

How to Assemble The Balanced Body® Reformer Trapeze Combination™

THIS IS A MEDICAL DEVICE

REFORMER PARTS LIST

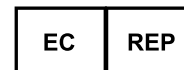
DESCRIPTION	PART NO.	QTY
Cotton Footstrap	210-030	1
Red Reformer Spring	SPR9070	3
Blue Reformer Spring	SPR9071	1
Green Reformer Spring	SPR9293	1
Ropes w/Snaps (pair)	210-026	1
Single Loop, Cotton (pair)	101-005	1
Neoprene Handles (pair)	101-016	1
Standard Sitting Box	721-002	1
Mat Conversion	707-068	1
Extension Stopper	200-211	1
Retractable Risers (pair)	950-184	1
Shoulder Rest (pair)	950-042	1



CANOPY/TRAPEZE PARTS LIST

DESCRIPTION	PART NO.	QTY
Ankle Velcro (pair)	101-001	1
Long Cotton Web, Black (pair)	101-026	1
Thigh Velcro (pair)	101-020	1
Wool Fuzzy (pair)	101-022	1
Belly Strap - Black	210-034	1
Push Through Bar for slider assembly	707-285	1
Red Trapeze Spring	SPR9001	2
Yellow Trapeze Spring	SPR9002	2
Blue Trapeze Spring	SPR9004	2
Long Yellow Spring	SPR9006	2
Long Purple Spring	SPR9461	2
Safety Strap	210-058	1
Trapeze Bar Assembly	950-059	1
Vertical Tubes with PTB installed	N/A	1
Vertical Tubes with Slider Bar installed	N/A	1
Canopy Top Assembly with Slider Bar	N/A	1
Push Through Bar Shoulder Bolt	619-202	2
Push Through Bar 4th Side	TRP0109	1
Button head Screw with Pin End	619-200	2

TOOLS	PART NO.	QTY
3/16" Allen Wrench	GEN9280	1
21mm x 1/2" wrench	ALL0060	1
7/32" Allen wrench	TOL1358	1



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STATEMENT OF INTENDED USE

The Reformer Trapeze Combination™ 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 Reformer Trapeze Combination™ 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

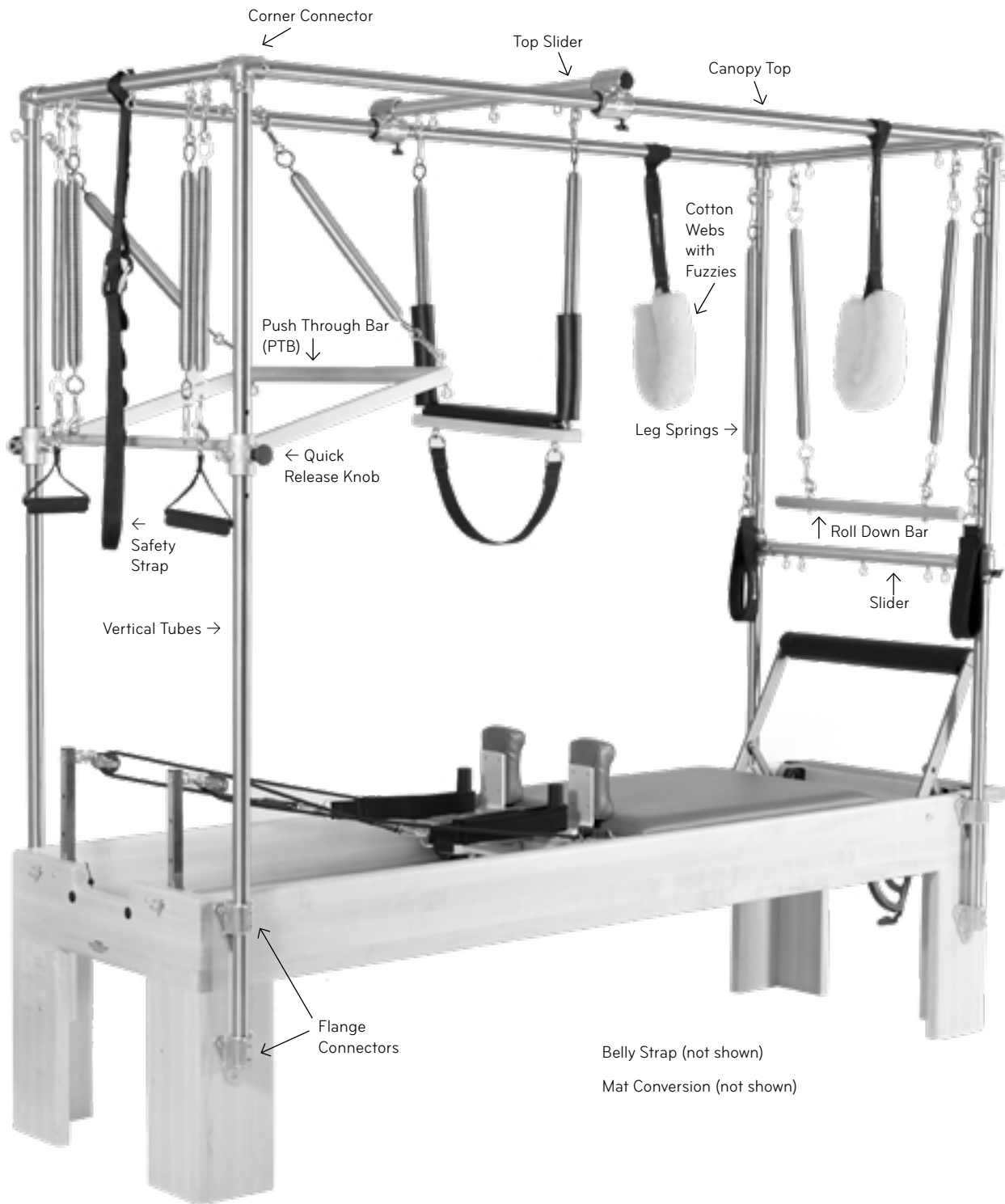
Il dispositivo Reformer Trapeze Combination™ è destinato dal produttore a essere utilizzato dalle persone per scopi di fisioterapia, di riabilitazione, di prevenzione, trattamento e sollievo da infortuni, di terapia di sostegno e funzionale per una disabilità o di rinforzo e miglioramento generali della 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 Reformer Trapeze Combination™ 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 Reformer Trapeze Combination™ 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.



Corner Connector

Top Slider

Canopy Top

Push Through Bar (PTB)

Cotton Webs with Fuzzies

Leg Springs

Quick Release Knob

Safety Strap

Roll Down Bar

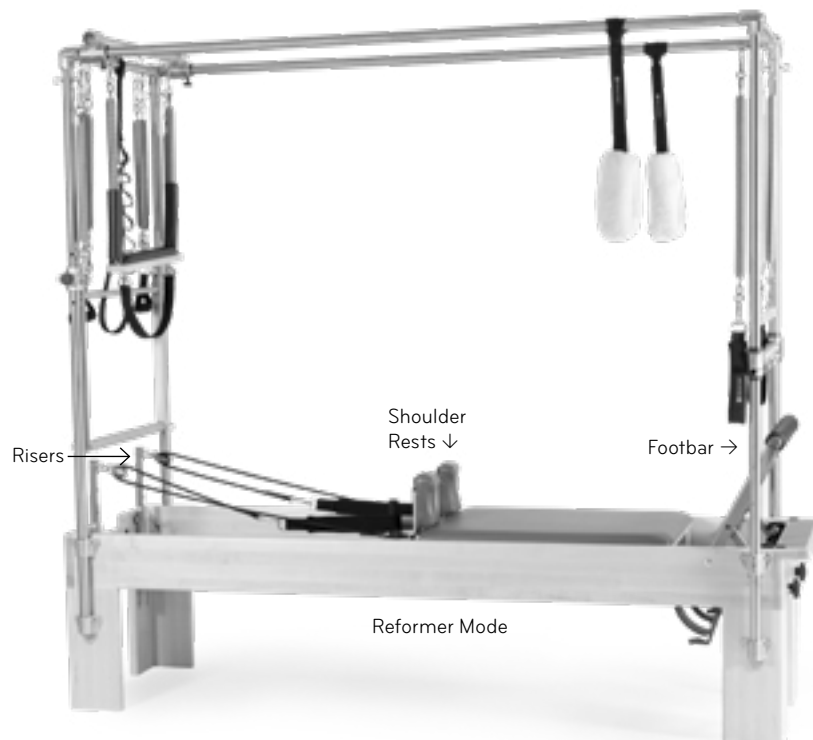
Slider

Vertical Tubes

Flange Connectors

Belly Strap (not shown)

Mat Conversion (not shown)



ASSEMBLE THE TRAPEZE CANOPY

- Using the provided 3/16" allen wrench, loosen the set screws in each of the eight flange connectors mounted to the outside of the frame. Remove the two vertical tubes from the box and the sliding push thru bar system. Lay the tubes down so the holes on the sides of the tubes face away from each other. Take the sliders of the Push Through Bar (PTB) and slide them over the tubes opposite the end with the eye bolts, you will need to pull the knobs of the sliders out to move the sliders up the tubes. Continue to move the sliders up the tubes until the pins lock into the bottom set of the three holes in the tube. Make sure both sliders are locked into the same bottom holes. Insert the provided cotter pins into each of the 1/8" holes near the bottom ends of the tube. Pick up this assembled tube set, be careful of the PTB, it may swing; place the assembly in the flanges on the head end of the machine (the end with the vinyl flaps). Be carefully of the cotter pins so they do not scratch the vinyl or wooden frame. The cotter pins will automatically set the tubing height.
- Insert the provided cotter pins into each of the 1/8" holes near the bottom ends of the other two vertical tubes. Pick up the tube assembly with the vertical slider and place the tube ends into the flanges on the foot end of the frame.
- Now set the canopy top onto the four vertical tubes. You will need help with this. The end of the canopy frame with the black safety strap goes over the push-through bar. Be certain all four corner fittings fit securely over the tubes.
- Using the 3/16" allen wrench, tighten the set screws in the corner fittings and in the flanges around the frame. After tightening all set screws in all the corner angles, test the movement of the sliding push thru bar. To do this pull the knobs of the sliders out and start sliding the PTB up or down. This system should move easily and not stick when uniform pressure is applied on each side. If the sliders stick when moving the position, simply loosen the set screws that are holding the vertical poles, rotate the tubes as necessary until the sliders move freely. Be sure to re-tighten all set screws. Remove the cotter pins from the tubes and save for future use.

INSTALLING SHOULDER RESTS AND POSTS

1. Note the two protruding studs on the bottom of the shoulder rests. Lower the shoulder rest studs into the key holes and slide shoulder rests away from the carriage pad. See Figure A. Note: The shoulder rests can be installed in two positions. One position is wider and more comfortable for broad shoulders. Swap the left and right shoulder rests to change between standard and wide configurations.

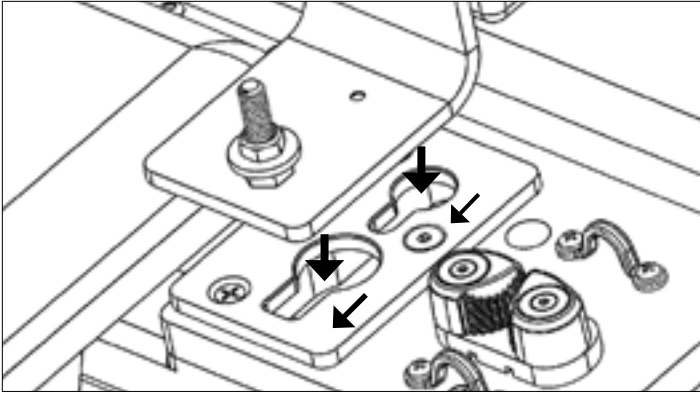


Figure A

2. Screw the locking shoulder posts onto the exposed bolt on each shoulder rest. Turn the posts clockwise to tighten them and lock the shoulder rests into position. See Figure B. Over tightening the posts will make them difficult to remove. They should be snug but not too tight. To remove the shoulder rests, turn the post counter-clockwise 1-2 turns and gently slide the shoulder rests toward the carriage, then lift them up and out.

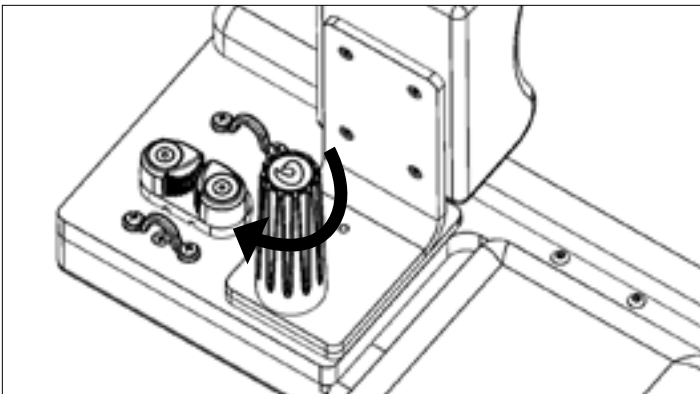


Figure B

INSTALLING/REMOVING THE PUSH THROUGH BAR (PTB) 4TH SIDE

Using the provided 7/32" allen wrench and button head screws with pin ends, move the PTB to a 45 degree position. Line up the 4th side opening with the threaded holes in the PTB. Thread in one screw into the side of the PTB, the pin end of the screw will go inside the 4th side. Repeat for the other side. Tighten both screws with the allen wrench. Reverse these instructions to remove the 4th side. Keep these button head screws if needed later.

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.

ASSEMBLE THE REFORMER

Swing the footbar up and place the support into position.

Place the carriage into the frame and attach the springs to the spring bracket on the underside of the carriage. The springs should have the open, hooked end pointing down through each eye bolt on the bracket and should lay across the padded bar at the foot end of the carriage. Attach one or more of the springs to the spring bar to secure the carriage in position.

Install the shoulder rests onto the carriage by locking them into the keyholes on either side of the headrest. They can be set wider or narrower by reversing their placement. Always lock them in place by twisting them clockwise by hand.

Install the adjustable risers with the pulleys facing the carriage. Again, always lock them in the desired position with their pins. Unroll the ropes and separate them. Clip a cotton loop onto the end of each rope and hang the loops on the shoulder rests. Thread the other end of each rope through a pulley and back into the cam cleats on the carriage to adjust the length. Be sure to go through the chrome eyestraps on both sides of the cam cleats. Always push the rope firmly down into the cleats to insure a good grip.

OPTION: INSTALLING THE TWIN MATS

1. Pull pins and completely lower risers.
2. Remove shoulder rests from the carriage.
3. Detach all springs from springbar and move the carriage toward the head end of the frame.
4. 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.
5. Vinyl flaps are installed inside one mat for shipping purposes. Detach, rotate, and reinstall flaps so they hang down from the edge of the mat aligned with eye bolts.
6. Place the mat with vinyl flaps at the head-end of the Reformer with flaps facing the PTB. The Vinyl flaps should hang over the head-end of frame. They are designed to protect the mat conversion when using the PTB with a bottom spring.
7. 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.

WEEKLY MAINTENANCE

Inspect springs for separations, and replace if needed. Inspect snaps on springs and make sure the retractors operate smoothly. Replace them if worn or do not operate freely. Make sure that there are no indentations on the inside of the hooks.

Inspect all nuts, eyebolts and setscrews for tightness. Tighten or replace if necessary.

It is recommended to check to ensure the pins in the plunger knobs protrude and lock into the vertical tubes. First pull both knobs out and start moving the sliders to a different position. Release the knobs before the next hole and continue to slide the system. Once over a hole the pin of the knob will drop into the opening. Once each slider is in a new position apply a down force on the PTB directly downwards. The pins of the sliders should not come out of the holes. If the pins do not stay in the tube holes, the pull knobs need to be replaced; call Balanced Body for replacement parts.

WARNING: This machine is potentially dangerous, and Balanced Body Inc. assumes no liability towards use or misuse. If you are not fully aware of the safety issues and use of this machine, do not use it. Use only with qualified instructor supervision.

QUESTIONS?

Call Balanced Body Technical Support at 1-800-PILATES or +1-916-388-2838.

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For additional usage and safety information or to view complete equipment manual translations (**USER GUIDE #15452**), 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 #15452**), visite <https://www.pilates.com/store/faq-safety/>. Para obtener instrucciones impresas, comuníquese con su vendedor.

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