



Upgrade · The Home Creator Way

PILATES ACCESSORIES

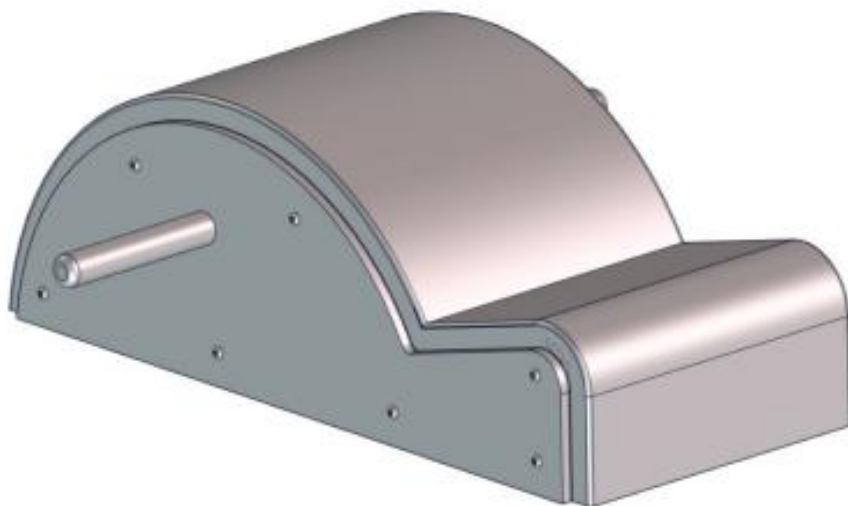
MODEL:J55-X-A

VEVOR Support Center



J55-X-A

MODEL:J55-X-A



This is the original instruction, please read all manual instructions carefully before operating. VEVOR reserves a clear interpretation of our user manual. The appearance of the product shall be subject to the product you received. Please forgive us that we won't inform you again if there are any technology or software updates on our product.

IMPORTANT SAFEGUARDS



WARNING:

**READ AND FOLLOW ALL SAFETY INSTRUCTIONS TO
REDUCE RISK OF SERIOUS INJURY.**

Safety warning:

- This equipment is intended for low-impact strength and fitness training only. Use only as described in this manual.
- Before use, inspect the reformer: check all springs, cables, bolts, carriages, footbar, and hinges for wear, damage, or looseness. Do not use if any part is broken or unstable.
- Do not exceed this Maximum user weight limit.
- Always start with the lightest resistance appropriate for your fitness level.
- Keep hands, fingers, hair, loose clothing, and jewelry clear of all moving parts (carriage, hinges, springs, cables, pulleys) to avoid pinching, entanglement, or injury.
- Wear proper, fitted clothing and non-slip socks or shoes. Do not train barefoot unless safe and recommended.
- Children under 14 years old must use only under constant adult supervision. This is not a toy. Keep children and pets away during use.
- Pregnant women, the elderly, or persons with pre-existing medical conditions (joint, back, heart, or balance issues) must consult a physician before use.
- Do not use if you feel pain, dizziness, or shortness of breath. Stop immediately if discomfort occurs.
- Do not stand on the carriage, frame, or any part not designed for standing. Use only in seated, lying, or kneeling positions as intended.
- Ensure the reformer is placed on a stable, flat, level surface with sufficient clearance around all sides.
- Do not jump, bounce, or apply sudden impact to the carriage or frame.
- Adjust the footbar, shoulder rests, and blocks only when the carriage is stationary.

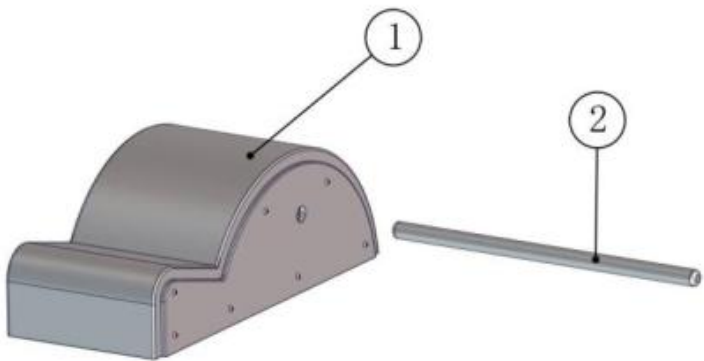
- Do not leave the reformer unattended while in use or while tension is applied to springs.
- Regularly tighten all bolts and check for wear. Replace worn or damaged parts immediately with genuine manufacturer parts.
- This equipment is for indoor use only. Keep dry and away from moisture, heat, and open flames.

Operational safety

- Do not use it if you are pregnant
- Please install strictly according to the instructions
- To ensure user safety, please check whether all screws and other connecting parts on the device are intact before each use
- Incorrect or excessive intensity exercise is not good for health. It is recommended to consult a doctor before exercising
- It is best to wear sportswear and sports shoes when exercising
- If you feel dizziness, vomiting or other adverse symptoms during exercise, you should stop training immediately.
- Note that all screws and nuts must be tightened before
- Please do not exercise half an hour before /after meals or 1 hour before sleep
- Please make exercise plans.
- The user's weight cannot exceed 400lbs
- Excessive use by unskilled persons is prohibited.
- Please be careful not to pinch your fingers when unfolding or folding the product
- Please do a simple stretch before using the product.
- Fix the fixing clips of the legs before use
- Please be careful not to pinch your hands when adjusting the strength of the springs
- The protector should be careful not to let children ride on the top to play.
- This product should be installed on the floor, not near the machine with water vapor, dirt and heat.

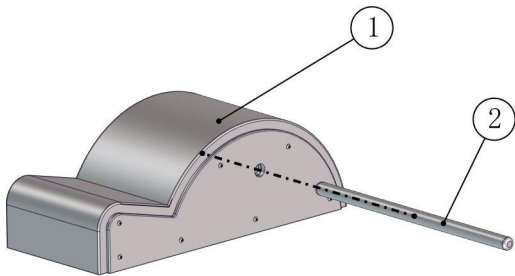
COMPLIANCE STATEMENT

- This product is manufactured in compliance with applicable safety standards and regulations for the European Union, United Kingdom, United States and Canada. This product is for indoor adult use only and is not a toy.



BOM	describe	quantity
①	Spinal Corrector Body	1
②	Spinal Corrector Auxiliary Round Rod	1

Step (1)



Prepare accessories: ① spinal corrector body x1, ② spinal corrector

auxiliary round rod x1

As shown in the figure:

Adjust ② the position of the spinal corrector's auxiliary round rod according to your training needs.

① There is a round hole on the main body of the spinal corrector. Insert ② the spinal corrector auxiliary round rod X1 into ① the round hole of the main body of the spinal corrector.

