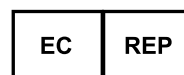


Assembling the Contrology™ Classical Reformer

THIS IS A MEDICAL DEVICE



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STATEMENT OF INTENDED USE

The Contrology™ Classical Reformer 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 Contrology™ Classical Reformer 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 Contrology™ Classical Reformer 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 Contrology™ Classical Reformer 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 Contrology™ Classical Reformer 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.

PARTS LIST

DESCRIPTION	PART NO.	QTY
36" Wooden Pole	720-088	1
1/4" Black Kneeling Pad	108-018	2
Sitting Box	721-011	1
Footstrap	210-072	2
Extension Straps	607-509	2
Leather Straps	707-306	2
Leather Handles	707-305	1 pair
Contrology Reformer Springs	SPR9600	4
Contrology Springbar	623-518	1
Wooden Gear Block Stopper	950-294	1

* 86" Reformer: (Leather Straps P/N: 707-307, Carriage Block P/N: 607-555). 89" Reformer: (Leather Straps P/N: 707-308, Carriage Block P/N: 607-556),

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

Install the handles clips onto the O-rings that are on the straps. Place handles over the eye bolts behind the shoulder rests. Insert the end of the leather strap with the Quick Link clip through the caster (rough leather side is against the caster) as shown in Figure A.



Figure A



Figure B

Guide the strap to the eye bolt on the underside of the carriage. Connect the Quick Link clip to the eye bolt on the same side of the carriage as shown in Figure B. Repeat on other side.

ATTACH THE SPRINGS TO THE UNDERSIDE OF THE CARRIAGE

Attach one spring to one slot in the bracket on the underside of the carriage as shown in Figure C. The open end of the spring hook should be facing down. Repeat for other springs.



Figure C

INSTALL THE SPRINGBAR

Place the springbar with hook ends facing up into the gear angle as shown in Figure D. Connect at least (1) spring to an eye bolt on the springbar.

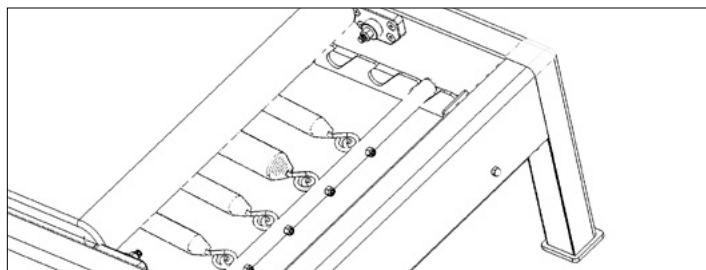


Figure D

CARRIAGE BLOCKS

The Carriage Block at the head end of the Reformer is installed on the frame to limit the distance the carriage can travel, see Figure E. There are two lengths: the Medium Carriage Block comes with the 86" and Long Carriage Block comes with the 89" Reformer. Not intended, but can be used on 80" Reformers, must purchase separately.

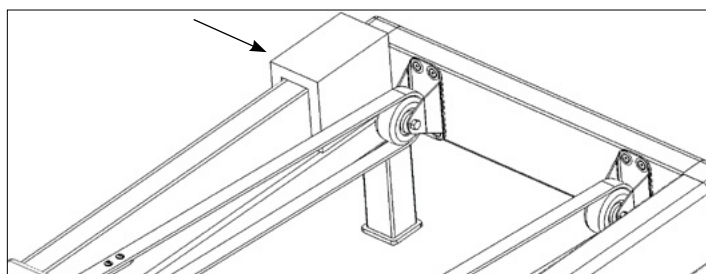


Figure E

The Gear Block, used by all Reformer lengths, at the foot end is installed on the left side rail of the gear positions as shown in Figure F. The Gear Block has two settings, short and long. Figure F shows the short position, when spring bar is in the middle or "B" position. Flip the Gear Block over to get the long position, for use when the springbar is in the last or "C" position

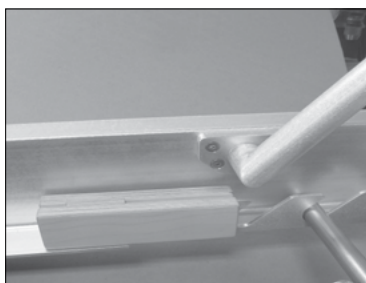


Figure F

The Carriage Blocks are most commonly used for clients who have a limited range of motion, or to stop the carriage from traveling too far. The Gear Block is used to change the carriage starting position.

INSTALL FOOTSTRAPS

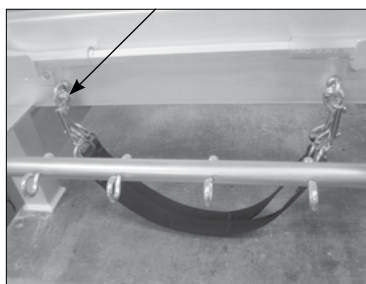


Figure G

Two footstraps are included with the Reformer. Clip one end of the strap to one eye bolt on the inside foot end of the frame, the other clip to the other eye bolt on the opposite side of frame end. Repeat for second footstrap, see Figure G.

HOW TO INSTALL EXTENSION STRAP

Slide handles out of the way and install the extension strap through the leather loop and handle and then connect the clip to the other end of the extension strap. Refer to Figure H.



Figure H

INSTALL THE OPTIONAL JUMPBOARD (86"/218cm and 89"/226cm models only)

Correct installation of the jumpboard is very important. Lay the footbar flat down on the Reformer. Install the jumpboard down into the installed bracket on the inside of the foot end of the Reformer. The padded side should face the carriage. Properly installed the jumpboard will rest on the foot plate bracket, see Figure J.

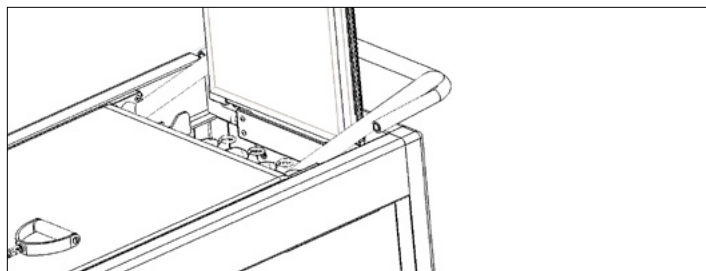


Figure I

FIXED STRAP HOOK (OPTIONAL)

This Reformer comes with an option to install a Fixed Hook for the straps. This can be installed as shown in Figure K.

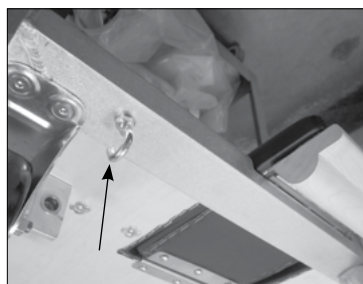


Figure J

Non-Adjustable Strap Kit (210-146). If your machine came with a Fixed Strap Hook pre-installed, it may be removed and a Kit for Adjustable Straps (210-145) may be purchased separately.

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 Clean™ 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 footstrap 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 side wheels with 3-in-1 oil.

It is not recommended to lubricate the carriage rolling wheels, do so at your own risk.

IN CASE OF FREIGHT DAMAGE

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

How to Install your Wire Stops on your Contrology Springs

PARTS INCLUDED:

DESCRIPTION	PART NO.	QTY
Wire Stop	17922	3
10-24 Set Screw	17931	7
3/32" Allen Wrench	17930	1

Start to thread a provided set screw into each wire stop, install the set screw into the wire stop so about 1/4 of the set screw sticks out. (Note they might be already in the wire stops, if they are, ensure they are not going into the middle opening of the wire stop)

Go to the top mounted spring attached to your machine, See Figure L. Install a wire stop onto the end of the open hook. Slide the middle opening of the wire stop onto the wire so that the wire end is barely coming out the underside of the wire stop.

Make sure the wire stop length of the body is perpendicular to the wire, See Figure M. Use the provided Allen wrench to tighten the set screw. Ensure the set screw is very tight to prevent them from coming loose.

Repeat the above steps for the other springs with open ends. There are (3) Push through bar springs, each getting one on the frame end of the spring and (2) trap bar springs each getting 2 wire stops, one on each end.

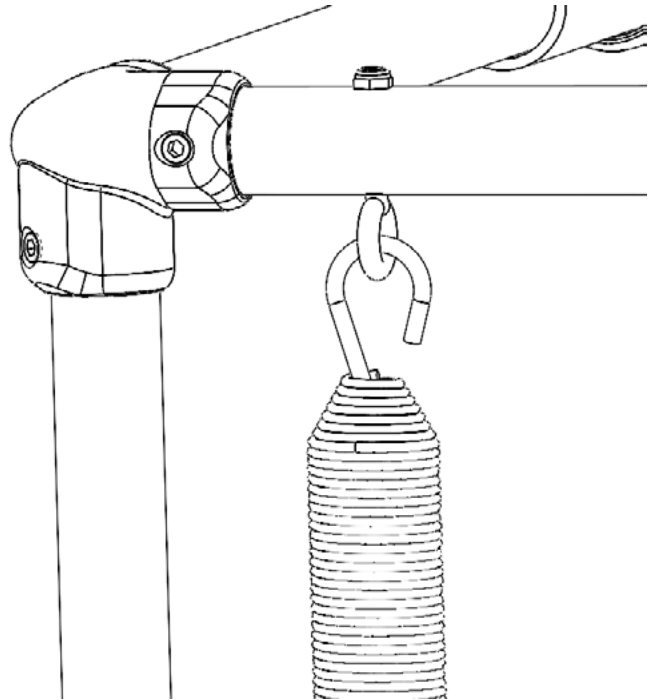


Figure L

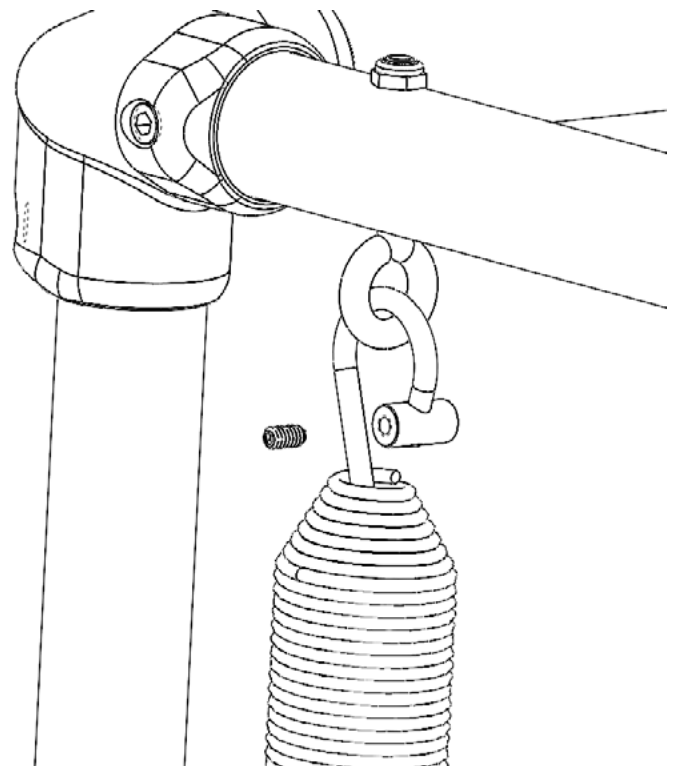


Figure M

ADDITIONAL SAFETY AND USAGE

For additional usage and safety information or to view complete equipment manual translations (**USER GUIDE #16526**), please visit <https://contrology.pilates.com/support>. 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 #16526**), visite <https://contrology.pilates.com/support>. Para obtener instrucciones impresas, comuníquese con su vendedor.

Pour plus d'informations sur l'utilisation et les consignes de sécurité ou pour consulter le manuel integral disponible (**GUIDA UTENTE #16526**), veuillez <https://contrology.pilates.com/support> . Per le istruzioni stampate contatta il tuo venditore.

Per ulteriori informazioni sull'uso e sulla sicurezza, oppure per consultare le traduzioni complete del manuale , (**MODE D'EMPLOI #16526**) visitare <https://contrology.pilates.com/support>. Pour obtenir des instructions imprimées, contactez votre vendeur.

Für zusätzliche Informationen zu Gebrauch und Sicherheit oder vollständige Übersetzungen der Gebrauchsanweisung (**BE-NUTZERHANDBUCH #16526**) besuchen <https://contrology.pilates.com/support>. Für gedruckte Anweisungen wenden Sie sich an Ihren Verkäufer.

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. Please refer to the Additional Usage and Safety section for more information.

ADVERTENCIA: Esta máquina es potencialmente peligrosa, y Balanced Body Inc. no asume ninguna responsabilidad por su uso o mal uso. Si no conoce completamente los asuntos relativos a la seguridad y el uso de este dispositivo, no lo utilice. Úselo solo bajo la supervisión de un instructor calificado. Consulte la sección Otros usos y seguridad para obtener más información.

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Si vous ne vous êtes pas pleinement familiarisé avec les questions de sécurité et l'utilisation de cet appareil, ne l'utilisez pas. Utilisez cet appareil uniquement sous la supervision d'un instructeur qualifié. Pour plus d'informations, veuillez vous reporter à la section Utilisation et sécurité.

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QUESTIONS?

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



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