

Assembling the Contrology® Classical Reformer with Tower

THIS IS A MEDICAL DEVICE



Figure A



EMERGO EUROPE
Prinsessegracht 20
2514 AP The Hague
The Netherlands



STATEMENT OF INTENDED USE

The Contrology® Classical Reformer with 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.

Important: Any serious incident that has occurred in relation to the device should be reported to the manufacturer and the competent authority of the Member State in which the user and/or patient is established.

Instructions in document subject to change. Please visit www.pilates.com/support/assembly-use-maintenance for current version.

Visit pilates.com/patent for complete and current information on Balanced Body product patents.

DÉCLARATION SPÉCIFIANT L'USAGE PRÉVU

L'appareil Contrology® Classical Reformer with 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.

Importante: Cualquier incidente grave que haya ocurrido en relación con el dispositivo debe ser notificado al fabricante y a la autoridad competente del Estado miembro en el que esté establecido el usuario y/o el paciente.

Las instrucciones en el documento están sujetas a cambios. Por favor, visite www.pilates.com/support/assembly-use-maintenance para la versión actual.

Visite pilates.com/patent para obtener información completa y actualizada sobre las patentes de productos de Balanced Body.

DICHIARAZIONE DI DESTINAZIONE D'USO

Il dispositivo Contrology® Classical Reformer with 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.

Importante: Qualsiasi incidente grave verificatosi in relazione al dispositivo deve essere segnalato al fabbricante e all'autorità competente dello Stato membro in cui è stabilito l'utilizzatore e/o il paziente.

Le istruzioni nel documento sono soggette a modifiche. Si prega di visitare www.pilates.com/support/assembly-use-maintenance per la versione aggiornata.

Visita pilates.com/patent per informazioni complete e aggiornate sui brevetti dei prodotti Balanced Body.

DECLARACIÓN DE USO PREVISTO

El dispositivo Contrology® Classical Reformer with 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.

Important : Tout incident grave survenu en lien avec le dispositif doit être signalé au fabricant et à l'autorité compétente de l'État membre dans lequel l'utilisateur et/ou le patient est établi.

Les instructions contenues dans ce document sont susceptibles d'être modifiées. Veuillez consulter www.pilates.com/support/assembly-use-maintenance pour la version actuelle.

Consultez pilates.com/patent pour obtenir des informations complètes et à jour sur les brevets des produits Balanced Body.

ANGABE DER BESTIMMUNGSGEMÄSSEN VERWENDUNG

Das Gerät Contrology® Classical Reformer with 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.

Wichtig: Jeder schwerwiegende Vorfall im Zusammenhang mit dem Gerät sollte dem Hersteller und der zuständigen Behörde des Mitgliedstaats gemeldet werden, in dem der Benutzer und/oder der Patient ansässig ist.

Die Anweisungen in diesem Dokument können sich ändern. Bitte besuchen Sie www.pilates.com/support/assembly-use-maintenance für die aktuelle Version.

Besuchen Sie pilates.com/patent, um vollständige und aktuelle Informationen zu den Patenten der Balanced Body-Produkte zu erhalten.

REFORMER PARTS LIST

DESCRIPTION	PART NO.	QTY
Reformer Frame	N/A	1
Carriage Assembly	N/A	1
Shoulder Assembly (pair)	17976	1
Mat Conversion	N/A	1
Frame foot spacer pads	16839	4
36" Wooden Pole	16457	1
1/4" Black Kneeling Pad	10248	2
Sitting Box	16147	1
Footstrap	16102	2
Extension Straps	16152	2
Leather Straps (pair)	16153	1
Leather Handles with straight wood (pair)	16154	1
Contrology Reformer Springs	16228	4
Contrology Springbar	16100	1
Wooden Gear Block Stopper	16343	1
Foam Spacer, Sitting Box	N/A	2
Legs, Mat Conversion	16903	4
Mat caster Cover	17644	1

* 86" Reformer: (Leather Straps P/N: 16360, Carriage Block P/N: 16484, Mat Conversion. P/N: 17412). 89" Reformer: (Leather Straps P/N: 16361, Carriage Block P/N: 16505, Mat Conv. P/N: 17414).

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.

INSTALLING/REMOVING THE SHOULDER RESTS

1. On the bottom of the shoulder rest brackets, there are protruding studs. These fit into the plate and secure the shoulder rest. Lower the shoulder rest so the studs fit into the key holes on the plate on the carriage. Slide the shoulder rest away from the carriage pad until it stops. See Figure 1.

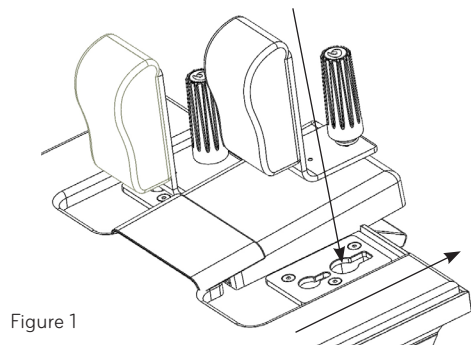


Figure 1

2. Secure the shoulder rest by turning the post clockwise until tight. See Figure 2. Overtightening these will make them difficult to remove. They should be snug but not too tight.

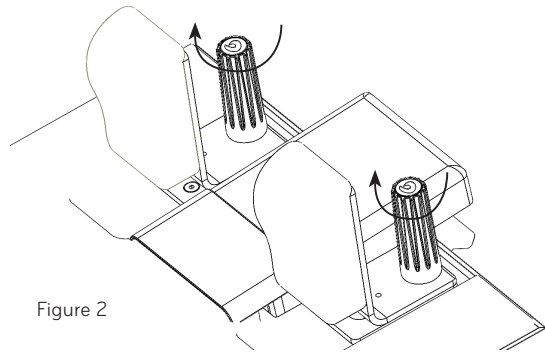


Figure 2

3. To remove the shoulder rests, turn the posts counter-clockwise 1-2 turns, gently slide the shoulder rest towards the carriage. Then gently lift the shoulder rest up and out of the key holes.

Note: The shoulder rests can be installed in two positions.

One position is wider and more comfortable for broad shoulders. Swapping the left and right shoulder rests will change between standard and wide configuration.

INSTALL THE STRAPS

Place the handles on the shoulder rests posts. Insert the end of the strap with the O-ring up and into the caster opening from the bottom. The rough side of leather should be facing the caster wheel. As you push the strap up, spin the caster wheel towards the carriage to assist with feeding the strap in the wheel assembly. See Figure 3. Once the O-ring is through the caster bring it towards the carriage and connect it to the handle clip on that side of the Reformer.



Figure 3

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 4. Repeat on other side.



Figure 4

ATTACH THE SPRINGS TO THE UNDERSIDE OF THE CARRIAGE



Figure 5

Attach one spring to one slot in the bracket on the underside of the carriage as shown in Figure 5. The open end of the spring hook should be facing down. Repeat for other springs.

INSTALL THE SPRINGBAR

Place the springbar with hook ends facing up into the gear angle as shown in Figure 6. Connect at least (1) spring to an eye bolt on the springbar.

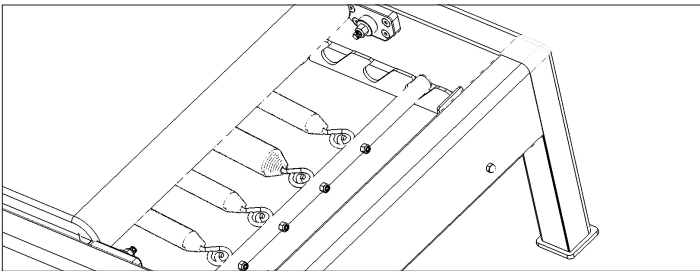


Figure 6

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 7. There are two lengths: the Medium Carriage Block comes with the 86" and Long Carriage Block comes with the 89" Reformer. Not intended for, but can be used on 80" Reformers, must purchase separately.

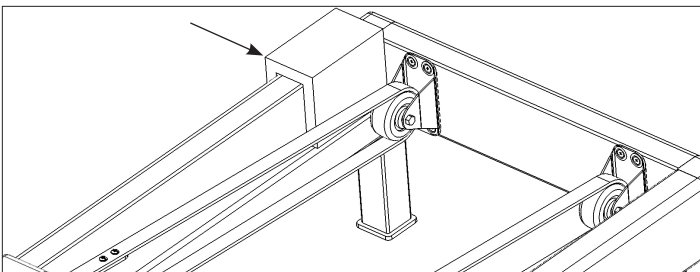


Figure 7

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 8. The Gear Block has two settings, short and long. Figure 8 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.

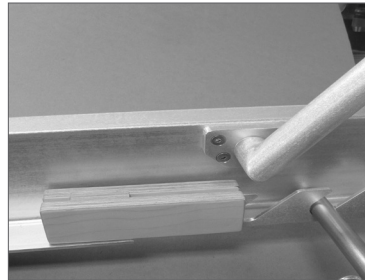


Figure 8

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

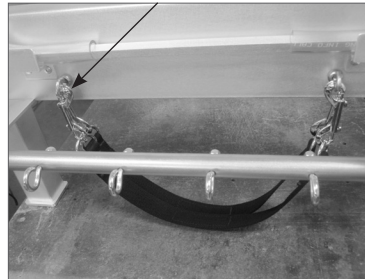


Figure 9

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 9.

HOW TO INSTALL EXTENSION STRAP

Make sure that your extension strap has a double ended clip attached at one end. Place the handle and the leather loop end of leather strap together, side by side. See Figure 10. Thread one end of the extension strap through both the leather handle and the loop of the leather strap and attach the double ended clip to the O-ring of the end of the extension strap. See Figure 11.



Figure 10



Figure 11

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 12.

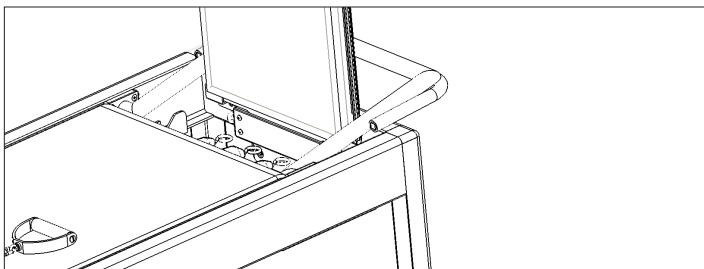


Figure 12

FIXED STRAP HOOK (OPTIONAL)



Figure 13

This Reformer comes with an option to install a Fixed Hook for the straps. This can be installed as shown in Figure 13. Non-Adjustable Strap Kit (16492). If your apparatus came with a Fixed Strap Hook pre-installed, it may be removed and a Kit for Adjustable Straps (16481) may be purchased separately.

LEVELING

If desired or needed, there are (4) square pads that can be placed one under each leg; if your apparatus is not sitting level on your floor, or if the apparatus is moving during use.

TOWER PARTS LIST

DESCRIPTION	PART NO.	QTY
Tower Assembly	N/A	1
Vertical Tower Tubes	16968	2
Horizontal Tower Tube	17323	1
Push Through Bar	17598	1
Push Through Bar Spring (Bottom)	16912	1
Push Through Bar Spring	17780	1
Roll Back Bar	17110	1
Roll Back Bar Springs	16910	2
Light Arm Springs	17109	2
Light Leg Springs	17094	2
Cotton Loop (pair)	16992	1
Storage Chain w/ Quick Link	17648	1
Safety Chain w/ Quick Link	17649	2
Leather Contoured Handle Assembly (pair)	17115	1
Allen Wrench, 5/32"	13778	1
Allen Wrench, 3/16"	13777	1
1/4"-20 x 5/8" Button Screw	15223	4
Eye Bolt 2-1/2" long	13744	2
Lock Washer	13633	2
Hex Nut, 1/4"-20	13635	2
Quick Link Clip	17160	2
Spring Sleeve	19026	2

INSTALL THE TOWER

1. Remove the Tower tubes with Push Through Bar from the box. Do not cut the tie between the Push Through Bar and the tubes or else it can swing when lifting and hit you or someone else. On the outside of the two vertical tubes there will be (2) threaded holes, these will face out away from the apparatus when installed.

2. Insert the tubes into the tower brackets on the head end of the apparatus, making sure the threaded holes are facing you when installing. Lower the tubes carefully all the way down the tower brackets. They will touch the ground. See Figure 14.
3. Use the provided (4) 1/4"-20 x 5/8" long screws, to secure the tubes to the brackets. It may be necessary to slightly lift the tube to align the holes. Start all the screws by hand before fully tightening. Use the 5/32" Allen wrench to tighten all (4) screws to the brackets. After screws are tight, remove the tie and packaging from Push Through Bar. Install the 2 1/2" long eye bolts with a nut and a lock washer up against the tube in the bottom hole of brackets. Make sure that the eye bolt is aligned vertically when tight. See Figure 14 for reference.
4. Install the Leg Springs to the tower on the desired eye bolts and install the cotton loops to these springs. See 15 and A for reference.
5. Attach the Roll Back Bar Springs to the Roll Back Bar and install the springs to the outer eye bolts on the top cross tube. See Figure 15 and B for reference.
6. Install the Arm Springs to the desired position on the tower and attach the handles to the springs. See Figure 15 and C for reference.

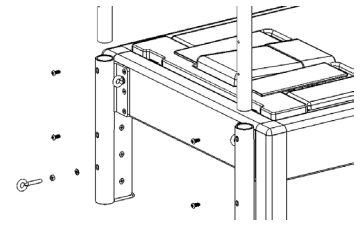


Figure 15: A) Leg Springs (the longest springs)
B) Roll Down Bar Springs (have 2 dog clips attached)
C) Arm Springs (only 1 dog clip attached)

7. Attach the Storage Chain (shortest chain) to the middle eye bolt on the top cross tube using the Quick Link.
8. Attach the Safety Chains, one to each of the outer eye bolts on the top cross tube using the Quick Links.
9. Attach the Push Through Bar Spring with the quick link to one of the top tube outer eye bolts. The other Push Through Bar Spring will connect to the Reformer frame eye bolts using the open hooks. See Figure 16 and 17 for reference.

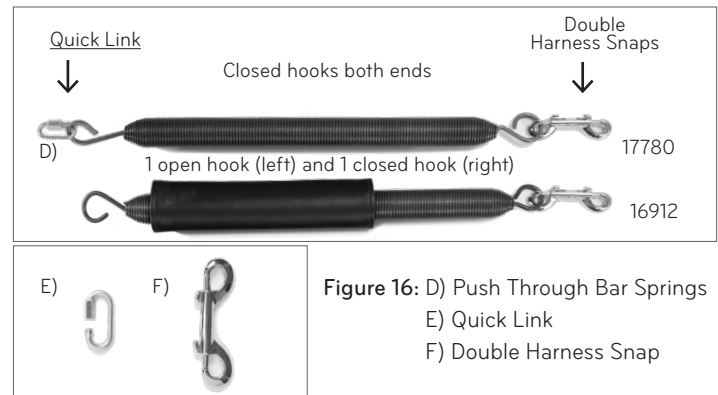


Figure 16: D) Push Through Bar Springs
E) Quick Link
F) Double Harness Snap

HOW TO INSTALL YOUR WIRE STOPS ON YOUR CONTROLOGY SPRINGS

PARTS INCLUDED:

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

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: the wire stops may already have the screw installed. If so, make sure it doesn't interfere with proper installation).

Go to the bottom mounted spring attached to your apparatus. 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 18. Use the provided Allen wrench to tighten the set screw. Ensure the set screw is very tight to prevent them from coming loose.

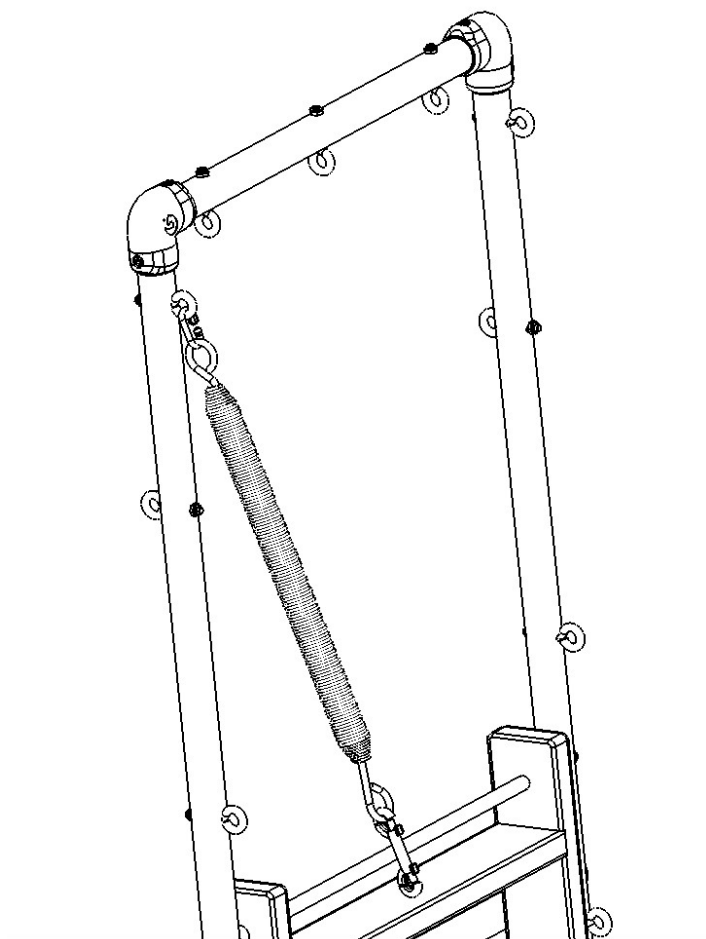


Figure 17

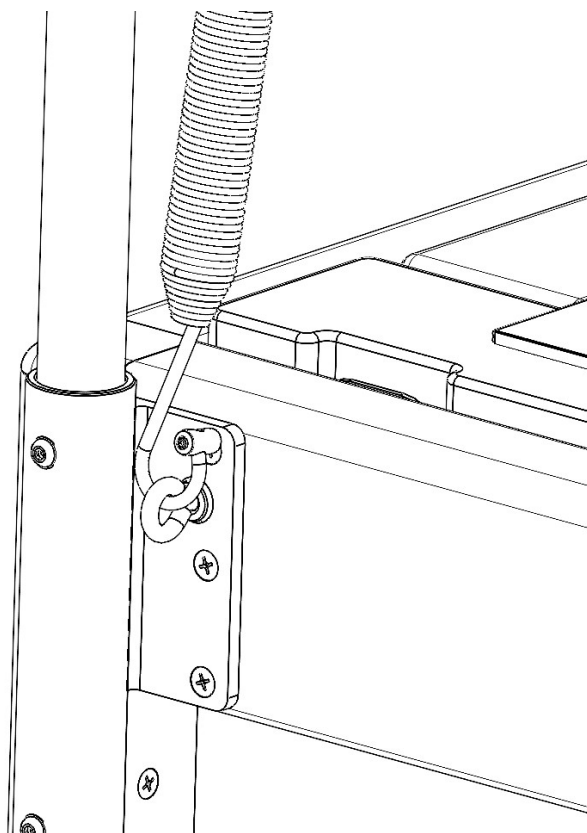


Figure 18

ASSEMBLY MAT CONVERSION

1. You will need to install legs on your Mat Conversion pad before using.
2. Find the (4) feet with a thread sticking out and thread them into the corner inserts on the bottom side of the mat conversion.
3. Turn them clockwise until tight. Hand tight is okay. See Figure 19.

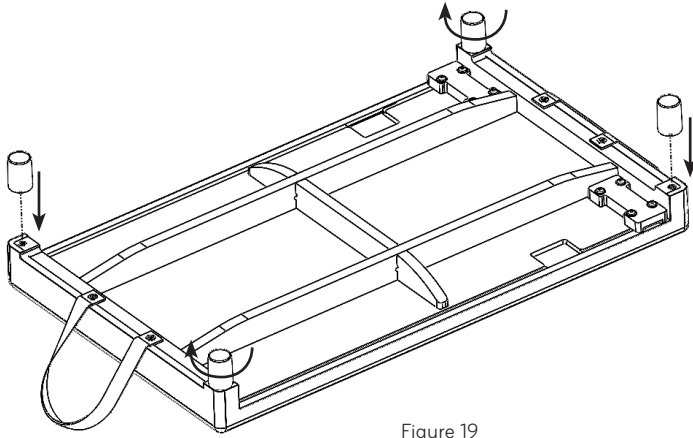


Figure 19

4. Lay the footbar flat on the inside of the frame as shown in Figure 21. If using the wooden gear stopper, remove this so the footbar can lay lower in the frame.

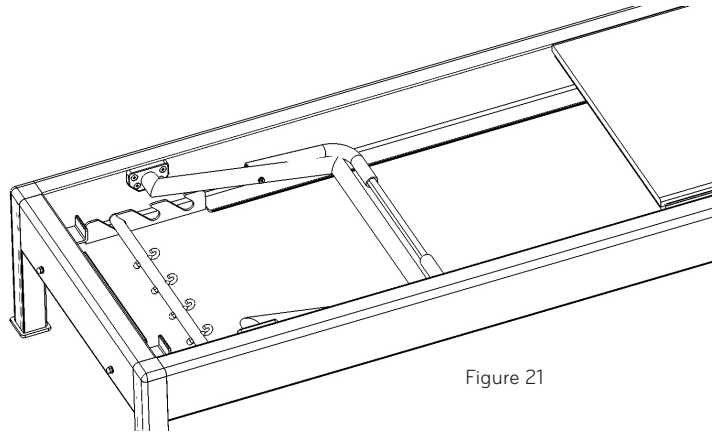


Figure 21

5. Lift and install the Mat Conversion inside the frame. There are (2) cutouts on the underside of the mat to clear the footbar pivots, ensure these are on the foot end of the apparatus when installing. See Figure 22 for reference

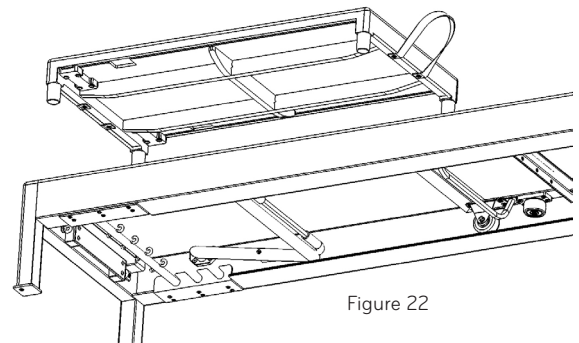


Figure 22

INSTALLING THE MAT CONVERSION

1. Remove all springs that are attached to the spring bar.
2. Remove the shoulder pads and brackets from the carriage.
3. Roll the carriage to the head end of the frame. When close to the end of the frame, drop in the Mat Caster Cover assembly between the frame and the carriage. This will act as a stopper for the carriage and cover the casters. See Figure 20. The flaps go over shoulder plates, when the shoulder rests are removed.

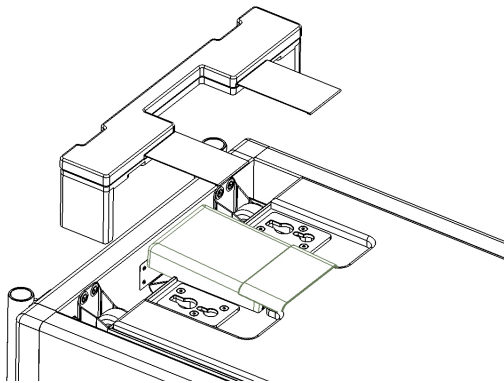


Figure 20

CONVERT BACK TO A REFORMER

Remove the Mat Conversion, flip the footbar back into position and ensure the kickstand is secure, remove the Mat Caster cover, roll the carriage to home position and attach at least one spring to the spring bar.

INSTALLING YOUR SITTING BOX SPACERS:

1. The foam spacer reduces the movement between the sitting box and the shoulder posts when installed in Short Box on the carriage.
2. Find the (2) foam spacers, see Figure 23 for what they look like.

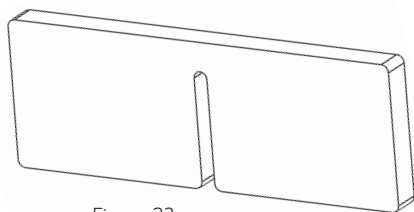


Figure 23

3. Flip over the sitting box and place the foam spacer on the bottom with the adhesive paper facing up. Slide this under the wood rib in the middle. See Figure 24.

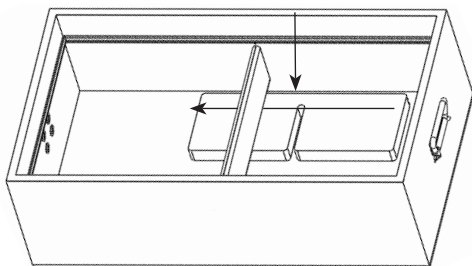


Figure 24

4. Once the cut in the foam spacer is centered under the wood rib, rotate the foam spacer up 90 degrees and push against the wood side. See Figure 25.

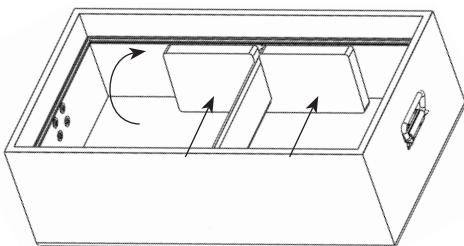


Figure 25

5. Repeat this process of the other spacer.
6. If desired, the adhesive paper can be removed and the adhesive can secure the foam spacer to the side of the sitting box. The foam spacer fits snug in the sitting box area, so it is not necessary to do this, but can be if desired.

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, including carriage, shoulder and head rests.

Equipment upholstery is coated with BeautyGard®, which offers antibacterial protection. We recommend Balanced Body Clean™, an all-purpose cleaner that is 100% natural, organic and biodegradable. It cleans, disinfects and removes dirt, grease and oil and will extend the life of your upholstery. 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 wheels roll 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.

ADDITIONAL SAFETY AND USAGE

For additional usage and safety information or to view complete equipment manual translations (**USER GUIDE #17639**), please visit <https://contrology.pilates.com/support>. For printed instructions, contact your seller.

Per ulteriori informazioni sull'uso e sulla sicurezza, oppure per consultare le traduzioni complete del manuale (**MODE D'EMPLOI #17639**), visitare <https://contrology.pilates.com/support>. 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 #17639**), veuillez <https://contrology.pilates.com/support>. Per le istruzioni stampate contatta il tuo venditore.

Para obtener más información sobre el uso y la seguridad, o para ver las traducciones completas del manual (**GUIA DEL USUARIO #17639**), visite <https://contrology.pilates.com/support>. Para obtener instrucciones impresas, comuníquese con su vendedor.

Für zusätzliche Informationen zu Gebrauch und Sicherheit oder vollständige Übersetzungen der Gebrauchsanweisung (**BE-NUTZERHANDBUCH #17639**) besuchen <https://contrology.pilates.com/support>. Für gedruckte Anweisungen wenden Sie sich an Ihren Verkäufer.

WARNING: This apparatus 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 apparatus, do not use it. Use only with qualified instructor supervision. Please refer to the Additional Usage and Safety section for more information.

AVERTISSEMENT : Cette machine est potentiellement dangereuse et Balanced Body Inc. n'assume aucune responsabilité quant à son utilisation ou sa mauvaise utilisation. 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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