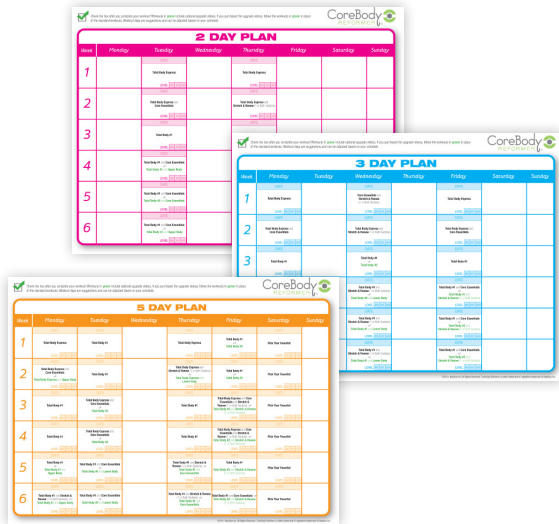


## Track Your Workouts!

Choose our weekly workout schedule and track your progress from beginner to advanced with free downloadable workout charts! Two, three and five day workout schedules available now at:

[www.CoreBodyReformer.com/Workouts](http://www.CoreBodyReformer.com/Workouts)



## Ready for more?

Step it up with these **NEW** DVD workouts to sculpt and reform your entire body!



Available now at:

[www.CoreBodyReformer.com/Videos](http://www.CoreBodyReformer.com/Videos)

or call

1-800-605-3369

## Care and Cleaning

⚠ This product, its packaging and components contain chemicals known to the State of California to cause cancer, birth defects, or reproductive harm. This Notice is provided in accordance with California's Proposition 65. If you would like additional information, please refer to our web site at [www.nautilus.com/prop65](http://www.nautilus.com/prop65).

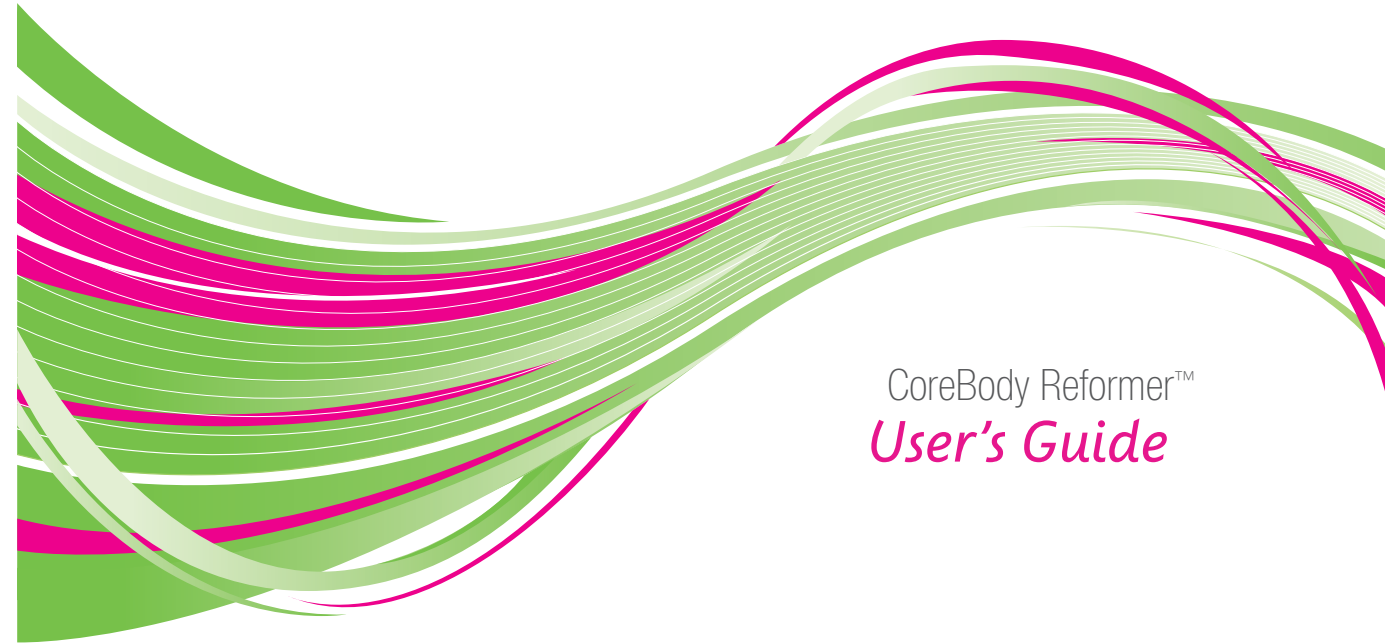
⚠ Equipment must be regularly examined for damage and repairs. The owner is responsible to make sure that regular maintenance is done. Worn, damaged or loose components must be repaired or replaced immediately. Only manufacturer supplied components can be used to maintain and repair the equipment.

⚠ Keep sand and dirt away from the resistance pods. Contamination could reduce the performance of the product or damage components.

1. Wipe down foam and other components with a damp cloth or with water and a mild detergent.
2. See the fabric care tag on the roller sleeve for cleaning instructions.

## Storage

For best results, store in clean, dry environment out of direct sunlight.



## CoreBody Reformer™ User's Guide



- Important Safety Warnings
- Preparation For Use
- Care and Cleaning
- Track Your Workouts!



Nautilus, Inc., (800) NAUTILUS / (800) 628-8458, [www.NautilusInc.com](http://www.NautilusInc.com) - Customer Service: North America (800) 605-3369, [csnls@nautilus.com](mailto:csnls@nautilus.com) | outside U.S. +01-360-859-5180, [technics-APLA@nautilus.com](mailto:technics-APLA@nautilus.com) | Printed in China | © 2011 Nautilus, Inc., All rights reserved. ™ and ® indicate a trademark or registered trademark. Nautilus, Inc. ([www.NautilusInc.com](http://www.NautilusInc.com)) trademarks include CoreBody Reformer™ NAUTILUS®, BOWFLEX®, SCHWINN® and UNIVERSAL® and respective logos. Other trademarks are the property of their respective owners.



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## Warnings!

⚠ Obey the following warnings:

- Read and understand all warnings on this product.
- Carefully read and understand the User's Guide.
- Set up this product on a solid, level, horizontal surface.
- Do not try to change the design or functionality of this product. This could compromise the safety of this product and will void the warranty.
- If replacement parts are needed, use only genuine parts and hardware supplied by Nautilus®.
- Do not use until the product has been fully set-up and inspected for correct performance in accordance with the User's Guide.
- Do all set-up steps in the sequence given. Incorrect set-up can lead to injury.
- Keep at least 124" (xx m) front and back, 84" on sides (xx m) of the product clear. This is the recommended safe distance for access and passage around and emergency dismounts.
- Exercises require balance and coordination. Be sure that you are comfortably and safely able to perform the exercises.
- Do not over exert yourself during exercise. Use this product in the manner described in this User's Guide and in the fitness video.
- When performing exercises using the Resistance Pods, always keep pressure on the Roller to prevent it from lifting off of the Stabilizers.
- Correctly adjust and safely engage all Positional Adjustment Devices.
- Do not allow children or persons unfamiliar with fitness equipment or exercise in general near the equipment. Do not leave children unsupervised around the equipment.
- Always inspect the equipment for damage before each use. Do not use the equipment if it is damaged. Replace damaged or missing parts before using product. If assistance is required, contact Nautilus Inc. customer service at 1-800-605-3369 for assistance.

## Preparation for Use

The following instructions illustrate how to set up your CoreBody Reformer™. Perform the following steps in reverse order for storage.



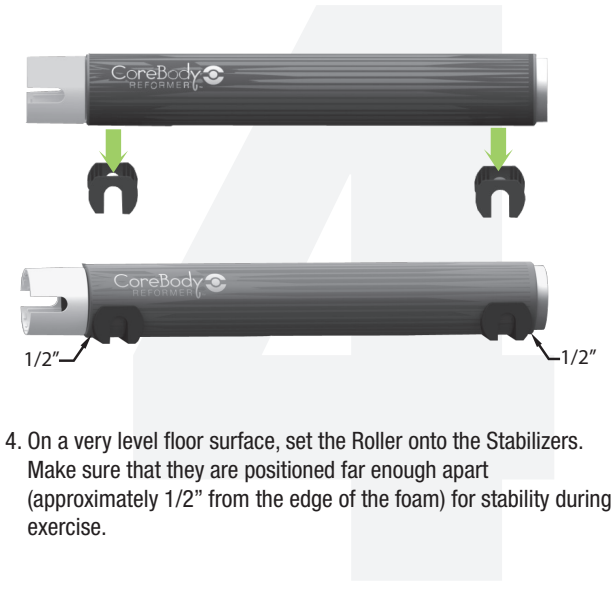
1. Press button and twist cap counter-clockwise to remove.



2. Remove the Bar from the Roller Tube by lifting from the Variable Resistance Pod. **Do Not lift from the Strap.**



3. Remove the Stabilizers from the bar.



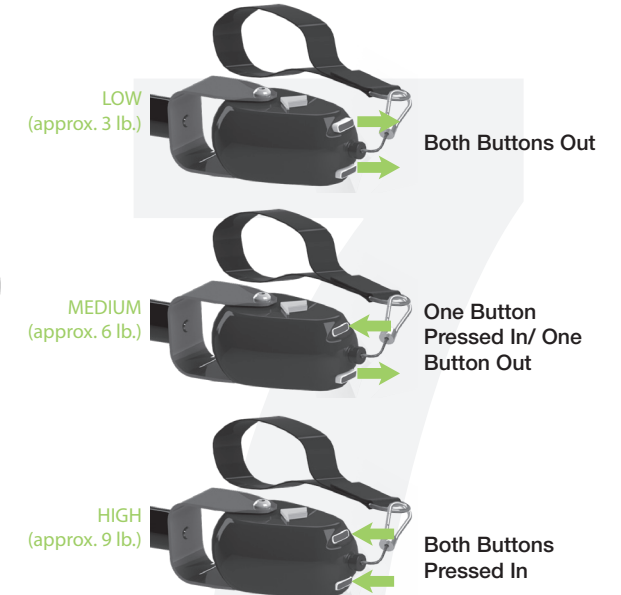
4. On a very level floor surface, set the Roller onto the Stabilizers. Make sure that they are positioned far enough apart (approximately 1/2" from the edge of the foam) for stability during exercise.



5. Insert bar into the slots on the Roller Tube. Make sure that the bar is parallel to the floor.



6. Replace the Cap to secure the bar to the Roller. Twist the cap clockwise until the button pops back out.



7. Set the desired resistance on the pods. Each pod has 3 levels of resistance. Adjust the resistance so that it is comfortable for your fitness level.

Note: Make sure that the strap has been fully returned to the pod before making the resistance selection.