

Assembling the Contrology 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.)

PARTS	Part Number	Qty.
Arm Chair, Contrology	N/A	1
Wood Stopper Insert	17019	1
Arm Chair, Contrology, Springs	16909	2
Leather Contour Handle Asm (pair)	17115	1
Quick Link	17050	2

1. Slide the Wood Stopper insert into one of the two openings in the base wood as shown in Figure A. There is a notch in this wood so it can only go in one way. For normal use, have it in the closest position. For extra range of motion install the stopper into the far notch.

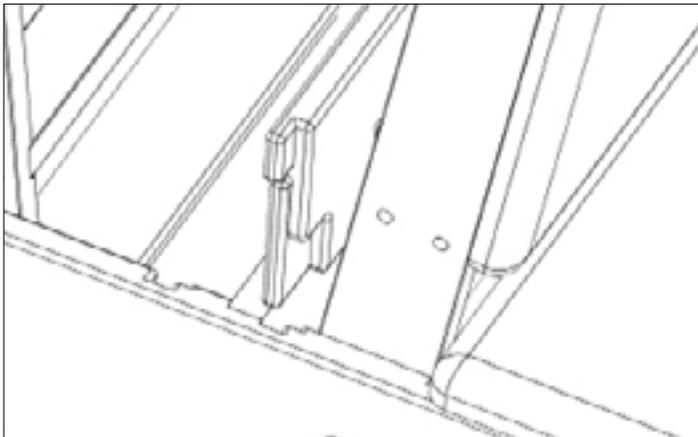


Figure A: Install the Wood Stopper Insert into the notch in the frame.

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2. Unthread the nut portion on the Quick link to create a gap, install on one end of one spring loop in opening and over one of the eyebolts as shown in Figure B. Once in position, thread the nut portion back onto the Quick Link threaded end and tighten.

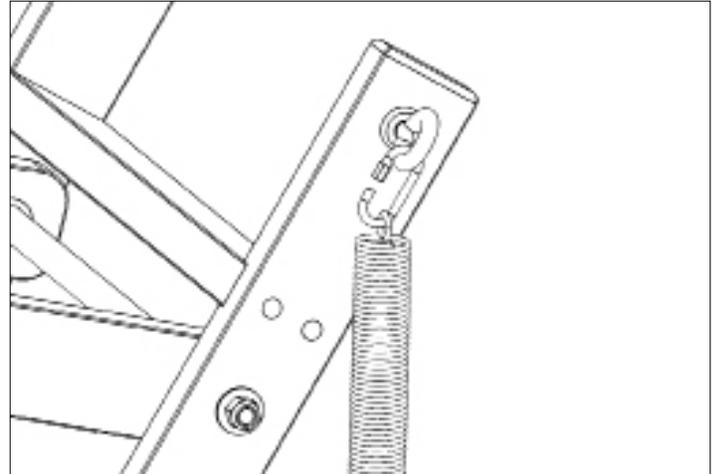


Figure B: Install Quick links to eye bolts and spring.

3. Repeat Step 2 for other spring.
4. Install a handle to each spring via the dog clip to the bottom spring hook.
5. Your Contrology Arm Chair is now ready to use.

QUESTIONS?

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

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