

# Assembling the Balanced Body® Arm Chair

Now that you have opened up the box for your new equipment, please take the time to thoroughly inspect it for shipping damage prior to assembly. If any issues are found, contact our customer service department at 1-800-PILATES or 1-916-388-2838 right away. Please read each step thoroughly and look at the diagrams before doing anything.

## PARTS (INCLUDED):

(Please use this list to make sure you have all the parts listed. If you are missing a part, please contact our customer service department at 1-800-PILATES or 1-916-388-2838.)

TOOLS	PART NUMBER	QTY
5/32" Allen Wrench	GEN9282	1

PARTS		
Armchair		
Wheel bracket (with wheels)	615-002	
Armchair rod (with 4 eyebolts & 4 springs)	230-025	1
Bracket, armchair rod	616-155	1
Spring, Yellow (with eyebolt)	SPR9002 (modified)	2
Spring, Purple (with eyebolt)	SPR9461 (modified)	2
Neoprene Handles	101-016	1 pair

HARDWARE		
Finish washer	210-050	4
Acorn nut, 1/4"	GEN9181	4
Button head bolt, 1/4"-20 x 1-1/2" long	GEN9019	2
Lock nut, 1/4"	GEN9021	4
Flat washer, 1/4"	GEN9204	5

## TOOLS NEEDED (NOT INCLUDED):

» 7/16" open end or crescent wrench

1. Slide the rod with two springs attached through the holes in the armchair as shown in Figure 1. Make sure the bolt holes on the wood frame and metal bar are on the same side of the chair once it slides into place.

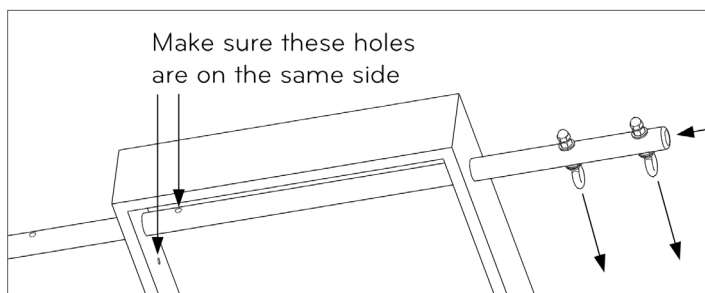


Figure A: View looking at the underside of the Arm Chair showing correct spring rod placement. (springs omitted for clarity)

2. Make sure the loops of the eyebolts on the rod are pointed toward the chair as in Figure A. Using the included bolts, washer, and nuts, install the rod bracket as shown in Figure B.

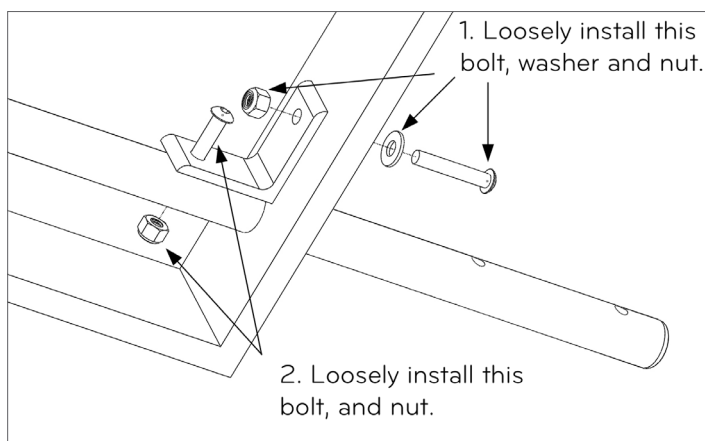


Figure B: View looking at the underside of the Arm Chair showing correct spring rod placement.

3. Tighten both bolts installed in the previous step.

4. Install the two remaining eyebolts with springs into the rod as shown in Figure C. (Springs not shown for clarity.) Make sure the loops of the eyebolts are pointed toward the chair, and that the same color spring is closer to the chair as on the other side.

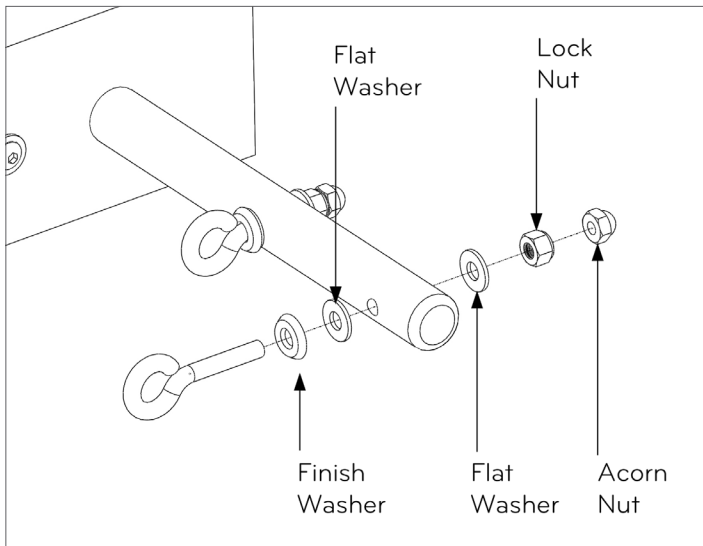


Figure C: Springs omitted for clarity.

#### INSTALLING WHEEL BRACKET:

5. Using the provided 5/32" Allen wrench, remove the three screws at the bottom of the chair. Hold the included wheel bracket up to the three holes and align the holes. Begin threading all three screws into the chair before tightening any of them. Then tighten.
6. Your Arm Chair is now ready to use.

#### QUESTIONS?

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