

How to assemble the Allegro® Reformer

PARTS LIST

Part number	Quantity	Description
950-002	1	Complete footbar
950-020	1 kit	Pivot bolts and washers
950-007	1 pair	Shoulder rest with brackets
GEN8000	2	Twist lock plunger knobs
210-026	1 pair	Ropes
101-008	1 pair	Double loops
950-081	2	Allegro riser with pulley
GEN9050	1	5/16" Allen wrench
ALL0060	1	Allegro wrench
SPR9070	3	Red spring
SPR9071	1	Blue spring
SPR9241	1	Yellow spring
DVD8121	1	Introductory DVD

IMPORTANT PRECAUTIONS: PLEASE READ WARNING

To reduce the risk of serious injury, read the following important precautions before using the Allegro.

- » Read all instructions in this manual before using the Allegro. Review the Setup and Safety video included with the Allegro before using the equipment. Use the Allegro only as described in these instructions and the video.
- » It is the responsibility of the owner to ensure that all users of the Allegro are adequately informed of all precautions.
- » Use the Allegro only on a level surface. Keep hands and feet away from all moving parts. When the Allegro is not in use, leave at least two springs connected to the carriage. Keep children under the age of 12 and pets away from the Allegro at all times.
- » If you feel pain, dizziness, or shortness of breath, stop exercising immediately.
- » Before beginning any exercise program, consult your physician.



INSTALL THE SHOULDER RESTS

1. Remove the locking pins on each side of the headrest. Note the two protruding studs on the bottom of the shoulder rests. Lower the shoulder rest studs into the keyholes and slide away from the carriage pad.

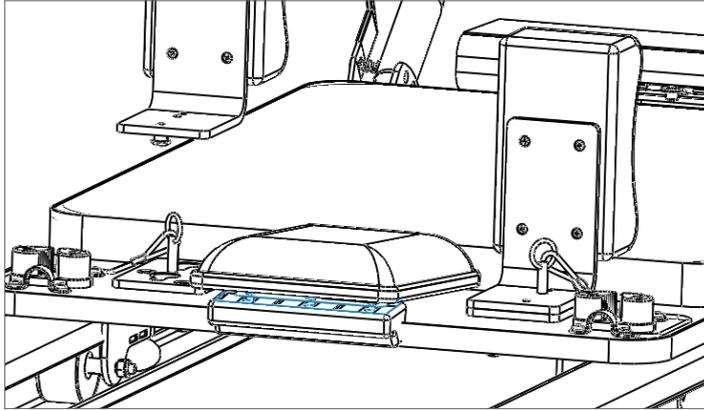


Fig A

Insert the locking pin through the hole in the shoulder rest and the hole in the carriage to lock the shoulder rests. See Figure A.

Note: The shoulder rests can be installed in the 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.

Figure B shows the storage position for the shoulder rests. note the key hole slots at the head end of the Allegro frame.

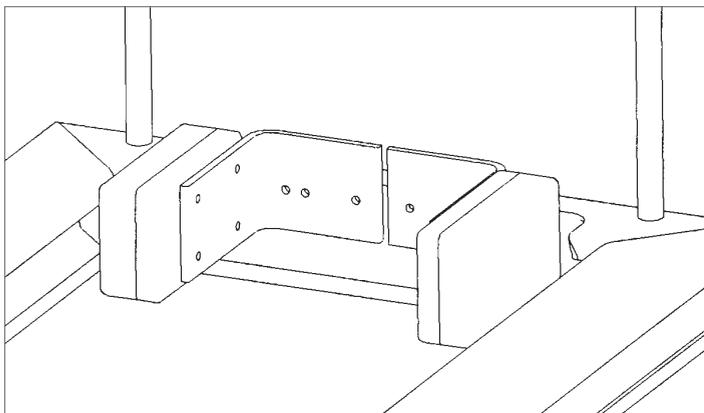


Fig B

INSTALL THE BLACK PLUNGER KNOBS

2. Screw the plunger knob into the large hole until it is completely threaded through the trunnion plate. If the plunger knob does not screw easily into the threaded hole, use the supplied open end wrench to screw it in. Do NOT use pliers. See Figure C.

Repeat on other side. Tighten both plunger knobs securely with the included open end wrench.

Note: Make sure both trunnion plates are in the same horizontal position before trying to install the plunger knobs.

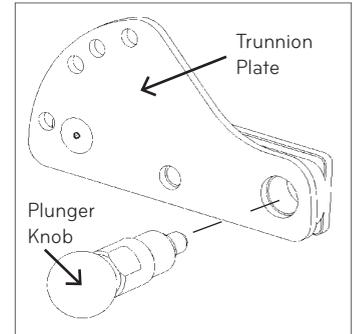


Figure C

INSTALL THE FOOTBAR

3. This step will be easier if you have someone help you. One person should hold the weight of the footbar while the other guides the footbar into position.

Position the footbar so the seam of the footbar cover is away from the carriage pad.

Pick up the footbar. While squeezing the footbar spring pin handles, guide the footbar over the outsides of the trunnion plates. Align each footbar spring pin with vertical footbar adjustment hole #1. While continuing to support the footbar, slowly release the footbar spring pin handles to allow the spring pins to engage hole #1 on the trunnion plate. Be sure the pins on both sides are engaged. See Figure D.

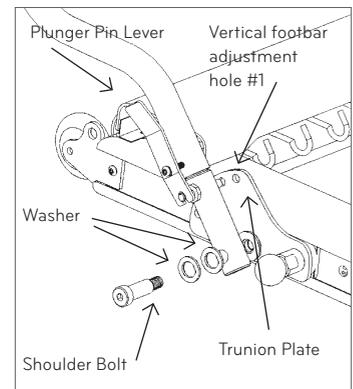


Fig D

4. Pivot the footbar slightly until the large hole at the bottom of the footbar aligns with the remaining hole in the trunnion plate.
5. Slide the shoulder bolt with two washers through the large footbar hole. Then screw the shoulder bolt into the trunnion plate as tightly as possible with the large allen wrench. Repeat on the other side. See Figure D.

Note: As you tighten the bolts, wiggle the footbar slightly. This will make it easier to tighten the bolts securely.

INSTALL THE RISERS

Remove locking pins from the frame. Insert the risers through the holes on the Allegro frame. Turn the risers until the attached pulleys point toward the footbar and are angled outward. See Figure E.

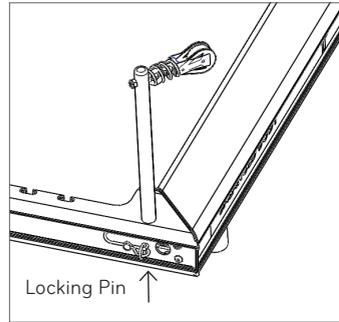


Fig E

Reinsert locking pins.

ATTACH THE ROPES

6. To attach the ropes, first engage at least one spring from the carriage to the springbar to keep the carriage home. Unroll the ropes and separate them.
7. Clip a cotton loop onto the end of each rope and hang the loops on the shoulder rests. Thread the other end of each rope through a pulley and back into the cam cleats on the carriage to adjust the length. Be sure to go through the chrome eyestraps on both sides of the cam cleats. Always push the rope firmly down into the cleats to ensure a good grip.

STORING THE ALLEGRO REFORMER

Stacking

To see a demonstration of how to stack the Allegro, watch the Setup and Safety portion of the Allegro Introductory/Level 1 DVD. Attach the springs to keep the carriage from moving. Move the footbar to the "down" position. Remove the shoulder rests and store in the slots at the head of the frame. Put the head rest down. Remove the risers and store in the holes at the head end of the frame. Place the ropes and loops inside the Allegro frame. After the first machine is in position, put the spacer blocks in place before stacking the next machine.

Standing

It is absolutely critical that the Allegro footbar be set and locked in the correct position for standing storage. Move and lock the footbar into the position closest to the foot-end of the Reformer frame. Raise the footbar to its highest position. Lift the head-end of the Allegro frame to waist height. Then raise the frame to vertical. Use your foot to steady the wheeled end of the frame as you lift to vertical. The vertical Allegro will come to rest on the footbar and the transport wheels.



Fig F

CLEANING & MAINTENANCE

Cleaning

Wipe the carriage pad, headrest, footbar and shoulder rests with a soft cloth and a mild, non-abrasive cleaner after each use. Keep the carriage track and wheels clean from dust and dirt. Wipe the entire track with a towel and cleaner regularly. Clean the footbar trunnion track weekly. Clean the frame with a mild, non-abrasive cleaner. Keep the ropes and springs clear of dust. Cotton loops can be machine-washed. Hang to dry.

Lubrication

The Allegro carriage rail or C-channels may be lubricated with dry silicon spray only. First, clean the C-channel, then spray a clean, dry rag with dry silicon spray and wipe the C-channel thoroughly. The foot bar trunnion C-channel can be lubricated the same way.

The lever spring and pin (see figure D) can be lubricated every month with common household oil. Apply a couple drops of oil to the lever spring and to the area where the pin enters the foot bar then compress and release the spring lever a few times. Wipe off any excess oil.

A squeaking noise from the riser pulleys or built-in standing platform hinge may indicate a need for lubrication. To lubricate riser pulleys; first remove the ropes from the riser pulleys. Place one or 2 drops of oil on the swivel portion and the axle of the pulley wheel. Swivel the pulley a few times and spin the pulley wheel to allow the oil to work then wipe off excess oil and rethread the ropes.

To lubricate the built in standing platform hinge: Place a few drops of oil along the length of the standing platform hinge where the two pieces of hinge join together. Open and close the standing platform to allow the oil to work. Wipe off all excess oil.

MAINTENANCE

- » Depending on frequency of use, the springs should be safe to use for one to two years (3000 hours). Replace any spring that is kinked, bent or shows separations while at rest.
- » Remove hair and debris from the axles of the wheels. Debris can create pressure on the bearings, causing them to wear. If you hear noise from the bearings, replace them. Otherwise, no maintenance on the bearings is required
- » Repair any tears in the upholstery with an upholstery repair kit available at auto parts stores, or have the repair done locally. Call Balanced Body for other upholstery and re-upholstery options.
- » Replace any missing screws, retention pins, or other parts.

QUESTIONS?

Call 1-800-PILATES (1-800-745-2837) in the US. +1- 916-388-2838 (International)