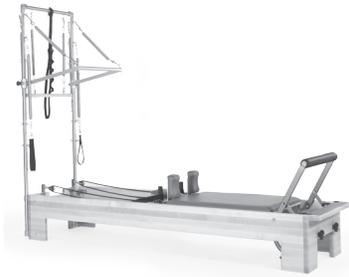


# How to install your Reformer with Tower

## BEFORE BEGINNING ASSEMBLY

These instructions include a parts list. Please use this list to make sure you have all the parts necessary for installation. If you are missing a part, please contact our customer service department at 1-800-PILATES (1-800-745-2837).



## REQUIRED TOOLS

- » 3/16" Allen Wrench (Included. GEN9280)
- » 21mm x 1/2 inch wrench (Included. ALL0060)

## PARTS FOR TOWER

DESCRIPTION	PART NO.	QTY
Vertical tubes with eyebolts installed	TRP0105	2
Horizontal tube with eyebolts, safety strap, and corner connectors	TRP0100	1
Push Through Bar for slider assembly	707-287	1
Yellow trap springs	SPR9002	2
Blue trap springs	SPR9004	2
Roll down bar	710-010	1
Yellow long springs	SPR9006	2
Purple long springs	SPR9461	2
Single cotton loops (pair)	101-005	1
Push Through Bar slider assembly	N/A	2
Push Through Bar slider shoulder bolt	619-202	2

1. Loosen the setscrews in the circular tube receivers with included Allen wrench (see Figure A).

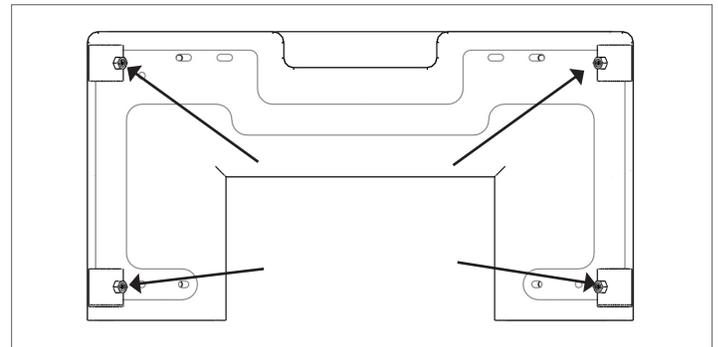


Figure A: Loosen set-screws here.

2. Remove the vertical tower poles from the box and place them into the receiver bracket on the end of the Reformer. The knobs of the sliders will be facing outward as shown in Figure B.

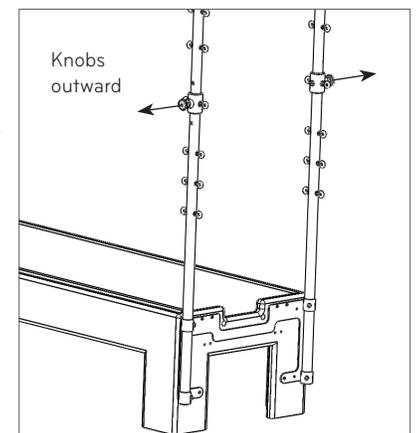


Figure B

3. Place the top horizontal tube onto the two vertical tubes which go into the corner brackets. Make sure when you place the tubes into the receiver that the loop is facing forward, towards the carriage, see Figure C.

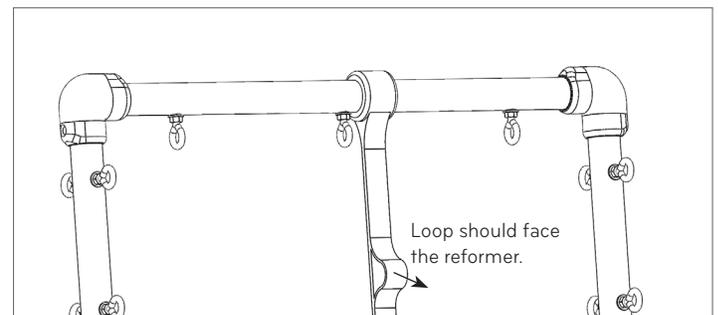


Figure C

4. Move the sliders on the tubes to the same hole on each tube. There are three positions. Make sure they are both in the same position by pulling the knobs outward and moving the slider. Otherwise, the PTB (Push Through Bar) will not be able to connect to the sliders. Install the PTB onto the sliders using the shoulder bolts. See Figure D for details. Use the wrench to tighten the shoulder bolt to the slider housing. See Figure E.

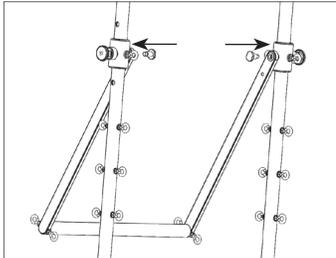


Figure D

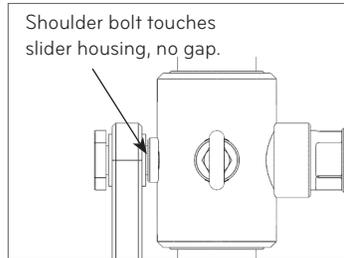


Figure E

**CAUTION: Fully tighten the shoulder bolts. If not, serious injury can occur.**

5. Now tighten all set screws on the bracket receivers and corner elbows. If Push Through Bar sliders do not move easily, the vertical tube set screws must be loosened and the vertical tubes rotated into alignment. Then re-tighten set screws.

#### HOW TO ADJUST YOUR SLIDING PUSH THROUGH BAR

Position your hands on the outside of each slider. Place your middle and/or ring fingers under the silver base of the knob; right where the black body of the knob threads into. Place your index finger and thumb around the knob itself. Pull each of the knobs outwards, away from the vertical tubes, until they stop. Using the same force on each arm, move the slider upwards or downwards to each new location. Once you near a new location slightly release the outward pull of the knobs. The pins will automatically fall into the next position when aligned.

#### OPTION: INSTALLING THE TWIN MATS

1. Pull pins and lower risers.
2. Detach all springs from springbar and move the carriage toward the head end of the frame.
3. Rotate the footbar support up to the padded section of the footbar and then lay the footbar down onto the frame rails. It should now be inside the frame and lower than the top of the frame.

4. Remove shoulder rests from the carriage. If the shoulder rests are not detachable, the carriage will need to be turned upside down. (See the Appendix.)

Vinyl flaps are installed inside the mat for shipping purposes. Detach, rotate, and reinstall flaps so they hang down from the edge of the mat aligned with eye bolts.

5. Place the mat with vinyl flaps at the head-end of the Reformer with flaps facing the tower. The Vinyl flaps should hang over the head-end of frame. They are designed to protect the Reformer frame when using the Push Through Bar with a bottom spring.
6. Place the remaining mat on the foot-end of the Reformer. Make sure the end of the mat with the feet further from the edge is installed over the standing platform.

#### APPENDIX - TURNING THE CARRIAGE UPSIDE DOWN (USE ONLY IF THE SHOULDER RESTS ARE NOT DETACHABLE).

**Note:** To protect upholstery, make sure Reformer rails are clean before beginning.

1. Detach the springs from springbar.
2. Carriage should be positioned at the riser end of the frame.
3. Rest loops and ropes on the floor under the Reformer.
4. Lifting the head end of the carriage, turn it upside down so the upholstery is resting on the metal rails.

