



Upgrade · The Home Creator Way

PILATES ACCESSORIES

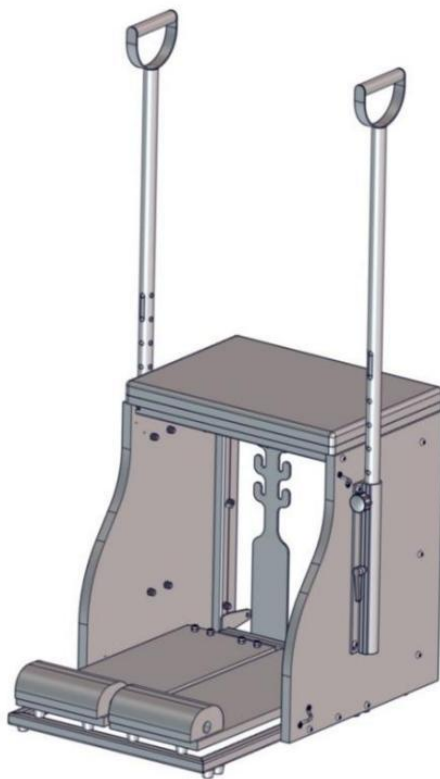
MODEL:W77-X-A

VEVOR Support Center



W77-X-A

MODEL:W77-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.

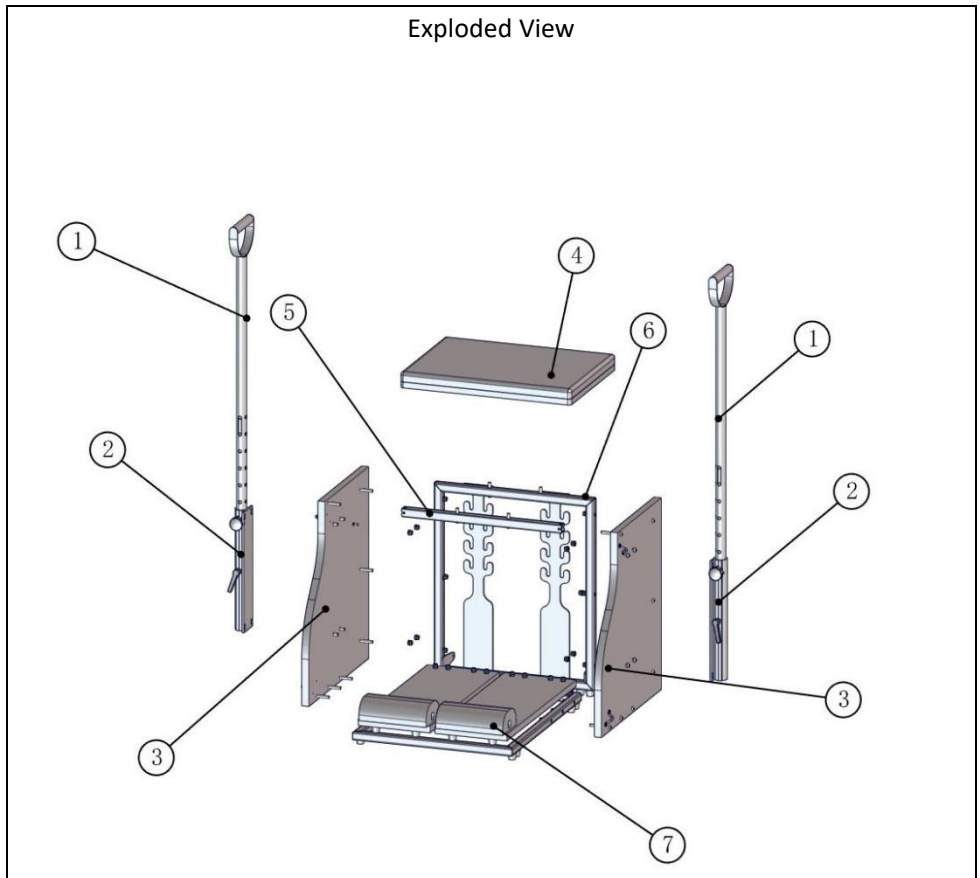
Operational safety

- 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 vapordirt 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.



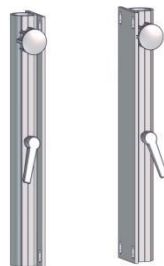
BOM ID	describe	quantity
①	Steady chair armrest	2
②	Aluminum tube for steady chair	2
③	Steady Chair Side Board	2
④	Steady chair cushion	1
⑤	Steady chair seat cushion fixing tube	1
⑥	Spring frame for steady chair	1
⑦	Steady chair footrest	1
⑧	M8 cover nut	12
⑨	8X60 stainless steel screws	12
⑩	M8 anti-loosening nut	20
⑪	8X40 stainless steel screws	14
⑫	13-16 wrench	1
⑬	M5 hexagonal wrench	1
⑭	Steady chair spring wire diameter Φ 3.5	2
⑮	Steady chair spring wire diameter Φ 3.0	2

Steady chair accessories

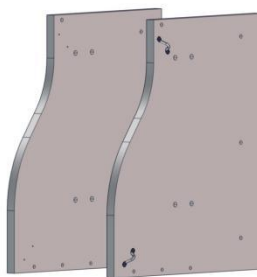
① Steady chair armrests X2



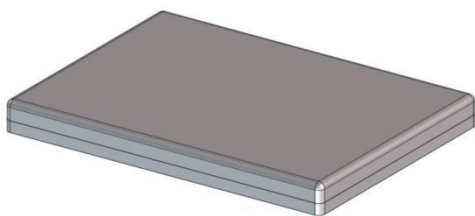
② Steady chair fixed aluminum tube X2



③ Steady chair side planks X2



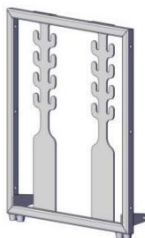
④ Steady chair cushion



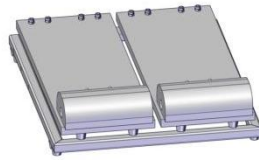
X1



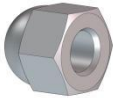
⑤ Steady chair seat cushion fixing tube X1



⑥ Steady chair spring rack X1



⑦ Steady chair footrest X1



⑧ M8 cover nut X12 ⑨ 8X60 screw X12 ⑩ Anti-loosening nut X20 ⑪ 8X40 screw X14



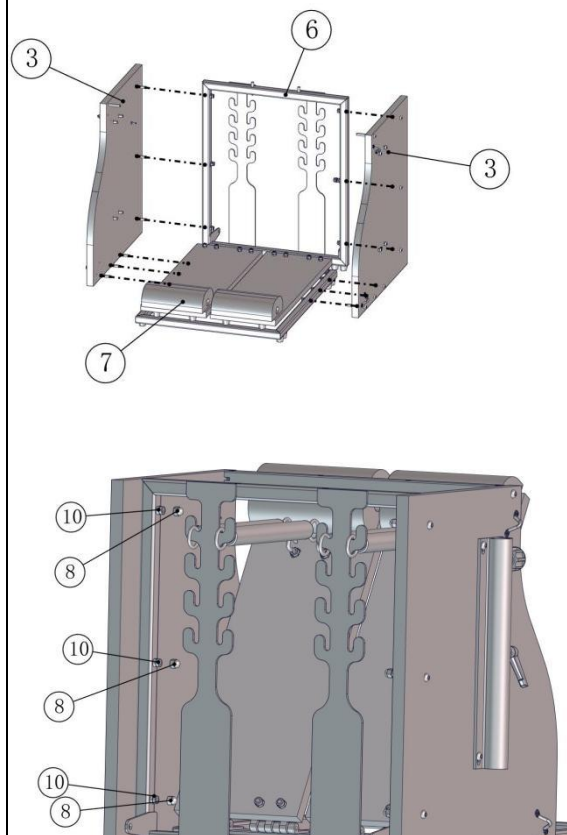
⑫ 13X16 open-end wrench ⑬ M5 hexagonal wrench x1 Steady-step chair spring
26cm long x4

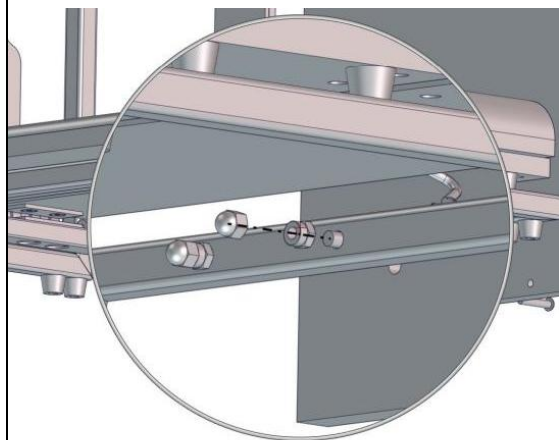
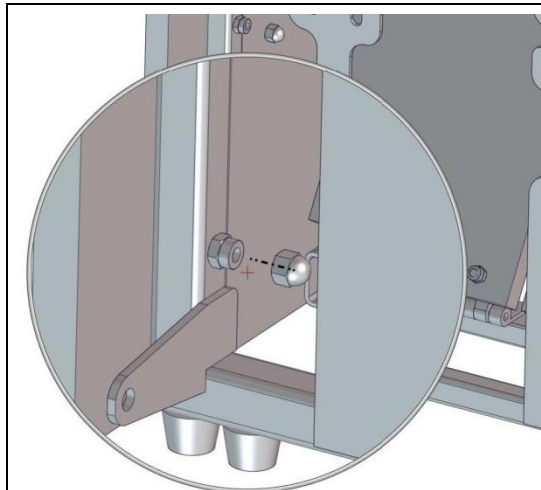
⑭ Wire diameter $\Phi 3.5 \times 2$

⑮ Wire diameter $\Phi 3.0 \times 2$

Installation Steps

Step (1)





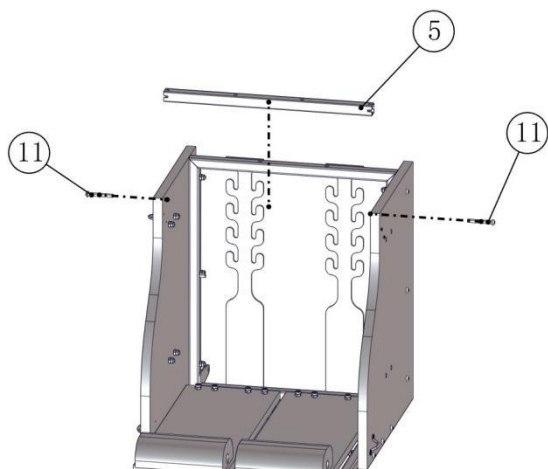
Prepare accessories:

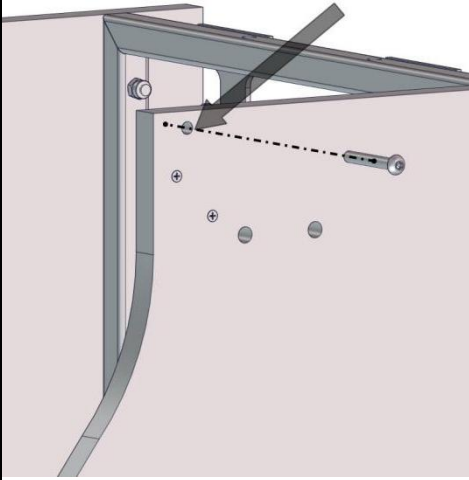
③ Steady chair side planks X2, ⑥ Steady chair spring frame X1, ⑦ Steady chair footrest X1, ⑨ 8X60 stainless steel screws X12, ⑩ M8 anti-loosening nuts X12, ⑧ M8 cover nuts X12.

As shown in the figure: Use ⑨ 8X60 screws ③ to pass through the holes of ⑥ the

spring bracket and ⑦ footrest of the steady chair from the outside of the wooden board on the side of the steady chair, fix it with ⑩ M8 anti-loosening nut on the inside, ⑧ reinforce it with M8 cover nut, and ⑫ tighten the cover nut with 13-16 open-end wrench. (Note: Put all the screws in first, then tighten them)

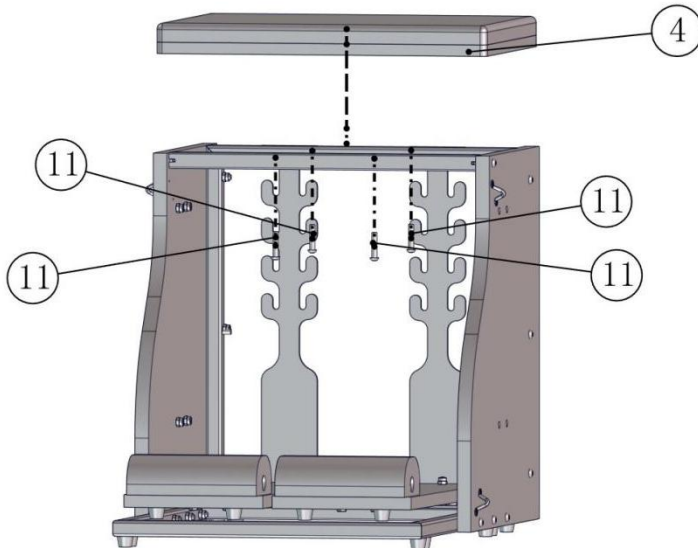
Step (2)





Prepare accessories: ⑪ 8X40 stainless steel screws X2, ⑤ steady-step chair seat cushion fixing tube X1.

As shown in the figure: Pass ⑪ the 8X40 screws from ③ the outside of the wooden board on the side of the steady chair to the inside, align the steady chair seat cushion fixing pipe with the hole and tighten ⑤ ⑪ the 8X40 stainless steel screws on both sides.

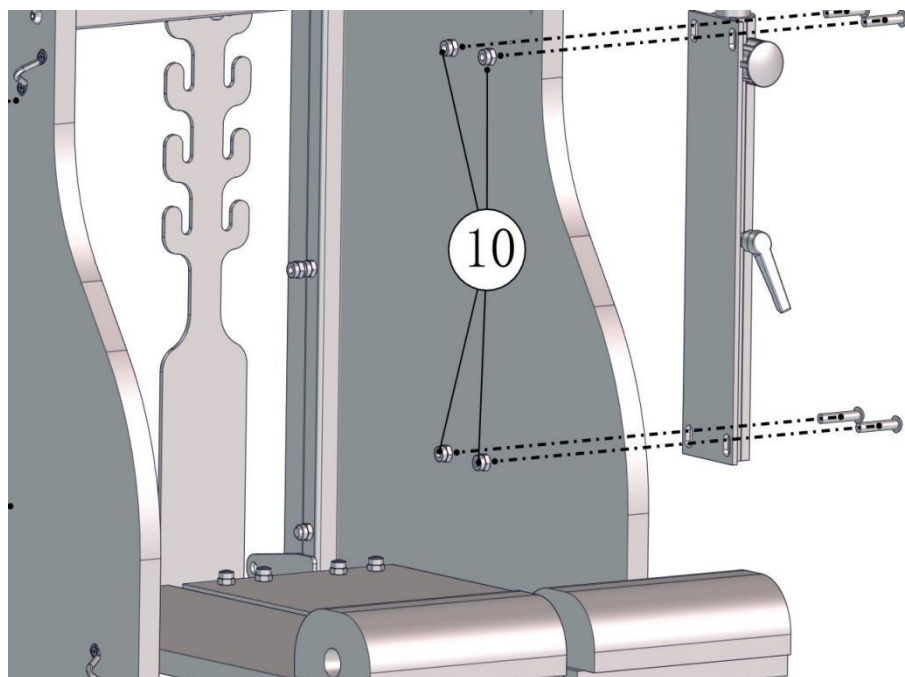
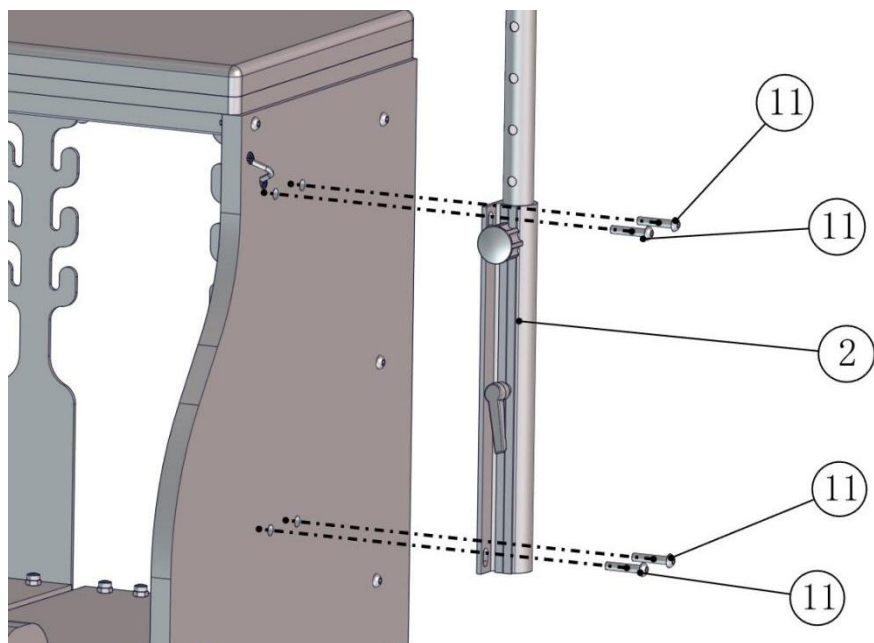


Step (3)

Prepare accessories: (4) 1 steady-step chair cushion, (11) 4 8X40 stainless steel screws.

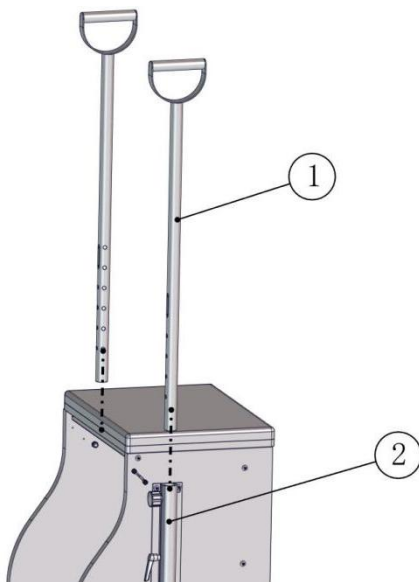
Use 8X40 screws to pass through the reserved holes of (11) the seat fixing pipe and (6) the spring frame of the steady chair (4) from the bottom to the top , (5) align the holes on the seat with the screws and tighten the screws. (Note: 4 screws need to be tightened first to ensure that they can all be screwed in, and then tighten the screws)

Step (4)



Prepare accessories: ② 2 aluminum pieces for fixing the step chair, ⑩ 8 M8 anti-loosening nuts, ⑪ 8 8X40 stainless steel screws

Use ⑪ 8X40 screws to ② penetrate the holes on the aluminum material ③ of the step chair from the outside to the inside, and ⑩ fix them with M8 anti-loosening nuts on the inside. (Note: All screws need to be inserted first before tightening.)

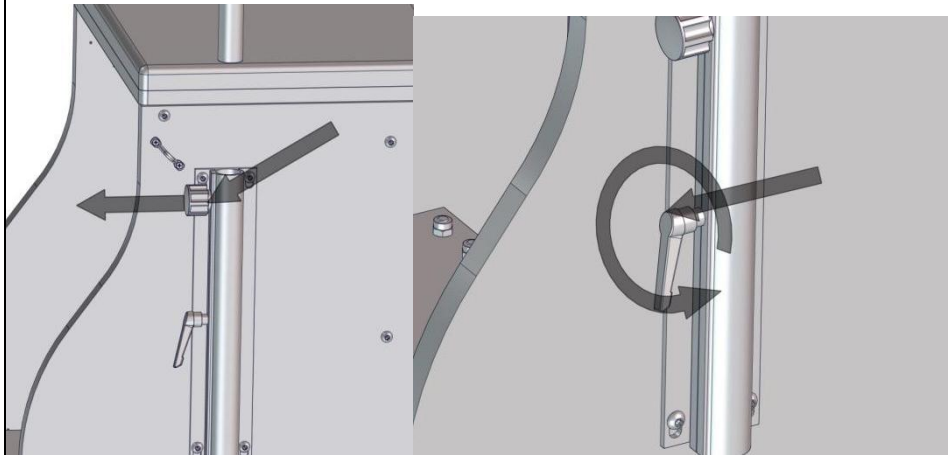


Step (5)

Prepare accessories: ① Steady Step Chair Armrests X2,

As shown in the figure: ② After the stable step chair fixed aluminum tube is

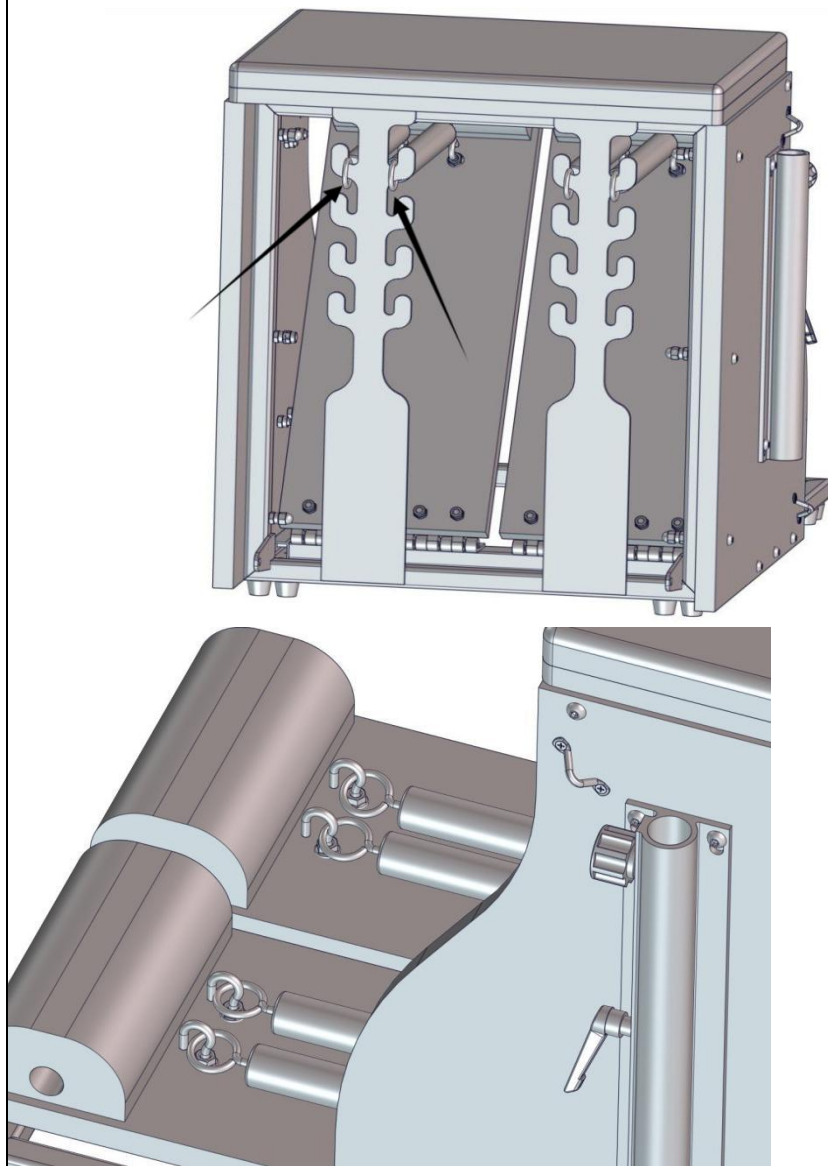
installed, ① the stable step chair armrest is inserted into ② the stable step chair fixed aluminum tube from top to bottom.



As shown in the figure: ① When the armrest of the steady chair is passed down, ② there is a pull pin on the aluminum tube that fixes the steady chair. It needs to be pulled outward so ① that the armrest of the steady chair can be passed down normally. ① The armrest of the steady chair is installed in the appropriate position, and there is a 7-shaped fixed pull pin below the pull pin. When the 7-shaped fixed pull pin is rotated clockwise ①, the armrest of the steady chair is tightened, and when the 7-shaped fixed pull pin is rotated counterclockwise, ① the armrest of the steady chair is loosened. (If the 7-shaped pull pin blocks ① the armrest of the steady chair, pull the 7-shaped pull pin outward while rotating it clockwise, then loosen it, and rotate the 7-shaped pull pin counterclockwise, and repeat the operation until the 7-shaped pull pin no longer blocks ① the armrest of the steady

chair)

Step (6)



Prepare accessories: Steady-step chair springs X4, ⑭ wire diameter $\Phi 3.5 \times 2$,

⑮ wire diameter $\Phi 3.0 \times 2$

⑦ There are 4 hooks on the pedal of the steady chair. One end of the spring is hung on the hook, and the other end is hung on ⑥ the spring frame of the steady chair. Change the position of the sheet metal hook according to your training needs. (The spring position is installed according to your own habits and training methods)

