

How to Assemble Your Wall Tower



Please read through these instructions completely prior to assembling your Wall Tower. You will need a slot-head screwdriver and a crescent or socket wrench. You will also need to acquire the proper hardware for mounting the equipment to the wall. Different types of wall construction require specific hardware. Check with your local hardware store.

PARTS INCLUDED

Curved Wall Tower top	(1)	WLL0105
» Wall Tower tubes	(2)	WLL0103
» Wall Tower base plate	(1)	WLL0104
» Aluminum push-through bar	(1)	TRP0047
» Maple roll-down bar	(1)	710-010
» Safety strap and carabiner	(1)	210-023
» Eye bolt assemblies	(20)	GEN9149
» Yellow springs with snaps	(2)	(see below)
» Blue springs with snaps	(2)	SPR9002
» Long purple springs with snaps	(2)	SPR9004
» Long yellow springs with snaps	(2)	SPR9461
» Cotton loops	(2)	SPR9006
» 22" Wall Tower chain with carabiners	(2)	101-005
» Hardware package (see below):		716-005
» 5/32" hex key	(1)	
» Lag bolts with washers	(4)	GEN9282
» Flat head bolts	(2)	GEN9415
» Set screws, require use of the hex key	(2)	GEN9473
» 1/4" washer	(4)	GEN9409
» T-pins	(4)	GEN9204
» (Optional) Mat with Moon Boxes and dowel	(2)	GEN9892
	(1)	716-002

Lay out all your parts

Make sure you have all the components listed above. Also make sure you have acquired the hardware necessary to attach the equipment to the wall.

Tools needed (not included)

- » 7/16 Wrench
- » Screwdriver to hold eyebolts in place while tightening

ALIGN THE TUBE OPENINGS ON THE FLOOR

First, align the tube openings on the floor. There is a set of nine evenly-spaced holes with large openings on both sides of the tube. This set is for the push-through bar and should be aligned parallel to the floor, directly facing the same set of holes of the other tube.

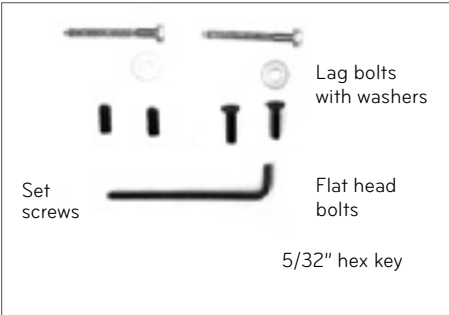


The other set of holes consists of three sets of three holes that have a large opening on one side and a small opening on the other side. This set is for eye-bots (used for springs and other attachments) and should be perpendicular to the floor with the small openings facing the floor.

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Eye Bolt Assembly (G)



Hardware Package (N)

ATTACH TUBES TO CURVED TOP PIECE

Slide the Pole System tubes into the curved Pole System top. With the tubes properly aligned as completed above, slide the end with the welded smaller tube into the top piece. Make sure the weld nut on curved top is facing up. Insert the set screw (located in your hardware package) and tighten using the provided hex key.



ATTACH TUBES TO BASE PLATE

In your hardware package, locate the two flat-head bolts. Also, locate the Wall Tower base plate. Thread the bolts through the holes in the base plate to secure the bottom of the tubes. Tighten the bolts using the hex key. Make sure the eyebolts in the base plate are facing up.



INSTALL EYE BOLTS INTO TUBES

Install eye bolts into the large/small holes that are perpendicular to the floor. For each hole, screw an eye bolt into the small hole in the side of the tube. The small black metal disk (looks like the brim of a cowboy hat) fits over the end of the bolt on the side with the large hole (side that would face the wall when Wall Tower is upright).



Screw the cap nut onto the eye bolt, flush with the disk. **DO NOT** overtighten the screws – this can damage the parts. **Note:** attach the push-through bar **AFTER** you have secured the Tower to the wall and floor.

SECURE THE WALL TOWER TO THE WALL

The curved top piece is designed to screw into the studs at standard 16" spacing. (If you do not have the standard spacing or if you need to have the Wall Tower set up in a specific location where the screw holes do not line up with the studs, you will need to obtain and secure a header piece. A 2" x 4" wood plank long enough to span three studs will work. You can purchase this from a hardware or do-it-yourself store.) Use two lag bolts to screw the Wall Tower directly into the wall studs or into the header which you already screwed into the studs.



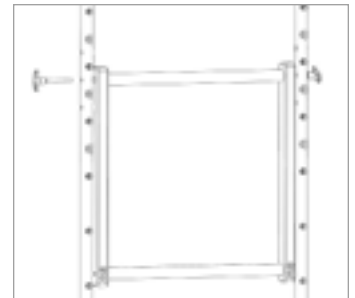
SECURE THE WALL TOWER INTO THE FLOOR

There are two 1/4" holes in the base plate to secure the Wall Tower to the floor. If you have a wood floor, you can use the enclosed lag bolts. If you have a concrete floor, check with your local hardware store to obtain the necessary hardware and tools. **YOU MUST PROPERLY SECURE THE WALL TOWER TO THE WALL AND THE FLOOR.**



ATTACH PUSH-THROUGH BAR

Place the bar between the tubes, aligned with the holes you wish to use. Insert the T-pins from the outside of the tubes by depressing the button.



CONTROL WARNING!

The push-through bar can be extremely dangerous to both the client and trainer. Always control the push-through bar securely through any movement, especially when the bar has springs attached to it. If the bar is released under spring tension, it will move forcefully in the direction of the spring connection point.

Always be aware of the full arc area of the bar and keep that area clear of both the instructor's body and the client's body.

Note: Use only with qualified instructor supervision.

When not in use, the push-through bar should be secured out of the way. You can use the safety strap or the Wall Tower chain (see the photos below). Attach the safety strap by looping the strap around the top end tube and through the sewn end loop. Never attach the safety strap to any eyehook on the frame.



Using the chain to hold the push-through bar out of the way



Using the safety strap to hold the push-through bar out of the way

CLEANING AND MAINTENANCE

To clean upholstery vinyl: remove ordinary dirt and smudges with mild soap and water solution. Dry with a soft, lint-free cloth. For more difficult stains, use a stronger detergent, but follow the detergent manufacturer's instructions closely. More stubborn stains can be removed with non-abrasive cleaners such as Formula 409® or Fantastik® used with water and a soft cloth.

To clean wood and aluminum: use a damp cloth and mild soap. Wipe dry.

Periodically check the machine for anything that might have become loose, such as the eyebolts where the springs attach.

QUESTIONS?

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