



Safety Inspection & Maintenance Guide for Your X Pilates Reformer

X Equipment is built to provide years of reliable performance. However, ensuring its safety and longevity requires regular inspections for any signs of wear or damage. The safety of both you and your clients depends on proper maintenance and correct usage of the equipment. We offer detailed inspection and servicing videos on our website to help you follow a recommended maintenance routine.

This guide serves as a reference to help you maintain your equipment, keeping it in top condition for both safety and optimal performance. Failure to follow these guidelines may lead to malfunctions that could result in serious injury. We highly recommend reading through this guide carefully and keeping a copy for future reference.

For studio environments, ensure that all employees receive this guidance as part of their onboarding process. Additionally, it is best practice to record and track maintenance checks for accountability and long-term care.

To ensure your X Pilates equipment performs at its best, please follow the maintenance recommendations outlined in this guide.

Daily Inspections/Maintenance

Upholstery	Regularly clean all upholstery on your X Equipment using a soft cloth and a mild, non-abrasive cleaner. Caution: Avoid chemical-based or abrasive cleaning products, as they can dry out the vinyl and shorten its lifespan. Vinyl is non-absorbent, so surface wiping is sufficient to keep it clean.
Safe Working Area	Maintain a 60cm clearance around the equipment to ensure a safe working space, including room for emergency dismounts. Shared areas are permitted for adjacent equipment.
Runners	Clean the runners with a soft, damp cloth and a gentle glass cleaner like Windolene. Do not apply lubricants to the rails, as they attract dust and dirt, which can affect performance & smoothness.
Springs	Inspect all springs regularly for signs of wear or damage, such as deformation, kinks, gaps, or corrosion. If any damage is found, discontinue use immediately and replace the affected spring.
Ropes & Handles	Check the rope system to ensure that ropes are securely fastened and that the adjustment mechanism is properly engaged and locked.
Shoulder Rests	Ensure that shoulder rests are fully seated on the carriage bed. For removable shoulder rests, lock them in place using the securing pins located under the carriage.

Weekly Inspections/Maintenance

Nuts & Bolts	Regularly inspect and ensure that all nuts, bolts, and locking pins are securely fastened. Check that the pulley wheel bolts are firmly tightened and that the eyelet bolt connecting the pulley to the rope riser is not loose.
Foot Bar	Verify that all bolts are tightly secured and that the foot bar is stable when in position. Always ensure that the locking pin is in place before using the foot bar.
Rope System: Handles & Straps	Ensure that the rope system is properly secured and check ropes, handles, and foot straps for any fraying or loose stitching. Replace any worn components as necessary.
RC Spring Bar	Test the spring bar for proper functionality. Ensure that all hooks are tightly secured and that there is no damage to the stoppers.
Wheels & Rollers	Regularly clean the wheels while checking for signs of damage—replace if needed. Test the carriage ride by sitting on it and listening for any unusual noises. A smooth and quiet ride indicates proper function. Even small amounts of dirt on the wheels and runners can affect performance.
Springs	Inspect all springs for wear or damage, such as deformation, kinks, gaps, or corrosion. Do not use damaged springs—replace them immediately. Ensure that the spring retaining bungee cord is in place.
Eyelets & Spring Hooks	Manually check that all eyelets on the risers and spring bar are tightly secured and do not rotate. Replace any loose eyelets, as they may have thread damage. When replacing hooks or eyelets, use Loctite Red for a secure fit.
Feet	Ensure that all feet are securely attached and that the equipment remains level for safe and stable use.

Monthly Inspections/Maintenance

Legs	For reformers with removable legs, standing platforms, and rope risers, check that all attachment bolts are secure and tighten them if needed.
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Quarterly Inspections/Maintenance

Springs	To ensure even wear, it is recommended to rotate springs of the same resistance level periodically.
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Annual Maintenance

Springs	In high-traffic studio environments, springs that have been in use for 3,000 hours should be replaced to maintain safety and performance.
Wheels/Rollers	Carriage wheels should be replaced annually to ensure smooth and efficient operation.

Bi-Annual Maintenance

Springs	Replace all Springs that have been in use for 2 years.
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Further Tips & Important Information

Consumable Items	Components like ropes, straps, and handles should be replaced as soon as they show signs of wear, fatigue, or fraying.
Lubrication	Avoid applying lubricants to the rails, as they can attract dust and dirt, negatively impacting the smoothness of the ride. Never attempt to lubricate wheel bearings, as they are sealed for life, and using the wrong lubricant could degrade the internal grease.
Adjusting Nuts & Bolts	Regularly inspect and tighten bolts by hand. If you can turn nuts, bolts, or eyelets with your fingers, they are too loose. Be cautious not to overtighten, as this may damage the threads. As a general rule, use a small spanner and tighten with one finger. Apply a small amount of Blue Loctite on threads to prevent bolts from loosening—except where nylock nuts are used.
Securing the Carriage	When the reformer is not in use, always keep at least two springs attached to the carriage. Ensure the springs are secured in a neutral position with minimal tension.
Assessor	Ensure the person carrying out the inspection has suitable understanding of the equipment and its functions to carry out the checks. If in doubt get your equipment regularly serviced by your distributor or a fitness equipment service specialist. Do not modify equipment or use unapproved parts as this may invalidate your warranty.
Out of service equipment	Ensure equipment that is out of service cannot be used inadvertently whilst out of service.
Max User Weight	Please note commercial Align-Pilates products have a maximum user weight of 150Kg.

Replacement Parts

For replacement parts, or if you have any questions, email customercare@xxxxxcom, call +91 xxxxxxxxxx or visit www.Xequipments.com