



User Manual

MINT LAMA - PILATES REFORMER LITE

Read this entire instruction manual before first use.

Store the instructions for later use and include them when passing on the product.

The PILATES REFORMER LITE is a foldable, lightweight, and multifunctional mini-reformer for safe and effective whole-body training at home. Suitable for private use with varying levels of training, with responsible use according to this instruction.

Specifications

Product parameters

- Open size: 190 × 94 × 20 cm
- Packing size: 77 × 45 × 30 cm
- Net weight: 16,5 kg

- Maximum user weight: 120 kg body weight
(a higher load is technically possible, however, it has not been tested or guaranteed)

- Basic resistance bands: Approximately 8kg per band at full stretch
(Guideline; the actual resistance may vary depending on the stretch and exercise)

- Materials: Frame: Laquered Multilayer wood
Seat cushion: Foam padded seat

- Functions: foldable, lightweight, portable, Quickly adjustable between exercises

Package contents / Accessories

- No. 1: 1 × Foldable guide rail
- No. 2: 1 × Balance plate
- No. 3: 1 × Balance block (rounded bottom)
- No. 4: 1 × Sliding platform
- No. 5: 1 x Training bar
- No. 6: 2 × Plug-in handles
- No. 7: 2 × Training band handles
- No. 8: 2 × Wooden handles (cylinders)
- No. 9: 3 × Reformer basic resistance bands
- No. 10: 2 × Multifunctional training bands
- No. 11: 1 × Instruction manual

Note – The balance board consists of:
Balance Plate (No. 2) and balance block (No. 3).

Training Options

- Versatile exercises for targeted training of the core, glutes, shoulders, arms, and additional muscle groups.



User Manual

Before first use

- Carefully remove the device and all individual parts from the packaging
- Remove all packaging materials completely
- Check that all parts listed in the package contents are present and undamaged
- Fully unfold the device before first use and inspect it

Setup

- Place the PILATES REFORMER LITE on a flat, stable, and non-slip surface
- Ensure there is sufficient space around the device to allow free movement
- Unfold the device and lay it flat on the floor
- Check that the sliding platform (No. 4) moves smoothly and evenly without jamming and that the padding is securely attached
- Position the balance board (No. 2 + No. 3) as needed
- Attach the reformer base resistance bands (No. 9) according to the desired training intensity
- Prepare the plug-in handles (No. 6), resistance band handles (No. 7), or training bar (No. 5) depending on the exercise

Note on Training Intensity:

The training intensity can be adjusted by changing the number of attached reformer base resistance bands (No. 9).

1 Band, low intensity

2 Bänder, medium intensity

3 Bänder, high intensity

Start with a low intensity and gradually increase as needed. Always check before training that all parts are securely attached.



Step 1: Attach the desired number of reformer base resistance bands.



Step 2: Place the balance board onto the guide rail and lock it into position.



PILATES REFORMER LITE after completing Steps 1 and 2



No. 3: Attach the reformer base resistance bands underneath the platform.
(**CAUTION:** The bands **MUST** be routed underneath the metal bar.)



The PILATES REFORMER LITE is now ready for training.

Use /Training

- Assume the appropriate body position depending on the exercise
 - o Ensure a stable starting position (sitting, lying, or standing)
 - o Place your feet securely and maintain balance
- Hold the handles securely
 - o Build tension in the bands slowly and in a controlled manner – never jerk. Training intensity depends on the number of attached resistance bands
- Exercise execution
 - o Perform all movements calmly, evenly, and with control
 - o Breathe steadily and never hold your breath

Storage

- After training, fully release the tension on the elastic bands
- Detach the handles and reformer base resistance bands if necessary
- Carefully fold the device if desired
- Store in a dry, clean, and well-ventilated place

Cleaning and Care

Regular and proper care contributes to the safety, functionality, and longevity of the PILATES REFORMER LITE.

General notes:

- Store the device in a dry, clean, and well-ventilated location
- Protect the product from moisture, direct sunlight, and extreme temperatures
- Use the device exclusively indoors

Cleaning the device

- Clean surfaces regularly with a slightly damp, soft cloth
- Use a mild cleaning agent if necessary; otherwise, use water only
- Dry the device thoroughly after cleaning

Do not use the following, as they may damage surfaces, materials, or coatings:

- Aggressive or abrasive cleaning agents
- Alcohol-based cleaners
- Chlorine-based cleaners
- Solvents or disinfectant sprays
- High-pressure cleaners or running water

Safety Instructions & Disclaimer

IMPORTANT: Inspect the PILATES REFORMER LITE for damage before each use.

- **Before use**, check whether the reformer base resistance bands, multifunctional training bands, fasteners, balance board, seat, and all other components are intact
- Train only on a flat and stable surface
- Children may use the device only under constant adult supervision
- Do not use the device if parts are damaged, loose, or heavily worn
- Consult a physician if you have existing injuries or health conditions
- Train barefoot, with non-slip socks, or with sports shoes
- Keep pets away from the device

Caution: Improper use may result in injury. Training is performed at your own risk. This product is intended exclusively for private home use and for training by one person at a time.

This product is not a toy. Use the device only as intended as a Pilates/fitness training device in accordance with this instruction manual.

Übungsübersicht / Beispiel-Workouts

Nachfolgend werden verschiedene Trainingsmöglichkeiten mit dem PILATES REFORMER LITE aufgezeigt.

Balance Squat: Squat on the Balance Element



Stand with your feet hip-width apart on the balance board (No. 2 + No. 3).

Position the element securely and maintain balance.

Bend hips and knees and lower yourself in a controlled manner.

Exhale, activate the glutes, and return to an upright position.

Accessories:

No. 2: Balance plate

No. 3: Balance block

Good for:

Legs, glutes, core, balance, and stability

Slide Lunges: Sliding and Lateral Lunges

Place one foot on the sliding platform (No. 4) and slide it outward or sideways while bending the standing leg. Lower the hips and keep the upper body upright. Pull back to the starting position in a controlled manner.

Accessories:

No. 1: Foldable guide rail

No. 2: Balance plate

No. 4: Sliding platform

Good for:

Legs (inner and outer thighs), glutes, core, hip mobility, and balance



Planks: Plank Variations with Sliding Elements

Start from a quadruped position or a plank position. Move the knees or feet forward and backward in a controlled manner on the sliding platform (No. 4). Variations are possible by changing hand and foot positions. Maintain core tension throughout the exercise.

Accessories:

- No. 1: Foldable guide rail
- No. 2: Balance plate
- No. 4: Sliding platform
- No. 6: Plug-in handles
- No. 8: Wooden handles

Good for:

Core, shoulders, arms, back, and overall body stability



Core: Leg Movements in Supine Position with Multifunctional Training Bands

Start in a supine position and secure your feet in the resistance band handles (No. 7).

Alternately bend and extend the legs. Perform all movements calmly and in a controlled manner while maintaining core tension.

Accessories:

No. 1: Foldable guide rail

No. 2: Balance plate

No. 4: Sliding platform

No. 7: Resistance band handles

No. 8: Wooden handles

No.10: Multifunctional training bands

Good for:

Abdominal muscles (core), legs, hip mobility, and coordination



Arm Exercises with Multifunctional Training Bands

Start in a kneeling position, either upright or seated. Hold the resistance band handles (No. 7) with both hands. Move the arms forward, upward, or behind the head in a controlled manner, then return to the starting position. Keep the upper body and core stable and perform all movements calmly and evenly.

Accessories:

No. 1: Foldable guide rail

No. 2: Balance plate

No. 4: Sliding platform

No. 5: Training bar or No. 7: Resistance band handles

No.10: Multifunctional training bands

Good for:

Shoulders, arms, upper back, core, and posture



Arm Exercises with Bar

Sit upright in a high kneeling position. Hold the training bar (No. 5) or the resistance band handles (No. 7) with both hands. Raise the arms upward in a controlled manner and lower them again. Maintain core tension throughout the movement.

Accessories:

No. 1: Foldable guide rail

No. 2: Balance plate

No. 4: Sliding platform

No. 5: Training bar or No. 7: Resistance band handles

No.10: Multifunctional training bands

Good for:

Shoulders, arms, upper back, and core



Squats and Lunges with Bar

Stand upright on the reformer and hold the training bar (No. 5) at shoulder height. Bend the knees or step into a lunge position. Keep the upper body stable, activate the glutes, and return to an upright position in a controlled manner.

Accessories:

No. 1: Foldable guide rail

No. 2: Balance plate

No. 4: Sliding platform

No. 5: Training bar

No.10: Multifunctional training bands

Good for:

Legs, glutes, core, stability, and coordination



Legs: Lunges with Multifunctional Training Bands

Place one foot forward and the other back. Hold the training bar (No. 5) with your hands and position it across the shoulders. Bend the front knee while keeping the upper body upright. Return to the starting position in a controlled manner.

Accessories:

No. 1: Foldable guide rail

No. 2: Balance plate

No. 4: Sliding platform

No. 5: Training bar

No.10: Multifunctional training bands

Good for:

Legs, glutes, core, balance, and leg strength



Legs: Leg Raises with Resistance

Support yourself in a side-lying position. Secure one extended leg in the resistance band handle (No. 7), then lift and lower the leg. Keep the pelvis stable and perform the movement in a controlled manner.

Accessories:

No. 1: Foldable guide rail

No. 2: Balance plate

No. 4: Sliding platform

No. 7: Resistance band handles

No.10: Multifunctional training bands

Good for:

Glutes, hip muscles, core, and leg alignment



Full Body: Rowing with Multifunctional Training Bands

Sit upright on the seat and place your feet securely on the wooden handles (No. 8). Hold the resistance band handles (No. 7) with both hands. Pull the arms back and squeeze the shoulder blades together. Slowly release back to the starting position.

Accessories:

No. 1: Foldable guide rail

No. 2: Balance plate

No. 4: Sliding platform

No. 5: Training bar

No. 8: Wooden handles

No.10: Multifunctional training bands

Good for:

Upper back, shoulders, arms, and posture



Additional Languages and Digital Content

This printed instruction manual is available in the following languages:

- **German (DE)**
- **French (FR)**
- **English (EN)**

Additional languages and supplementary content are available online.

Online Version & Additional Information

Using the QR code below or the provided link, you can access:

- additional language versions of this instruction manual
- setup and usage videos
- supplementary notes and updates



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