

Installing the Konnector™ on a Balanced Body® Rialto with Tower

The Konnector is compatible with Balanced Body Rialto Reformers with tower ONLY. If you aren't sure whether this system will work with your equipment, please contact Balanced Body at 1-800-PILATES (US and Canada), or +1-916-388-2838 (all other countries).

**To view the installation podcast, please visit
www.pilates.com/instructions**

TOOLS REQUIRED (NOT INCLUDED):

- » Power Drill
- » Phillips Head screw driver

PARTS LIST (INCLUDED):

ITEM	PART NO.	QTY
Konnector Rope	10526	1
Tri-Loops (Grey)	19267	1 pr
Tri-Loops (Black) with pulleys	19266	1 pr
Under Carriage Pulley Mount	16270	2
Pulley Assembly for Frame	19304	2
Pulley Block Assembly for Tower	16263	2
Wood Template	16460	1
#10 x 5/8 Phillips Pan Head Screw	13689	4
1/4" Flat Washer	13721	6
1/4-20 Lock Nut	13601	2
3/8" Flat Washer	13568	4
5/16" Drill bit	14346	1
5/32" Allen wrench	13778	1
7/32" Allen wrench	14542	1
7/16" Wrench	11670	1

WARNING: If you are only using some of the loops the unused loops should be placed over the shoulder rest to avoid possible injury.

REMOVE ROPES, SHOULDER BRACKETS AND PADS

1. Remove the ropes and loops from your Reformer, they are no longer needed.
2. Unthread each knob from the shoulder rest bracket and remove them and the shoulder rest brackets from the carriage.

INSTALL UNDER CARRIAGE PULLEYS

3. Unhook all of the springs from the springbar. Lift the carriage out of the frame, turn it upside down, and rest it across the Reformer frame with the underside facing up.
4. Remove the four screws on the bracket plate on the bottom of the carriage using a Philips head screwdriver and remove bracket. Keep these screws. See Figure A. Repeat for other bracket.

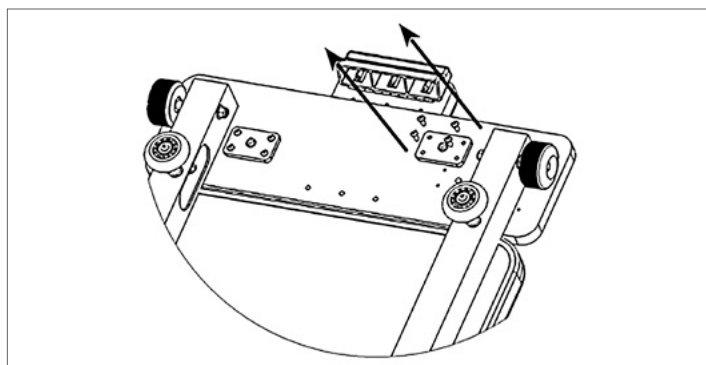


Figure A

5. Install the under-carriage mounts, make sure the pulleys point toward the headrest. Using the removed screws, install the under-carriage brackets as shown in Figure B. Make sure to align the center hole in plate with wood hole. Use two additional #10 wood screws provided in the kit to finish securing the bracket in place. Repeat for other side.

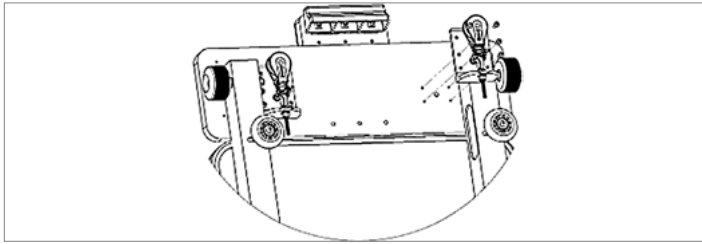


Figure B

6. Turn the carriage back over onto its wheels and place it on the rails with the headrest toward the tower.
7. Make sure the springbar is in the position closest to the foot end of the Reformer ("first gear"). Attach at least one red spring to keep the carriage in place.
8. Install the shoulder rests back onto the carriage by inserting the bracket into the cutout in the wood base. Align the hole in bracket with hole in the wood and use the knob to secure it by rotating it clockwise. Repeat on the other shoulder bracket.

INSTALL TOWER PULLEYS

9. Remove the current pulleys that are mounted on your tower near the bottom, using the provided biggest 7/32" Allen wrench. See Figure C. Keep the bolts and outside washers; you will reuse these. The washer and block spacer on the inside of the tower will not be used.

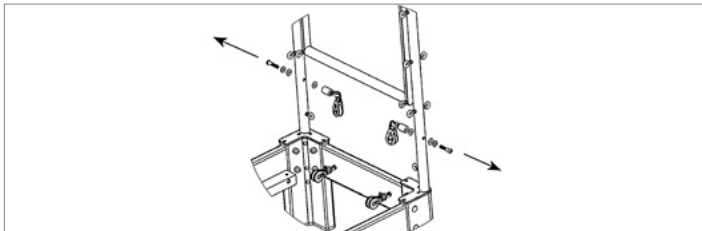


Figure C

10. Install the new pulley blocks with the pulleys as shown in Figure D. Order of items: bolt then (2) provided thick 3/8" metal washer, then one black plastic washer. Insert through tower and thread into the pulley block and tighten with the 7/32" Allen wrench.

Note: When properly installed the eye bolt facing the carriage is higher than the eyebolt on the end of the block. Repeat on the other side.

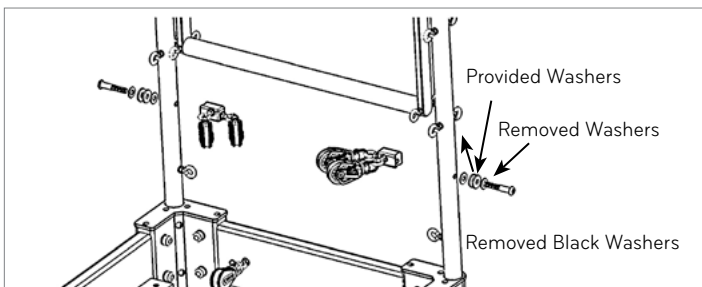


Figure D

INSTALLING LOWER MOUNT PULLIES

11. Using the provided wood template and 5/16" drill bit you will drill into the wood cross member at the head end. Hold the wood template on the outside of the wood piece, flush with the bottom of the wood and up against the left leg. The hole in the wood template will be in the upper right corner of the template. See Figure E. Hold the template firmly and drill through the cross member. Flip the wood template over and hold it up against the right leg and flush with the bottom of the cross member. The hole should be in the upper left position shown in Figure E. Drill through the cross-member holding the template in this position. You can also tape the template into place if hard to hold. You can also hold up the template and use a pencil to mark the hole when template is held in place, remove template to drill marked hole.

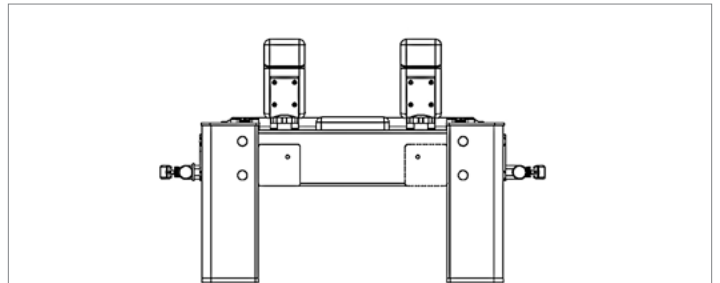


Figure E

12. Install the two provided pulleys with longer eyebolt into the drilled holes in the head end cross-member using two flat washer, hex nut and a locking nut per pulley assembly. See Figure F for the order of the hardware. The washers will be up against the wood. Repeat this process for the other pulley.

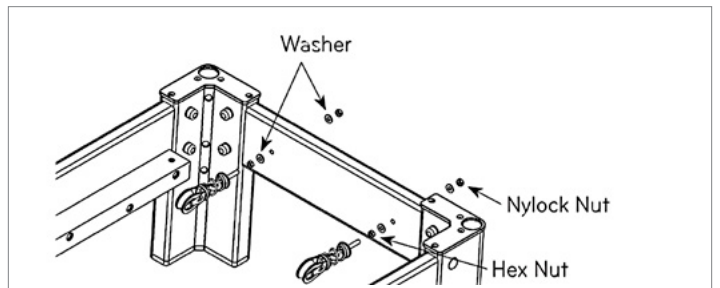


Figure F

INSTALL ROPE AND LOOPS

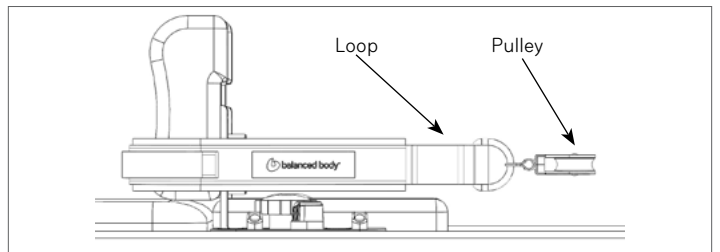


Figure G

13. Thread one end of the rope through both pulleys under the carriage and pull the ends evenly toward the tower. Figure H.

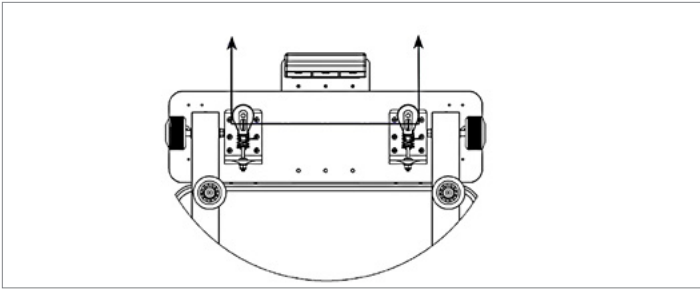


Figure H

14. Take one end of the rope and thread up through the lowest pulley on the head end cross member. Continue threading the rope up through the upper, inner pulley on the tower and pull toward the carriage Figure I.

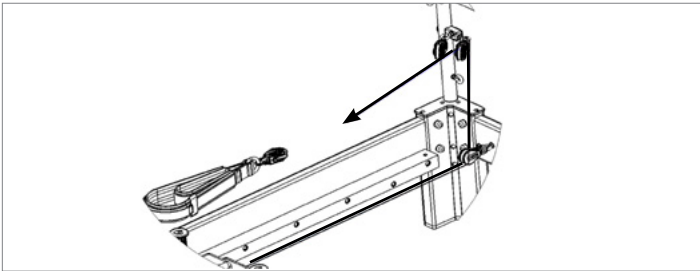


Figure I

15. Thread the rope through the pulley attached to the black Tri-Loop with pulley on the same side of the Reformer as the pulley block and pull back toward the tower. Figure J.

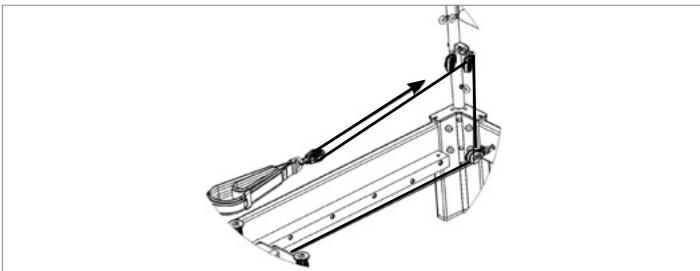


Figure J

16. Thread the rope through the upper, outer pulley on the pulley block and pull back toward the carriage. Figure K. See Figure L for a detailed view of the tower pulley rope routing.

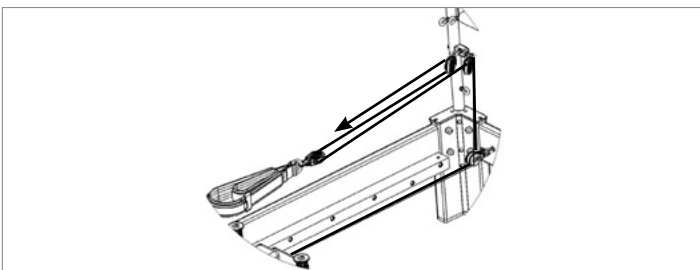


Figure K

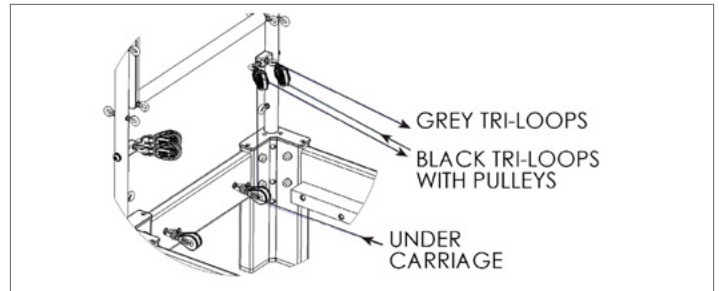


Figure L

17. Using a Soft-Touch connection Figure M, secure each end of the rope to a grey Tri-Loop on the same side of the Reformer as the riser.

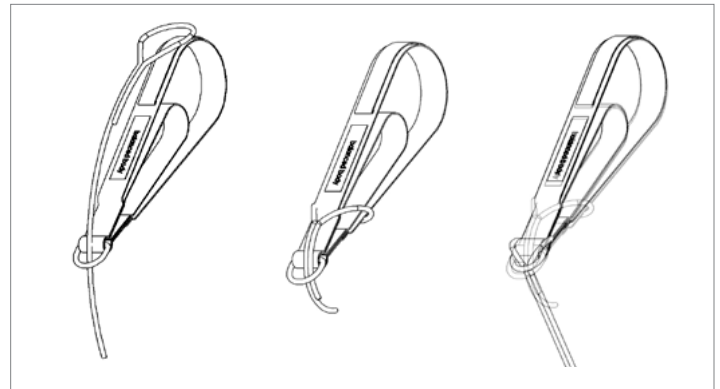


Figure M

18. Repeat steps 14-17 for the other side of the Reformer.

IMPORTANT SAFETY NOTE: Use of the Konnector system in a manner for which it is not intended may result in equipment damage and/or injury to the user. Intense cardio work utilizing jarring movements may overload the system. Balanced Body is not responsible for injuries caused by equipment misuse.

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