

# How to install the Padded Foot Plate (Jumpboard)

## STANDARD FOOTBAR

To install the foot plate (regular or Jumpus Maximus) on equipment with a "standard" footbar design, first loosen the two black knobs located beneath the standing platform at the foot end of the frame. Place the spring bar into the second "gear" from the end of the frame (Figure A).



Figure A

Drop the shorter of the two footbar supports into the first "gear." The longer footbar support will rest on top of the standing platform (Figure A). Gently slide the wooden tongue of the padded foot plate into the silver bracket on the inside of the frame. Finally, tighten the two black knobs on the outside of the frame to lock the foot plate into position.

The black, padded portion of the footbar is intended to be behind the wooden block on the back of the foot plate, not pulled up on top of it (Figure B).



Figure B

## INFINITY FOOTBAR®

To install the foot plate (regular or Jumpus Maximus) on a Reformer with an Infinity Footbar, first loosen the two black plastic knobs beneath the standing platform at the foot end of the frame.



Figure C

Adjust the footbar to the 4th position from the end of the Reformer. Then adjust the footbar to the second highest vertical position (Figure C). Next, place the tongue of the foot plate into the silver bracket on the inside of the frame. Finally, re-tighten the black knobs on the outside of the frame.

## ONE-STEP FOOTBAR

To install the padded foot plate (regular or Jumpus Maximus) on Reformers with the One-Step Footbar, first loosen the two black knobs located beneath the standing platform at the foot end of the frame. Place the footbar support into its lowest position. Gently lower the tongue of the foot plate into the silver bracket and tighten the black knobs until snug.

The black, padded portion of the footbar is intended to be behind the wooden block on the back of the foot plate, not pulled up on top of it

## REVO® FOOTBAR

To install the padded foot plate (regular or Jumpus Maximus) on Reformers with the Revo Footbar, first loosen the two black knobs located beneath the standing platform at the foot end of the frame. Place the footbar support into its lowest (bottom) position. Gently lower the tongue of the foot plate into the silver bracket on the inside of the frame.



Figure D

The black, padded portion of the footbar is intended to be behind the wooden block on the back of the foot plate, not pulled up on top of it. Gently tighten the black knobs until snug (Figure D).

ALLEGRO® REFORMER (PURCHASED AFTER 6/21/07)

To install the foot plate on the Allegro, first make sure the footbar is in the proper position shown in Figure E.

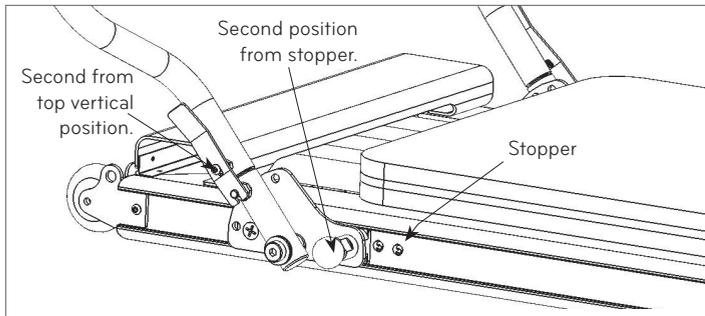


Figure E

Next, attach the foot plate by inserting the flange on the foot plate into the foot plate clip as shown in Figure F. The backside of the footplate should be resting against the footbar.

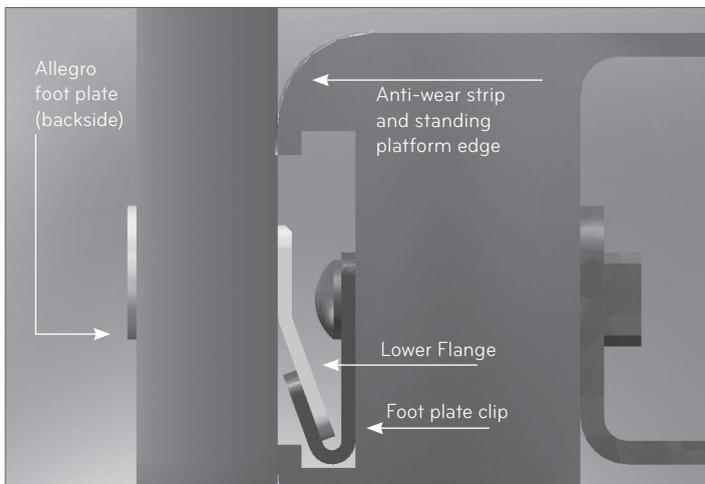


Figure F Cross section of proper foot plate installation

If there is a gap between the foot plate and the footbar, a grey strip of foam is included that can be installed on the back of the foot plate to fill the space (Figure G).



Figure G

ALLEGRO® REFORMER (PURCHASED BEFORE 6/21/07)

First, adjust the footbar horizontally to the second hole from the carriage. Next, adjust the footbar vertically so that the pins are in the second hole from the top.

Insert the tapered end of the foot plate in front of the footbar so it rests in the slot behind the standing platform. The back of the foot plate should be resting against the footbar as shown in Figure H.



Figure H

Arrange the elastic cords so that both hooks hang over the top of the footbar. Hook one end of the cord into the top hole of the transport wheel bracket. Next, grab the cord firmly at a position between the chrome eye straps and pull it toward the unhooked side. See Figure I.

This will create enough slack to allow hooking into the other transport wheel bracket. Before using, check that all footbar positioning pins are properly engaged and that both cord hooks are secure. See Figure I.



Figure 9

## IQ® AND SPORT REFORMERS

Attach foot plate bolt and washer into hole at foot-end of frame. Then place the footbar in holes closest to foot-end (see orientation in Figure J) and lock in place.

The cutout on the bottom of the board will slide over and around foot plate bolt with washer against knob. The foot plate should now be resting against footbar. Tighten bolt assembly to secure foot plate. See Figure J.

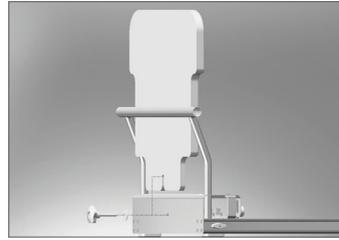


Figure J

## ALLEGRO® 2 INSTALLATION

Before installing the foot plate, position the footbar in the lowest position, so that the foot plate won't touch the footbar when installed. Support of the footbar is not required on the Allegro 2. To use the foot plate, slide the posts into the receivers until the foot plate rests on the standing platform. See Figure K.

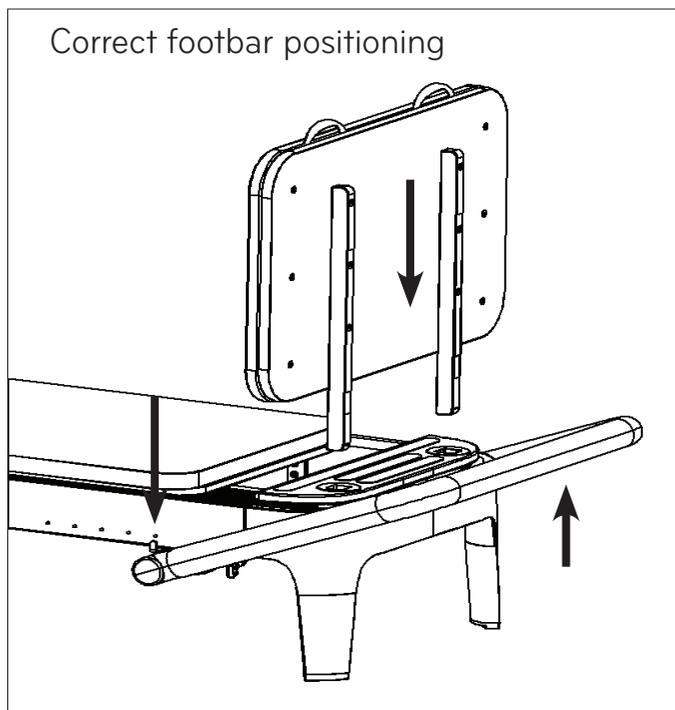


Figure K

The footbar must be in the lowest position and set closest to the standing platform end of the Reformer.

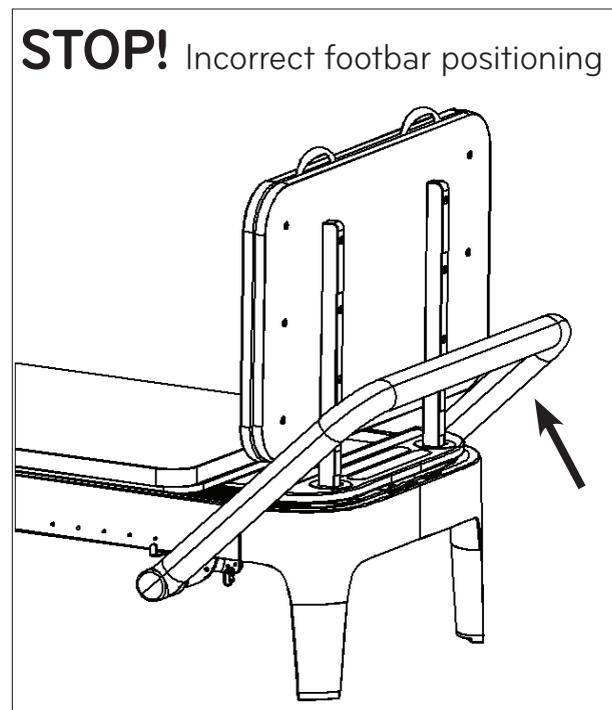


Figure L

If not in the correct position, the jumpboard could damage the foam on the footbar.

**IMPORTANT!** Failure to correctly position the footbar when installing the jumpboard could damage the foam on the footbar. This damage is NOT covered under warranty.



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