

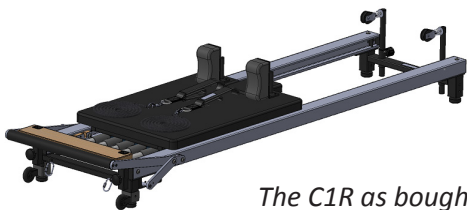
# Align-Pilates®

## C1R Supplementary Information

Thank you for buying the new Align-Pilates C1R Reformer. The C1R is the second generation model of the C1 Reformer, which was launched in 2015. The C1R shares most of the features and functions of the C1 though due to the major redesign of the legs to allow for leg extensions, this model has taken on the “R” moniker for Redefined! The C1 Manual supplied with the reformer still applies to your C1R and all the C1 components are compatible with the C1R though the following additional information covers the key improvements over the original C1.

1) The C1R now has the option to accept higher legs.

Simply buy the C1R bolt on Leg extension kit and you can raise your reformer to be 40cm high. Please note that the C1R legs do not retrofit on to the C1 reformer



The C1R as bought



The C1R with Leg extension fitted

2) The C1R features the new Align-Pilates silent rope system

The silent rope system makes using your reformer quieter and removes the possibility of the metal hardware scratching your reformer frame. For those that like to use other types of handles with their reformer then this is still possible by simply attach the alternative handle to the oversize rope eyelet using a quality karabiner.

To attach the Silent handles to your Silent ropes

- Thread the rope through the rope pulley (Fig. 1)
- Thread the nylon webbing loop through the rope eyelet (Fig. 2)
- Pass the double loop handle through the nylon webbing loop and pull tight (Fig. 3)
- When attached the rope should look like Fig. 4

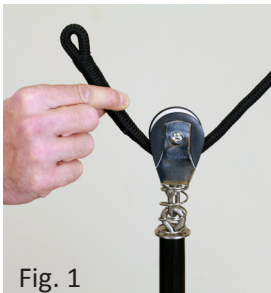


Fig. 1

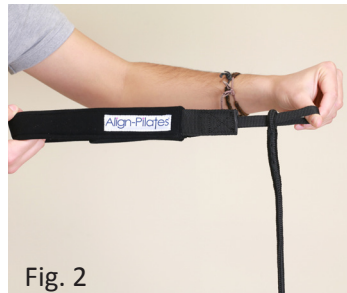


Fig. 2



Fig. 3



Fig. 4

3) The C1R features “quick service” runner end plates

Servicing your reformer or taking out the carriage to deep clean the runners and wheels is now easier and faster. Simply remove the two carriage stopper plates which are held on with two small allen bolts and roll the carriage straight out. Be careful when putting the carriage back in that you do not dent the wheels on the end of the runner.

*Remember: clean wheels and runners are the key to a smooth and silent ride. We recommend that for the first 10 or so uses you wipe the runners after every use and thereafter weekly or at any time if the ride ceases to be smooth and quiet.*



4) The rope risers are an extra 10cm higher than the original C1 reformer.

The functionality of the riser remains unchanged but the extra 10cm allows you to achieve a higher pull position and reduces the possibility of catching the ropes on the shoulder rests when using feet in straps.

**If you have any questions regarding the installation of these legs, please contact your reseller or Distributor or email [customercare@align-pilates.com](mailto:customercare@align-pilates.com). For more information on Align-Pilates visit [www.Align-Pilates.com](http://www.Align-Pilates.com)**