

# The Balanced Body® Allegro Nextgen Reformer™ and Tower Assembly Instructions

THIS IS A MEDICAL DEVICE

## PARTS LIST

Part number	Description	Qty
19171	Complete footbar	1
12680	Shoulder bolts and washers	1 kit
12907	Shoulder rest with brackets	1 pair
11765	Locking shoulder post	2
18903	Twist lock plunger knobs	2
10536	Soft Touch Ropes	1 pair
10046	Double loops (Soft Touch)	1 pair
19080	Allegro Nextgen riser with pulley	2
13629	5/16" Allen wrench	1
12981	Allegro Nextgen wrench	1
14285	Red spring	3
14286	Blue spring	1
14295	Yellow spring	1
15968	Foam Pad for Standing Platform	1
13778	5/32" Allen wrench	1
13891	1/4"-20 Button head screw	2
13633	Split washer	2
11890	Transport bracket preinstalled with wheel	2

## IMPORTANT PRECAUTIONS: PLEASE READ WARNING

To reduce the risk of serious injury, read the following important precautions before using the Allegro Nextgen.

- » Read all instructions in this manual before using the Allegro Nextgen. Review the Setup and Safety video included with the Allegro Nextgen before using the equipment. Use the Allegro Nextgen Reformer only as described in these instructions and the video.
- » It is the responsibility of the owner to ensure that all users of the Allegro Nextgen are adequately informed of all precautions.
- » Use the Allegro Nextgen only on a level surface. Keep hands and feet away from all moving parts. When the Allegro Nextgen is not in use, leave at least two springs connected to the carriage. Keep children under the age of 12 and pets away from the Allegro Nextgen at all times.
- » If you feel pain, dizziness, or shortness of breath, stop exercising immediately.
- » Before beginning any exercise program, consult your physician.



EC

REP

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## STATEMENT OF INTENDED USE

The Allegro Nextgen 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 Allegro Nextgen 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 Allegro Nextgen 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 Allegro Nextgen 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 Allegro Nextgen 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.

## INSTALL THE SHOULDER RESTS

1. Note the two protruding studs on the bottom of the shoulder rests. Lower the shoulder rest studs into the keyhole slots making sure bottom of bracket is flat against bracket on top of carriage. 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.

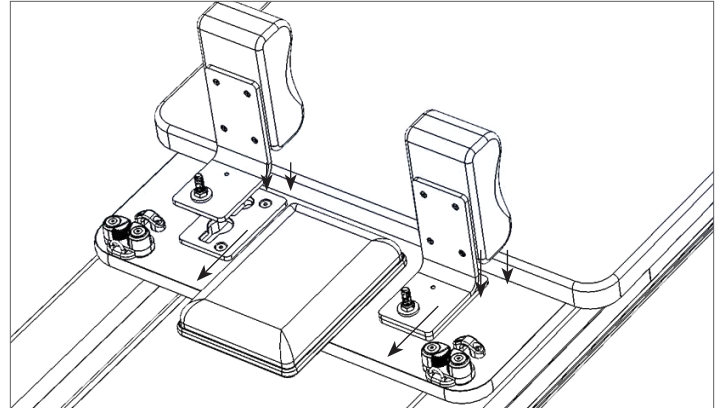


Figure A

2. Now screw the locking shoulder posts onto the exposed bolt on each shoulder rest. See Figure B.

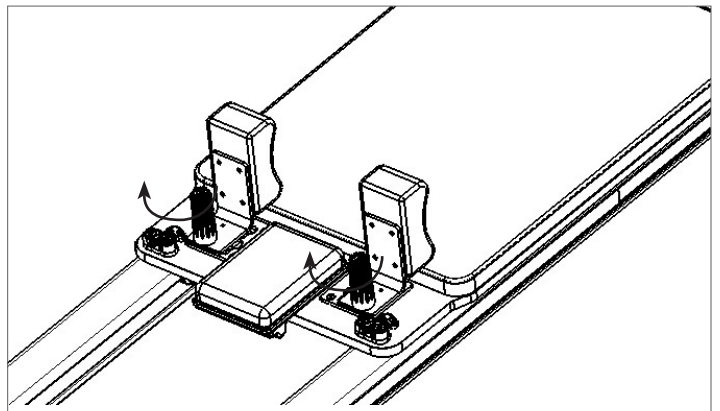


Figure B

### Using the Locking Shoulder Posts:

Turn the posts clockwise to tighten them and lock the shoulder rests into position. 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.

Figure C shows the storage position for the shoulder rests. Note the key hole slots at the head end of the Allegro Nextgen frame.

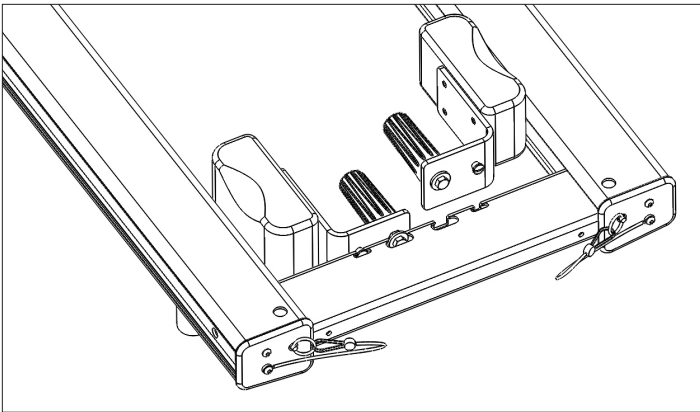


Figure C

## INSTALL THE BLACK PLUNGER KNOBS

3. Look through the large threaded hole in the trunnion and line it up with one of the holes in the frame. Screw the plunger knob into the large hole until it is completely threaded in. See Figure D.
4. Repeat on other side. Tighten both plunger knobs securely with the included open end wrench.

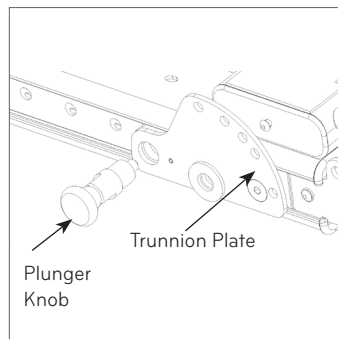


Figure D

To move the trunnions, pull the ball of the plunger knobs away from the frame and turn 90° to lock out. To re-engage the plunger turn the knob until it snaps into one of the holes in the side of frame.

**Note:** Make sure both trunnion plates are locked in the same horizontal position before moving on.

## INSTALL THE INFINITY FOOTBAR

5. Pick up the footbar so the seam of the footbar cover is away from the carriage pad.
6. While squeezing the footbar plunger levers, guide the footbar over the outsides of the trunnion plates. Align each footbar pin with the top hole in the trunnion plate. While continuing to support the footbar, release the footbar plunger levers to engage the trunnion plate. Be sure the pins on both sides are engaged. See Figure E.

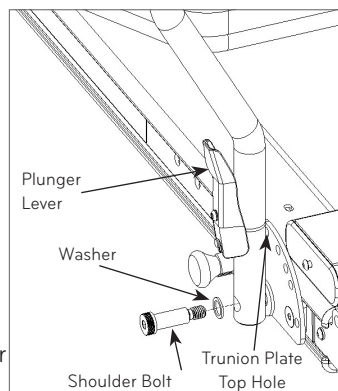


Figure E

7. Pivot the footbar slightly until the large hole at the bottom of the footbar aligns with the remaining hole in the trunnion plate.
8. Slide the shoulder bolt with one washer through the large footbar hole. Then screw the shoulder bolt into the trunnion plate as tightly as possible with the large Allen 13629 wrench. Repeat on the other side. See Figure E.

## INSTALL THE RISERS

9. Remove locking pins from the frame. Insert the risers through the holes on the top of the frame. Turn the risers until the attached pulleys point straight down the frame toward the footbar. See Figure F.

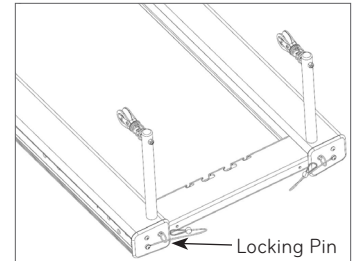


Figure F

10. Re-insert locking pins until the metal ring touches the frame. You may need to jiggle or slightly lift or rotate the riser to get the locking pins in all the way.

## ATTACH THE ROPES

11. To attach the ropes, first engage at least one spring from the carriage to the frame to keep the carriage in the home position. Unroll the ropes and separate them.
12. The Allegro Nextgen now comes with Soft Touch Ropes that do not have the dog clips to attach the loops. The clip will no longer drag on or bang into the frame! Follow the images below to install your loops. See Figure G.

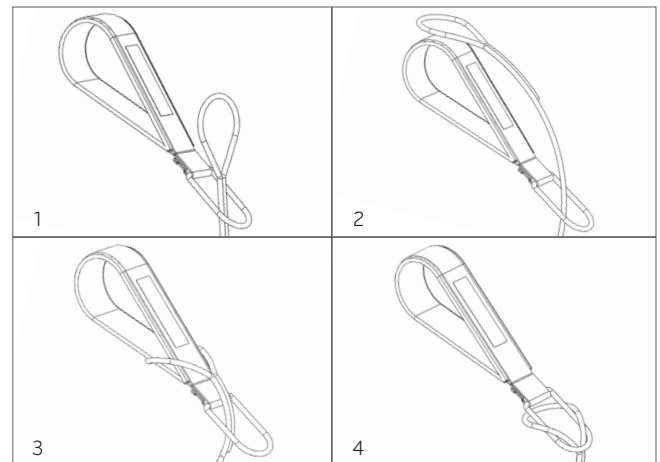


Figure G

13. Rest the loops over the shoulder rests. Thread the other end of each rope through a riser pulley and back into the cam cleats on the carriage to adjust the length. Be sure to go through the black plastic eyestraps on the back side of the cam cleats. Always push the rope firmly down into the cleats to ensure a good grip.

## INSTALL THE TRANSPORT WHEEL BRACKET

14. Remove the 1/4"-20 button head screw and the split washer attached to the last hole in the frame towards the footend of the Reformer, as shown in Figure H, using the 5/32" Allen key. Slide the pre-assembled transport bracket into the channel in the rail at the foot end of the reformer. Line up the hole in the transport bracket with the hole in the frame rail. Use the 1/4"-20 button head screw and the split washer to attach the transport bracket on to the frame using the 5/32" Allen key. See Figure H for reference. Note: The wheel goes on the inside of the bracket (towards the frame) when it is mounted.

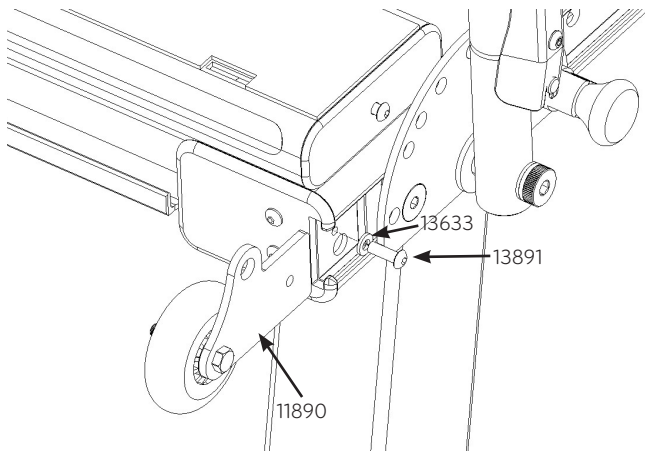


Figure H

15. Repeat this for the other side of the reformer.

## STORING THE ALLEGRO NEXTGEN REFORMER

### Stacking

Attach the springs to keep the carriage from moving. Move the footbar to the "down" position. Remove the shoulder rests and store in the slots at the head of the frame. Put the head rest down. Remove the risers and store in the holes on the sides of the frame. Place the ropes and loops inside the Allegro Nextgen frame not on the carriage. Alternate the orientation of the Allegro Nextgens as you stack them. Place the head end feet onto the standing platform of the Allegro Nextgen below, and so on. Stack a maximum of 5 reformers with no legs (3 with legs). Do not stack Reformer with Towers.

### Standing

It is absolutely critical that the Allegro Nextgen footbar be set and locked in the correct position for standing storage. Move and lock the footbar into the position closest to the foot end of the Reformer frame. Raise the footbar to its 2nd-highest position. Lift the head end of the Allegro Nextgen frame to waist height. Then raise the frame to vertical. Use your foot to steady the wheeled end of the frame as you lift to vertical. The vertical Allegro Nextgen will come to rest on the footbar and the transport wheels. See Figure I.



Figure I

## CLEANING & MAINTENANCE

### Cleaning

Wipe the carriage pad, headrest, footbar and shoulder rests with a soft cloth and a mild, non-abrasive cleaner after each use. Keep the carriage track and wheels clean from dust and dirt. Wipe the entire track with a towel regularly. Clean the footbar trunnion track weekly. Clean the frame with a mild, non-abrasive cleaner. Keep the ropes and springs clear of dust. Cotton loops can be machine-washed. Hang to dry.

### Lubrication

The foot bar trunnion C-channel can be lubricated with dry silicone spray.

## MAINTENANCE

» See the included Safety First Guide.

## QUESTIONS?

Call Balanced Body technical support at 1-800-745-2838 (US and Canada), or +1-916-388-2838.

# How to Install the Legs Kit

## PARTS INCLUDED:

Item No.	Part Number	Description	Qty
1	18833	Allegro Nextgen Leg, A	2
2	18834	Allegro Nextgen Leg, B	2
3	18863	Leg Nut Plate	2
4	18989	Wheel Bracket, Allegro Nextgen Ext Leg	2
5	13569	Allen Key, 3/16" Ball Point	1
6	13613	Screw, Button Head, 5/16-18 x 3/4"	12
7	15221	Screw, 1/4-20 x 3/4"	4
8	13613	Nut, Nylock, 1/4-20	4
9	13778	Allen Key 5/32" Short Arm	1
10	18864	Polyurethane Foot Pad, A	2
10	18865	Polyurethane Foot Pad, B	2
11	18866	Double Sided Tape	4
12	13521	Alcohol Wipe	4
13	19076	1/4" Speed Washer	4
14	13724	Washer, Lock, 5/16"	12
15	19017	Transport wheel bracket (not pictured)	2

## TOOLS NEEDED (NOT INCLUDED):

- » Two 1/2" or adjustable wrenches
- » One 7/16" wrench
- » 3/8" wrench or socket

## PREPARE THE NEW PADS

1. Remove the legs and other materials from the packaging and lay the legs on the floor with the bottom of the leg facing up, so the "L" shape face with three holes are on the floor.
2. Remove the (4) Polyurethane foot pads, and (1) Alcohol wipe from the packaging. Open one wipe and thoroughly wipe down the top side of each foot pad. This is the side opposite the ribbing. If the wipe is dirty or becomes too dry use another wipe for the remaining pads. Set the pads aside and let these dry.
3. Open an Alcohol wipe to clean the bottom of each metal foot on the reformer. If needed use a secondary wipe.
4. If you have a Tower Of Power installed, remove the ropes, loosen the 4 tower knobs, and remove the Tower.
5. Using the included shorter allen wrench, remove the 4 screws holding the head end cover plates and riser pins in place. Set them aside to be re-installed later. See Figure A.

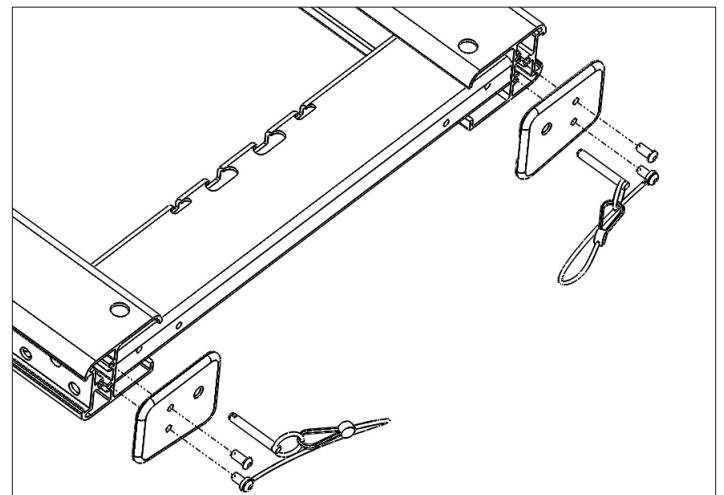
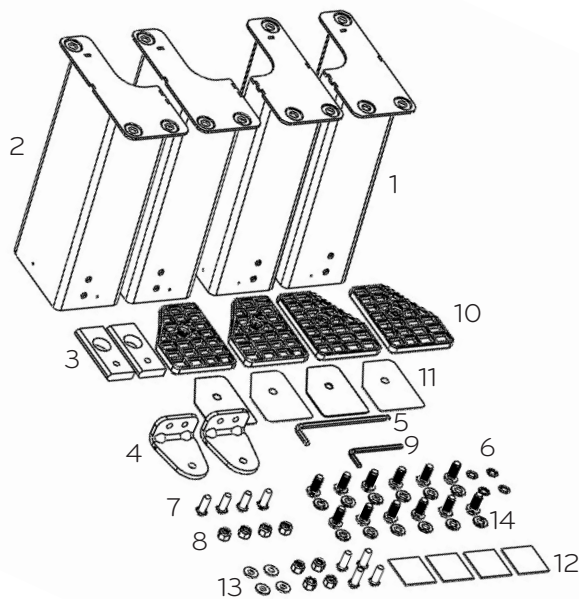


Figure A



1. Attach all springs to keep the carriage stationary. Remove ropes, shoulder rests, and risers. Place the footbar (if installed) in its lowest position and check that all pins are locked so that the footbar is secure. Then, with the help of a friend, lift the Allegro Nextgen from both ends and carefully turn it upside down and set it on the floor. You may want to place a pad or other floor protection beneath the Reformer.

2. Remove the 4 rubber feet from the bottom of the Reformer frame by grasping them firmly with your hand and turning counter-clockwise. You can discard the feet unless you may want to convert back to a flat Allegro Nextgen configuration.

3. Before proceeding ensure the tops of the new pads from step 2 are completely dry and no more alcohol liquid remains on the part. If the pads are not dry, the pad and tape will not bond. Peel one side of tape off the sticker and install it on a pad. Align the 45 degree corner side of the tape with the angled corner of the foot pad.

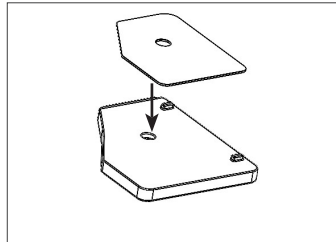


Figure B

The center hole will go over the center circle, and the flat side will go against the raised alignment pins. See Figure B.

4. Peel off the top side of the applied tape and install this pad assembly on the bottom of a cleaned leg. See Figure C.

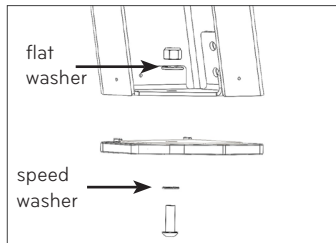


Figure C

5. Use one of each: 1/4" screw, speed washer, flat washer, lock nut and the provided Allen wrench, plus a socket or wrench; Align the angled side of the foot with the angled side of the leg, making sure the alignment pins of the foot go into the base of the leg. Again refer to Figure C. Tighten the screw until the end just barely sticks out the top of the nut. DO NOT OVER TIGHTEN.

6. Repeat steps 3-5 for all other legs.

7. Insert the leg nut plates shown in Figure D into the head end of the Reformer frame until the big hole lines up with the riser hole in the frame. When it does, drop your riser through the frame and the block to hold it in place. See Figure D and E.

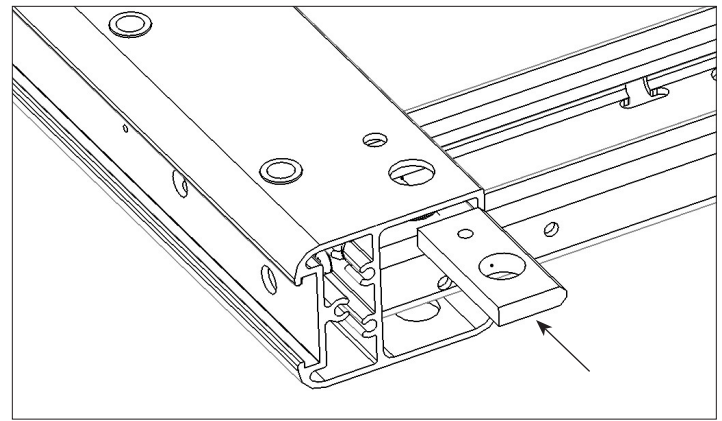


Figure D

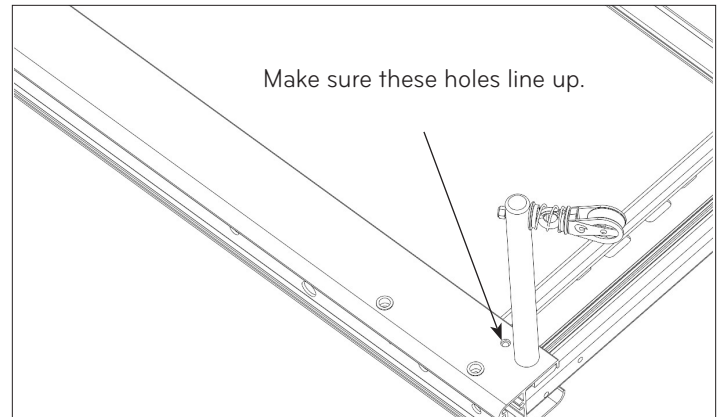


Figure E

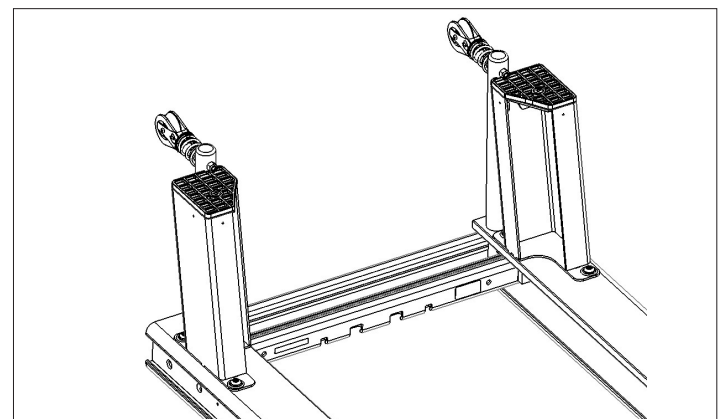


Figure F

8. With the risers still in place to locate the leg nut plates, place two of the legs onto the frame rail at the head end of the Reformer, lining up the holes in the leg with the three holes in the frame. The left and right legs are not the same so keep looking for one that matches the hole pattern in the frame. Now start threading all six of the 5/16-18 screws with lock washers into the frame to secure the legs in place. Start with the screw that goes into the block that is held in place by the riser and the frame, and once they are all started, tighten them. See Figure F. Now you can remove the risers and set them aside.

**NOTE:** the long end of the included 3/16" allen wrench is ball shaped to allow for more maneuverability when working in small areas. Once the screws are finger tight, use the short leg of the allen wrench to tighten the screws.

1. Install the legs onto the foot end of the frame in the same way with the 6 screws and lock washers. No leg nut plates are required at the foot end.
2. Using a 7/16" wrench and the included allen wrench, install the transport wheel brackets with the 1/4-20 screws and nuts as shown in Figure G. Make sure the brackets are oriented as shown. Typically these are installed at the foot end of the Reformer as shown in Figure G.

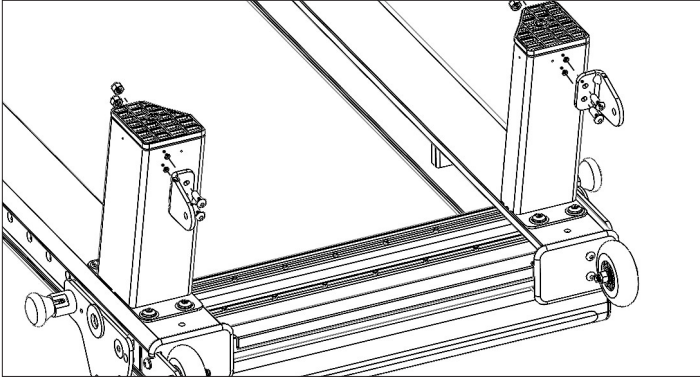


Figure G (Footbar not shown)

**NOTE:** The transport wheels can also be installed at the head end which allows you to move the Reformer with Tower more easily. Just make sure the carriage is rolled to the head end of the Reformer before lifting the foot end of the machine in this configuration.

3. Using two 1/2" or adjustable wrenches, remove the transport wheels from their current location and install them onto the brackets you just installed. See Figure H.

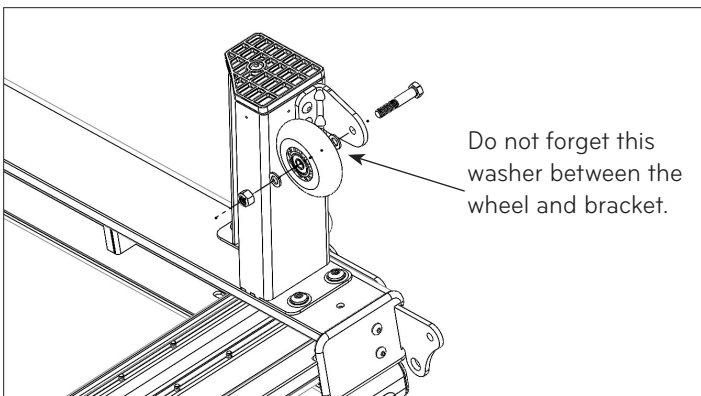


Figure H

**NOTE:** It is critical that the washers and wheel get installed in the same order and orientation as they were on the original brackets. Do one wheel at a time and if the wheel does not spin freely after you are done, double check against the other wheel to make sure everything is in the right order.

4. Using Allen wrench, remove bolts holding footstrap brackets in frame and slide out old brackets. Install new brackets and re-install bolts. See Figure I

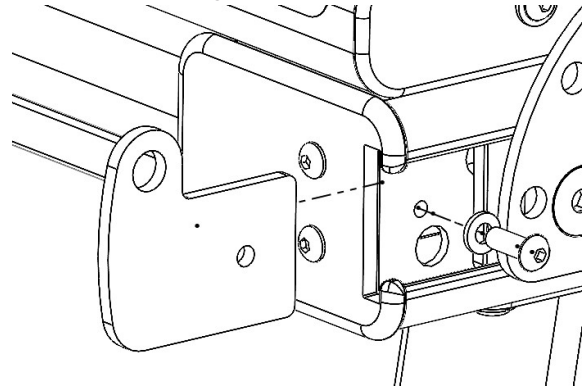


Figure I

5. Re-install the head end rail cover plates on the same side you removed them from.

**NOTE:** If you will be installing a Tower System next, leave the head end rail cover plates off.

6. Your legs are installed and you may now carefully lift and turn your Allegro Nextgen Reformer back over onto the legs. Re-install your shoulder rests, risers, and ropes.

## How to Install and Use the Platform Pad

Your Allegro Nextgen Reformer comes with a platform pad. Place the pad directly on top of the platform to use. This pad will make the standing platform height the same as your carriage pad. See Figure A.

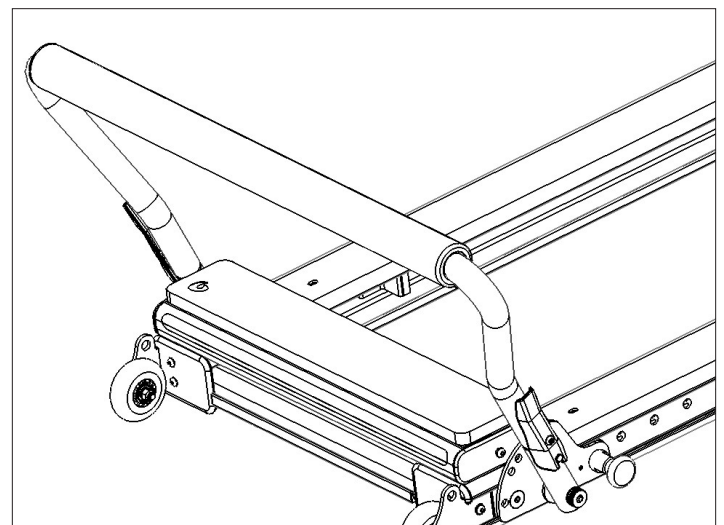


Figure A

# Assembling the Tower

Prior to assembly, check the parts and components received against the following list. If you are missing any parts, contact the Balanced Body customer service department at 1-800-PILATES (1-800-745-2837) in the U.S. and Canada, or +1-916-388-2838 (international).

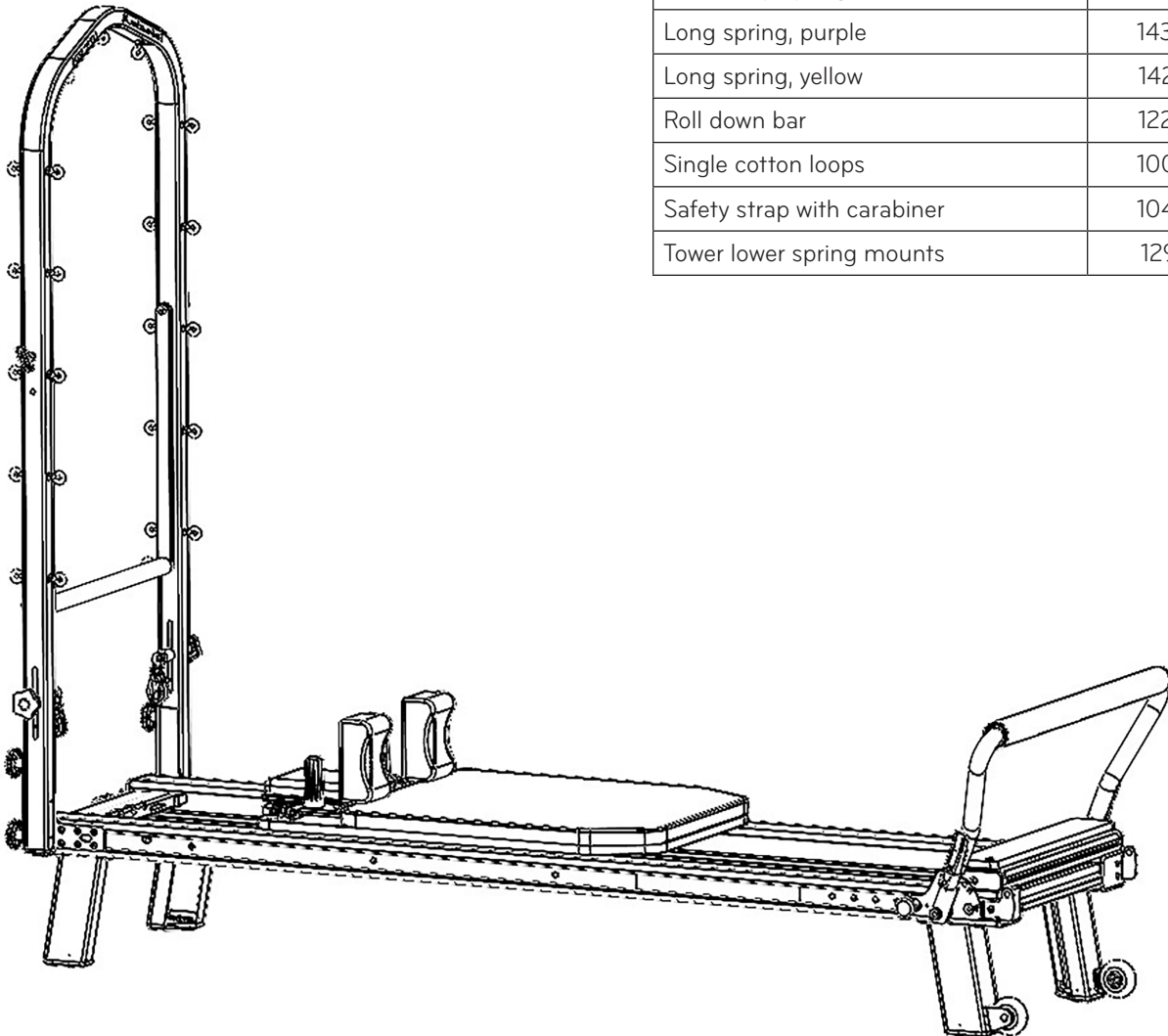
## PREPARE YOUR ALLEGRO NEXTGEN REFORMER

If you have purchased an Allegro Nextgen 14" leg set, we strongly recommend installing the legs before installing the Tower.

Remove all ropes and risers from the Allegro Nextgen.

## PARTS LIST

Description	Part Number	Qty
Tower	18990	1
Push-through bar (PTB)	14594	1
T-pin	14021	2
Tower Bracket, Right	11907	1
Tower Bracket, Left	11906	1
Adjustable pulley and knob assembly	19173	2
5/32" Allen key, long	10551	1
Blue trap spring	14275	2
Yellow trap spring	14272	2
Long spring, purple	14306	2
Long spring, yellow	14279	2
Roll down bar	12228	1
Single cotton loops	10022	1 pair
Safety strap with carabiner	10499	1
Tower lower spring mounts	12915	1





1. Using the provided 5/32" Allen wrench, remove the plastic rail caps and locking pins at the head end of the Allegro Nextgen frame. They will need to go back on the same side, so keep track of which one goes where and keep the screws with them. See Figure A.

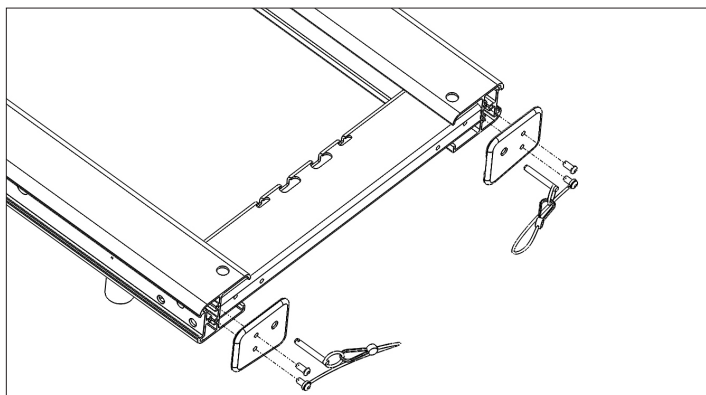


Figure A

2. Installing the Tower Mount Brackets:

- a. With the provided 5/32" Allen wrench, loosen the 6 screws on each bracket 1-2 turns. Do not remove them, you just want some free play between the plates. See Figure B.
- b. Make sure the brackets are positioned as in Figure B (use the large grey knobs and screws as reference) and slide them into the C-channel of the frame.

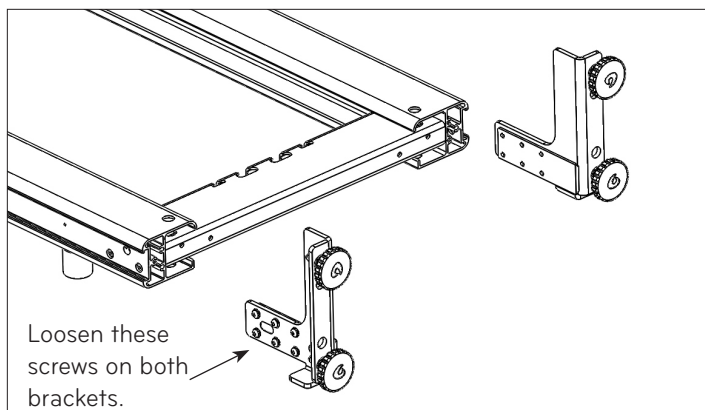


Figure B

3. Re-install the plastic rail end caps on the same side you removed them from. The lanyard and locking pins are no longer needed so they can be set aside with the risers. See Figure C.

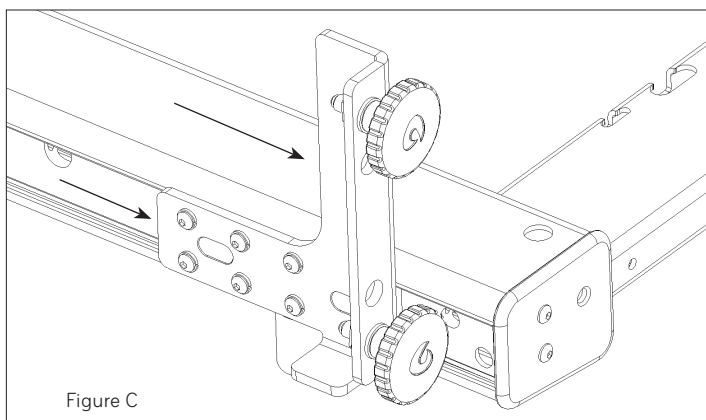


Figure C

4. Make sure both brackets are slid all the way up against the plastic rail caps. Using the provided 5/32" allen wrench, tighten the 6 screws on both Tower brackets. See Figures C and D.

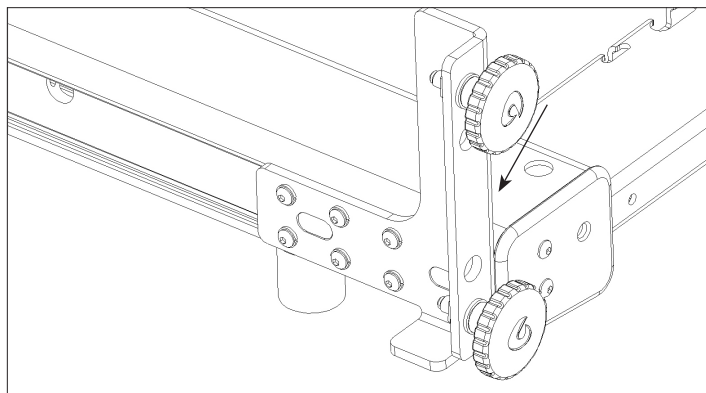


Figure D

5. Install the Tower frame onto the brackets.

- a. Position the Tower frame so that the large threaded holes at the bottom face away from the carriage.
- b. Lift the Tower frame over the brackets and lower it around them so it rests on the ledge at the bottom of the brackets. See Figure E.

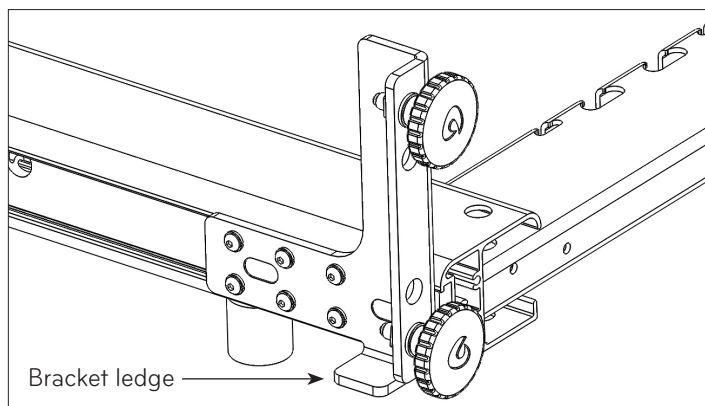


Figure E

- c. Slide the frame toward the bracket until it is flush.
- d. With one arm or an assistant holding the Tower frame upright and in position, start threading the 4 large knobs into the Tower frame. You may have to push on the frame to get it into position with the knob, and if one is giving you trouble, just move onto the others and come back to it. See Figure F.

**IMPORTANT NOTE: Get all four knobs started 3-4 turns into the Tower frame before tightening any of them. It is also critical that the Tower is parallel and flush against the bracket with the knobs. You may have to push/pull/twist the leg of the Tower to make it line up.**

- e. Once all four knobs are started tighten them one by one.

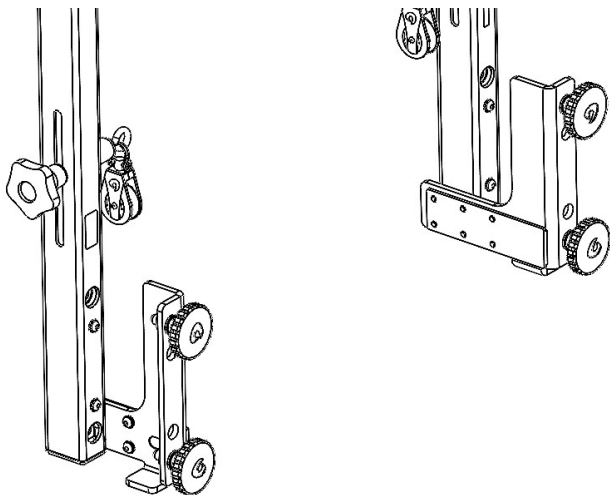


Figure F

6. Install the adjustable pulleys by assembling the components as shown in Figure G with the pulley on the inside of the frame. Tighten the knob when the eyebolt is horizontal as shown in Figure G. Repeat on the other side.

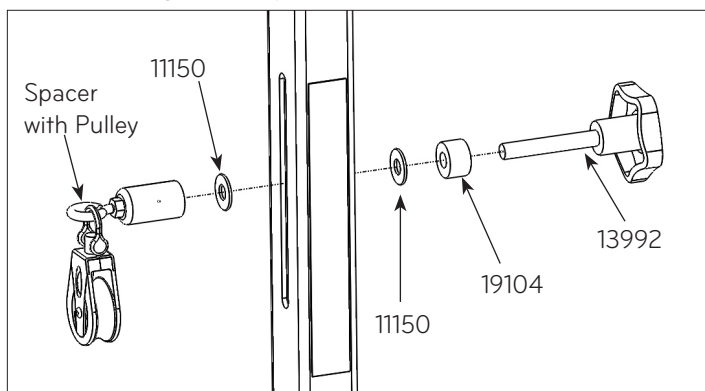


Figure G

7. Install the lower spring mounts in the head end of the frame with the long screw and the 5/32" allen wrench. Tighten the screw with the eyebolt positioned vertically as shown in Figure H.

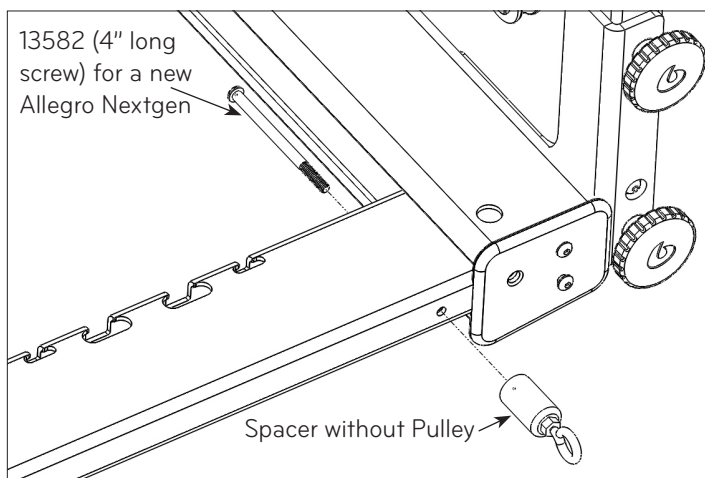


Figure H

8. Rethread your ropes through the new pulleys.

## REPOSITION THE T-PIN

For shipping purposes, the Tower is packaged with the T-pins installed on the inside of the Tower frame. See Figure I.

9. The T-pin should be installed on the outside of the Tower frame for use. To remove the T-pin, push the button on the handle of the pin while holding the push through bar (PTB) securely. Pull the pin free of the PTB and Tower frame. Reinsert the pin from the outside of the Tower frame. See Figure I.

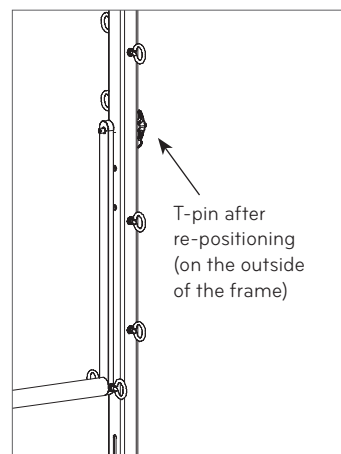


Figure I

## INSTALLING MAT CONVERSION

10. Disconnect all carriage springs
11. Move the carriage to the head end of the frame and clear the ropes out of the way.
12. Place the mat in the open space between the standing platform and the carriage.
13. Remove the shoulder rests from the carriage (optional).

## USING THE PRE-INSTALLED PUSH-THROUGH BAR (PTB) SAFETY STRAP

**Note:** Always use the safety strap for bottom-sprung exercises.

Use only with qualified instructor supervision. The PTB safety strap is used only for bottom-sprung exercises. Figure A at right shows the safety strap correctly positioned to secure the push through bar. The strap includes numerous loops or "contact points" so that you can adjust the "stopping point" of the PTB if it is released during exercise.



Figure A

**Note:** Use the Velcro portion of the safety strap at the top of the Tower frame to secure the PTB upright when not in use.

## MOVING AND STANDING AN ALLEGRO NEXTGEN WITH TOWER

**Note:** Always exercise caution when moving, lifting, or storing an Allegro Nextgen or an Allegro Nextgen with Tower. Use proper lifting technique to avoid injury.

### TO MOVE:

To move a Reformer with Tower a short distance you may be able to lift the head end and roll it on the transport wheels as if you did not have a Tower. Be aware that you will be lifting the Tower and Reformer so it will be heavier than the Reformer by itself. The Tower will also be rising quite high so you will have to be careful if you do not have high ceilings.

If moving the Reformer and Tower is not possible, remove the Tower, then move the Reformer.

1. Pull the ropes back through the pulleys on the riser.
2. Loosen the four gray Tower knobs and remove the Tower from the Reformer frame. If this is too heavy, the springs and push thru bar can be removed first. If you do not remove the push thru bar or roll down bar, be aware that they can swing freely.
3. Now with the carriage held in the home position by at least 2 springs, lift the head end of the Reformer to roll.

**Note:** If you have the extended legs installed and have the transport wheels at the head end, you can leave the Tower installed and lift the foot end of the machine to roll it around. Make sure the carriage is at the head end of the frame before lifting. You will take up more room as you move around in this configuration but for some circumstances this is acceptable.

### TO STAND:

4. Remove the Tower frame as explained in the "To Move" section. **The Tower must be removed before standing.**
5. It is absolutely critical that the Allegro Nextgen footbar be set and locked in the correct position for standing storage. Move and lock the footbar into the position closest to the foot-end of the Reformer frame. Raise the footbar to its 2nd highest position. Lift the head-end of the Allegro Nextgen frame to waist height. Then raise the frame to vertical. Use your foot to steady the wheeled end of the frame as you lift to vertical. The vertical Allegro Nextgen will come to rest on the footbar and the transport wheels.

**Note:** It is absolutely critical that the Allegro Nextgen footbar be set and locked in the correct position for standing storage.

## Installing Your Wall Security Strap

The Allegro Nextgen Wall Security Strap is designed to mount on walls with standard wood framing. If you have a different type of wall construction (brick, concrete, etc.), it may require a different fastener. Check with your local hardware store or contractor.

### Parts List (included)

- » 1 adjustable belt strap
- » 1 3-1/2" eye-bolt

### Tools Needed (not included)

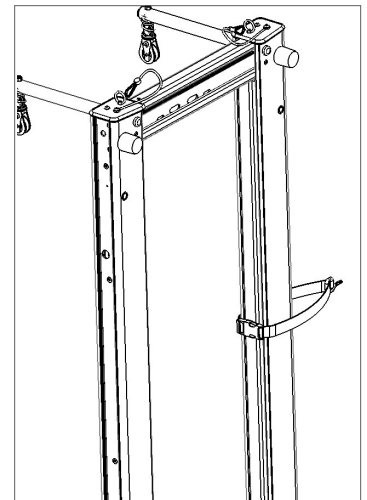
- Drill with 1/8" bit
- » Phillips or flathead screwdriver

### INSTALL THE EYE-BOLT

1. Find a stud in the wall where you would like to stand your Allegro Nextgen. Make sure you have ample space on both sides of the stud as well as above for the Allegro Nextgen. Using a 1/8" drill bit, pre-drill a hole into the stud. The hole should be positioned 5' to 5 1/2' above the floor. Secure the eye-bolt into the pre-drilled hole with the screwdriver until the shaft of the eyebolt is completely within the wall.

### USING THE WALL SECURITY STRAP

2. Follow your Allegro Nextgen or Allegro Nextgen Tower instructions for proper standing procedure.
3. Move the Allegro Nextgen near the wall with the footbar pointed away from the wall (perpendicular to the wall).
4. Wrap the strap ends around one rail and connect the ends like a belt, using the adjustable clip.
5. Adjust the strap to remove any slack.



**NOTE:** Do not try to wrap the strap ends around the entire frame - it will not fit.

**IMPORTANT:** Balanced Body is not responsible for any damage or injury caused by improper wall mount installation, or the use of incorrect or improper wall mounting equipment.

If you have any questions, please call Balanced Body at 1-800-PILATES (1-800-745-2837) in the U.S. and Canada, or +1-916-388-2838 (international).

## ADDITIONAL SAFETY AND USAGE

**FOR EXERCISES, SAFETY AND ADDITIONAL USAGE PLEASE USE THE QR CODE TO ACCESS USER GUIDE (19093).**

**PARA EJERCICIOS, SEGURIDAD Y USO ADICIONAL, UTILICE EL CÓDIGO QR PARA ACCEDER A LA GUÍA DEL USUARIO (19093).**

**PER ESERCIZI, SICUREZZA E USO AGGIUNTIVO, UTILIZZARE IL CODICE QR PER ACCEDERE ALLA GUIDA UTENTE (19093).**

**POUR LES EXERCICES, LA SÉCURITÉ ET L'UTILISATION SUPPLÉMENTAIRE, VEUILLEZ UTILISER LE CODE QR POUR ACCÉDER AU GUIDE DE L'UTILISATEUR (19093).**

**FÜR ÜBUNGEN, SICHERHEIT UND ZUSÄTZLICHE NUTZUNG VERWENDEN SIE BITTE DEN QR-CODE, UM AUF DIE BENUTZERANLEITUNG ZUZUGREIFEN (19093).w**



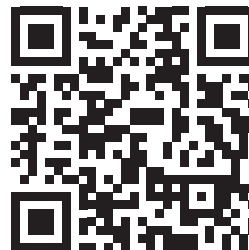
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### QUESTIONS?

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