

# MVe<sup>®</sup> Fitness Reformer

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## Recommended Use

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Peak Pilates® **strongly** recommends consulting a physician for a complete medical exam before beginning any 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 to exercise, read the entire manual paying specific attention to all cautions and warnings and obtain qualified instruction on the use of the Peak Pilates MVe Reformer. 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:** 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 MVe 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.

## Safety Statement

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It is the responsibility of the purchaser of the products to instruct all individuals, whether they are 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.

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

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

## Proper Use

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This equipment is only to be used as described by the manufacturer. It is imperative that the MVe 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

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Be certain that all hardware is fully tightened before beginning to exercise. Verify that no gaps between the coils or other defects are evident in the Springs. If any defects are seen, the Spring/Springs must be immediately replaced. Verify that no tears or excessive wear are evident in the ropes, 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 MVe Reformer. We **strongly** recommend that the end user's physical condition be evaluated by a physician prior to beginning any exercise program. Verify that all adjustable components are properly engaged in the exercise and not the storage positions before beginning to exercise.

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

## Warranty

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Congratulations on the purchase of your MVe Reformer. Peak Pilates® warrants this machine to be free of manufacturing defects. Any parts that are repaired or replaced under the MVe® terms of this agreement will be warranted for the remainder of the term of the original warranty.

This warranty becomes effective on the invoice date of the original purchase and extends to the time limits indicated below:

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 MVe 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. Warranty claims made outside the U.S. may vary.

## Contact Information

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## Specifications

### MVe® Fitness Reformer

**Weight:** 135 pounds

**Length:** 103.6 inches

**Width:** 28.6 inches

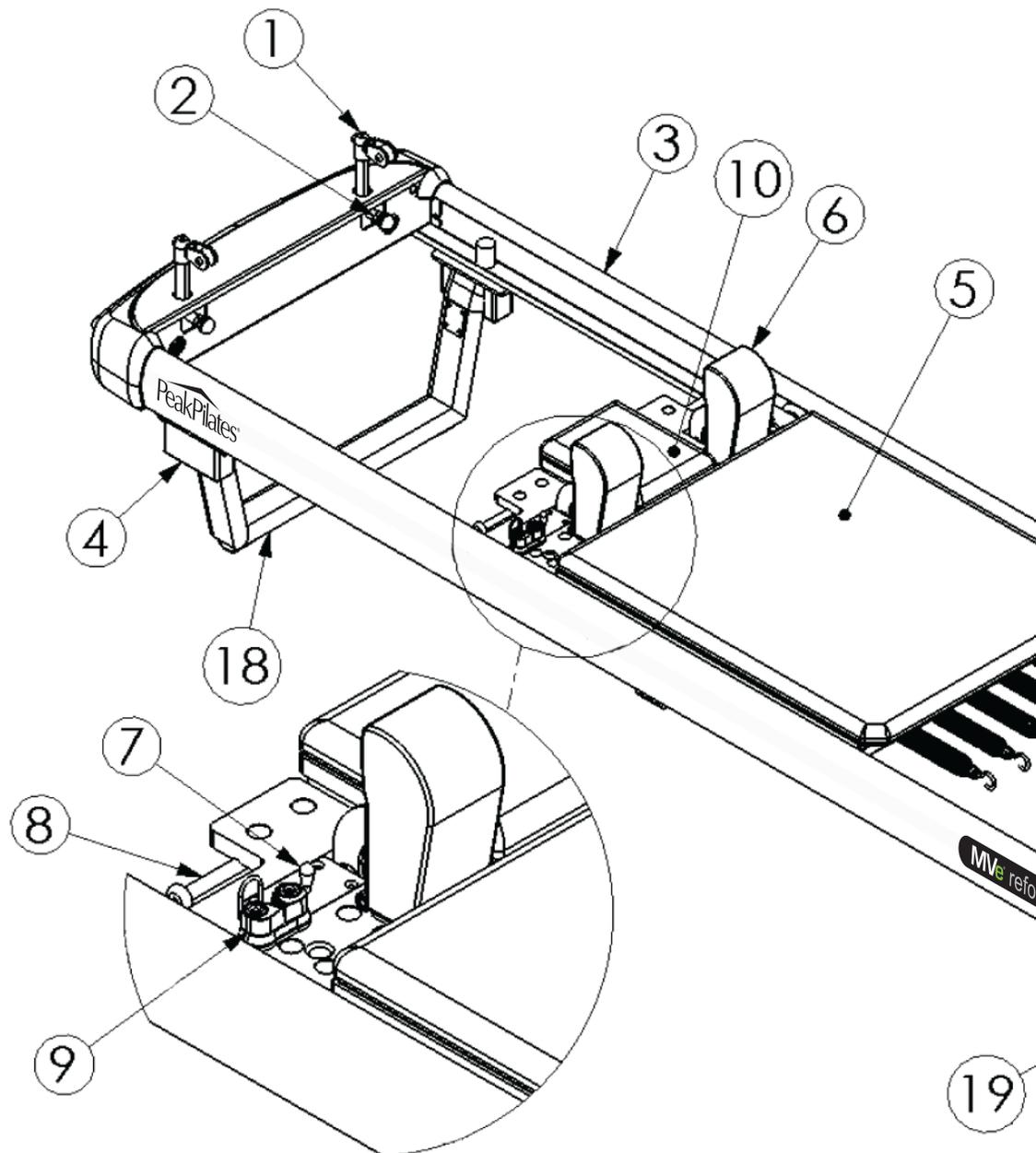
**Carriage Height:** 15.5 inches

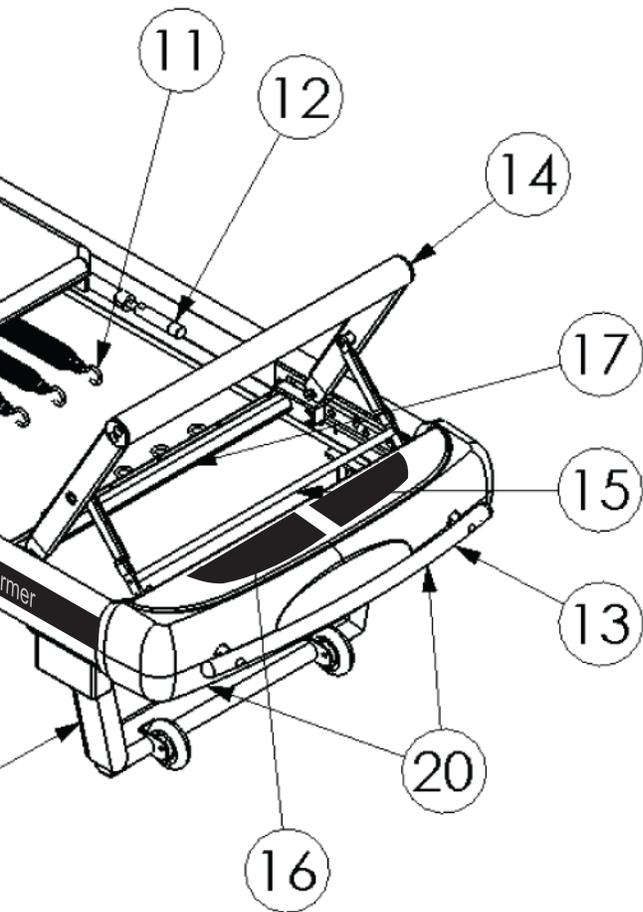
**Maximum User Weight:** 300 pounds

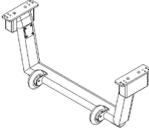
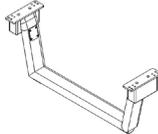
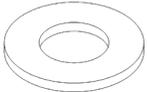
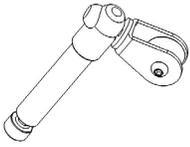
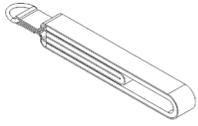
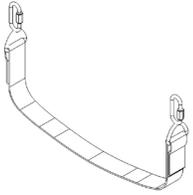
### Glossary of Parts

The following is a list of the major components of the MVe Reformer. The number indicates where they are located in the following figure. Many other parts are shown and described in other sections of this manual.

1. Riser Assembly
2. Riser Assembly Pull Pin
3. Rail
4. Stacking Bumper
5. Carriage
6. Shoulder Pad
7. Shoulder Pad Release Lever
8. Double Loop Storage Post
9. Rope Cleat
10. Head Rest
11. Reformer Springs
12. Telescoping Bumper
13. Lift Handles
14. Footbar
15. Footbar Support Bar
16. Standing Platform
17. Gear Change Bar
18. Head End Leg
19. Foot End Leg
20. Eye Bolts for Foot Strap





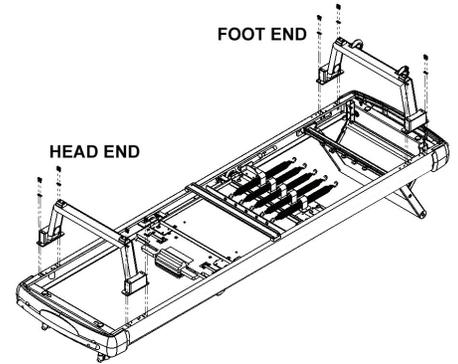
	Description	Part Number
	MVe Reformer Frame	1
	Foot End Leg	1
	Head End Leg 4710-20-0494	1
	Socket Head Cap Screw M6 x 1.0 x 16L	16
	Washer 13 x 6.5 x 1.0t	16
N/A	Allen Wrench M5	1
	Springs (Pre-assembled to the Carriage) 4810-805-026-6 4810-805-026-5 4810-805-026-4	1 Heavy - Red 2 Medium - Yellow 2 Light - Blue
	Riser Assembly 4710-05-0902	2
	Rope Assembly 4810-830-500	2
	Double Loop Handle 4810-830-120	2
	Foot Strap w/ 2 Safety Links 4810-830-400	1
	Non-Slip Pad 4810-830-007	1
N/A	Touch-up Paint	1

## Assembly

1. Cut the banding and remove the box lid. Remove all components and accessories and place to the side.
2. Make sure that there is clear access to an area adjacent to the box and that the area is large enough for the Frame of the MVe Reformer. The area must be protected so the aluminum Frame will not be scratched. With one person at each end, lift the unit out of the box using the Lift Handles and place the frame on the floor.

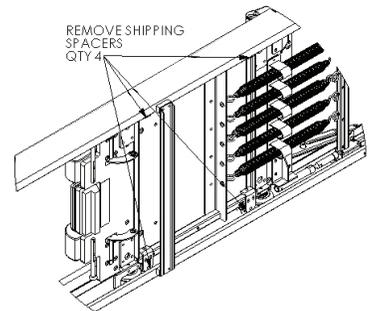
3. With the help of an assistant, tip the unit onto its side, exposing the underside of the Frame. One person can hold the machine while the other assembles the Legs.

4. Assemble the Foot End and Head End Legs to their respective ends of the Reformer Frame. Make sure that the Wheels of the Foot End Leg are facing toward the Foot End plastic cap. Using the provided washers and socket head cap screws, hand tighten all eight screws for each Leg.



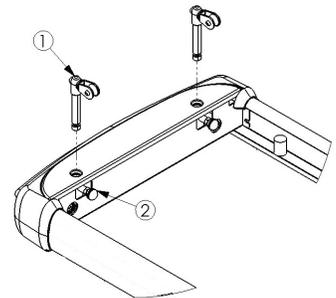
5. Once all screws are started, go back and fully tighten (Torque to 12 ft-lbs or 16 N-m) with the provided M5 allen wrench.

6. Once the Legs are fully assembled, remove the shipping spacers located between the frame of the Carriage and the aluminum Rails.

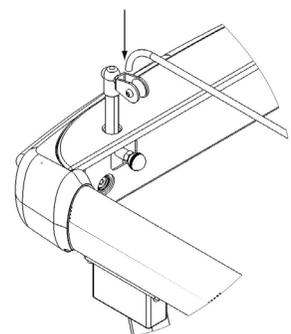


7. With the help of the assistant, turn the unit over onto its Legs.

8. Retract the Riser Pull Pin (2) and insert each Riser (1) into its respective bushing. The two Riser Assemblies are identical.



9. Feed the free end of each Rope Assembly through the Pulley on the Riser Assembly.

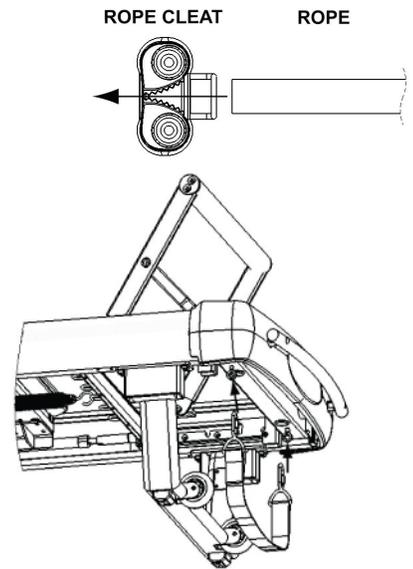


10. Feed the Rope through the metal loop and cam of the Rope Cleat. Repeat for the other side.

**NOTE:** Make sure that both Ropes are adjusted to equal lengths before use.

11. To attach the Foot Strap, assemble one Safety Link to each of the Eye Bolts located under the Foot End Cross Member.

12. Tighten the Safety Link locking nuts.



## Operating the MVe® Fitness Reformer

### Attaching the Reformer Springs

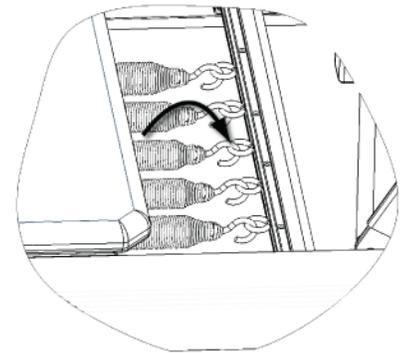
The MVe Reformer comes with 5 Reformer Springs as described below:

- 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.

To attach a Spring to an eye bolt on the Gear Change Bar:

1. Pull and lift the end of the Spring.
2. Insert the Spring hook through the respective eye bolt.



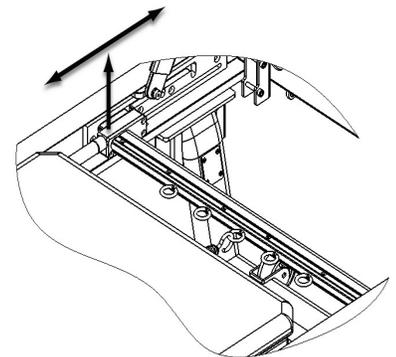
### Adjusting the Gear Change Bar

The Gear Change Bar has 4 positions: -1, 1, 2, and 3. To adjust the Gear Change Bar:

1. Remove all but the center Spring.
2. Pivot the Spring end of Gear Change Bar up.
3. Move the Carriage either toward the head or foot end of the unit until the Bar drops into the desired locating slot.

**NOTE:** Once the Spring end is lifted, move the Carriage to relocate the Gear Change Bar.

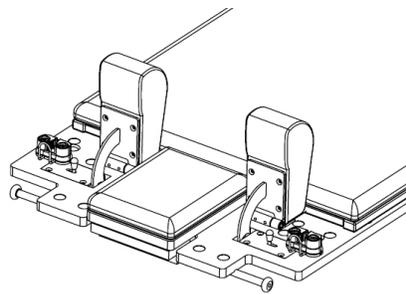
**WARNING:** Make sure that the Gear Change Bar is fully engaged in one of the 4 positions before beginning to exercise. Failure to do so could result in damage to the unit or injury to the user.



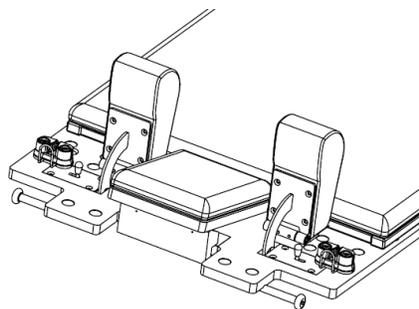
## Adjusting the Headrest

The Headrest has 3 positions:

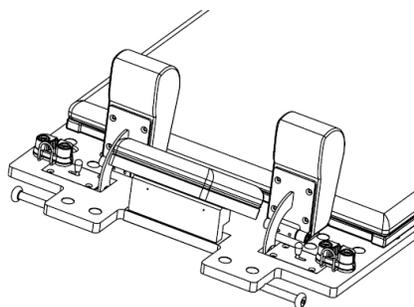
- Flat, as shown in the figure on the right



- 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 fully.

**WARNING:** Verify that the Headrest Support Block is fully seated before beginning any exercise.

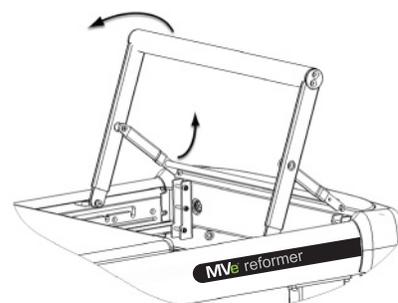
## Adjusting the Footbar

The Foot Bar has 4 positions. To disengage and change the position of the Foot Bar:

1. Gently pull the Foot Bar toward the Carriage while lifting the slotted end of the Foot Bar Support Bar off of its locating pin.

2. Re-engage the slotted end of the Support Bar to the desired locating pin.

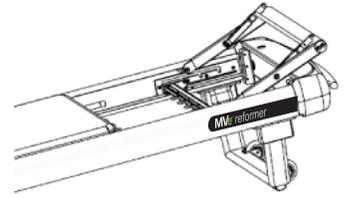
3. The 4th position is all the way down against the wood platform and the support bar does not engage the locating pin.



Adjusting the footbar continued:

**WARNING:** Verify that both Foot Bar Support Bar slotted ends are fully engaged before beginning any exercise. Failure to do so could result in serious injury.

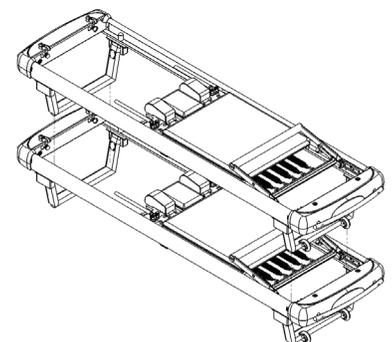
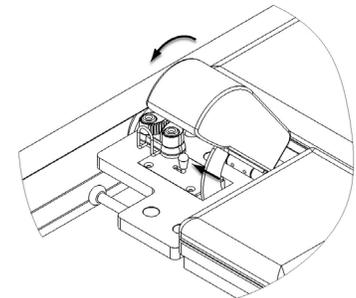
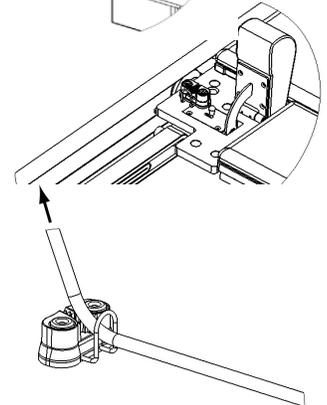
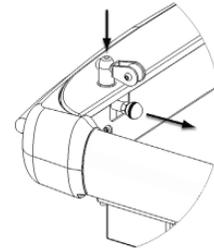
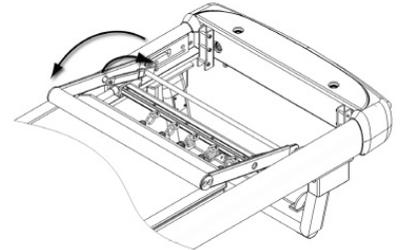
**NOTE:** The Foot Bar can be stored as shown in the accompanying figure.



## Stacking the MVe Reformer:

The MVe Reformer is unique in its design and can be easily stacked while configured at the preferred working height for Pilates reformers and without removal of any parts.

1. Place the Gear Bar in position #3 (see Gear Bar instructions on page 7).
2. Fold the Foot Bar down so it rests against the cushion of the Reformer Carriage.
3. Fold the Foot Bar Support Bar in the opposite direction from the Foot Bar so it rests on the Gear Bar.
4. Retract the respective Pull Pins and allow each Riser to drop into the Head End Cross Member.
5. Hook each Double Loop strap onto its Storage Post located behind the Shoulder Pad.
6. Disengage each Rope from its Cleat by pulling the Rope up from between the spring loaded cam locks.
7. Pull the Shoulder Pad Release Levers toward the outsides of the unit and fold the Shoulder Pads down to the wood of the Carriage.
8. With one person at each end, grab the retractable Lift Handles and lift the unit.
9. Nest the units by lining up the Head End and Foot End Legs respectively and lowering the top unit into the wells of the lower machine.



**CAUTION:** Verify that the all 4 Stacking Bumpers of the upper unit contact the tops of the Rails of the lower unit before attempting to stack additional machines.

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## Unstacking the MVe Fitness Reformer:

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1. With one person at each end, grab the retractable Lift Handles and lift the unit placing it on the floor.
2. Rotate the Shoulder Pads upward until the Release Lever is fully locked. The Lever does not have to be pulled to raise the Shoulder Pads.
3. Re-engage the Ropes in the Cleats making sure that they are even in length and properly adjusted.
4. Pull the Risers back up until the Pull Pin pops into place. The Pull Pins do not have to be retracted to raise the Risers.
5. Re-engage the Foot Bar Support Bar in its required position.

**WARNING:** Verify that all Riser Pull Pins, Shoulder Pad Release Lever, Foot Bar Support Bar, and Gear Bar are properly engaged before beginning to exercise.

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## Installing a Long/Short Box:

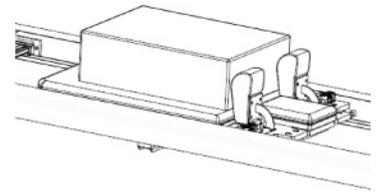
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### Optional Accessory

Install a Long/Short Box as follows:

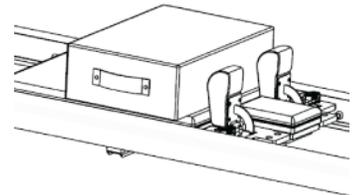
To use as a Long Box:

1. Place the Head Rest in the flat position and rest the Foot Bar and Foot Bar Support Bar on the Standing Platform.
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 Head Rest in the flat position and rest the Foot Bar and Foot Bar Support Bar on the Standing Platform.
2. Place the Box such that one of the long edges is resting against the cushioned surface of the Shoulder Pads.



## Maintaining the MVe 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	Every Two Year	As Needed
<b>Inspect:</b>						
Overall Machine	•					
Springs	•					
Tracking System (Carriage rollers)		•				
Hardware			•			
<b>Clean:</b>						
Frame						•
Upholstery	•					
Tracking System		•				
<b>Replace:</b>						
Springs					•	
Ropes						•
Double Loops						•
Safety Clips						•

### Inspect:

**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 premature spring breakage. 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 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 shielded bearings in the Carriage Wheels are permanently lubricated and require no further service. You should inspect the Axles every two months. Remove any debris that might be entwined 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.

### Clean:

**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 platforms.

**Upholstery:** We recommend wiping down your vinyl upholstery with a mild cleaning solution after each use. For example, a solution of 1 part Simple Green and 12 parts water in a spray bottle can be used.

**Tracking System:** The tracks upon which your Carriage rides are powder coated to inhibit the build up 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:** All Springs must be replaced each year. If you train 5 hours a day 5 days a week you should replace your springs every two years. Any spring that exhibits early signs of fatigue (for example, separation in coils) need to be replaced immediately.

**Ropes:** You may experience some minor “fraying” in the Rope. Fraying is completely normal and to be expected. Any Ropes that exhibit excess fraying, tear or otherwise fail need to be replaced immediately. Double Loops, Safety Clips, and so on can wear over time. Replace them as required.

**WARNING:** Verify that any person(s) making adjustments, performing maintenance or making repairs of any kind is qualified to do so.



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