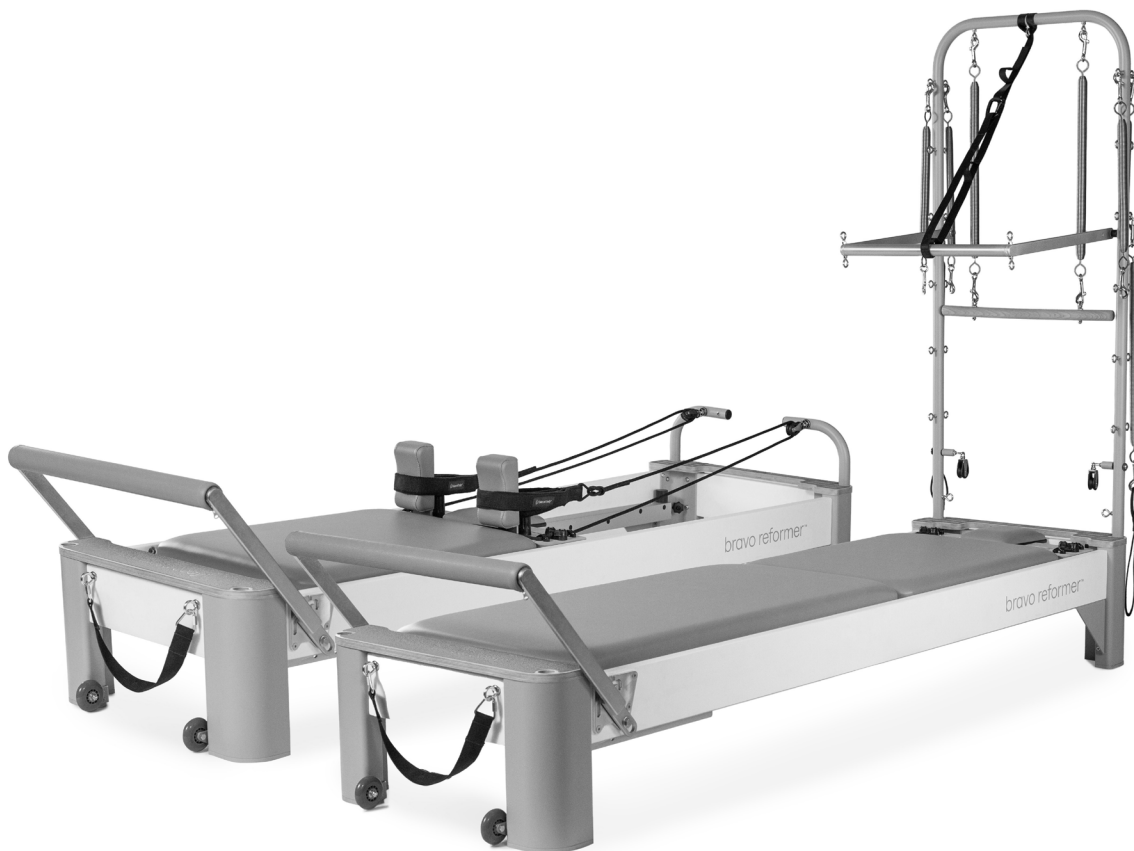


# The Balanced Body Bravo Reformer™ and Tower

THIS IS A MEDICAL DEVICE



Instructions in document subject to change. Please consult separate instructions for most current version.

Visit [pilates.com/patent](http://pilates.com/patent) for complete and current information on Balanced Body product patents.



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18785F | 07.30.25

# Assembling the Balanced Body Bravo Reformer

## BRAVO REFORMER PARTS LIST

(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.)

DESCRIPTION	PART NO	QTY
Red Springs	14285	3
Blue Spring	14286	1
Green Spring	14302	1
Soft Touch Loops (pair)	10048	1
Ropes (pair)	10536	1
Carr Extension Stopper	10414	1
Sitting Box	12431D	1
Risers	18696/18697	2
Riser Knob	18779	2
Shoulder Rests Posts	18660	2
Shoulder Rests w/brackets	18905	2
Foot Strap	16309	1
Footbar assembly	18700	1
Square Slide Key	11833	2
Silver Washer	17263	2
Shoulder Bolt	18797	2
Eyebolt	13744	2
Finish Washer	10522	2
Transport Wheels with Brackets	18699	2
Allen Bolts	14018	4
Wrench	11851	1
5/32" Allen Wrench	13778	1
3/16" Allen Wrench	13777	1
1/8" Allen Wrench	13780	1
Spring Collar	11816	5

1. Turn the carriage over and clean both the wheels and the full length of the rail surfaces inside the frame. Carefully place the carriage into the frame with the headrest facing away from the standing platform end.

## ATTACH THE SPRINGS TO THE UNDERSIDE OF THE CARRIAGE

2. Locate the bracket with five slotted holes beneath the carriage. Hook the springs into the slots. The spring hooks should be facing down when the carriage is installed in the frame. Place the other end of the spring on top of the spring support. See Figure A.

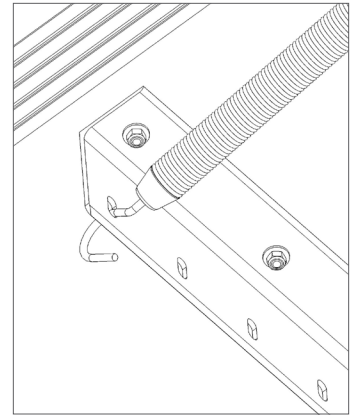


Fig. A

## INSTALL THE RISERS

3. Each riser comes with a pulley installed. Guide each riser through the hole in the leg at the headend of the frame with the pulley facing the carriage. The risers can be adjusted to two different heights. There is an ID mark on the riser to adjust it to the taller height. Lining this mark with the top of the head platform gets you to the higher riser position. See Figure B and Figure C. Set the riser height to the proper height for the user and the exercises being performed. Install knob with the serrated washer into hole in leg. Lock the riser by tightening the knob and using the provided 1/8" Allen Wrench to tighten the set screw.

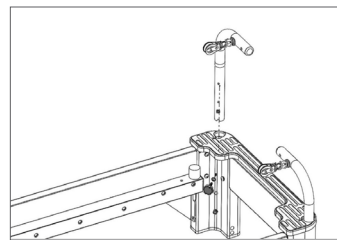


Fig. B

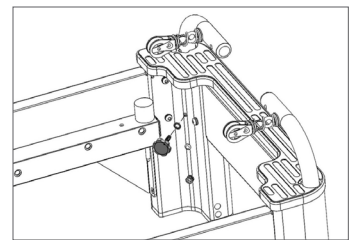


Fig. C

To get to the lower riser position, loosen the set screw, then loosen and remove the knob, letting the riser go all the way down until it rests on the stopper installed into the leg. Now install and then tighten the knob with the serrated washer and the set screw. See Figure D.

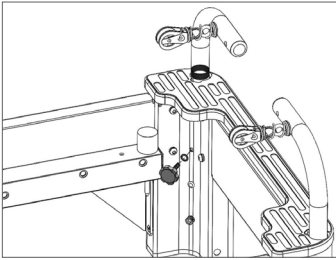


Fig. D

**Note-** Always make sure the knob and set crew are fully tightened before pulling on the risers.

## INSTALL THE SHOULDER RESTS

- Shoulder rest get installed with a black threaded post. Place the shoulder rest into the cutout on the carriage and insert threaded post into hole and tighten. See Figure E

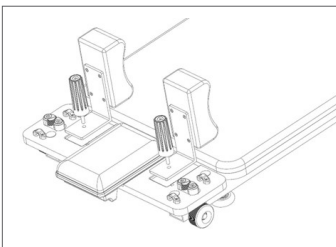


Fig. E

**Note:** In order for the shoulder rest to be completely secure, the post has to be tightened all of the way down.

**Note:** The shoulder rest can be installed in two positions. One position is wider and more comfortable for broad shoulders. Swap the left and right shoulder rests to change between standard and wide configurations.

## ATTACH THE ROPES

- To attach the ropes, first engage at least one carriage spring to the springbar to hold the carriage in place. Unroll and separate the ropes. Install the loops onto the ropes as shown in Figure F.

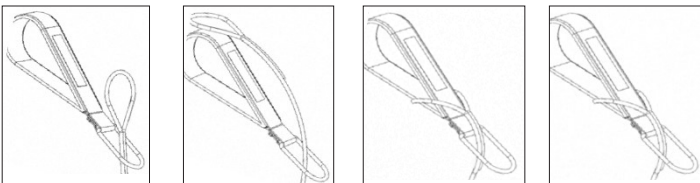


Fig. F

- Hang the loops on the shoulder rest and thread the other end of the rope through the pulley and back into the cam cleat on the carriage. Be sure to go through the black eye straps on both sides of the cam cleat as shown in Figure G.

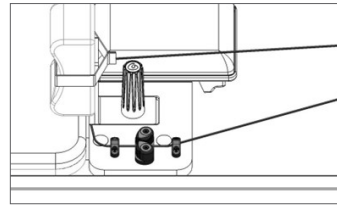


Fig. G

**Note:** Always push the rope down into the cam cleats to ensure a good grip. Pull on loop to verify the rope is secure.

## INSTALL THE FOOTBAR

- Pick up the footbar with the seam facing away from the carriage. Align pins on the footbar with slots on the frame mounted trunnions. Push down evenly so both pins have passed through the slots and dropped into the larger slot in the trunnions. See Figure H.

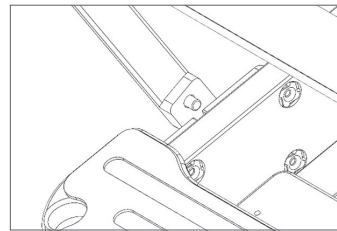


Fig. H

- Pivot the footbar until the rectangular slot on the footbar aligns with the threaded hole on the trunnion. See Figure I.

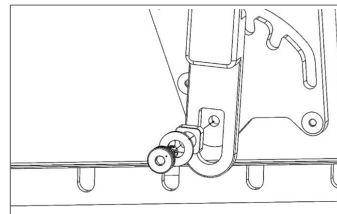


Fig. I

- Install a large washer and then the square slider onto the bolts and thread them into the holes on the trunnion making sure the square slider is aligned with the rectangular slot on the footbar. Use the provided wrench, 11851 to tighten both bolts securely. See Figure J.

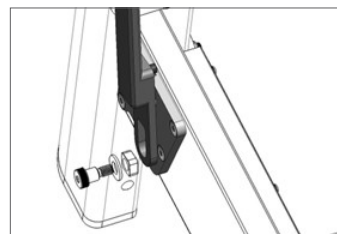


Fig. J

## FOOTBAR ADJUSTMENT

10. To adjust the footbar, grab both sides of the footbar and pull upward see Figure K then tilt to desired angle See Figure L and lower footbar into slot. Always push down on the footbar to make sure it is locked into position.

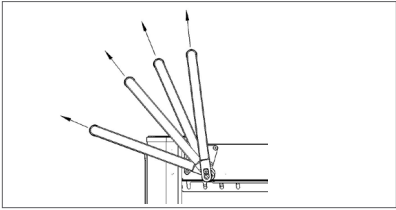


Fig. L

## INSTALL FOOTSTRAP EYEBOLTS

11. Place finish washer onto the eyebolt with the rounded side away from the threads and insert into holes located on the outside of the footend of the frame. Using a screwdriver or similar item insert through opening on the eyebolts and tighten securely. See Figure M.

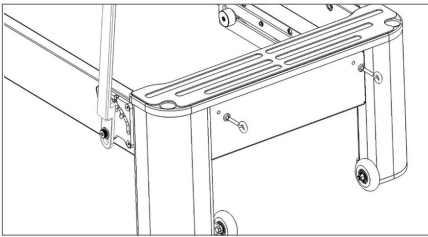


Fig. M

## INSTALL FOOTSTRAP

12. Loosen hex nut on triangular quick link located on end of the footstrap. Install the quick link over eyebolt and tighten hex nut. Repeat on opposite side. See Figure N.

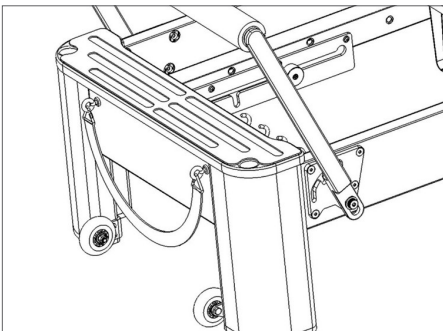


Fig. N

## INSTALLING TRANSPORT WHEEL BRACKETS

13. Position transport wheel bracket against inner part of leg below footbar as shown in Figure O. Install 2 bolts through the bracket and tighten with 5/32" Allen wrench. Repeat on opposite leg.

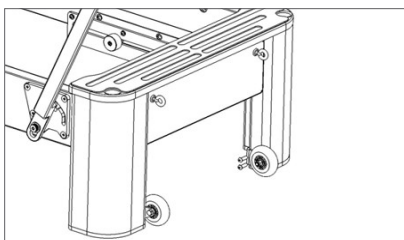


Fig. O

## SPRINGBAR ADJUSTMENT

14. To adjust the springbar to accommodate taller users, lift the springbar by grabbing the round bar where hooks are installed and slide away from the end of the frame to desired position. When using the springbar in position 1 or 2 make sure that the stopper is installed into the corresponding hole on the frame rail. See Figure P.

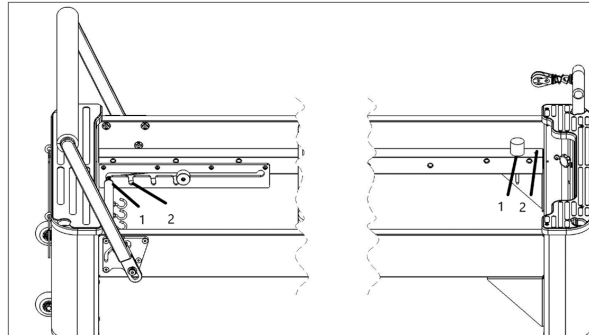


Fig. P

**Note:** Make sure that springbar is seated in position and secure prior to use.

## SPRING COLLAR INSTRUCTIONS

15. To install spring collars disconnect the spring from the foot-end of the Reformer. Slide the slot of the collar on to the neck of the spring as shown in Figure Q. Twist the collar and push up to secure.

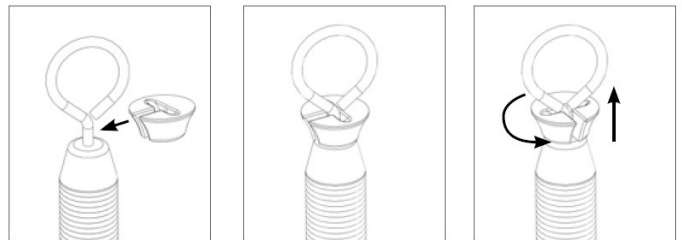


Fig. Q

## ATTACH THE SPRINGS

16. Attached the springs in the user's desired configuration by looping the hook end of the spring through the slots in the tall bracket, as shown in Figure R. Rest the unused springs in the cradle of the hanging bracket. Engage the springs as desired by looping the hoop end over the hook on the springbar.

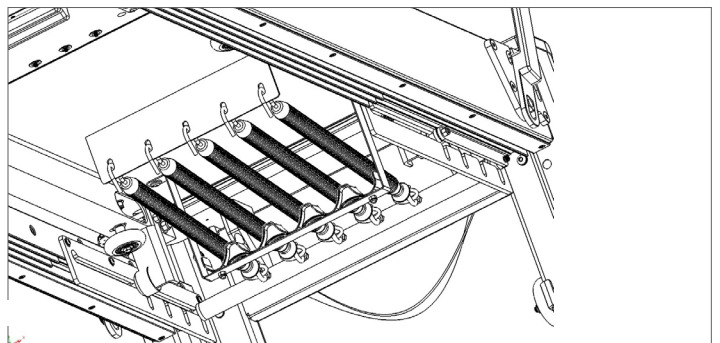


Fig. R

## QUESTIONS?

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

# Bravo Tower and Mat Conversion Installation Instructions

**Please read through these instructions completely prior to installing the Bravo Tower.**

These instructions include a parts list. Please use this list to make sure you have all the parts necessary for installation. If you are missing a part, please contact our customer service department at 1-800-PILATES (1-800-745-2837).

## REQUIRED TOOLS (INCLUDED)

- » 3/16" Allen Wrench (GEN 9280)
- » 5/32" Allen Wrench (GEN 9282)

## PARTS FOR TOWER

DESCRIPTION	PART NO.	QTY
Bravo Tower	18964	1
Bravo Rope Guide	19022	2
Button head screws, 10-24 x ."	15213	4
Bravo Mat Conversion	18692	1
Allen wrench 1/8"	13780	1

## LAY OUT ALL THE PARTS, REMOVE THE RISERS

1. Make sure you have all the components listed in the parts list.
2. If risers are installed, loosen the set screw, remove the thumbscrew, and remove the riser.

## INSTALL ROPE GUIDES

3. Using the provided 1/8" Allen wrench and the provided screws, attach the rope guide to the bottom of the head end platform, as shown in FIGURE A; do this for both sides.

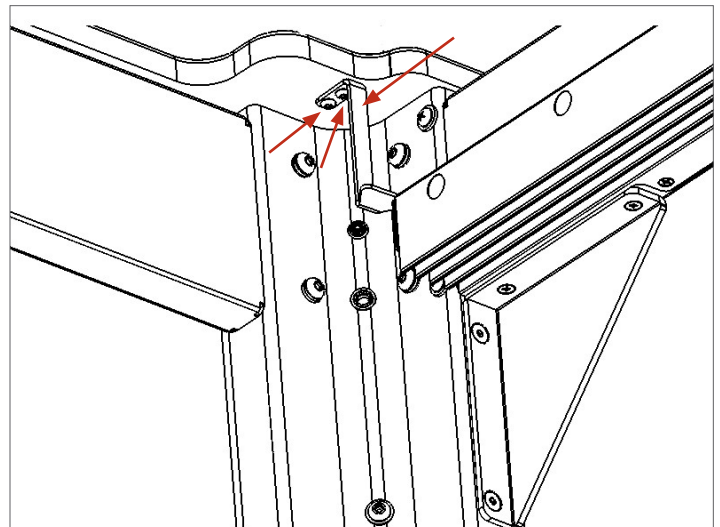


FIGURE A

## INSTALL TOWER INTO HEAD END OF FRAME

- Drop the Tower into the head end of the frame, as shown in FIGURE B. Tower may need to be flexed slightly to fit into the openings of the legs. Lower the Tower down until it stops.

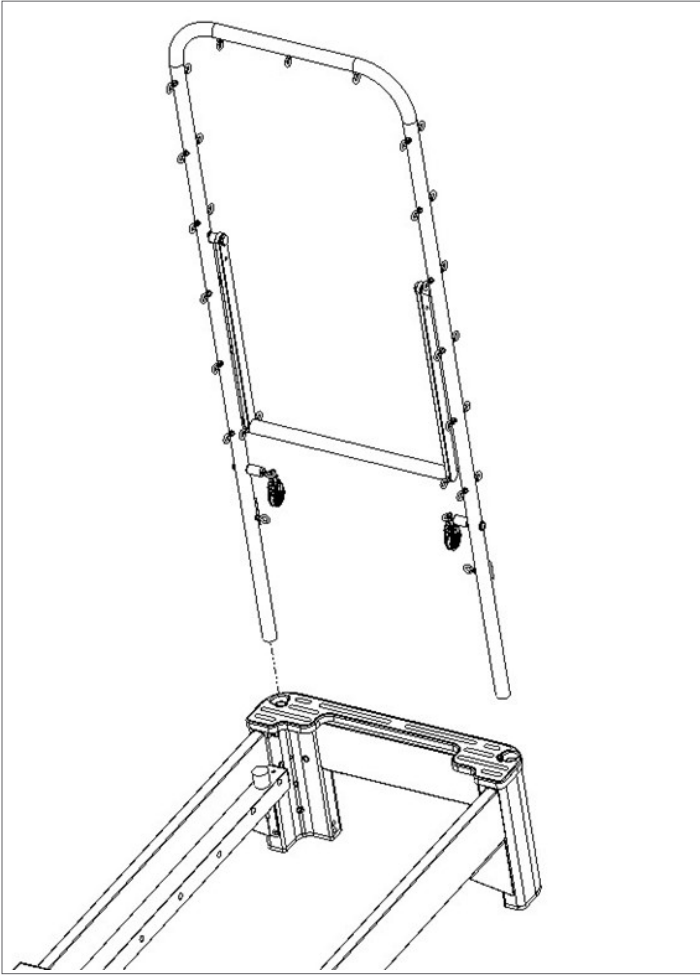


FIGURE B

- Tighten set screw using the 1/8" Allen key, as shown in FIGURE C. Repeat for both sides.

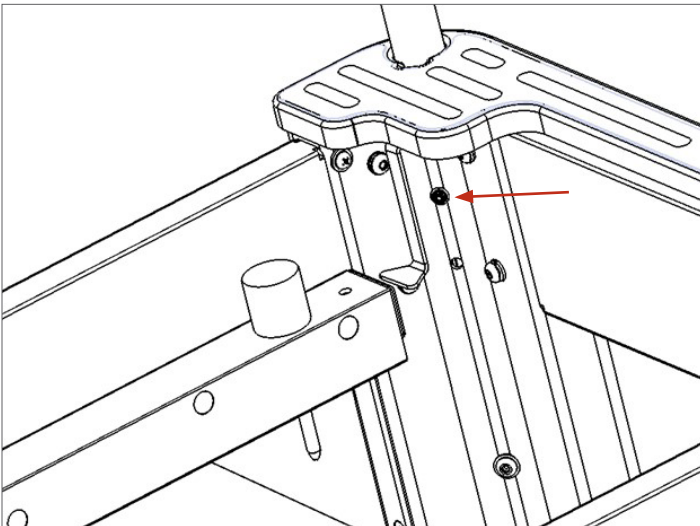


FIGURE C

## INSTALL THE MAT CONVERSION

- Unhook the springs from the carriage and move the carriage all the way to the head end of the machine.
- Place the mat conversion on the foot end of the machine, as shown in FIGURE D.

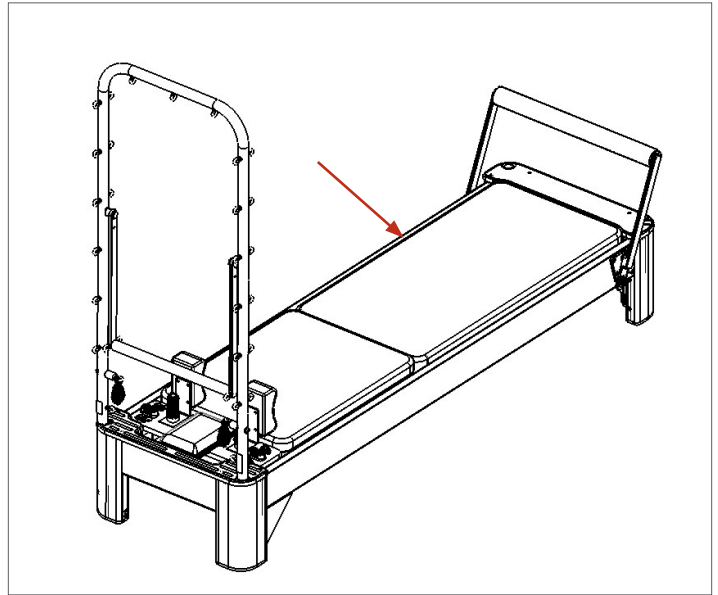


FIGURE D

Questions? Call Balanced Body Technical Support at +1-916-388-2838 or [info@pilates.com](mailto:info@pilates.com).



## ADDITIONAL SAFETY AND USAGE

For additional usage and safety information (**USER GUIDE #19027**), please visit <https://www.pilates.com/store/faq-safety/>.  
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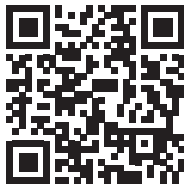
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