



HEARTBEAT FITNESS REPAIR

SERVICE • REPAIR • PREVENTIVE MAINTENANCE

Factory-trained service for residential and commercial fitness equipment

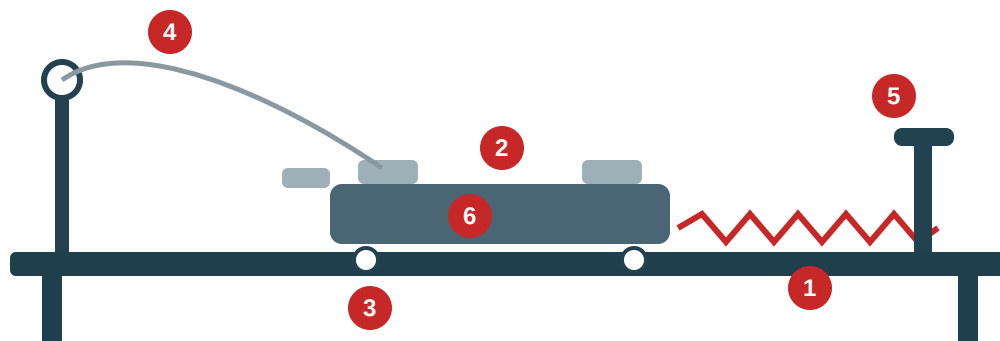
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How to Care for Your Pilates Reformer

OWNER CARE GUIDE | SPRINGS, ROPES, CARRIAGE & UPHOLSTERY

Springs, ropes, straps, carriage wheels, and hardware require regular care. Damage to a load-bearing part can cause injury. Visual checks help identify problems but do not replace the manufacturer's inspection and replacement requirements. Follow the exact model's schedule; light home use does not automatically extend age-based replacement limits.

KEY SERVICE POINTS



Side view of a typical reformer (shapes vary by brand)

1 Springs and spring bolts, balls, and clips

3 Rails and carriage stoppers

5 Footbar and adjuster

2 Carriage wheels (rollers)

4 Ropes, straps, and pulleys

6 Upholstery, shoulder rests, and headrest

CARE SCHEDULE

HOW OFTEN	WHAT TO DO
Every session	Use the maker's approved upholstery and rail-cleaning method; wipe rather than soak and dry fully. Before use, inspect springs, ropes, straps, anchors, and the footbar for visible damage. Confirm stoppers and shoulder rests are secure as the model requires.
Weekly	Follow the model's detailed inspection schedule. Check springs, hardware, footbar, and adjusters without altering settings or torque by guesswork. Do not load or ride a suspect machine to diagnose noise; stop use for sticking, grinding, or damage.
Monthly	Inspect the ropes and straps for fraying, thinning, or stiffness. Check spring bolts and spring balls for tightness, and that the spring clips are fastened. Check star knobs and adjusters for wear.

HOW OFTEN	WHAT TO DO
Yearly	Review the manufacturer's inspection and replacement schedule; arrange service as needed.
Maker's interval	Replace springs, clips, ropes, and straps at the exact maker's age or usage limit, or sooner for damage. Do not use a universal two-year rule.

PLEASE AVOID

- ✗ Using a spring, rope, or strap that is stretched, frayed, rusty, or damaged.
- ✗ Lubricating the rails or wheels with oil or spray unless your maker specifically says to.
- ✗ Mixing in springs from another brand or model.
- ✗ Cleaning with bleach, ammonia, or harsh chemicals — they damage upholstery and finish.
- ✗ Letting the carriage slam into the end of the rails.
- ✗ Ignoring a thump, grind, or squeak from the carriage.

STOP USING IT IF YOU NOTICE

A spring that looks stretched or damaged, a frayed or thin rope or strap, a footbar or pulley that is loose, a cracked wheel or rail, or a carriage that jumps or sticks. These parts carry your body weight — replace or repair them before the next session.

STUDIOS AND COMMERCIAL USE

Studio use calls for documented checks and service based on the exact model, age, and usage. Check safety-critical parts before use and follow the maker's replacement limits. We can discuss inspection and worn-part replacement for your equipment.

Not sure, or would rather we handle it?

We inspect and service reformers, towers, and Pilates equipment — replacing springs, ropes, and wheels, and checking the frame and hardware — so the machine is safe and smooth.

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The schedule is an organizational aid, not a substitute for the exact manufacturer's instructions, torque values, or replacement limits. Heartbeat Fitness Repair is not affiliated with any equipment manufacturer.