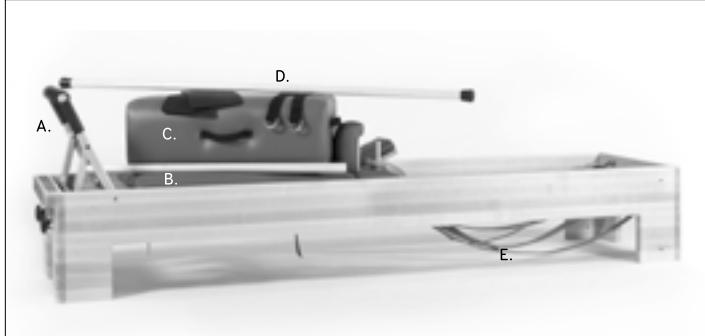


Assembling the Balanced Body® CenterLine® Reformer (and Tower)

THIS IS A MEDICAL DEVICE



A. Footbar B. Carriage C. Sitting Box D. Gondola Pole & Dowel E. Straps

DESCRIPTION	PART NO.	QTY.
Gondola Pole	720-006	1
Short Box Dowel	607-128	1
Kneeling Pads	108-018	2
Sitting box	721-010	1
Cotton Foot Strap	607-349	1
Extender Straps	607-343	2
Leather Straps	607-482	2
Handles	950-161	1 pair
Green Springs	SPR9360	4
No Roll Springbar	607-323	1
Detachable Shoulder Assembly	N/A	2
Detent Pin w/Lanyard	N/A	2
Screw with locking knob	N/A	2
Carriage Extension Stopper	200-211	2

INSTALL THE CARRIAGE

Clean all the carriage wheels and the metal rail surfaces of the frame. Carefully place the carriage into the frame with the headrest facing away from the footbar.

INSTALL THE STRAPS

Place strap handles over shoulder rests. Insert the end of leather strap with the black fabric through the caster (rough leather side is against the caster) as shown in Figure A.

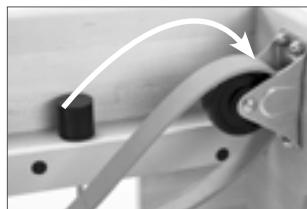


Figure A: Straps and Carriage Extension Stopper.

Guide the strap through the silver loop under the carriage as shown in figure B. Depress the metal lever on the clip and guide the black end of the strap through. It is important that the black strap goes through the clip as shown in Figure C. Adjust until strap is tight.

Note: straps would need to be adjusted if the springbar is moved to a different gear.

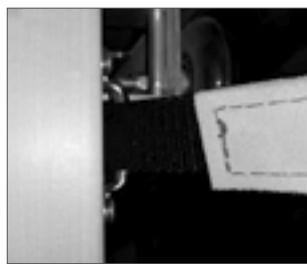


Figure B

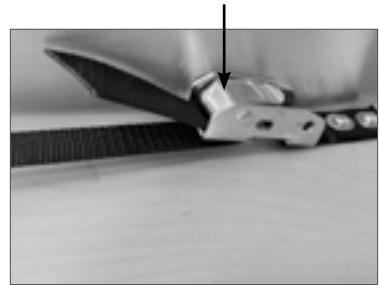


Figure C: Metal clips for attaching straps to under carriage.

ATTACH THE SPRINGS TO THE UNDERSIDE OF THE CARRIAGE

Attach one spring to each eye-bolt on the underside of the carriage as shown in Figure D. The open end of the spring hook should be facing down.



Figure D: Springs at rest

INSTALL THE SPRINGBAR

Place the springbar with hooks facing up into the gear block as shown in Figure E.

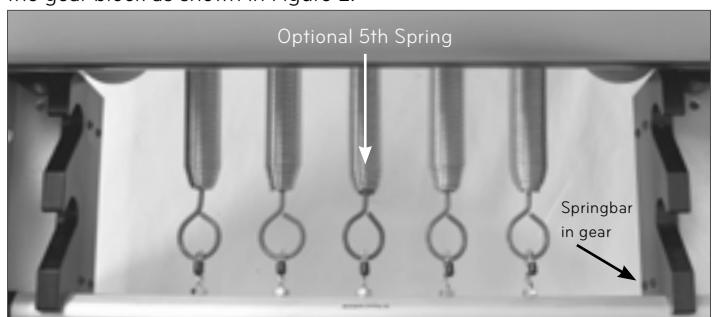


Figure E: Springs and Springbar.



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STATEMENT OF INTENDED USE

The CenterLine® Reformer (and Tower) device is intended by the manufacturer to be used by people for the purposes of physiotherapy, rehabilitation, the prevention, treatment and relief of injuries, supportive, functional therapy for a disability or for general strengthening and improving the mobility of the human body. Should injury occur during usage please report to the manufacturer and competent authority of the Member State in which the user and/or patient is established.

DÉCLARATION SPÉCIFIANT L'USAGE PRÉVU

L'appareil CenterLine® Reformer (and Tower) a été conçu pour être utilisé à des fins de physiothérapie, de réhabilitation, de prévention, de traitement et de soulagement des blessures, de thérapie fonctionnelle et de soutien dans le cadre d'un handicap, ou de renforcement global et d'amélioration de la mobilité du corps humain. Si une blessure se produit au cours de l'utilisation, signaler au fabricant et à l'autorité compétente de l'État membre dans lequel l'utilisateur et / ou le patient est établi.

DICHIARAZIONE DI DESTINAZIONE D'USO

Il dispositivo CenterLine® Reformer (and Tower) è destinato dal produttore a essere utilizzato dalle persone per scopi di fisioterapia, di riabilitazione, di prevenzione, trattamento e sollievo da infortuni, di terapia di sostegno e funzionale per una disabilità o di rinforzo e miglioramento generali della mobilità del corpo umano. In caso di infortuni durante l'utilizzo, Rapporto al produttore e all'autorità competente dello Stato membro in cui è stabilito l'utilizzatore e / o il paziente.

DECLARACIÓN DE USO PREVISTO

El dispositivo CenterLine® Reformer (and Tower) está diseñado con fines de fisioterapia, rehabilitación, prevención, tratamiento y alivio de lesiones, terapia de apoyo y funcional para una discapacidad o para el fortalecimiento general y la mejora de la movilidad del cuerpo humano. En caso de que se produzcan lesiones durante su uso, Reporte al fabricante y a la autoridad competente del Estado miembro en el que está establecido el usuario y / o paciente.

ANGABE DER BESTIMMUNGSGEMÄSSEN VERWENDUNG

Das Gerät CenterLine® Reformer (and Tower) wurde vom Hersteller für die Verwendung durch Personen zu Zwecken der Physiotherapie, der Rehabilitation, der Vorbeugung, Behandlung und Linderung von Verletzungen, der unterstützenden, funktionellen Therapie bei einer Behinderung oder zur allgemeinen Stärkung und Verbesserung der Mobilität des menschlichen Körpers vorgesehen. Sollten bei der Anwendung Verletzungen auftreten, bericht und der zuständigen Behörde des Mitgliedstaats gemeldet, in dem der Benutzer und / oder Patient ansässig ist.

INSTALLING THE SHOULDER RESTS ON THE CENTERLINE™ REFORMER

Slide the shoulder rests into the shoulder lock plate on the carriage. There are two options to fix the shoulder rests.

1. Use the detent pin with lanyard for fast and easy removal. Unscrew the silver screw next to the headrest and guide the lanyard through it. Screw back into place. Use the detent pin to lock the shoulder rests.



Figure F

2. Use screw with the locking knob. Guide the screw through the hole in the shoulder bracket and the shoulder bracket lock. Use the locking knob to lock it from under the carriage.

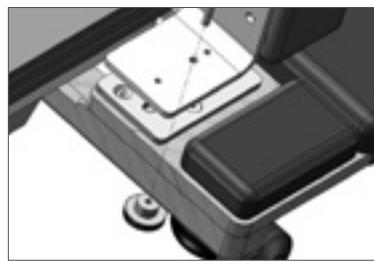


Figure G

CARRIAGE EXTENSION STOPPER

Carriage stoppers are installed in the right hand carriage rail (if you are sitting on the carriage) to limit the distance the carriage can travel. See Figure H.



Figure H: Straps and Carriage Extension Stopper.

This range limiter is most commonly used for clients who have a limited range of motion, or to stop the carriage from traveling too far. The CenterLine also features carriage stopper positions at the footbar end of the frame, used to change the carriage starting position and spring resistance.

INSTALL THE OPTIONAL FOOT PLATE

Correct installation of the foot plate is very important. Properly installed, all BB foot plates should be vertical and fully supported by the footbar.

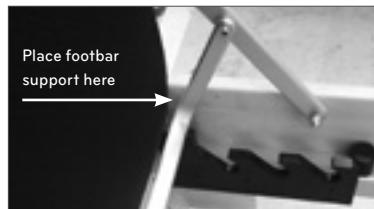


Figure I: Footbar and Footplate.

Loosen the two black knobs located at the footbar end of the frame. Place the footbar support into the slot in the gear block as shown in Figure I. Slide the padded foot plate into the bracket on the inside of the frame. Tighten the two black knobs to secure the foot plate into position. The Footbar will support the foot plate as shown (Fig. J)



Figure J: Proper Footbar Position.

CLEANING AND MAINTENANCE

Cleaning

You can extend the life of upholstery by keeping it clean and free of dirt, oil and perspiration. After each use, wipe down all skin-contact parts after each use, including carriage, shoulder and head rests.

Equipment upholstery is coated with BeautyGard®, which offers antibacterial protection. If you want additional disinfection, Balanced Body offers Balanced Body CleanTM disinfecting solution. Use of any other solution (especially those containing essential oils) will shorten the life of some equipment and is not recommended. A mild soap and water solution may also be used. Be sure to dry thoroughly.

For heavier soiling please call Balanced Body Technical Support. Wheel tracks and wheels should be cleaned regularly with a cloth to ensure that tracks smoothly and quietly.

Wash foot strap regularly. Place in pillowcase, wash on gentle cycle, air dry.

Be sure to inspect springs regularly.

If you have any questions on cleaning or maintenance, please call Balanced Body Technical Support.

Lubrication and adjustment

As needed, lubricate casters with silicone spray. Be careful of overspray. Never use "wet" lubricants like WD40 or oil. Do not for any reason lubricate the carriage wheels.

In case of freight damage

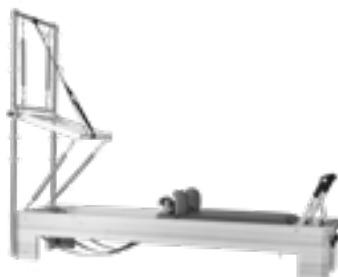
If there is freight damage, make certain you keep all packaging material. Please call Balanced Body immediately.

How to Assemble the Tower for the Balanced Body® CenterLine® Reformer

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
Wooden Push Through Bar for slider assembly	707-288	1
Single D Loops	607-346	1 pair
Roll Down Bar	710-011	1
Green Spring with clips	SPR9000	1
Red Spring with clips	SPR9001	1
Blue Spring with clips	SPR9004	2
Long Red Spring with clips	SPR9246	2
Long Gray Spring with clips	SPR9245	2
Push Through Bar slider assembly	N/A	2
Push Through Bar slider shoulder bolt	619-203	2
Oval Quick Link	220-004	2

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

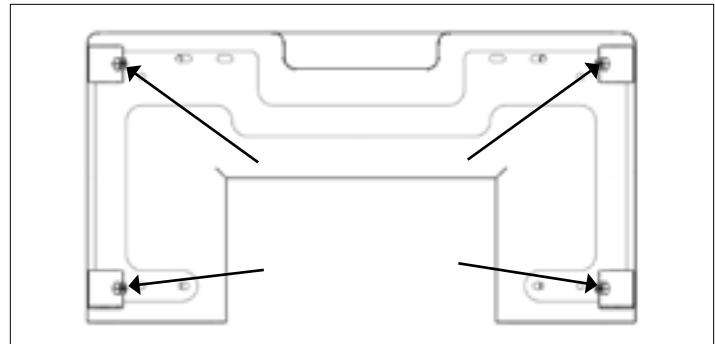


Figure A: Loosen set-screws here.

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.

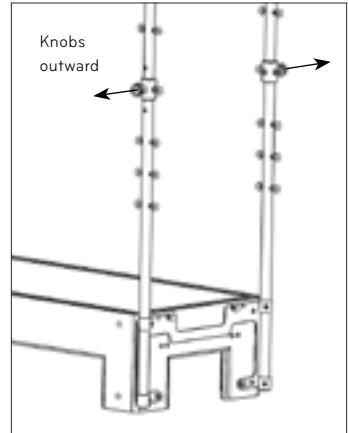


Figure B

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.

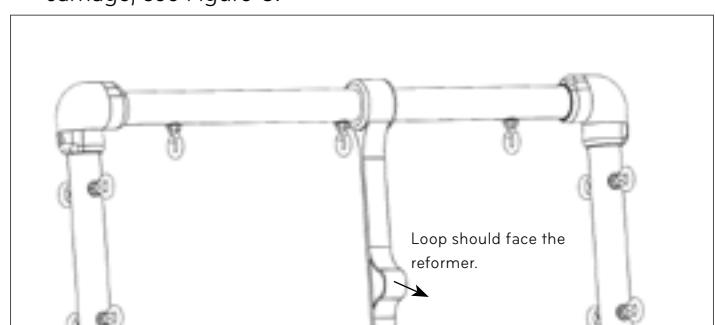


Figure C

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.

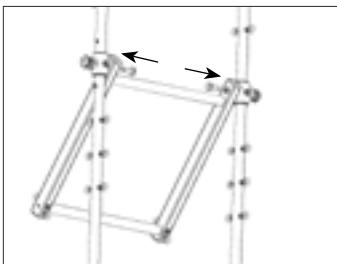


Figure D

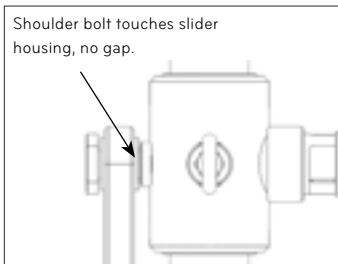


Figure E

**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. Detach all springs from springbar and move the carriage toward the head end of the frame.
2. 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.

3. 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.)
4. 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.

ADDITIONAL SAFETY AND USAGE

For additional usage and safety information or to view complete equipment manual translations (**USER GUIDE #17441**), please visit <https://www.pilates.com/store/faq-safety/>. For printed instructions, contact your seller.

Para obtener más información sobre el uso y la seguridad, o para ver las traducciones completas del manual (**GUIA DEL USUARIO #17441**), visite <https://www.pilates.com/store/faq-safety/>. Para obtener instrucciones impresas, comuníquese con su vendedor.

Per ulteriori informazioni sull'uso e sulla sicurezza, oppure per consultare le traduzioni complete del manuale (**MODE D'EMPLOI #17441**), visitare <https://www.pilates.com/store/faq-safety/>. Pour obtenir des instructions imprimées, contactez votre vendeur.

Pour plus d'informations sur l'utilisation et les consignes de sécurité ou pour consulter le manuel integral disponible (**GUIDA UTENTE #17441**), veuillez <https://www.pilates.com/store/faq-safety/> . Per le istruzioni stampate contatta il tuo venditore.

Für zusätzliche Informationen zu Gebrauch und Sicherheit oder vollständige Übersetzungen der Gebrauchsanweisung (**BE-NUTZERHANDBUCH #17441**) besuchen <https://www.pilates.com/store/faq-safety/>. Für gedruckte Anweisungen wenden Sie sich an Ihren Verkäufer.

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Please call Balanced Body Technical Support at 1-800-PILATES (U.S.) or +1-916-388-2838 (International).