

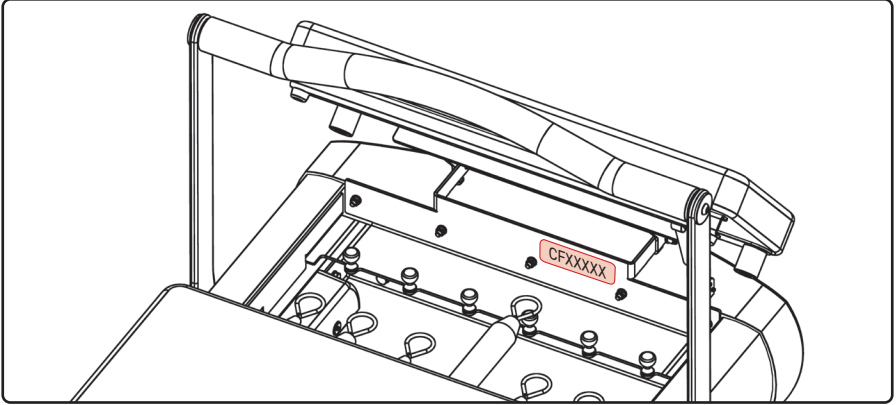


NOHRD

Coreformer by NOHRD

Aufbau- und Bedienungsanleitung
Assembly and user manual





Serial-No.



Dimensions

280 x 68 x 40 cm



Weight

152 kg



Max. user weight

200 kg



packages

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This guide is here to support you in setting up, caring for, and moving safely on your Coreformer. Take a moment to move through each section before use. How it's set up and cared for shapes how it feels to move on.

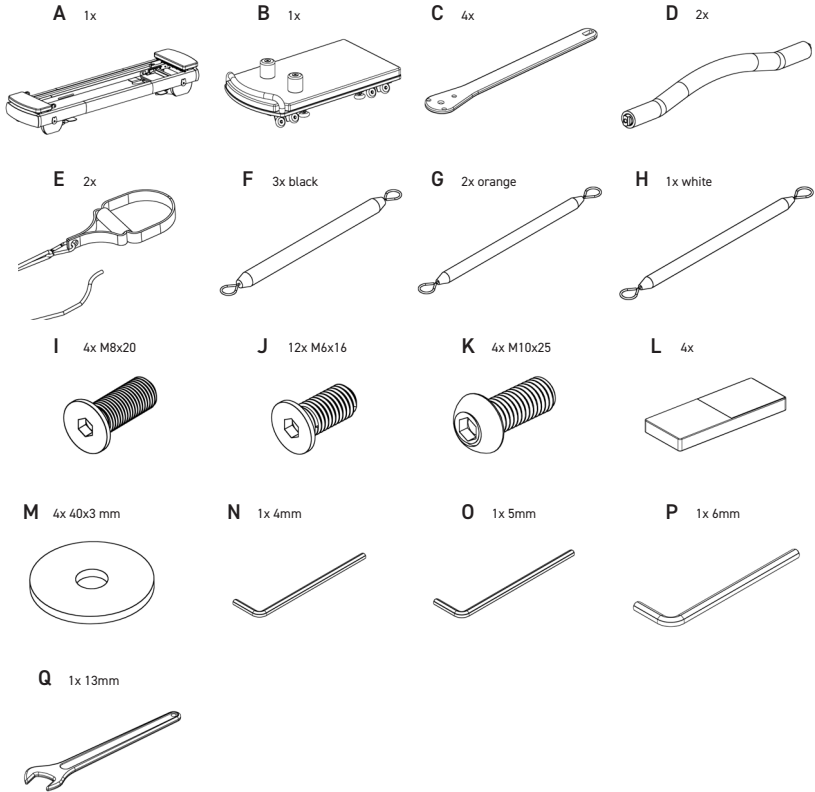


USER MANUAL AND OPERATING VIDEOS -
PLEASE SCAN QR CODE AND READ CAREFULLY
<https://www.nohrd.com/coreformer/start>



SAFETY INSTRUCTIONS - PLEASE SCAN QR CODE
AND READ CAREFULLY
<https://www.nohrd.com/us/safety-instructions/>

Default Box



CE

DIN EN ISO 20957



GETTING STARTED

1. Scan and read the general safety guide from NOHRD (QR code)
2. Unpack and assemble your Coreformer
3. Review maintenance and care guidelines
4. Familiarize yourself with basic training principles
5. Read the health and safety disclaimer

ASSEMBLY

When contacting the NOHRD team, always refer to the **serial number** of your product. The serial number sticker is located under the spring attachment platform.

Important notes:

1. **Handling**

The Coreformer weighs more than 150kg. We recommend a minimum of four people for safe handling.

2. **Assembly**

Please carefully follow the assembly steps and instructions shown in the images on the following pages.

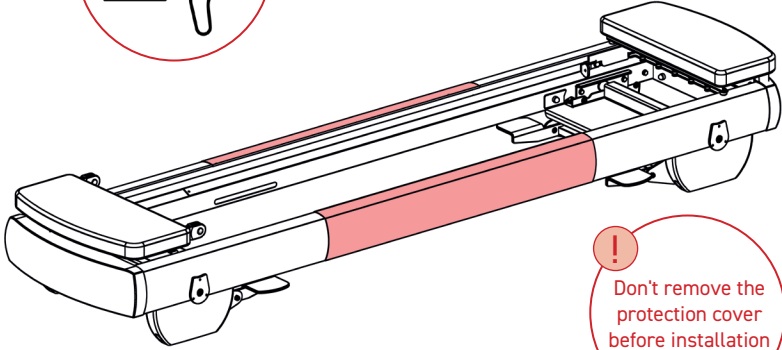
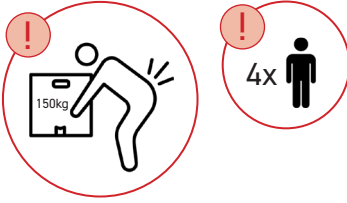
3. **Foot bar mechanism check**

Check the release and locking mechanism on both sides of the footbar. Always ensure the footbars are fully locked into position and double-check before use.

4. **Spring platform check**

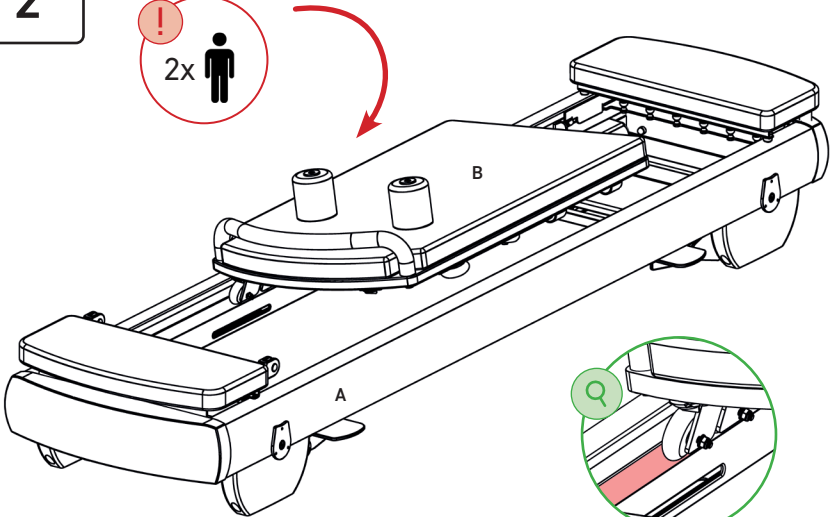
Open the spring attachment platform and ensure it remains securely in position while attaching springs. Make sure each spring is correctly slid fully onto the spring holder pin.

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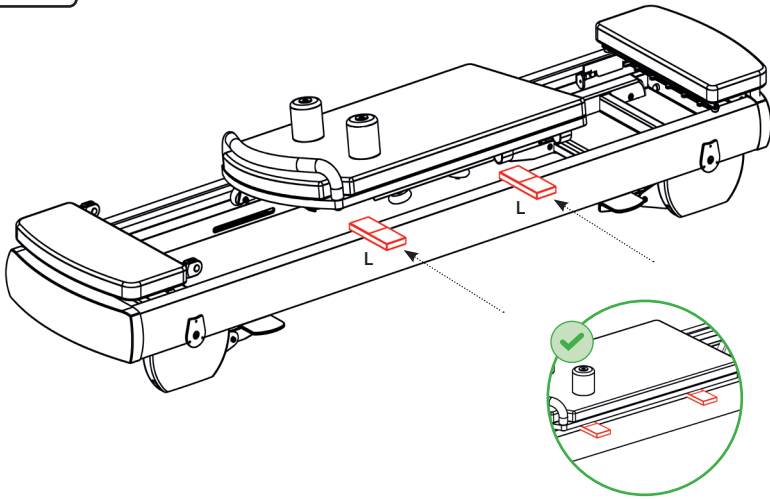


! Don't remove the protection cover before installation is complete.

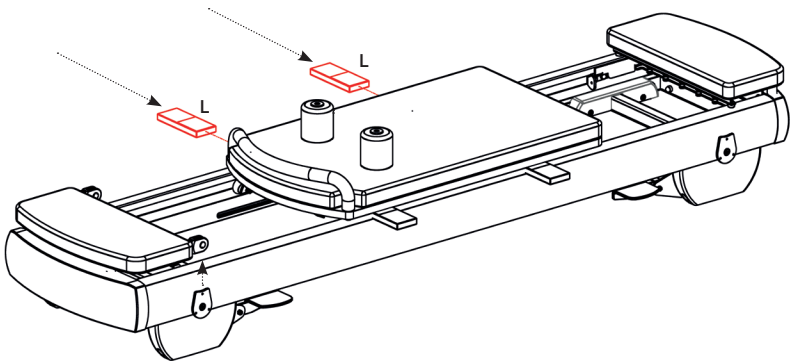
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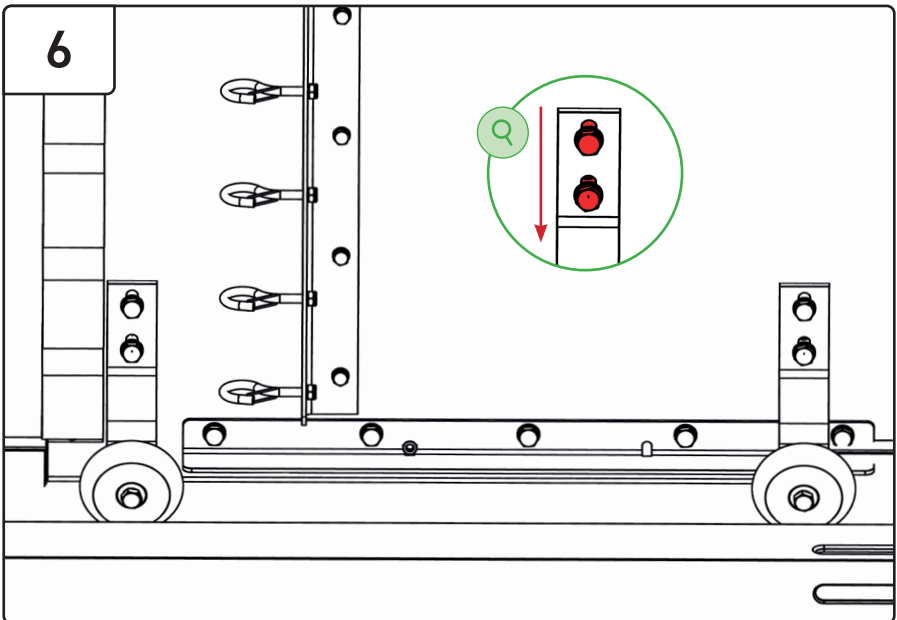
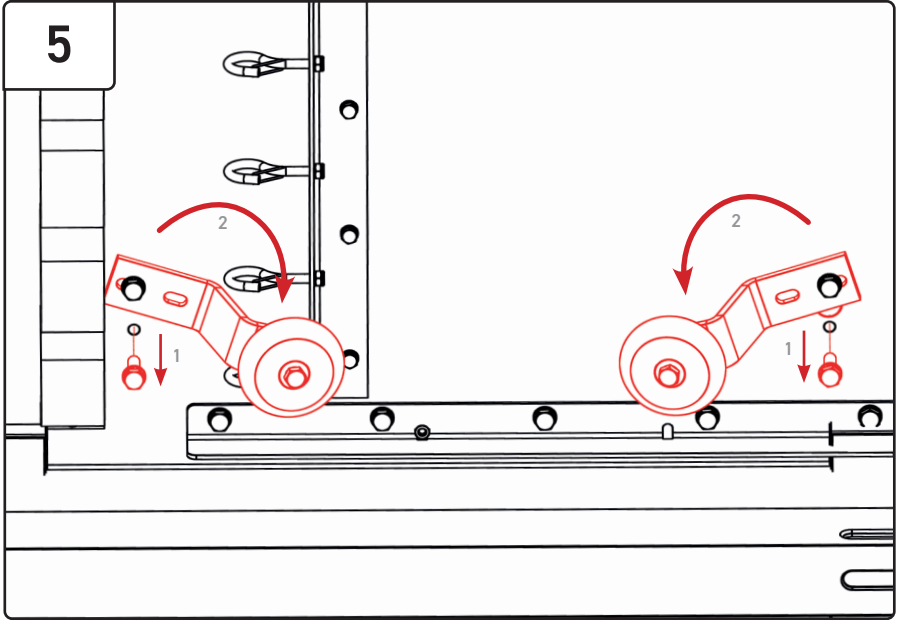


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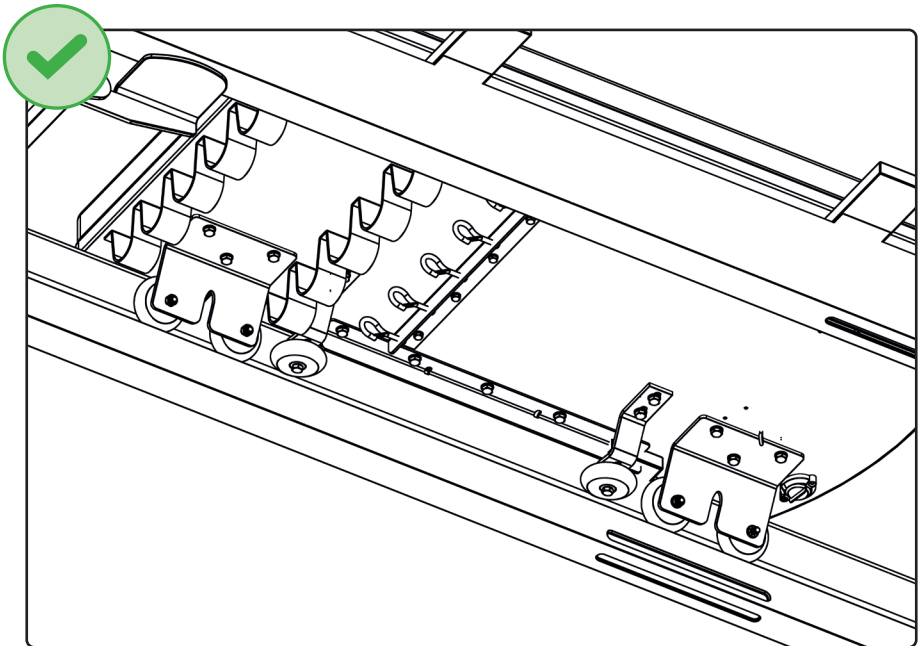
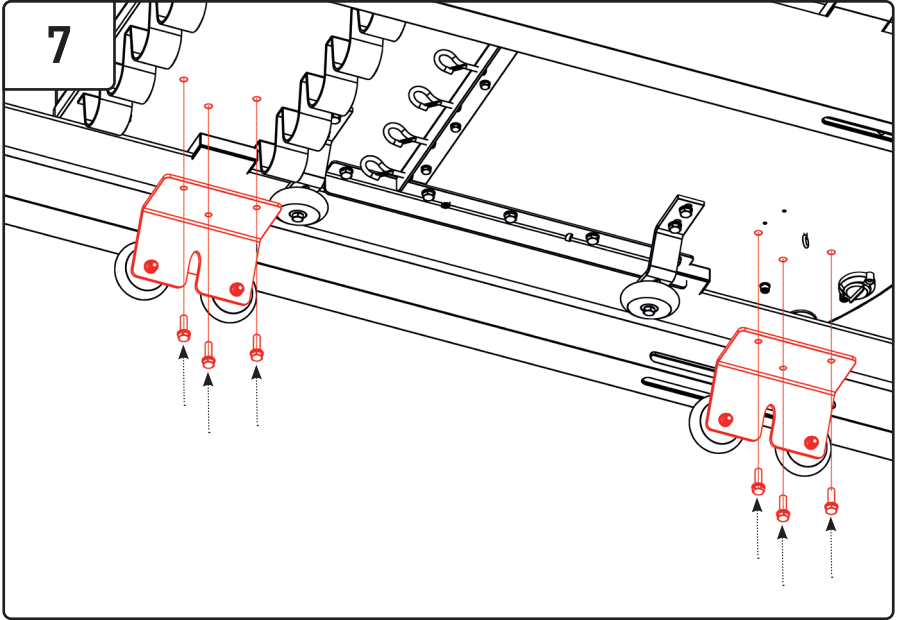


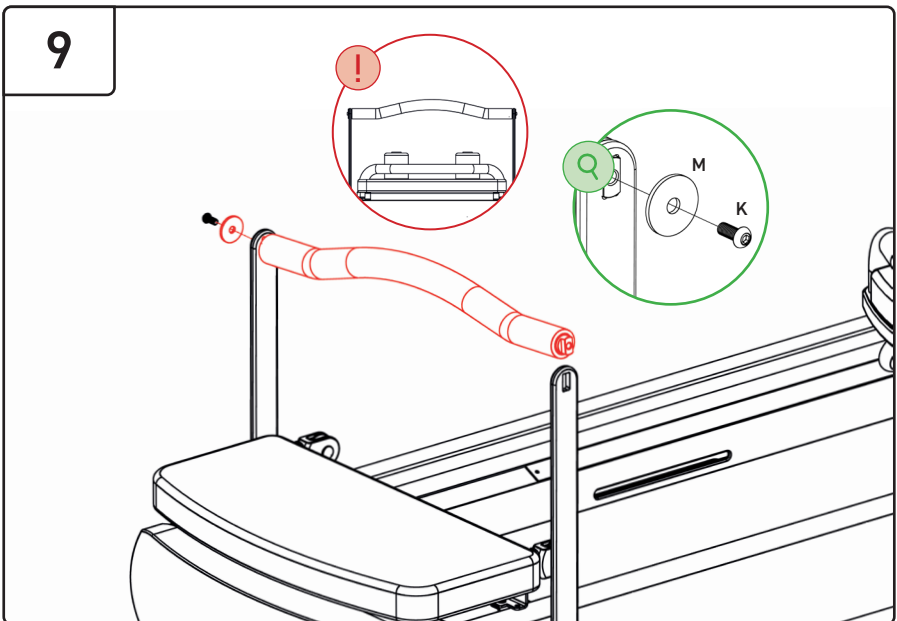
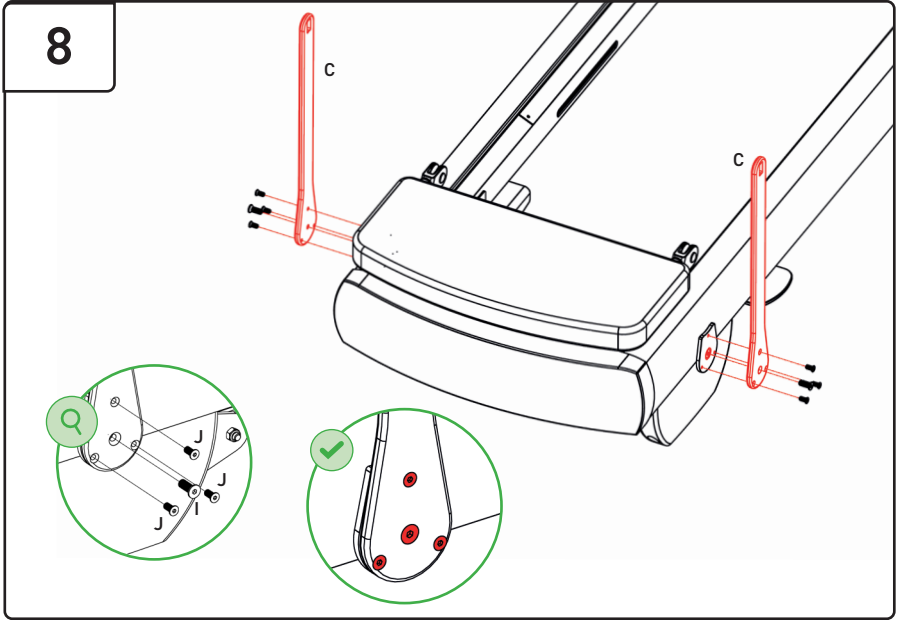
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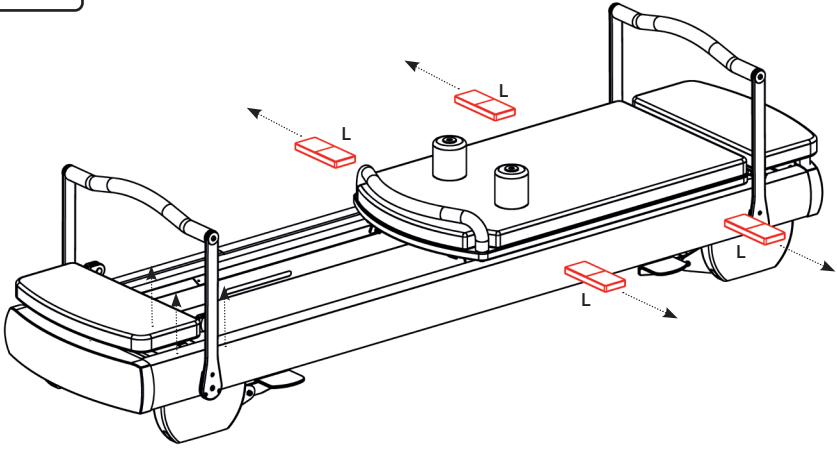


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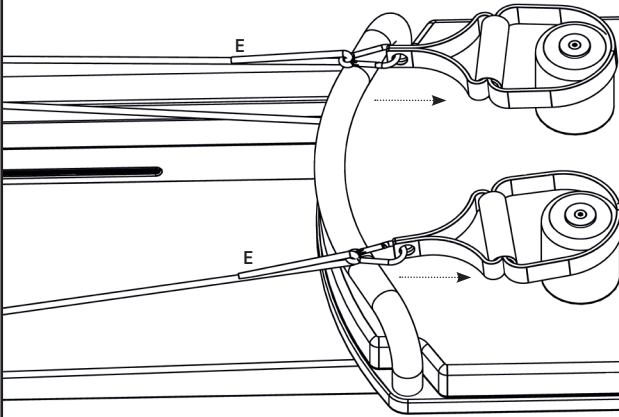




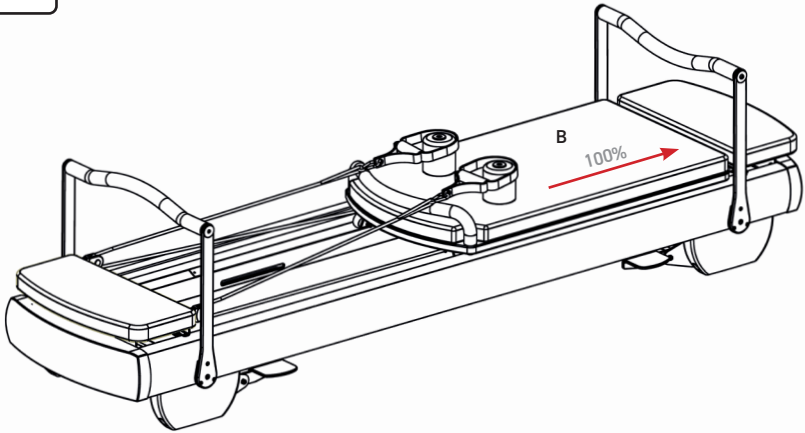
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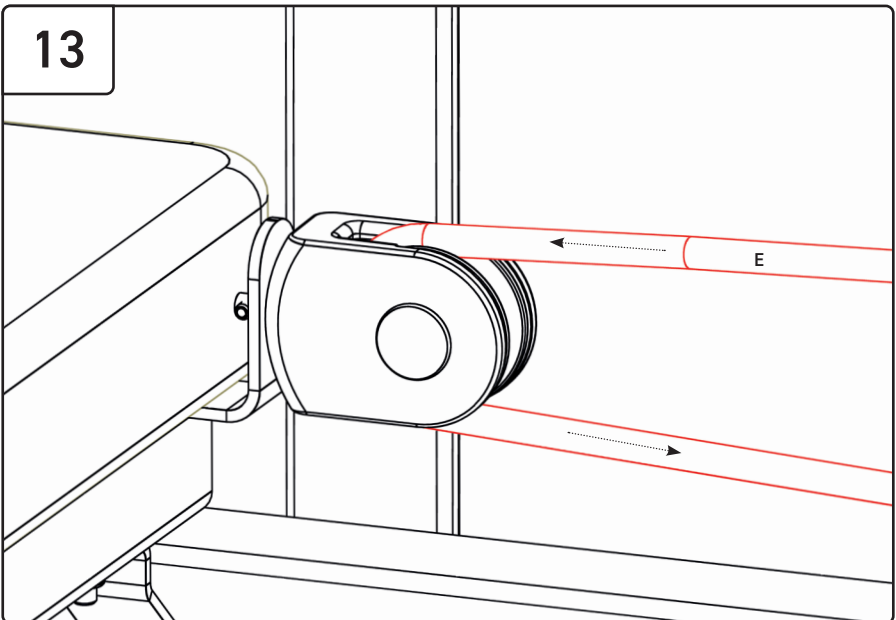
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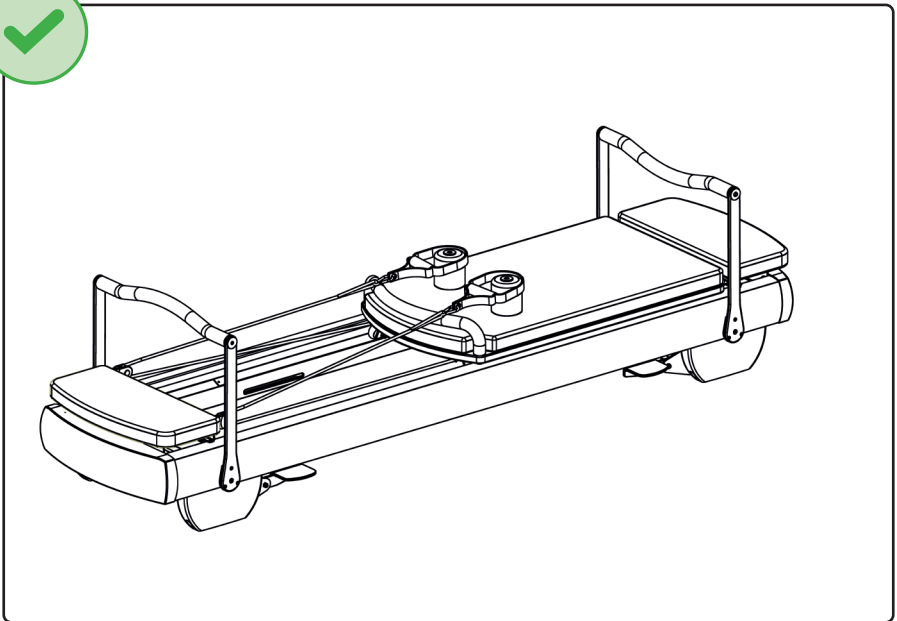
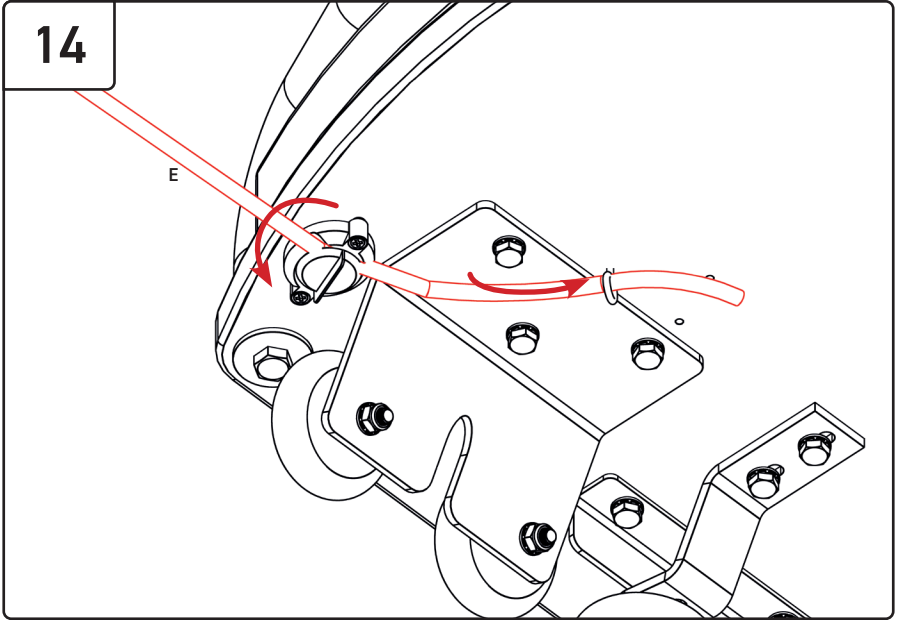


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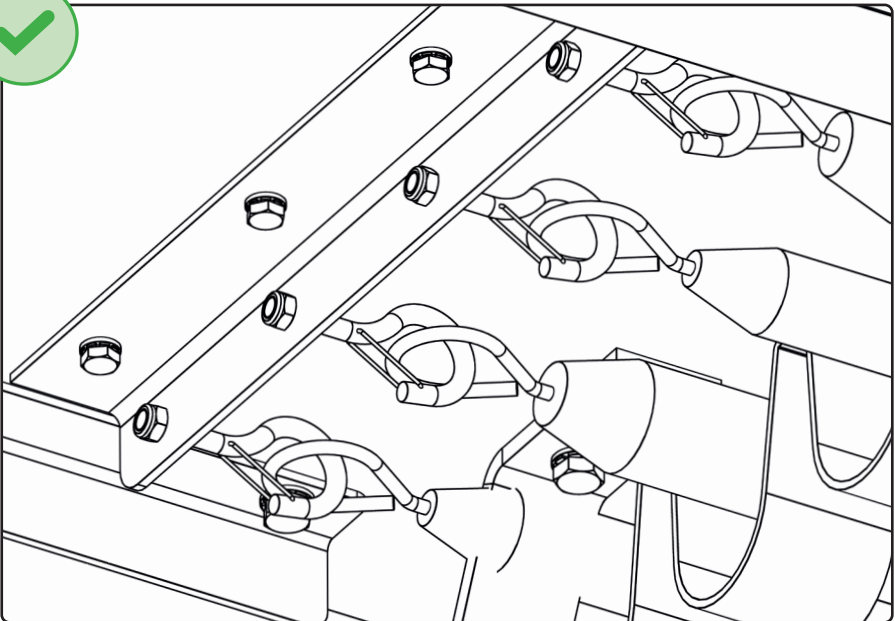
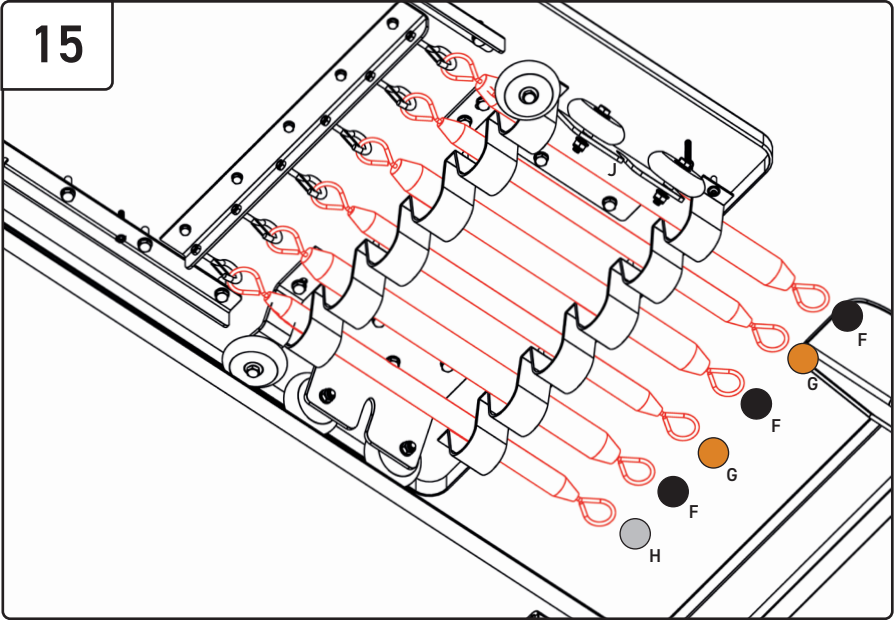
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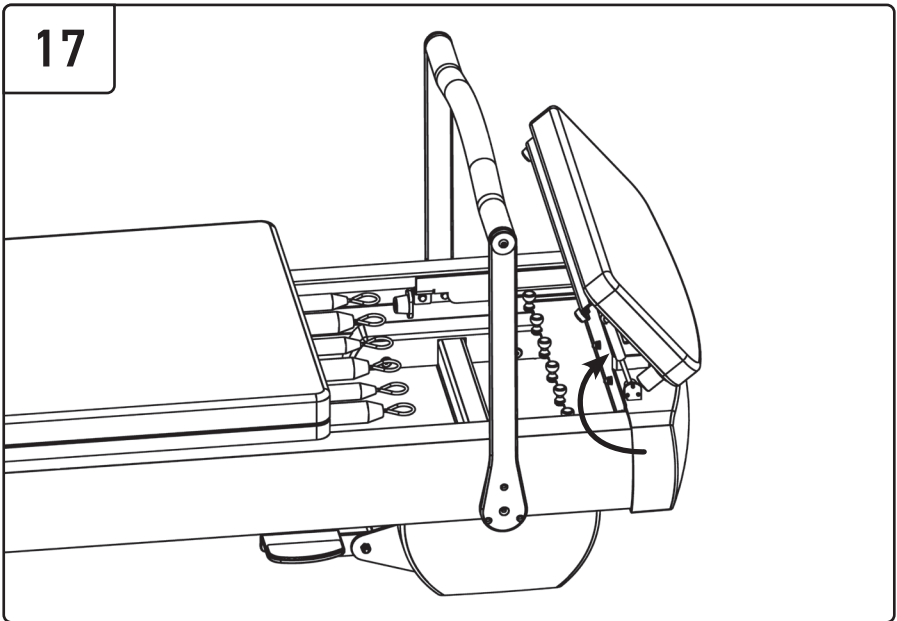
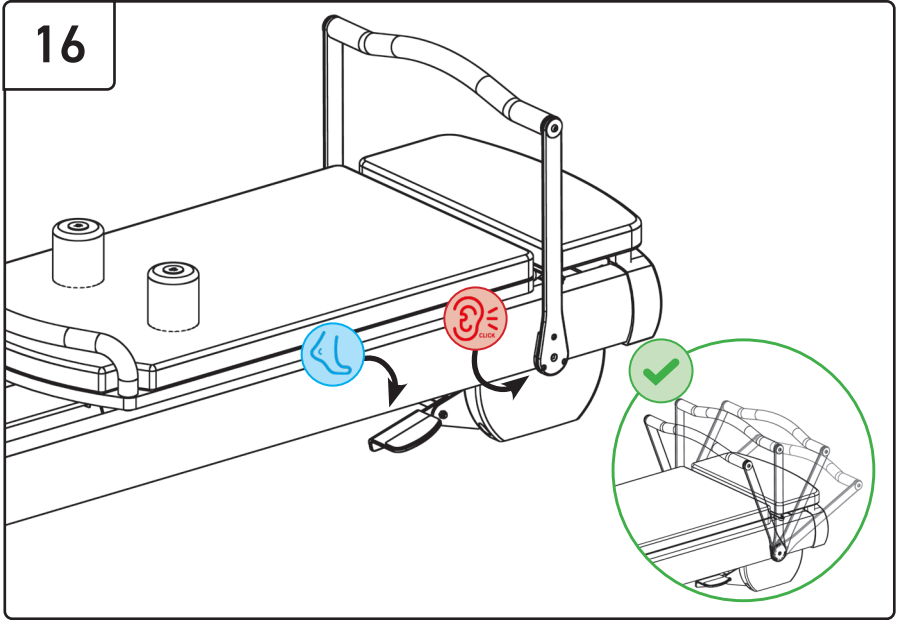


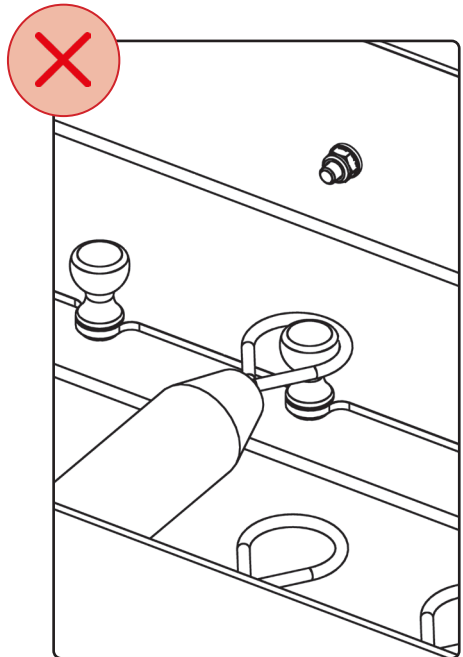
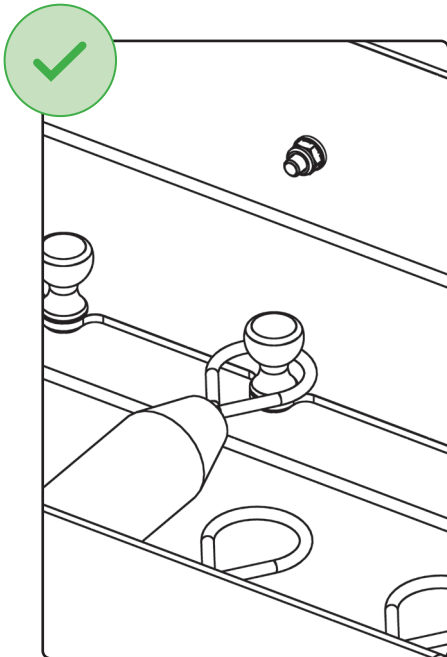
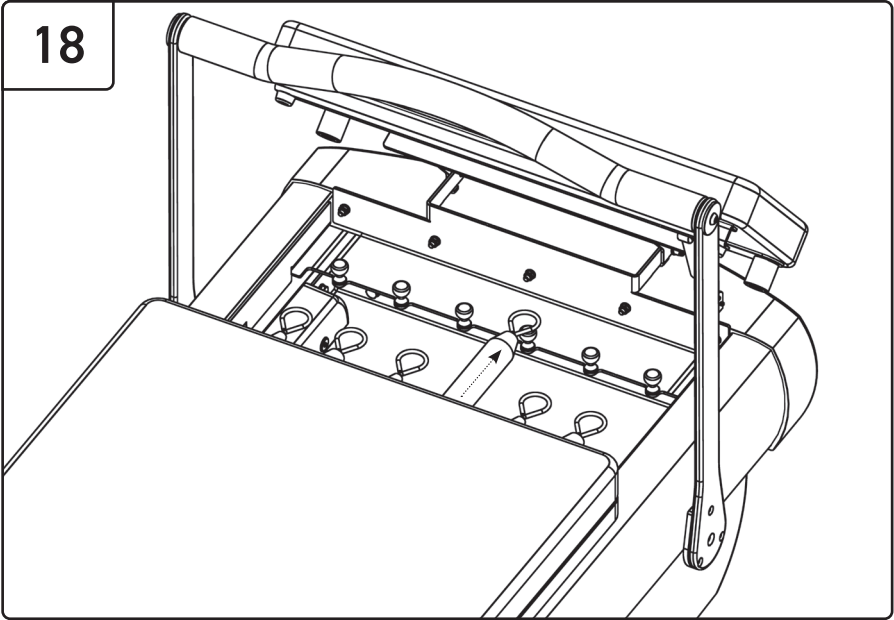


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MAINTENANCE

The Coreformer is built to last and how it's cared for matters. This is not just about cleanliness, it's about how the Coreformer feels, moves, and presents every day.

Daily/After-use cleaning

Note: Avoid harsh chemicals, bleach, alcohol, essential oils or oversaturating on any surface.

Upholstery

The vinyl upholstery is stain- and moisture-resistant, but not stain-proof. Prompt cleaning is essential.

- Wipe down using a soft cloth or sponge
- Use a mild soap and water solution (1:10 soap to water ratio) or pH-neutral cleaner
- Always spray onto the cloth, not directly onto the upholstery
- Immediately dry with a clean, white, soft cloth
- Ensure no soap residue remains

For shared studio use:

- Use EPA-approved, non-bleach disinfectants compatible with vinyl and coated metal
- Always test on a hidden area first
- Encourage each user to wipe down the equipment after use

Rails & metal components

- Wipe rails down with a slightly damp cloth daily
- Use a mild soap and water solution (1:10 soap to water ratio) for dirt or smudges
- Dry fully to prevent moisture build-up

Wood finish

- Dust regularly with a soft cloth
- Clean with a lightly damp cloth if needed
- Always dry immediately

Standards checklist

Each Coreformer should feel:

- Clean
- Clear of residue (sweat, dust, chalk)
- Smooth in movement
- Ready for your next session

Weekly maintenance

Routine cleaning & checks

- Inspect and clean all moving parts
- Clean carriage wheels and rails
- Dust wood with a soft cloth, clean with a lightly damp cloth if needed
- Always dry immediately to prevent moisture build-up
- Check that all screws and bolts are fully tightened
- Inspect for buildup of sweat, dust, or debris
- Ensure the footbar pedal area is completely clear of any obstruction
- Check that the footbar pedal sits level and returns smoothly to position

Alignment (weekly – studio use)

- Ensure that each Coreformer is positioned straight
- Coreformers should be evenly spaced and parallel

Alignment supports both performance and overall studio experience.

Long-term maintenance

Deep technical check (monthly)

- Inspect all internal fixings, screws, and structural components
- Check springs and attachment points
- Review carriage tracking and wheel condition
- Identify any signs of wear

All issues should be **communicated and logged immediately** via your internal system.

Wood finish (every 6-12 month)

- Apply a thin layer of NOHRD-recommended hard wax oil
- Buff evenly with a lint-free cloth
- Let it absorb for a few minutes, then wipe off the excess
- Allow oil to cure fully before use (8-12 hours)

Storage & inactivity care

If the Coreformer is not used regularly:

- Use the wooden wedges provided to support the carriage
- This relieves pressure on the wheels and rails and prevents deformation or unnecessary wear
- Detach all springs

Before next use:

- Remove wooden wedges
- Check that carriage movement is smooth and even

Disinfection (shared studio use)

- Use EPA-approved, non-bleach disinfectants compatible with vinyl and coated metal
- Always test on a hidden area first
- Ensure clear user responsibility for cleaning between uses

Important notes

- Carriage wheels are bearing-based → no lubrication required
- Always test new cleaning products before use

HEALTH & SAFETY

Before using the Coreformer, please read and follow all safety instructions to reduce the risk of injury or equipment damage.:

1. Consult a medical professional

Always consult a qualified healthcare provider before beginning any new exercise program. The Coreformer involves physical exertion that may not be suitable for everyone, especially those with known medical conditions, injuries, or physical limitations.

2. Use equipment only as intended

The Coreformer is designed for guided fitness training and should be used exclusively for its intended purpose. Improper use may result in injury or equipment damage.

3. Get supervision if you are a beginner

We strongly recommend professional instruction or supervision for first-time users. Using the machine without proper guidance may increase the risk of incorrect form and injury.

4. Inspect equipment before each use

Inspect the machine for wear, loose parts, or damage before each use. Do not use the equipment if it appears damaged or if parts are loose or malfunctioning.

5. Check footbars and pedal before each use

Ensure the footbars are fully locked and that the footbar pedal is level and moving freely before each use. An unlocked footbar can lead to unexpected movement of the bar and to injuries.

6. Keep clear of moving parts

Ensure hands, feet, clothing, and hair stay clear of pulleys, springs, and carriage tracks during use.

7. Do not modify the equipment

Altering the machine or using unauthorized parts or accessories can compromise safety and void the warranty.

Responsibility

Use of the Coreformer is **at your own risk**. By using this equipment, you acknowledge and accept full responsibility for their health and physical condition and release the manufacturer from any liability, claim, or legal action.

The manufacturer and distributor accept **no liability** for injuries, health complications, or damages resulting from misuse, improper supervision, lack of physical readiness, or failure to follow the safety guidelines provided.

CERTIFICATION & COMPLIANCE

The Coreformer has been manufactured in accordance with applicable European health, safety, and environmental protection standards for fitness and exercise equipment.

The Coreformer is **CE certified** and complies with the essential requirements of the **European Machinery Directive 2006/42/EC** and the **General Product Safety Directive 2001/95/EC**.

The Coreformer has been **independently tested** and validated for stability, durability, and user safety in accordance with **DIN EN ISO 20957** – the international standard for stationary training equipment.



This ensures that the Coreformer meets strict requirements for:

- Mechanical safety and structural integrity
- Load-bearing capacity and motion control
- Long-term durability under repeated use
- Safe user operation in both private and professional settings

Certification summary:

- CE Certification
- European Machinery Directive 2006/42/EC
- General Product Safety Directive 2001/95/EC
- DIN EN ISO 20957 – Stationary Training Equipment, Class S (Studio use), and Class H (Home use), where applicable

Important: Any modification to the product may void its CE conformity and compromise user safety.

START TRAINING

This is a practice. Give your body time to learn it.

The Coreformer is a custom-designed resistance-based piece of equipment used within the Heartcore method. It combines elements of Pilates, strength training, and cardio into one integrated system.

What to focus on

1. Start with a beginner-level session (even if you're fit!)

- The Coreformer emphasizes control, alignment, and form, not brute strength or speed.
- Even athletes find it challenging at first – mastering the basics is essential.

2. Move with control

- Pay attention to cues about breathing, tempo, core engagement, and form.
- Slower is often harder – and better.



3. Focus on your core and alignment

- Engage your deep core muscles throughout (think “navel to spine”).
- Maintain a neutral spine and avoid arching your lower back under tension.

4. Adjust the resistance if needed

- Don't be afraid to ask for help with spring settings.
- More resistance isn't always better — sometimes lighter resistance challenges stabilizers more.

5. Communicate pain or discomfort immediately

- Mild muscle burn is expected — but joint pain, sharp sensations, or dizziness are not.
- Alert your trainer if something feels wrong.

What to avoid

1. Do not rush movements

- Fast = momentum; Coreformer = controlled, slow, time-under-tension training.
- Rushing means you miss the core benefits and risk injury.

2. Do not hold your breath

- Breath control is fundamental. Exhale on exertion, inhale on release.
- Holding your breath reduces stability and can raise blood pressure.

3. Do not overload springs too early

- Especially as a beginner, using too much resistance can force you out of alignment or lead to compensations.

4. Do not ignore posture

- Avoid shoulders creeping up, overarched back, or dropped pelvis.
- Mirror check or ask for corrections often.

5. Do not compare yourself to others

- Everyone has different experience levels and flexibility.
- It's better to perfect basic moves than to struggle through advanced ones with poor form.



ENJOY YOUR COREFORMER

The Coreformer is a tool. What you build on it is yours.

Strength. Awareness. Control.

It all starts at your core.



NOHRD