



Flow Pilates Reformer

ASSEMBLY INSTRUCTIONS

VER-FLO-01B



EST. TIME	PEOPLE	DIFFICULTY
20–30 min	1 person	Easy

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Before You Begin.

For the easiest possible assembly of your VERVE Flow Pilates Reformer, read this manual fully before you start. Unpack all components onto a clear, flat area and use the hardware inventory on page 3 to confirm nothing is missing before you begin.

STATEMENT OF INTENDED USE

The Aluminum Reformer device is intended by the manufacturer to be used by people for the purposes of physiotherapy, rehabilitation, the prevention, treatment and relief of injuries, supportive, functional therapy for a disability or for general strengthening and improving the mobility of the human body. Should injury occur during usage please report to the manufacturer and competent authority of the Member State in which the user and or patient is established.

Tools required.

No wrench or screwdriver is needed. Every fitting on the Flow Reformer — the shoulder pillow knob, the riser plugs, the carriage stopper, the jump board knob and the ropes — is a hand-tightened knob or a quick-release pin.

WARNING

This machine is potentially dangerous, and we assume no liability towards use or misuse. If you are not fully aware of the safety issues and use of this machine, do not use it. Use only with qualified instructor supervision. Please refer to the Additional Usage and Safety section for more information.

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Hardware Inventory.

The reformer frame ships fully built, with the springs already fitted beneath the carriage. Check the loose parts below against the parts photo on page 8 before you start — if anything is missing, contact VERVE.

Loose parts & accessories

☐	SPR	Springs	x6	Pre-fitted beneath the carriage — resistance is fixed as supplied, not adjustable during assembly
☐	STRAPS	Neoprene Handles (pair)	x1	Clip onto the rope ends for hand holds, and hook onto the foot bar end for storage
☐	ROPE	Ropes (pair)	x1	Thread through the pulleys and cam cleats — see Step 5, page 6
☐	1	Carriage Extension Stopper (pair)	x1	Fits into the holes on the inside frame rail to limit carriage travel — see Step 3, page 5
☐	2	Sitting Box	x1	Sits on the carriage as shown in the parts photo (page 8) — the source manual gives no separate fitting step
☐	3-0	Aluminium Risers (pair)	x1	Slide into the leg tubes at the head end of the frame — see Step 2, page 4
☐	3-1	Riser Bolts (fast-insert plugs)	x4	Push through the frame and riser to lock each riser in place — see Step 2, page 4
☐	3-2	Pulley Assembly (pair)	x1	Pre-mounted at the footbar end of the frame — the ropes run through these back to the carriage
☐	4	Shoulder Pillow	x1	Links to the shoulder rest bracket with a black knob on each side — see Step 1, page 4
☐	5	Jump Board	x1	Fits into the jump board holes at the footbar end — see Step 4, page 5
☐	6	Soft Pedal	x1	Shown in the parts photo (page 8) — the source manual gives no separate fitting step for this part

NOTE

The parts list states 4 riser bolts (3-1) for the pair of risers, though the fitting text describes one fast-insert plug per riser. Fit as supplied and contact VERVE support if the count on your unit looks different.

STEP 1 OF 5

Fit the shoulder pillows.

Hardware: 1× Shoulder Pillow (4)

There is one shoulder link hole on each side of the shoulder rest bracket at the head end of the frame.

Lower the **shoulder pillow (4)** onto the bracket so the link hole seats over the mounting point on each side.

Tighten the black knob on each side by hand until firm.

Tip: the knob is designed for hand tightening only — no tool is needed or should be used.



STEP 2 OF 5

Fit the risers.

Hardware: 1× Aluminium Risers pair (3-0), 4× Riser Bolts (3-1)

At the foot end of the frame, slide each **riser (3-0)** down into the riser hole in the leg frame.

Insert a **riser bolt (3-1)** through the frame and the riser's plug hole to lock it in place. Repeat for the second riser.

Tip: the riser bolts are quick-release plugs, not fasteners you need a tool for — push until they seat firmly. Use the same hole height on both sides so the frame sits level.



STEP 3 OF 5

Fit the carriage stoppers.

Hardware: 1× Carriage Extension Stopper pair (1)

Choose a hole on the inside rail of each frame side, according to the exercise or range of motion your trainer sets.

Push a **carriage stopper (1)** into the chosen hole on each inside frame rail.

Tip: reposition the stoppers to change how far the carriage can travel — use the same hole on both sides.



STEP 4 OF 5

Fit the jump board.

Hardware: 1× Jump Board (5)

Insert the **jump board (5)** into the jump board holes at the foot bar end of the frame.

Adjust the foot bar so it sits against the jump board, then fasten the knob to lock the board firmly in place.

Hook the foot strap onto the foot bar end for storage when the board is not in use.

Tip: check the board is locked before stepping on it — it should not shift under load.



STEP 5 OF 5**Attach the ropes.**

Hardware: 1× Ropes pair (ROPE), 1× Neoprene Handles pair (STRAPS)

Unroll and separate the **ropes (ROPE)**. Clip a loop onto the end of each rope and hang the loop on the rope rest at the head end.

Thread the other end of each rope through a **pulley (3-2)**, then back into the cam cleat on the carriage to set the length. Make sure each rope passes through the chrome eye strap on both sides of the cam cleat.

Push the rope end firmly through the cam cleat hole and tie off the extra length.

Tip: feed both ropes the same way so resistance is even side to side. Check the tie-off before each session — a rope that slips is the main way tension is lost mid-exercise.

**ASSEMBLY COMPLETE**

That's the Flow Reformer built. Before first use, re-read the Statement of Intended Use and the Warning on page 2, and run through the final checks on page 8.

Cleaning & Maintenance.



Cleaning

Clean all skin-contact points after each use, including the carriage, shoulder rests, head rest and foot bar. Use a solution of mild soap and water. Dry thoroughly.

The upholstery has built-in antimicrobial/antibacterial protection.

For light soiling, use a solution of 10% household liquid dish soap with warm water, applied with a soft, damp cloth.

Clean the wheel tracks and wheels regularly with a lightly damp cloth so the carriage keeps riding smoothly and quietly.

Machine wash the hand and foot straps regularly. Place them in a pillowcase, wash on a gentle cycle, and air dry.

NOT SPECIFIED BY THE MANUFACTURER

The source manual gives no servicing interval and no inspection routine for the springs, ropes or pulleys, and no maximum user weight. Check with VERVE support before relying on this unit in a clinical or high-turnover commercial setting.

Parts Diagram.



CODE	PART	QTY
SPR	Springs	6
STRAPS	Neoprene handles (pair)	1
ROPE	Ropes (pair)	1
1	Carriage extension stopper (pair)	1
2	Sitting box	1
3-0	Aluminium risers (pair)	1
3-1	Riser bolts	4
3-2	Pulley assembly (pair)	1
4	Shoulder pillow	1
5	Jump board	1
6	Soft pedal	1

Final checks.

- ☐ Both shoulder pillow knobs are tightened firmly by hand.
- ☐ Both risers are locked with their plugs and sit at the same hole height.
- ☐ The carriage stopper is fitted in the same hole on each inside rail.
- ☐ The jump board is locked against the foot bar and does not shift under load.
- ☐ Both ropes run through their pulley and cam cleat, with the loose end tied off.
- ☐ The carriage slides smoothly along the full length of its travel.

NEED HELP?

Missing parts, damaged components or assembly questions — we'll sort it fast.

Contact support@vervefitness.com or visit vervefitness.com/support