

# Assembly of the Balanced Body® CoreAlign®



## PARTS LIST

Part	Description	Quantity
N/A	CoreAlign chassis/frame	1
950-221	CoreAlign cart	2
950-140	CoreAlign cart stopper	2
950-143	CoreAlign speed bumps	2
616-219	Foam pads for carts	2
UPH7019	Foam pads for standing platform	1
950-151	Straps and handles	1 pair each
950-218	Peach (light) resistance tubing kit (4 in each kit)	2
950-219	Blue (medium) resistance tubing kit (4 in each kit)	2
950-220	Gray (heavy) resistance tubing kit (4 in each kit)	2
616-252	Band handles	24
616-113	CoreAlign wrench	1
616-114	6mm Allen wrench	1
GEN9284	1/8" Allen wrench	1
GEN9282	5/32" Allen wrench	1

\*Maintenance kit is used for minor adjustments on the CoreAlign, including wheel replacement if necessary.

The CoreAlign is an innovative exercise machine designed to develop strength, coordination and balance. Created by Jonathan Hoffman, PT, it can be used by personal trainers, Pilates instructors and physical therapists as a functional training tool for injured clients, people looking to improve their overall fitness, and athletic training for improved performance. If you are new to the CoreAlign, we recommend consulting a trained CoreAlign instructor in order to learn to use the unit safely and effectively.

**Note:** Take extra care when using the CoreAlign with heavy band loading or on uneven or slippery floors such as wood, tile or low pile carpeting. If you experience slipping or rocking of your CoreAlign and/or Freestanding Ladder, prevent this by adjusting the leveling feet on the ladder, using a non-slip pad under the rubber feet of the CoreAlign or modifying the resistance as necessary.



CoreAlign Main Components with Optional wall mounted Ladder

## A. INSTALLING THE COREALIGN

Take the CoreAlign out of the box and place it on the floor with the narrow end in front of the ladder. Make sure the CoreAlign is on a level surface.

**NOTE ON FURNITURE GLIDES:** Several exercises require the CoreAlign to move closer or farther from the ladder. Furniture glides can be placed under the feet of the unit to make moving easier. Choose the kind of glides you need based on the floor surface the unit is installed on. Furniture glides for a variety of surfaces are available at your local hardware store. If you choose to use furniture glides be aware that they may cause the CoreAlign to slide in use.

## B. INSTALLING THE COREALIGN RESISTANCE TUBING

1. Remove the CoreAlign cart top by pulling the round knob on one end and lifting the cart top up as shown in **Figure A**.



Figure A

2. Place the band handles in the notches on both sides of the cart as shown in **Figure B**. The standard arrangement for the tubes is to place the 2 light (peach) tubes in the outer positions, the 2 medium (blue) tubes in the center positions and 2 heavy (gray) tubes on the inside positions.

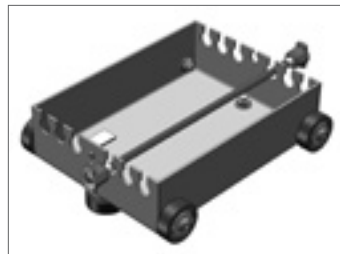


Figure B

3. Re-install the cart lid by sliding the lid into place (**Figure C**) and pulling the round knob out to let the lid drop into place. Release the knob to lock the lid in place.



Figure C

### Checking the resistance tubing for wear

The tubing must be replaced regularly in order to provide consistent resistance and a safe experience on the CoreAlign. Check the tubing weekly by opening the carts and looking for holes or thin spots. Replace any worn tubing immediately. To prolong the life of your stored tubes, keep them in a sealable bag away from direct sunlight and heat until needed.

## C. USING THE COREALIGN

The CoreAlign is comprised of two independent carts traveling in two tracks, with standing platforms at each end of the unit. Cart resistance is achieved by connecting color-coded elastic bands between the carts and the notches on the ends of the frame. Resistance can be adjusted by changing the color and/or the number of elastic tubes used. Refer back to Figures A and B to see how to properly install tubes.

### Cart starting positions

The structure of the CoreAlign allows you to create resistance on the cart in a number of different ways. Common configurations include:

Both carts attached to the ladder end of the frame (**Figure D**)

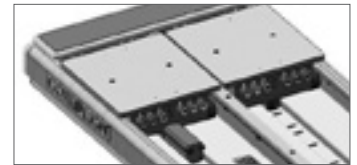


Figure D

Both carts attached to the open end of the frame. (**Figure E**)

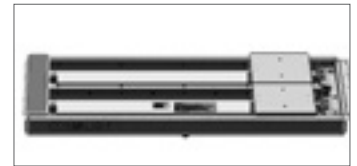


Figure E

One cart attached to the ladder end and the other to the open end of the frame. (**Figure F**)

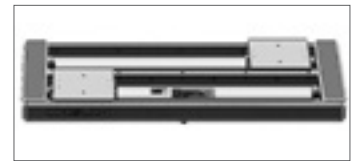


Figure F

Both carts in one track, with the tubing attached to either end of the frame. (**Figure G**)



Figure G

Both carts in one track with the carts attached to each other. (**Figure H**)



Figure H

## Resistance tubing adjustments

To adjust the resistance, press down on the standing platform latch to release the platform lid and lift it up as shown in **Figure I**.

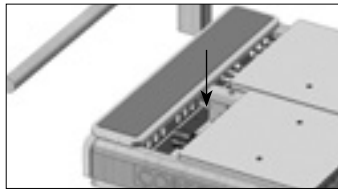


Figure I: Latch Lever

You will see several band notches under the lid, as shown in **Figure J**.

» Place the band handle securely in the notch that is directly in line with it.

» When you have all the tubes you need in position, lower the lid and make sure you hear a click to indicate the standing platform is secured.

» Each tube color represents a different level of resistance. Peach = Light, Blue = Medium, Gray = Heavy

» The specific number and weight of tubes needed for each exercise is included in the exercise description. For safety, we recommend attaching 2 tubes when the cart is in use, to minimize the instability of the cart should a tube break.

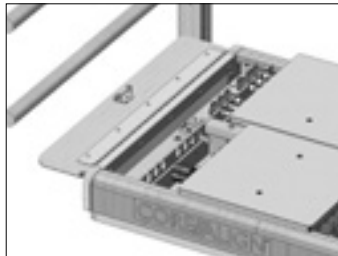


Figure J

## Cart stopper and locking adjustments

To limit the travel of the cart, place a cart stopper block in the track by facing the 4 bumpers toward the cart and inserting the tab in the appropriate slot in the track as shown in **Figures K, L**.

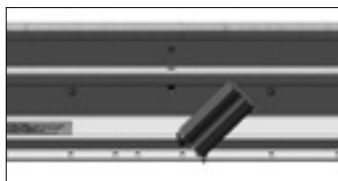


Figure K

To lock the cart at the end of the track, place the stopper block in the track with the 4 bumpers facing away from the cart and insert the tab in the slot that holds the cart secure as shown in **Figure M**.

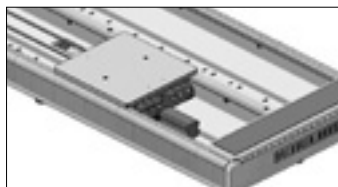


Figure L

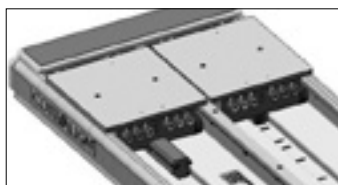


Figure M

## CoreAlign Accessories

Many CoreAlign exercises require the following accessories:

- » A wall ladder
- » Straps with handles (included)
- » Cart stopper blocks (included)
- » Freestanding ladder

In addition to the standard CoreAlign unit, the following accessories may be added to the cart for specific exercises:

- » Cart pads for knees, elbows and forearms (included)
- » Rotator disks
- » Speed bumps for hands and feet (included)

Depending on the exercises and clientele you may also need the following:

- » A side bar for security while standing sideways on the cart or for additional stability for beginners
- » An exercise mat
- » A physioball

## D. USING THE HANDLES AND STRAPS

Several CoreAlign exercises (included in your CoreAlign instructions) require optional handles and straps for support. To attach them to the ladder, place the loop-end around the outside end of a long dowel. Choose the desired height for the handles and wrap the rope around the ladder and/or dowel until desired length is reached. To adjust, simply move the looped end to a different dowel. Be certain they are secure before using.

## E. USING THE SPEED BUMPS

The speed bumps are included to help support the hands and feet on the CoreAlign carts. To install place the two pins on the bottom of the speed bump into the holes on the top of the cart as shown in **Figure O**. If you will be pushing off the speed bumps, orient them so that you are pushing off from the edge furthest from the pins.



Figure O

## F. SAFETY WARNINGS AND CONTRAINDICATIONS

Safety and injury prevention are the essence of the CoreAlign method and these safety guidelines are intended to create awareness and minimize danger. When using the unit personally or with a client it is important that you understand the safety considerations for the CoreAlign in order to create a positive exercise experience.

In the studio setting, it is the instructor's responsibility to judge whether all exercises are safe, according to the student's experience with the CoreAlign, their overall physical condition and any injuries or movement limitations they may have. The following safety principles should be observed regardless of the physical ability of the client.

### GENERAL SAFETY CONSIDERATIONS

#### **Maintain your balance**

Because the CoreAlign has two moveable carts that you stand on, it is important to pay attention when getting on and off the unit and when changing positions on the unit in order not to lose your balance. To minimize danger, users should hold on to one of the ladder rungs as they mount, dismount and change positions. For users who are new, injured, elderly or suffer from balance challenges, the instructor may stabilize the cart with their foot as the user gets on and off, or provide a side rail for the user to hold.

#### **Keep control of the cart at all times**

To keep your feet from slipping off the cart, to maintain good contact between your feet (or hands, forearms, etc.) and the cart at all times. Wear good-fitting athletic shoes or place a sticky pad between your foot and the cart to make sure the foot is secure.

#### **Keep body parts and other objects away from the track area during exercise**

The carts can move quickly and with force when the tubes are attached. Keep body parts and other objects away from the tracks at all times. This includes loose clothing, hair, untied shoe laces, or very long pants.

#### **Resistance tubing breakage**

The resistance tubes can break during any exercise. For safety, always have 2 tubes on each cart, inspect the tubes for wear on a weekly basis and replace them regularly.

#### **Unsupervised use**

If the CoreAlign is located in an area where untrained people may try to use it without supervision, store the carts separately from the frame to prevent unwanted use.

**Special attention should be provided to people with the following conditions:**

- » Pregnant women
- » Joint instability and/or significant lack of range of motion
- » Any recent injuries
- » Balance issues
- » Osteoporosis or osteopenia
- » Users who are afraid of movement
- » Concentration, attention or communication issues
- » Any medical condition where it is not recommended to engage in sport-related activities.

#### **Contraindications**

Not recommended for use by people with the following issues:

- » Any impaired movement.
- » If any exercises are causing pain.
- » A contraindication for pregnant women\*

**\*Note:** Pregnant women should not use the CoreAlign if they have any of the following:

- » Insufficient CoreAlign experience
- » A history of miscarriage
- » Are considered high risk for any reason

## G. CLEANING THE COREALIGN

Clean tracks and wheels daily with a damp cloth.

The finish on the aluminum tray will wear with time. This is considered normal wear and tear, and does not affect the functionality of the machine.

#### **Warranty**

The CoreAlign warranty is 5 years, excluding mechanical wear parts and resistance tubing. Serial number is located under one standing platform.

## TRAINING

In addition to the sample exercises included here, comprehensive CoreAlign training is available from **Balanced Body®**. Please contact us at 1-800-Pilates, +1 916-388-2838 or pilates.com.

**WARNING:** This machine is potentially dangerous, and Balanced Body Inc. assumes no liability towards use or misuse. If you are not fully aware of the safety issues and use of this machine, do not use it. Use only with qualified instructor supervision. Please refer to the Additional Usage and Safety section for more information.

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