent' Pilates double loop handles with metal free connectors for a quiet experience
- 3 position head rest
- Space saving – The C1-Pro is wheeled for ease of movement and storage and can be stacked or stood against a wall. It can "free stand" when selected with the extension leg option
- Anodized aluminium runners with matched 4 wheel system for smooth and maintenance free operation
- ISO20957-1 Class S Item. Max User Weight: 150kg. Suitable for users: 145cm - 193cm (4'10" - 6'4")

## Dimensions:

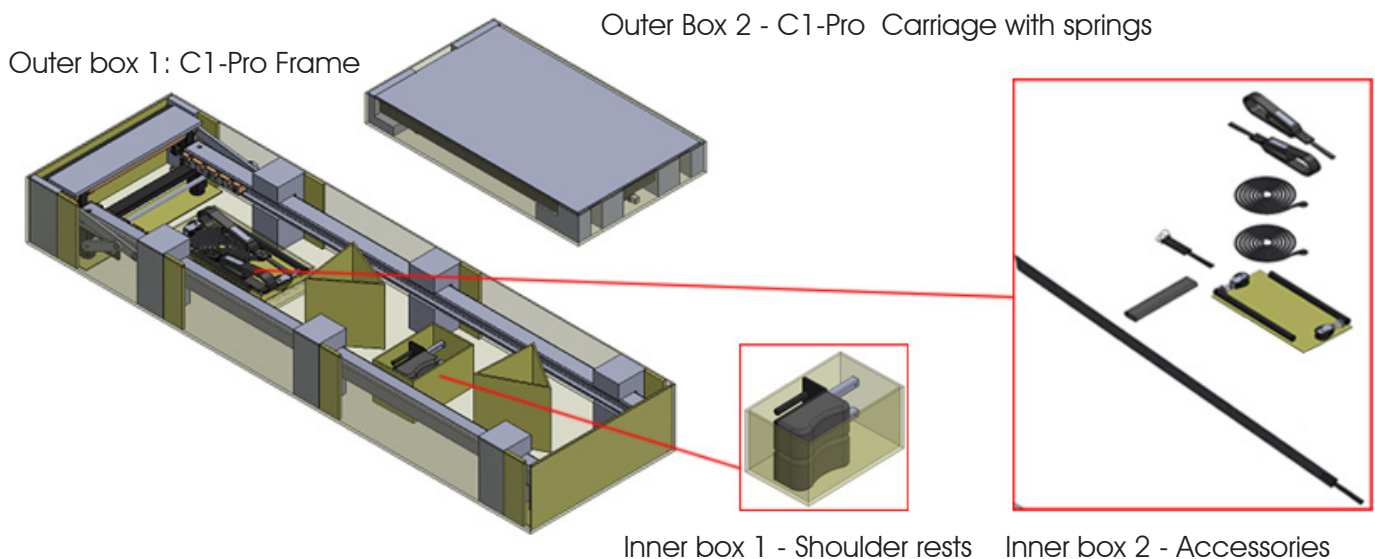
- Reformer only: 235 (L) x 66 (W) x 24cm (H)
- Reformer with Leg Extensions: 235 x 66 x 42cm
- Weight: 59kg (GW)

# Assembly

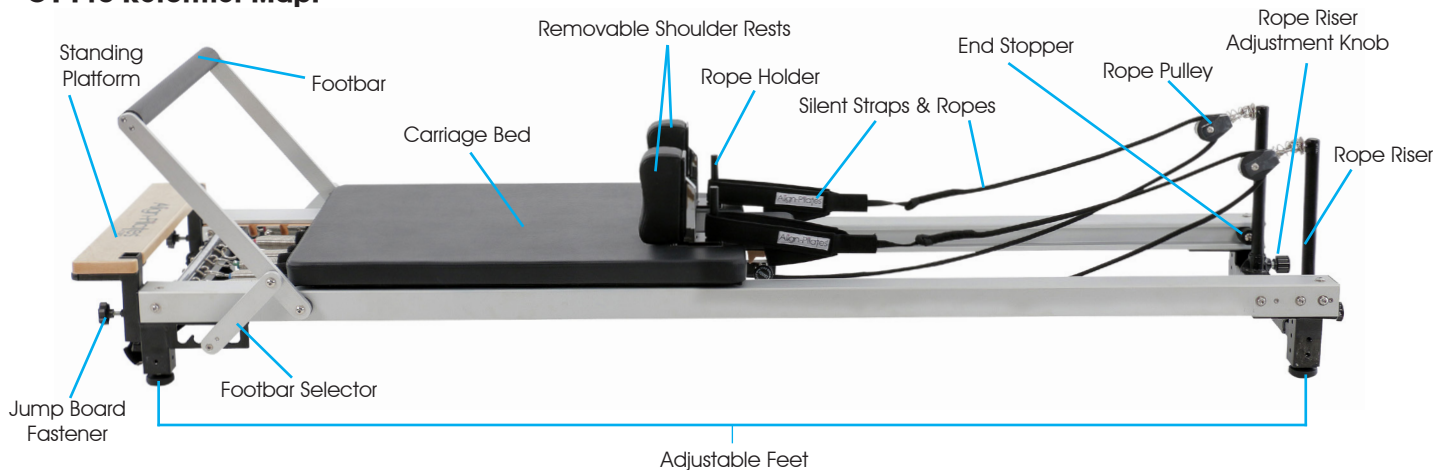
## 1. Unpacking the C1-Pro reformer

**Warning: the main box for the C1-Pro reformer weighs around 40kg so at least two people are required to unpack the equipment. You should have 2 outer boxes as shown below.**

At all times you are responsible for your own safety and those around you. 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 frame 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 a box. Place this to one side. *Note: at this point if you have only ordered the C1-Pro, without the extension legs please jump to section 3 in the manual.*



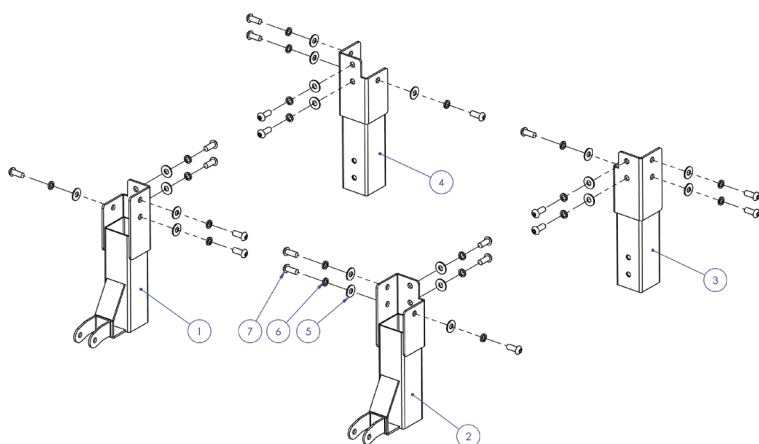
## C1-Pro Reformer Map:



### 2. Attaching the optional extension legs (optional extra)

If you have bought extension legs for your C1-Pro it is best to fit these first. We recommend getting a pair of stable trestles to put the reformer on to enable easy fitting of the legs. Place the trestles 120cm 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.

Remove the wheels at the foot end of the reformer, placing all nuts, bolts and washers to one side. Store the parts in the order you removed them and then reinstall the wheels on to the higher legs. Remove all four of the black adjustable screw in feet by unscrewing them completely out and then screw these completely in to the C1-Pro leg extensions. For further information see the exploded diagram in Fig.1 below.



**Fig.1**

Ref	Code	Name	Specification	Qty
1	1L	Left leg standing platform end		1
2	1R	Right leg standing platform end		1
3	2R	Right leg rope riser end		1
4	2L	Left leg rope riser end		1
5		Flat washer	8.5*20*T1.5	20
6		Spring washer	8.3*12.7*T2.0	20
7		Bolt	M8*20	20

Using the allen bolts and a 6mm Allen key, screw in the 5 bolts per leg and hand tighten. Be careful not to cross thread the bolts. Once all the bolts are in, tighten fully with the Allen key.

After removing your trestles or other elevation device, put your reformer down where you intend to use it. Then use a spirit level to check the reformer is level and stable. Adjust the level of the reformer by turning the rubber feet in or out. *Tip: Always lower a high foot before raising a low foot.*

Maintenance: Periodically check all bolts that attach the legs to the reformer are tight. *For further information on maintenance please see point 10.*

### 3. Insert the Reformer Carriage

With the reformer back on the floor, carefully remove the carriage from its packaging. With one person holding each side of the carriage gently slide the carriage in to the runners with the springs pointing towards the standing platform. Be very careful not to damage the wheels when sliding in to the runners.

#### 4. Runner stoppers:

At the head end of the C1-Pro there are two new end stoppers which screw into the frame for easy access to the runners and for quick removal of the bed for cleaning & maintenance, see Fig.2. Simply unscrew to get access and ensure you re-screw them back in before any use.

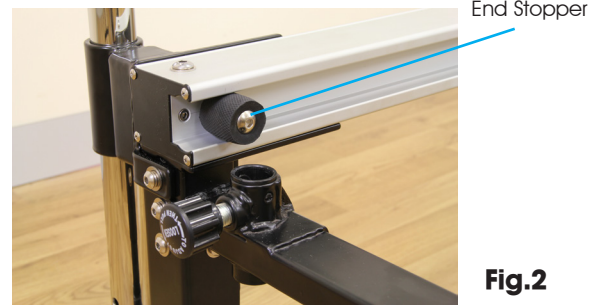


Fig.2

#### 5. Shoulder rests:

Insert the shoulder rests into each of the shoulder rest receiving holes on the carriage bed. They can be locked in place by placing the locking pin through the hole at the bottom of the chromed bar. The locking pins are attached on a string to the underside of the carriage as shown in Fig 3 & Fig 4.



Fig.3



Fig.4

#### 6. Attaching the rope risers:

Part screw in the 2 adjustment knobs and insert the riser (Fig.5 & 6), then pull back on the knob and slide the riser to the desired height. When happy with the height let go of the knob and twist to tighten and secure the riser in place (Fig.7).



Fig.5



Fig.6



Fig.7

#### 7. Attaching the ropes:

First attach the handles by threading the nylon loop of the handle through the rope eyelet and then thread the loop handle through the nylon eyelet to secure the handle to the rope as per Figs. 8, 9 & 10. Pull tight to check it is secure.



Fig.8



Fig.9

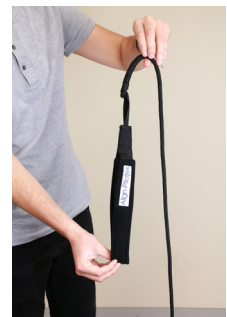
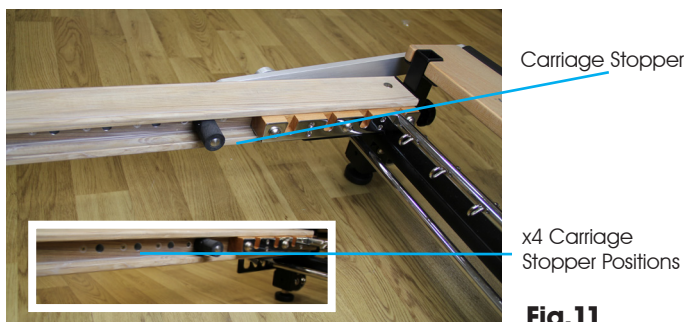


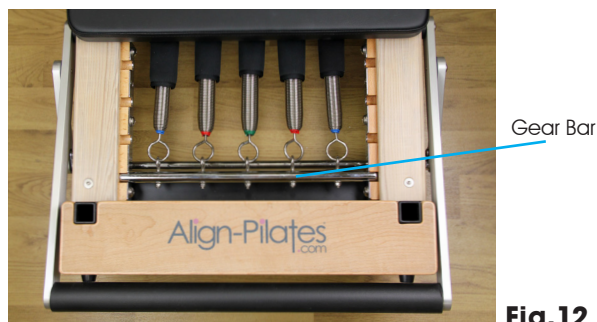
Fig.10



Move the gear bar to the position nearest the standing platform and move the carriage stopper to the corresponding position so the bed is rolled to furthest point toward the foot end of the reformer (Fig.11). Now attach all the springs to the relevant hooks on the gear bar to stop the carriage rolling (Fig.12). Take each rope and loop them over the upright rope holder on the shoulder rests. Take the end of each corresponding rope and thread these through each of the pulleys.

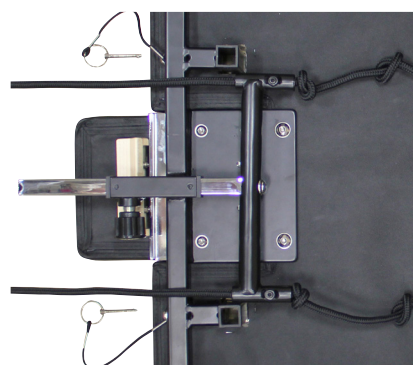


**Fig.11**



**Fig.12**

**For the next part we recommend standing the reformer up, with the assistance of another person, so that they can hold the machine whilst you make the required adjustments.** Once you are in position, from the underside of the reformer pull each rope tight, then knot each rope so that the knot is flush against the tube as shown in (Fig.13). Repeat for the second rope and then check that the ropes are adjusted to exactly the same length, if they are not; adjust one or both of the knots, the ropes should be taught with the rope handles on the shoulder rests. When both ropes are the same length and pulled tight, tie an extra knot in the end of the rope for safety. The ropes tails can be coiled around the T bar to get them out the way.



**Fig.13**

**8. 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 reformer frame under the jump board (Fig. 14)
- 2) Now pass the foot strap through the loop and pull tight (Fig. 15)
- 3) Repeat this process for the other half of the strap (Fig. 16) and finally re-thread the strap through the D-ring (Fig. 17) and the strap is ready to use (Fig.18).



**Fig.14**



**Fig.15**



**Fig.16**



**Fig.17**



**Fig.18**

**9. How to adjust the foot strap:**

To tighten - simply pull on the end of the strap.  
 To loosen - first loosen the strap at the D-ring and then the strap can be pulled out to be lengthened.  
 The strap can be used either between the legs (above the cross support and below the jump board) or around the outside of the jump board, according to your preferred pull position.

Congratulations! You are now ready to use your C1-Pro Reformer. Now would be a good time to make a note to replace your springs in 2 years or, within 3,000 hours of use, whichever is sooner. We hope that you enjoy using your new C1-Pro reformer!

## 10. Accessories for your C1-Pro Reformer

If you have a C1-Pro Reformer, then either an A2 Half Cadillac or C1-Pro Full Cadillac can be used in conjunction with the C1-Pro Leg extensions. *Note: only the Half Cadillac can be used with the low leg version of the C1-Pro but neither the Half or Full Cadillac is compatible with the earlier C1 or C1-R models.*

Don't forget you can also add optional Jump Board, Mattress Converter and Standing Platform or Sitting Box to complete your Pilates studio. For the complete range of Align-Pilates apparatus & a complete range of Pilates mat work accessories please visit [www.Align-Pilates.com](http://www.Align-Pilates.com).



Jump Board & Leg Extensions



2 Part Mattress Converter, Leg Extensions & Standing Platform



Sitting Box

## 11. Periodic Maintenance

Please check the apparatus before first use and after each of the first few uses to check that 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 a basic maintenance guide though our 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 that all allen bolts securing the padded bar to the aluminium arms and to the steel engagement bar and through the frame are tight
- **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 a window cleaner eg. Windowlene.
- **Ropes and Handles** - check ropes for signs of wear, fraying or nicks and replace if damaged. Check stitching on handles is intact and handles are not overly worn.
- **PVC Upholstery** - always ensure that 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 [vital-clean.de](http://vital-clean.de), which are available worldwide. For further information on cleaning recommendations see the link above.
- **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 rope pulley wheels and those securing the head rest.

## 12. 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 also offer short safety induction courses.

- 1) Pilates is about smooth and controlled movement, 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 program, consult a physician.
- 7) Before using the equipment, 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 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) If standing the equipment for storage be sure it is kept in a safe place, on level ground and away from children or activities that could knock it over. If in doubt secure the equipment in an appropriate manner.
- 14) Do not exceed the maximum user weight for the equipment which is 150Kg.
- 15) The C1 Pro can be moved around and stood up by a single person with relative ease, as the lifting weight is similar to lifting a heavy suitcase. However, if you have back or any similar issues you should avoid moving or standing the C1 Pro alone.

### 13. Stacking your C1-Pro Reformer.

For Studio use the C1-Pro reformer has been designed to stack, for when the floor space is required for other purposes. To stack the C1-Pro with low leg extensions you must first remove the shoulder rests and store them in a safe location. You can then stack the reformers on top of each other. If you have the C1-Pro with the standard leg extensions you can stack them as they are without the need to remove the shoulder rests.

**IMPORTANT:** If you wish to stack more than 2 reformers you need to remove the rope risers from the last stacked reformer before adding the next.  
*Note: the reformer weighs nearly 50Kg, so correct lifting technique must be used - if in doubt about how to lift safely please seek advice.*



SEE VIDEOS OF HOW TO STAND UP & STACK THE C1 BY CLICKING ON THE QR CODE





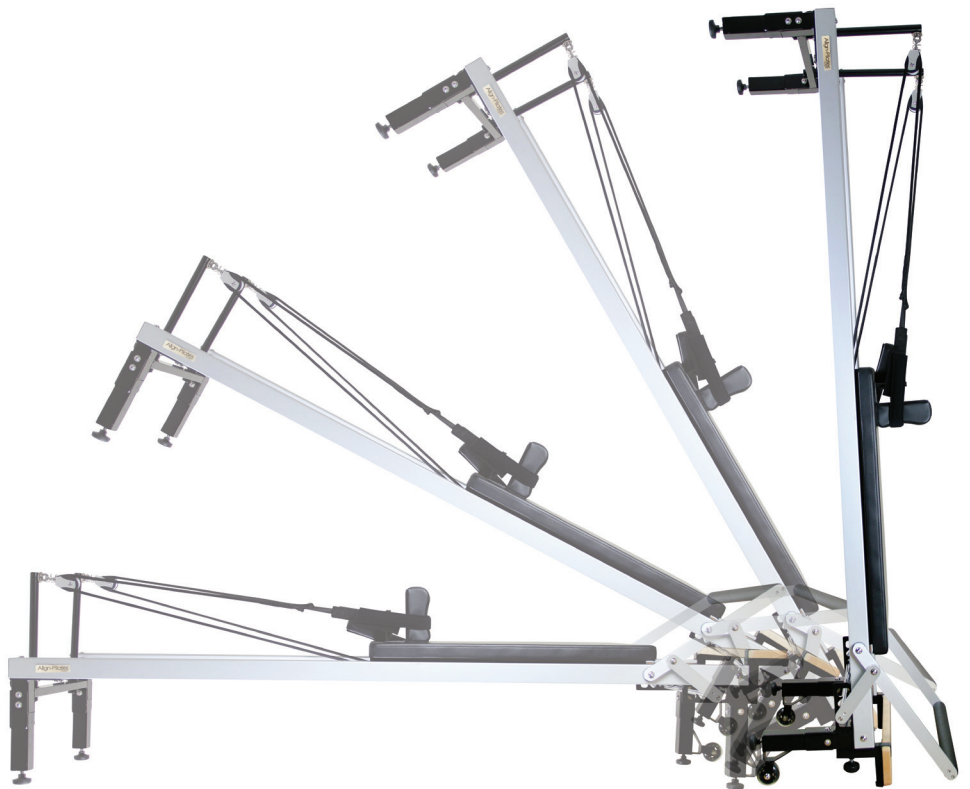
#### 14. Storing the reformer vertically.

The C1-Pro reformer can be stood up for space saving storage. **Warning: The reformer should only be stood on resilient, level floors in locations where it cannot be accessed by children or risk being knocked over by other activities.** Subject to this, the C1-Pro will free stand when fitted with leg extension or with the standard legs it can be leant against a wall.



##### a) Standing the C1-Pro Reformer Vertically

To stand the reformer vertically, first attach all springs, put the foot bar in to the second lowest position and remove the foot strap for use later. Then lifting from the rope riser end, wheel the reformer to the wall where you wish to stand it. At around 1m from the wall, turn around so you can place the reformer feet against the wall. Keep reversing the reformer until it is standing on the anti-slip feet and not the wheels. The reformers can then support itself, please ensure it is not standing on a rug or mat which can slip away. **Note: if the reformer is being stored in an area easily accessed by children or in close proximity to an active environment (e.g. exercise classes) then the reformer will need to be appropriately secured to the wall to prevent it from being knocked or pushed over.**



##### b) Lowering the C1-Pro Reformer

To lower the reformer from the vertical storage position: walk the reformer out from the wall on the feet until the wheels engage and then carefully lower the machine to waist height and manoeuvre in to desired position.

*Note: the C1 reformer weighs almost 50Kg and though standing or lowering the reformer does not require lifting the full weight, if in any doubt about standing the machine up try to do this with the aid of another person for the first few times. Always use correct lifting technique when first lifting or lowering the reformer.*



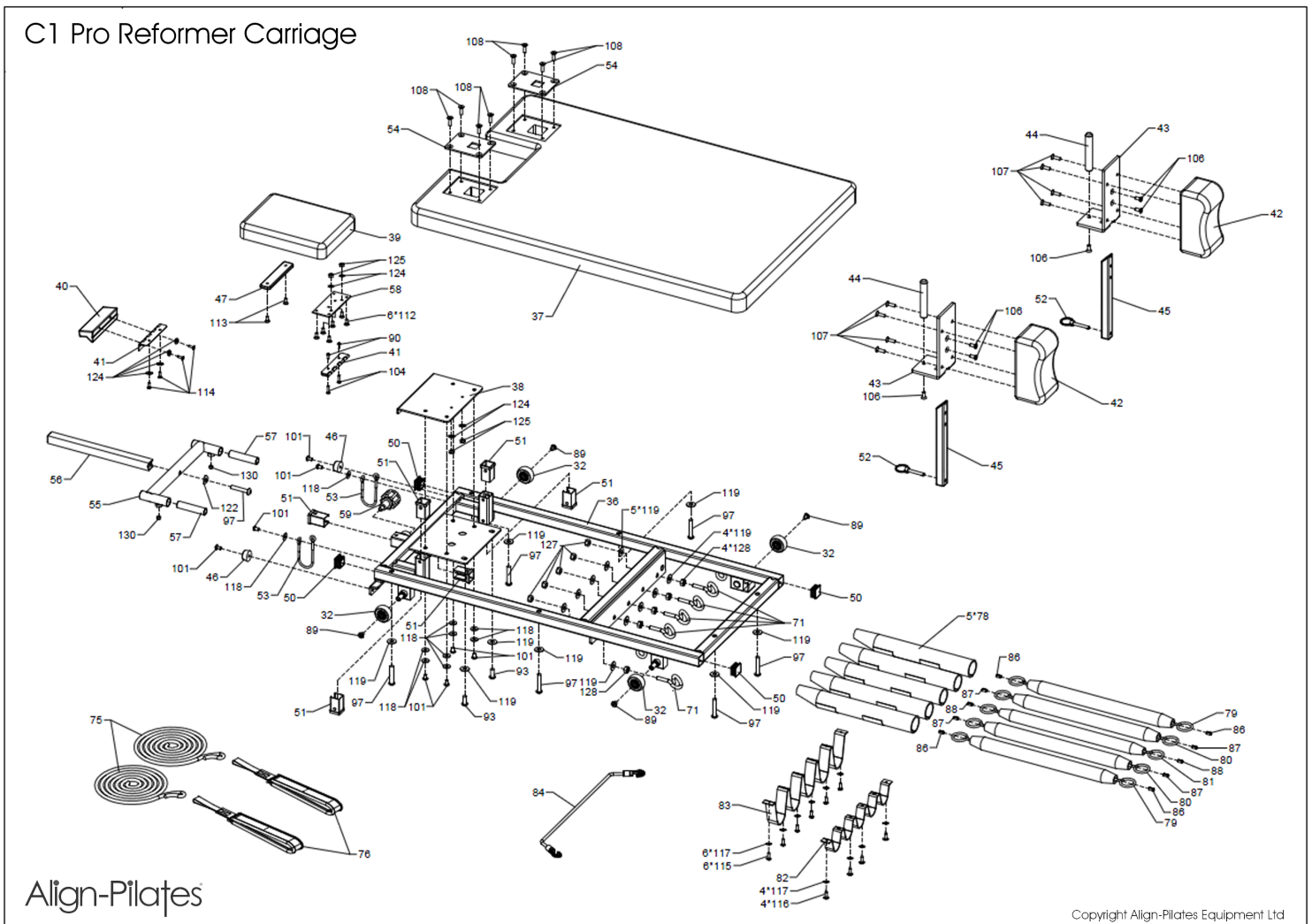
## 15. Troubleshooting Smooth Running of your C1 Pro Reformer

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

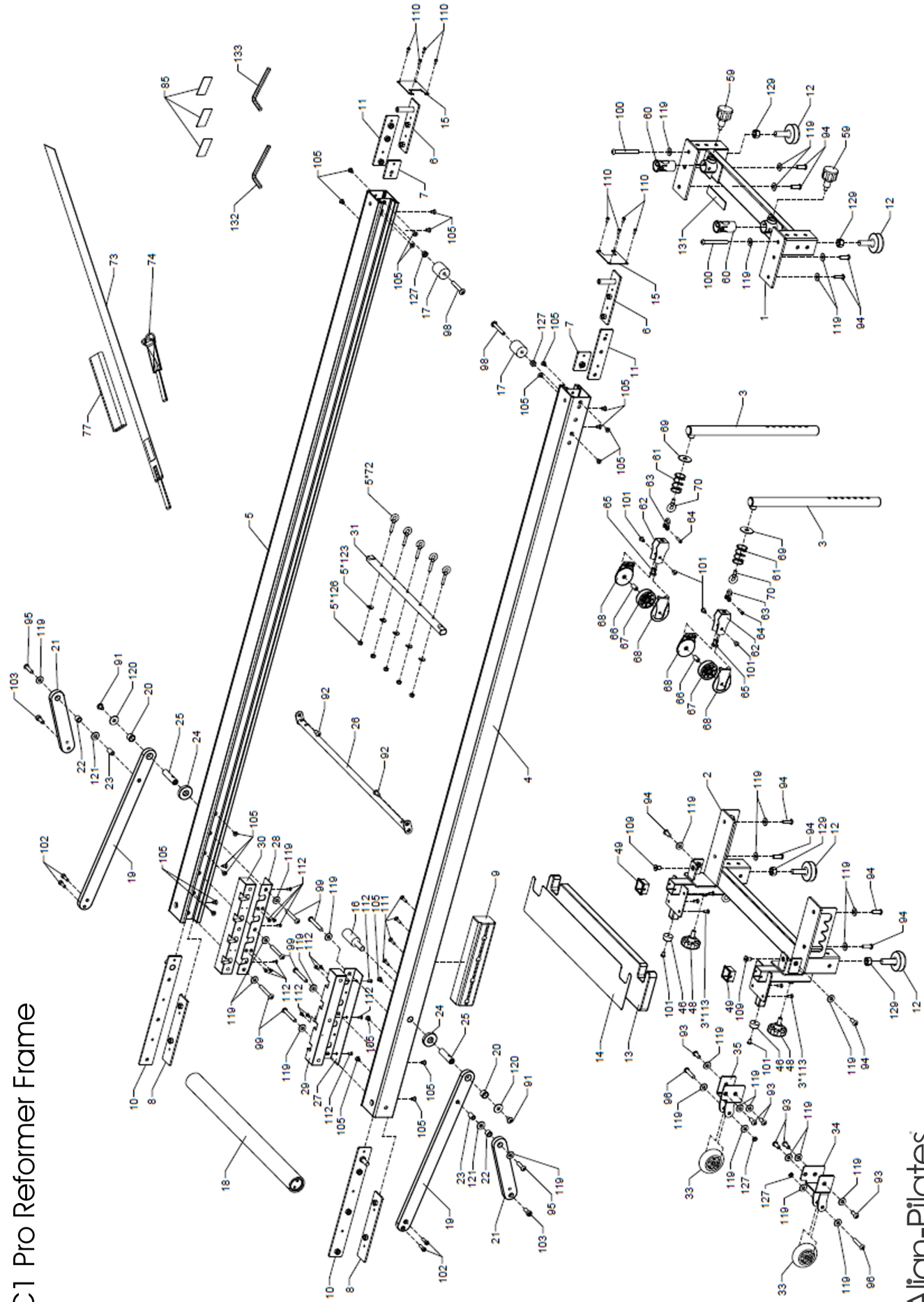
1. Check the reformer is level using a spirit level
2. Check the runners and wheels are clean and free from dirt and grit
3. Check the wheels and bearings are not damaged. If damaged replace.

### 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>



# C1 Pro Reformer Frame



# Warranty Information

## **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. This warranty will be null & void if springs are not changed as specified or, if all safety, maintenance and usage instructions as specified in the manuals are not observed or, if the equipment is used for any other purpose other than for Pilates repertoire or if the equipment has been subjected to accident, abuse, improper service, or modification not authorised by Align-Pilates.

### **Duration of Limited Warranty**

#### **1) Metal Frames & welded components.**

10 year warranty

#### **2) Wooden Frames, Gear bar and foot bar mechanisms**

5 year warranty. Wooden frames must not be positioned next to convection radiators or air conditioning units.

#### **3) Other non-wear and tear components**

2 year warranty

#### **4) Ropes, Straps, Spring Clips, Handles, Fuzzies, Wheels, foot straps, Rotational disks and Non Foam Rollers**

1 year warranty

#### **5) Springs**

2 year / 3,000 hours 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.

#### **6) 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 as laid out in the manual.

### **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 convertors & 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](mailto:customercare@align-pilates.com)

For more information about Align-Pilates equipment please visit: [www.align-pilates.com](http://www.align-pilates.com)



