

Inserting and Using the Rialto® Plank Bars*

*For use only on the Rialto® Reformer.

PARTS: Plank Bars (2)

TO USE:

Move the footbar to the low or horizontal position. Insert Plank Bars into the round holes on the foot side of the Rialto as shown in Figure A.

To achieve different handle variations, lift up an inch rotate 90 degrees or swap the Plank Bars, also shown in Figure A.

IMPORTANT NOTES:

- » Plank Bars will not rotate when installed properly.
- » Take care when installing and removing the Plank bars from the leg openings. The Plank Bar ends can 'grab' the rubber caps. Lifting vertically or a little toward the carriage and up helps prevent this.
- » Please be advised that you will experience some loose "play" in the Rialto Plank Bars when installed into the Rialto Reformer leg receivers. This is normal and will not affect use or safety.
- » **Note on Standard Use.** Please be aware that the bottom of the Rialto Plank Bars may show normal wear after use. Normal wear and tear does not affect functionality of the Plank Bars.

QUESTIONS?

Call Balanced Body technical support at 1-800-745-2837 (US, Canada), or +1-916-388-2838 (all other countries).
Email us at info@pilates.com.

EXAMPLE EXERCISES AVAILABLE ON BACK.

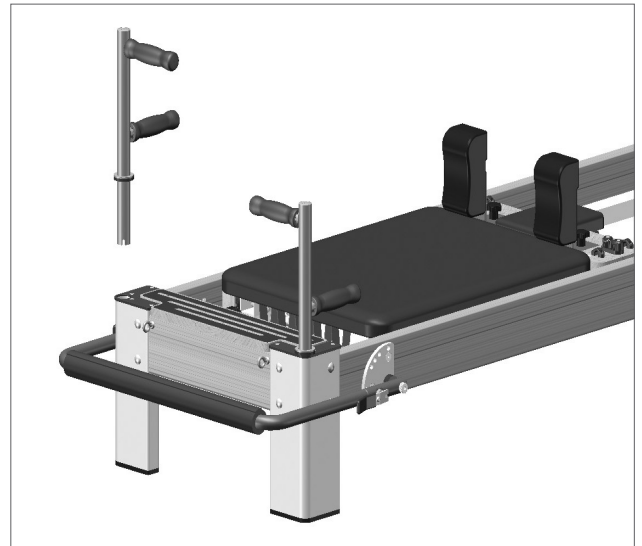


Figure A: Springs not shown attached for clarity.



Control Back



Control Front



Tendon Stretch 1



Long Back Stretch 1



Long Back Stretch 2



Tendon Stretch 2



Long Stretch High



Long Stretch Low



Star High



Star Low