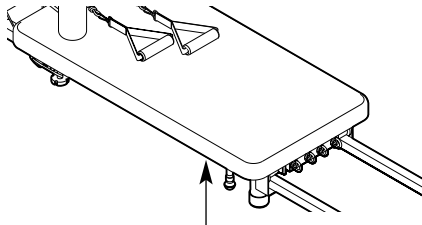


iFIT SOLUTIONS™ *Pilates Reformer*

Model No. IFBE13520

Serial No. _____

Write the serial number in the space above for future reference.



Serial Number Decal (Under Seat)

USER'S MANUAL

QUESTIONS?

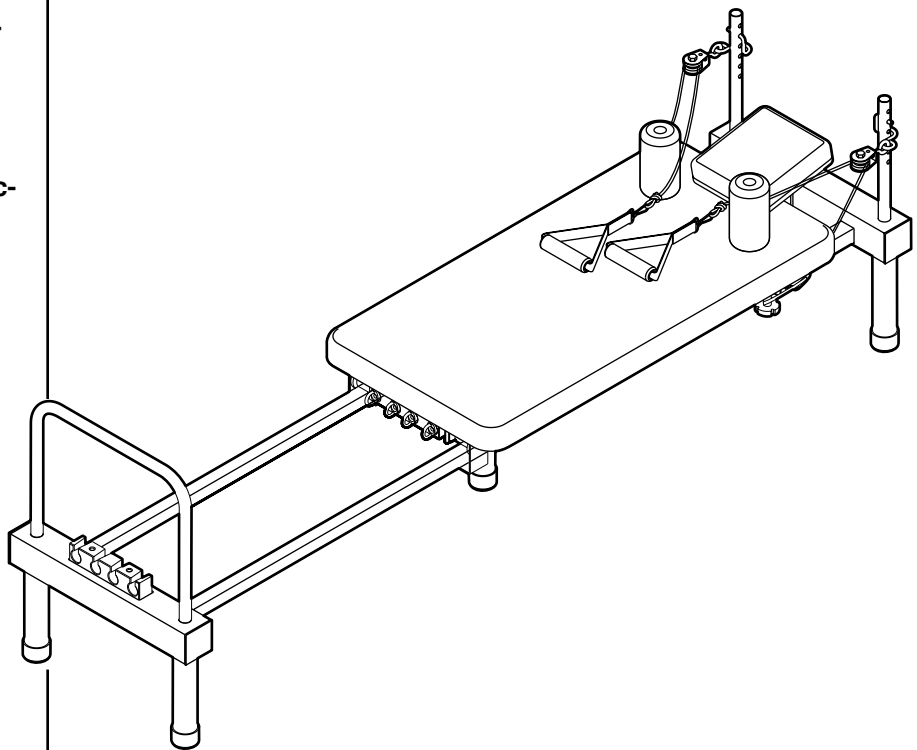
As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing or damaged parts, we will guarantee complete satisfaction through direct assistance from our factory.

TO AVOID DELAYS, PLEASE CALL DIRECT TO OUR TOLL-FREE CUSTOMER HOT LINE. The trained technicians on our customer hot line will provide immediate assistance, free of charge.

CUSTOMER HOT LINE:

1-800-999-3756

Mon.–Fri., 6 a.m.–6 p.m. MST



CAUTION

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.

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IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of serious injury, read the following important precautions before using the exercise bench.

1. Read all instructions in this manual before using the exercise bench. Use the exercise bench only as described in this manual.
2. It is the responsibility of the owner to ensure that all users of the exercise bench are adequately informed of all precautions.
3. The exercise bench is intended for home use only. Do not use the exercise bench in any commercial, rental, or institutional setting.
4. Use the exercise bench only on a level surface. Cover the floor beneath the exercise bench to protect the floor.
5. Make sure that all parts are properly tightened each time you use the exercise bench. Replace any worn parts immediately.
6. Keep hands and feet away from moving parts.
7. Keep children under 12 and pets away from the exercise bench at all times.
8. Always tie back long hair to prevent it from becoming caught in moving parts or pulleys.
9. The exercise bench is designed to support a maximum user weight of 300 pounds.
10. Make sure that the nylon ropes remain on the pulleys at all times. If the ropes bind as you are exercising, stop immediately and make sure that the ropes are on the pulleys.
11. The exercise bench is not designed to be used with weights.
12. If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.
13. The decal shown here has been placed on the exercise bench in the location shown on page 3. If the decal is missing, or if it is not legible, please call our Customer Service Department toll-free at 1-800-999-3756 to order a free replacement decal. Apply the replacement decal in the location shown.

⚠ WARNING

- Misuse of this product may result in serious injury.
- Read user's manual and follow all warnings and operating instructions prior to use.
- Do not allow children on or around machine.
- Replace label if damaged, illegible, or removed.

⚠ ATTENTION

- Un mauvais usage de ce produit peut causer de sérieuses blessures.
- Lisez le livret d'instructions et suivez les conseils de sécurité importants.
- Gardez les enfants éloignés en tout temps.
- Remplacer l'étiquette si celle-ci est endommagée, illisible ou enlevée.

⚠ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

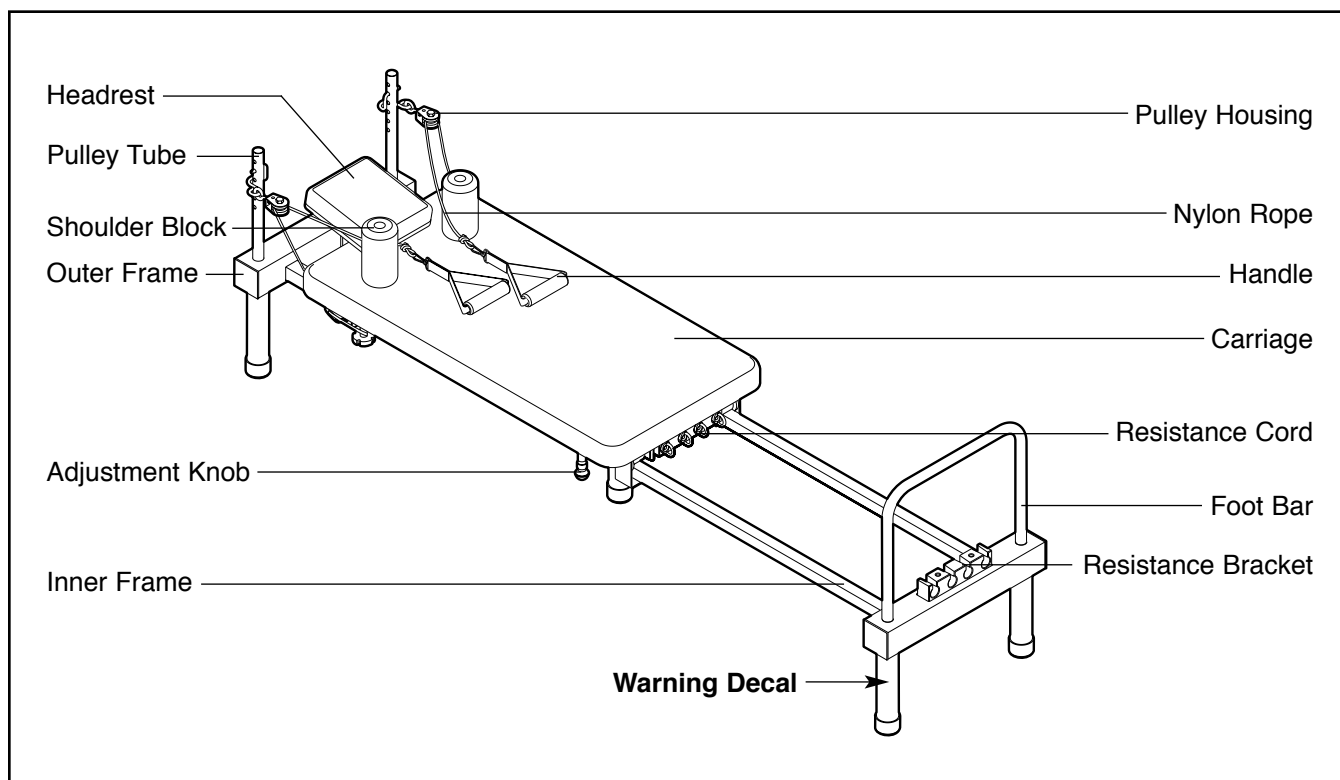
BEFORE YOU BEGIN

Thank you for selecting the versatile iFIT SOLUTIONS™ PILATES REFORMER exercise bench. The exercise bench features more than 500 exercises to develop every major muscle group of the body. Whether your goal is to tone your body, build dramatic muscle size and strength, or improve your cardiovascular system, the exercise bench will help you to achieve the specific results you want.

For your benefit, read this manual carefully before using the exercise bench. If you have additional

questions, please call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please note the product model number and serial number before calling. The model number is IFBE13520. The serial number can be found on a decal attached to the exercise bench (see the front cover of this manual).

Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled.



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ASSEMBLY

Make Things Easier for Yourself

Everything in this manual is designed to ensure that the exercise bench can be assembled successfully by anyone. Most people find that by setting aside plenty of time, assembly will go smoothly.

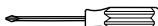
Before beginning assembly, carefully read the following information and instructions:

- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.
- Tighten all parts as you assemble them, unless instructed to do otherwise.

- As you assemble the exercise bench, make sure all parts are oriented as shown in the drawings.

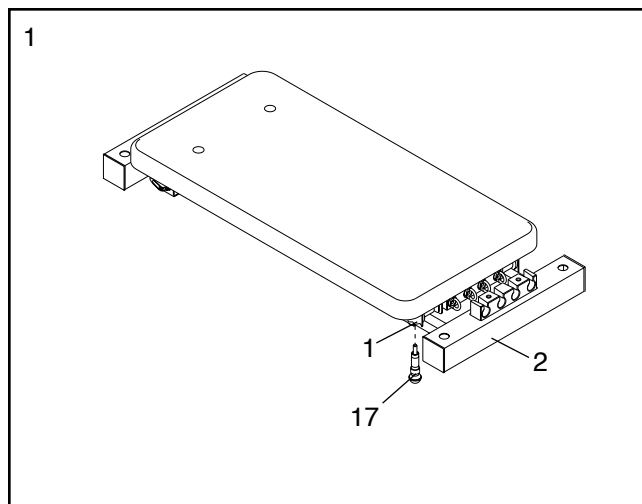
- Assembly requires two people.

The following tools (not included) are required for assembly:

- two adjustable wrenches 
- one standard screwdriver 
- one Phillips screwdriver 

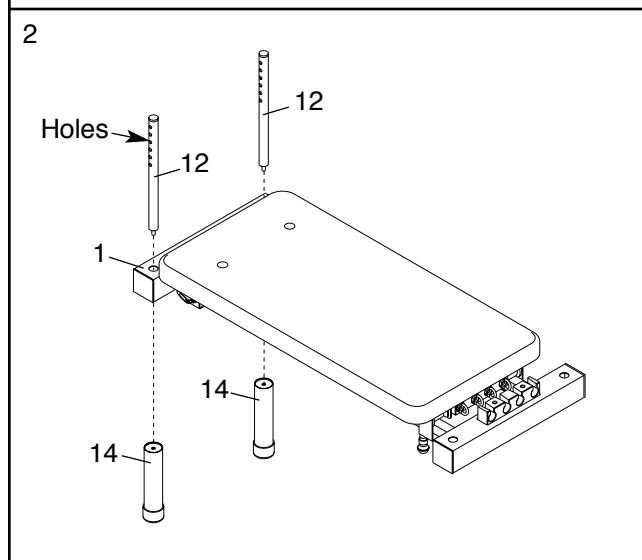
Assembly will be more convenient if you have a socket set, a set of open-end or closed-end wrenches, or a set of ratchet wrenches.

1. Tighten the Adjustment Knob (17) into the hole in the bottom of the Outer Frame (1), and engage the Knob into the adjustment hole in the Inner Frame (2).

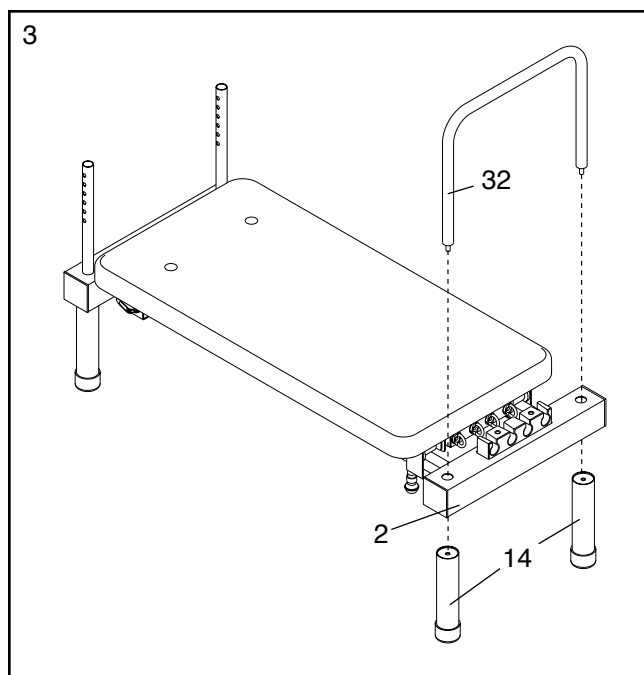


2. Insert a Pulley Tube (12) into the end of the Outer Frame (1). Tighten the Pulley Tube into the top of a Cap Leg (14). **Note: Be sure that the holes in the Pulley Tube are parallel to the end of the Outer Frame, as shown.**

Attach the other Pulley Tube (12) and another Cap Leg (14) in the same manner.

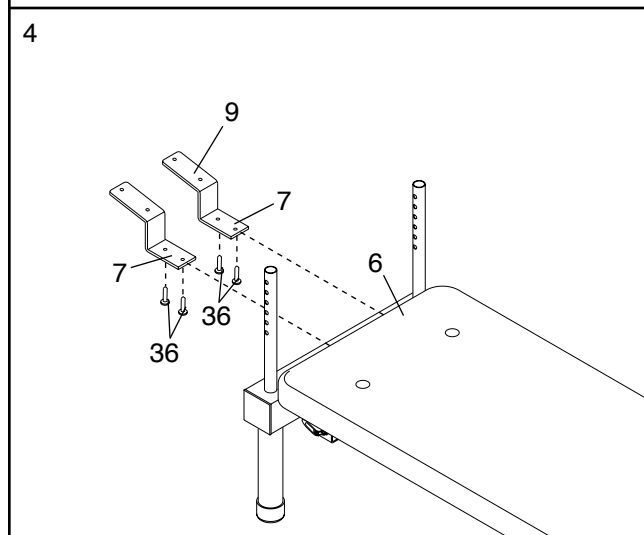


3. Insert the Foot Bar (32) into the end of the Inner Frame (2). Attach two Cap Legs (14) to the ends of the Foot Bar.



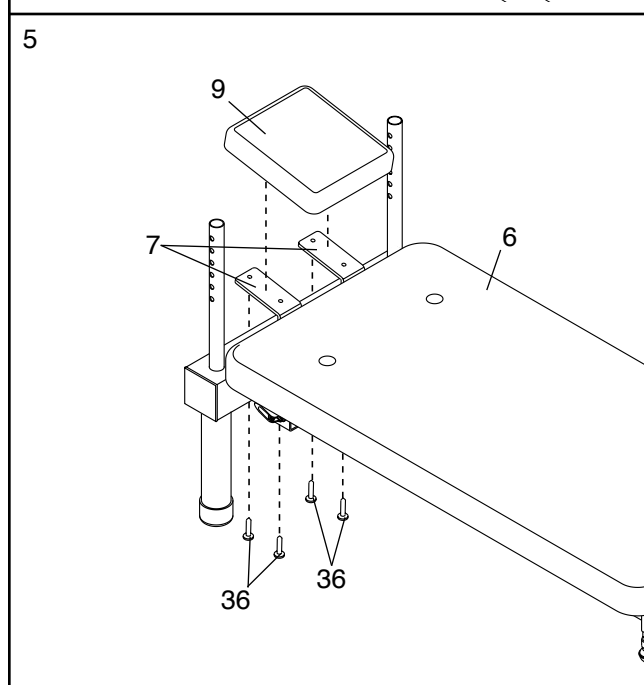
4. Rest the exercise bench on its side for this step.

Attach the short ends of the two Headrest Frames (7) to the bottom of the Carriage (6) with four M6 x 18mm Screws (36). **Do not tighten the Screws yet.**



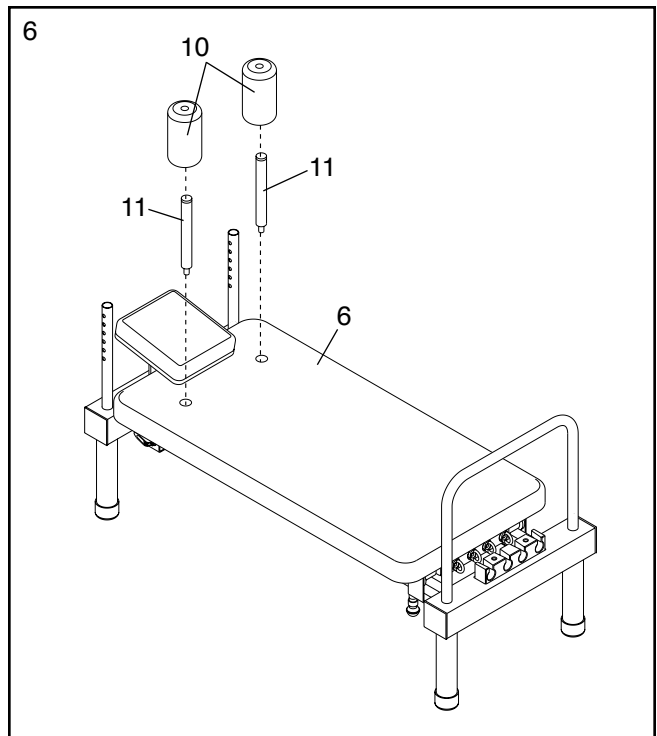
5. Attach the Headrest (9) to the long ends of the Headrest Frames (7) with four M6 x 18mm Screws (36). **Be sure that the Headrest overlaps the Carriage (6), as shown in step 6.**

Tighten the four M6 x 18mm Screws (36) used in step 4.



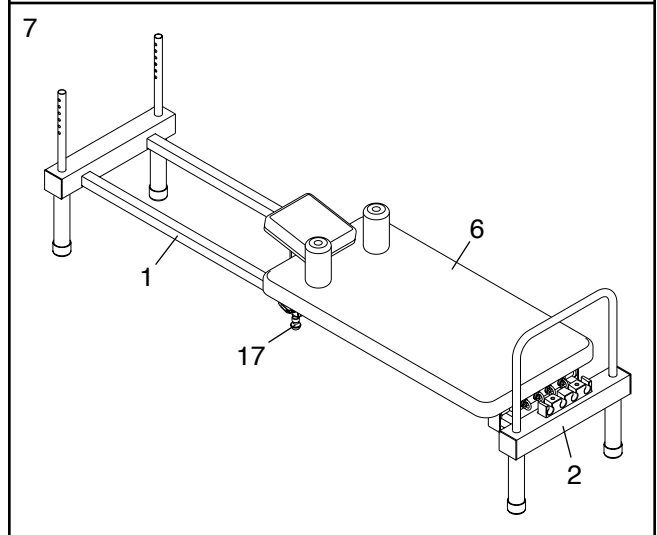
6. Tighten the two Carriage Tubes (11) into the holes in the Carriage (6).

Slide a Shoulder Block (10) onto each Carriage Tube (11).



7. Pull the Adjustment Knob (17) out of the Inner Frame (2). Slide the Inner Frame out of the Outer Frame (1) and engage the Knob into the adjustment hole in the Inner Frame.

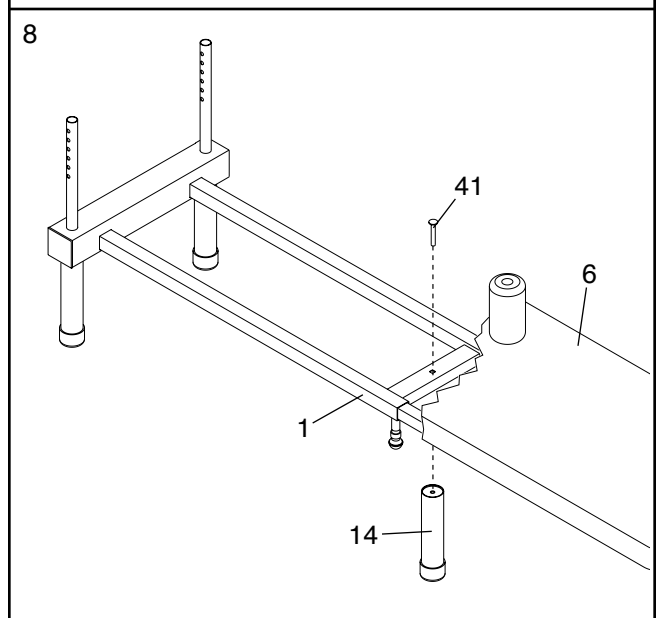
Slide the Carriage (6) to the indicated end of the exercise bench.



8. Rest the exercise bench on its side for this step.

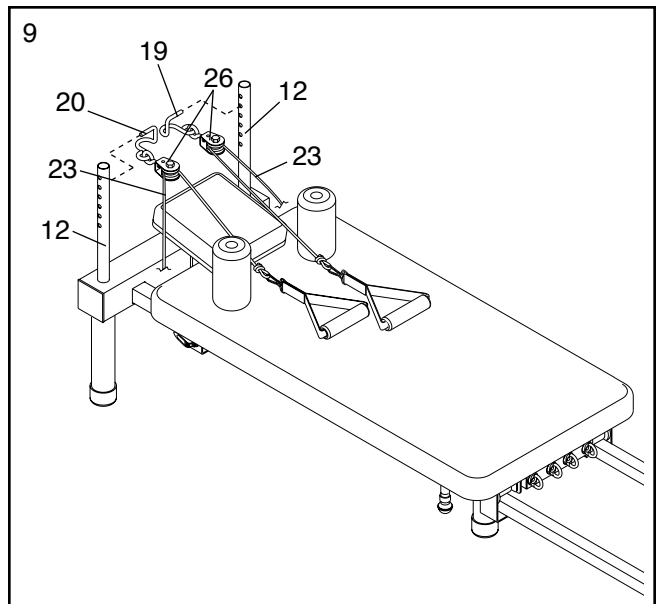
Reach under the Carriage (6) and insert an M10 x 50mm Carriage Bolt (41) through the indicated hole in the Outer Frame (1).

Tighten a Cap Leg (14) onto the M10 x 50mm Carriage Bolt (41).



9. Orient the two Pulley Housings (26) as shown. Slide the Eyebolt/Pins (19, 20) into a set of holes in the Pulley Tubes (12).

Route the two Nylon Ropes (23) through the Pulley Housings (26) as shown.

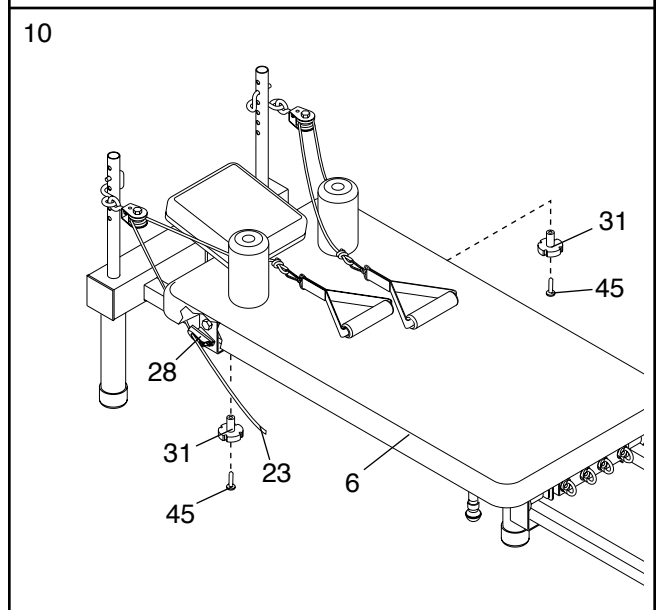


10. Insert the square tips on the two Rope Storage Knobs (31) into the square holes in the Carriage Plates (42 [not shown]). Attach the Rope Storage Knobs to the Carriage (6) with two M6 x 61mm Screws (45).

Route the Nylon Ropes (23) through the Rope Grips (28). Pull on the Ropes so that they are secure in the teeth on the Rope Grips.

Wrap the ends of the Nylon Ropes (23) around the Rope Storage Knobs (31) and press them into the grooves on the Knobs.

11. **Make sure that all parts have been properly tightened. The use of the remaining parts will be explained in ADJUSTMENTS, beginning on the following page.**



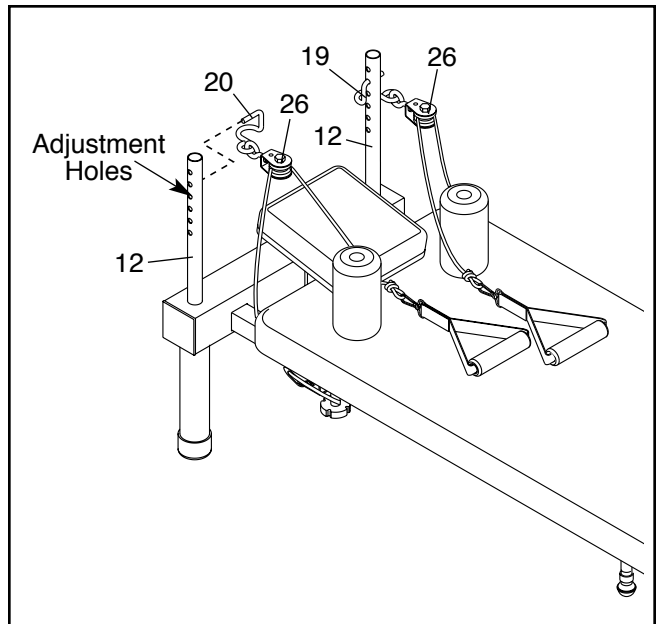
ADJUSTMENTS

This section explains how to adjust the exercise bench. Refer to the accompanying exercise guide and video to see the correct form for each exercise.

Make sure that all parts are properly tightened each time you use the exercise bench. Replace any worn parts immediately. The exercise bench can be cleaned with a damp cloth and a mild, non-abrasive detergent. Do not use solvents.

ADJUSTING THE PULLEY HEIGHT

To adjust the height of the Pulley Housings (26), pull the Eyebolt/Pins (19, 20) out of the Pulley Tubes (12). Reinsert the Eyebolt/Pins into another set of adjustment holes in the Pulley Tubes.

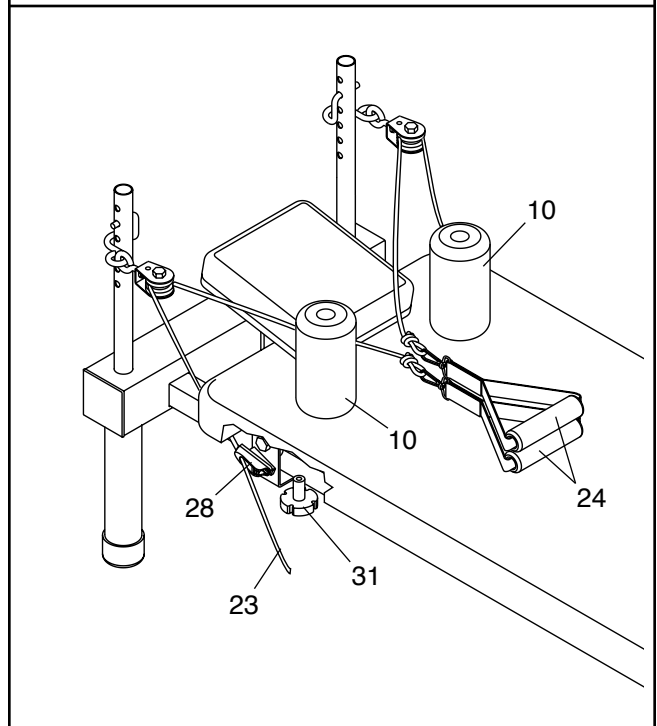


ADJUSTING THE NYLON ROPE LENGTH

To adjust the length of the Nylon Ropes (23), hold the Handles (24) together between the Shoulder Blocks (10). Pull the Ropes free from the Rope Grip (28) teeth.

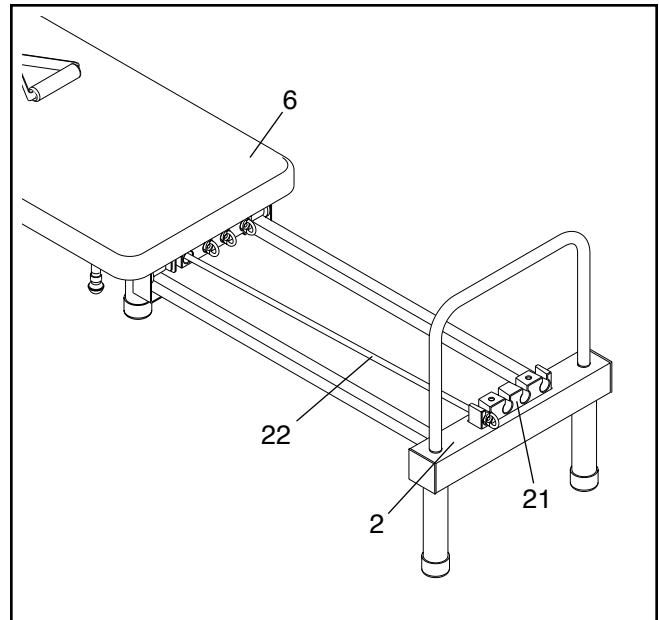
Pull a Nylon Rope (23) tight and resecure it in the teeth of the Rope Grip (28). Wrap the end of the Rope around the Rope Storage Knob (31) and press it into the groove in the Knob.

Repeat with the other Nylon Rope (23).



ADDING RESISTANCE

To add resistance to the movement of the Carriage (6), engage a Resistance Cord (22) to the Resistance Bracket (21) on the Inner Frame (2). To add more resistance, engage more Resistance Cords to the Resistance Bracket.

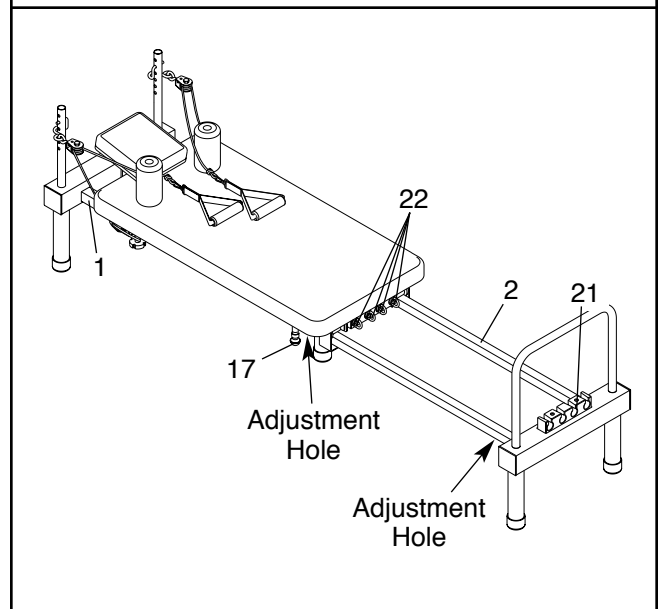


STORING THE BENCH

The exercise bench can be shortened when not in use.

To change the length of the bench, pull the Adjustment Knob (17) out of the Inner Frame (2). Slide the Inner Frame into, or out of, the Outer Frame (1). Engage the Knob into one of the adjustment holes in the Inner Frame (2).

Note: When storing the exercise bench, the four Resistance Cords (22) must be slipped into the Resistance Bracket (21) on the Inner Frame (2).



PART LIST—Model No. IFBE13520

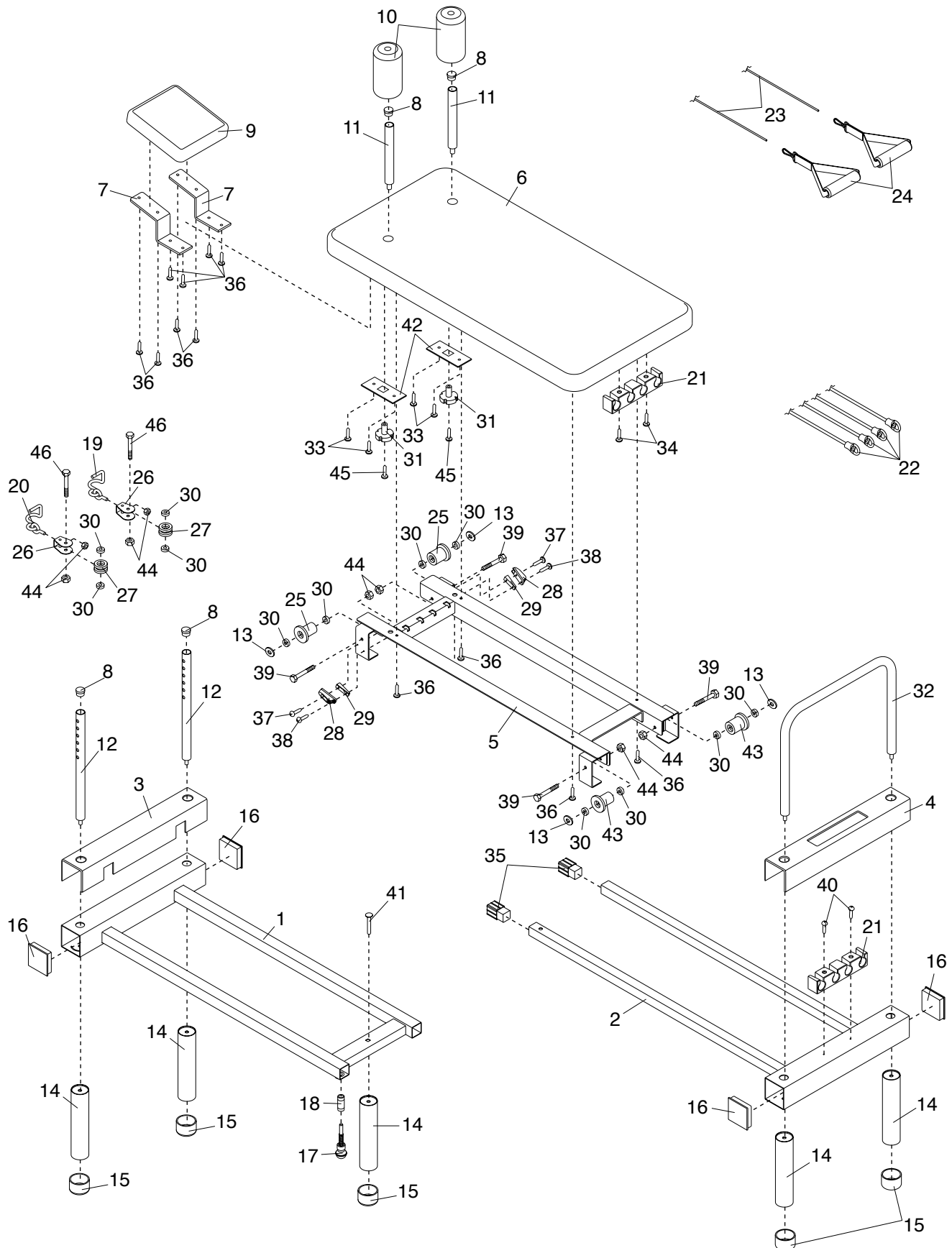
R1102A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Outer Frame	26	2	Pulley Housing
2	1	Inner Frame	27	2	Pulley
3	1	Outer Frame Cover	28	2	Rope Grip
4	1	Inner Frame Cover	29	2	Grip Base
5	1	Carriage Frame	30	12	Bearing
6	1	Carriage	31	2	Rope Storage Knob
7	2	Headrest Frame	32	1	Foot Bar
8	4	25mm Round Inner Cap	33	4	M6 x 15mm Screw
9	1	Headrest	34	2	M6 x 45mm Screw
10	2	Shoulder Block	35	2	Inner Frame Cap
11	2	Carriage Tube	36	12	M6 x 18mm Screw
12	2	Pulley Tube	37	2	M4 x 20mm Screw
13	4	M8 Washers	38	2	M4 x 16mm Screw
14	5	Cap Leg	39	4	M8 x 80mm Bolt
15	5	45mm Round Outer Cap	40	2	M4 x 40mm Screw
16	4	60mm Square Inner Cap	41	1	M10 x 50mm Carriage Bolt
17	1	Adjustment Knob	42	2	Carriage Plate
18	1	Adjustment Spacer	43	2	Large Carriage Wheel
19	1	Left Eyebolt/Pin	44	8	M8 Nylon Locknut
20	1	Right Eyebolt/Pin	45	2	M6 x 61mm Screw
21	2	Resistance Bracket	46	2	M8 x 36mm Bolt
22	4	Resistance Cord	#	1	User's Manual
23	2	Nylon Rope	#	1	Exercise Guide
24	2	Handle	#	1	Video
25	2	Small Carriage Wheel			

Note: “#” indicates a non-illustrated part. Specifications are subject to change without notice. See the back cover of this manual for information about ordering replacement parts.

EXPLODED DRAWING—Model No. IFBE13520

R1102A



ORDERING REPLACEMENT PARTS

To order replacement parts, simply call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please be prepared to give the following information:

1. the MODEL NUMBER of the product (IFBE13520)
2. the NAME of the product (iFIT SOLUTIONS™ PILATES REFORMER exercise bench)
3. the SERIAL NUMBER of the product (see the front cover of this manual)
4. the KEY NUMBER and DESCRIPTION of the part(s) (see the PART LIST and the EXPLODED DRAWING on pages 10 and 11 of this manual)

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LIMITED WARRANTY

ICON Health & Fitness, Inc. (ICON), warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of ninety (90) days from the date of purchase. This warranty extends only to the original purchaser. ICON's obligation under this warranty is limited to replacing or repairing, at ICON's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be pre-authorized by ICON. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by an ICON authorized service center; products used for commercial or rental purposes; or products used as store display models. No other warranty beyond that specifically set forth above is authorized by ICON.

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The warranty extended hereunder is in lieu of any and all other warranties and any implied warranties of merchantability or fitness for a particular purpose is limited in its scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

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