

How to Assemble the Allegro® Tower of Power™

Prior to assembly, check the parts and components received against the following list. If you are missing any parts, contact the Balanced Body customer service department at 1-800-PILATES (1-800-745-2837) in the U.S. and Canada, or +1-916-388-2838 (international).

PREPARE YOUR ALLEGRO REFORMER

If you have purchased an Allegro 14" leg set, we strongly recommend installing the legs before installing the Tower. See separate instructions.

Remove all ropes and risers from the Allegro. If your Allegro was purchased before February 1, 2004, remove the labels and backing on the sides. You can order a new log/label free of charge by calling 1-800-PILATES (1-800-745-2837 in the U.S. and Canada, or +1-916-388-2838 (international).



PARTS LIST

| Part Number | Qty | Description |
|-------------|--------|-------------------------------------|
| 600-000 | 1 | Tower |
| TRP0047 | 1 | Push-through bar (PTB) |
| GEN9892 | 2 | T-pin |
| 950-129 | 1 | T-slot bracket kit (R) |
| 950-130 | 1 | T-slot bracket kit (L) |
| 600-009 | 4 | Knob spacer |
| 600-011 | 4 | Delrin washer |
| GEN9857 | 6 | Black knobs |
| 950-131 | 2 | Adjustable pulley and knob assembly |
| 600-012 | 2 | Spring standoff |
| GEN9847 | 2 | 4" eyebolt |
| GEN9021 | 2 | Nylock nut |
| GEN9282 | 2 | 5/32" Allen key |
| SPR9004 | 2 | Blue trap spring |
| SPR9002 | 2 | Yellow trap spring |
| SPR9461 | 2 | Long spring, purple |
| SPR9006 | 2 | Long spring, yellow |
| 710-010 | 1 | Roll down bar |
| 101-005 | 1 pair | Single cotton loops |
| 210-023 | 1 | Safety strap with carbiner |
| 950-019 | 1 | Allegro standing platform latch kit |
| DVD8205 | 1 | Introductory DVD |

TOOL NEEDED (NOT INCLUDED)

Vise grips, pliers, or adjustable wrench

INSTALL THE SUPPORT BRACKETS

1. Find the left and right T-slot bracket kits. Figure A indicates the proper orientation of the left and right brackets at the head end of the frame.

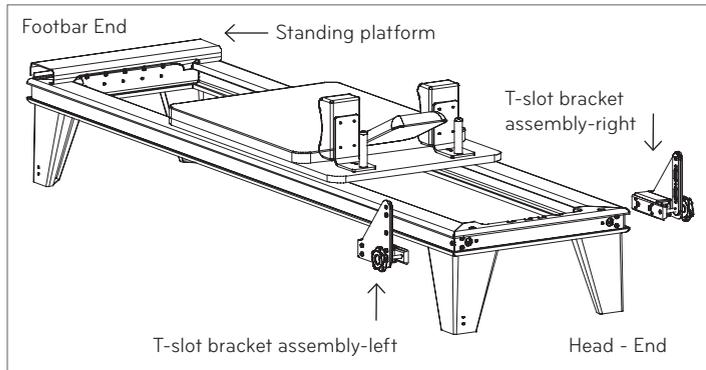


Fig A

2. Loosen the four screws on each bracket until all the plates of the bracket are completely loose. The bracket is held together with "capture screws" and will not fall apart.
3. Fit the bottom of the inner plate of the bracket into the bottom edge of the Allegro frame. See Figure B.

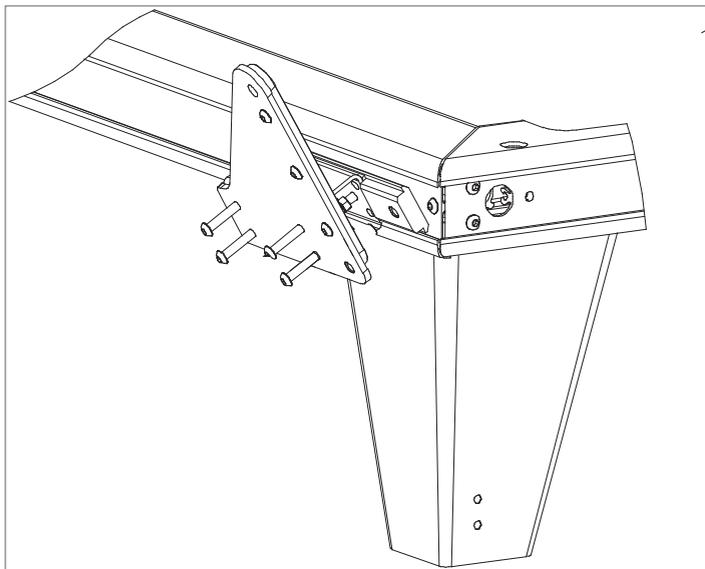


Fig B

4. Position the bracket so that the inner plate contacts the Allegro frame. Reinsert the four screws into the Tower bracket. Using the Allen key, turn each screw a few times. When all four screws are engaged, slide the entire assembly until the edge of the inner plate touches, but does not cover, the corner screw. See Figure C

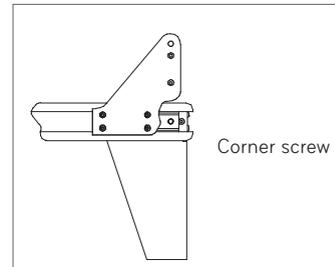


Fig C Outer Plate cut away to clearly show corner screw.

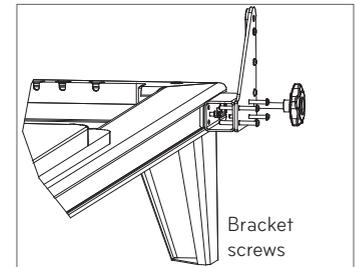


Fig D

5. Insert a black knob through the bracket and into the inner plate. Do not tighten. This knob will act as a support bolt for the bottom of the Tower. Tighten all 4 bracket screws securely.

Repeat on the other side.

ATTACH THE TOWER OF POWER FRAME

Note: The push through bar should remain secured to the side of the Tower for this step.

6. Position the Tower at the head end of the Allegro with the serial number facing outward, away from the frame.
7. Lower the Tower onto the support brackets so the slots at the bottom of the Tower frame fit over the black knobs.
8. While supporting the Tower, insert the black pivot knobs and spacers as shown in Figure E. Tighten all black knobs.

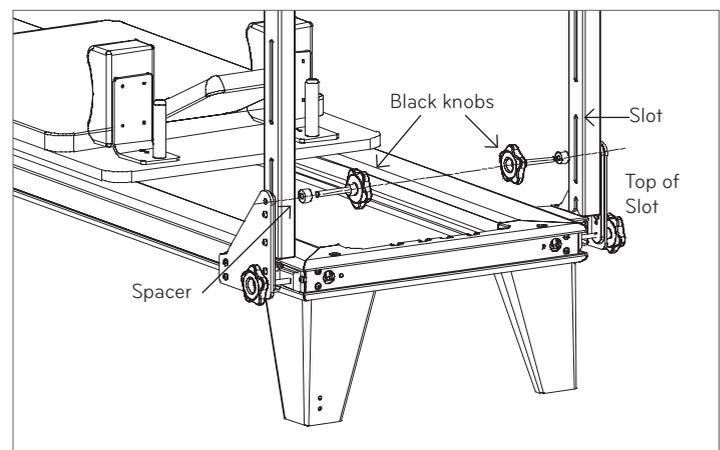


Fig E

REPOSITION THE T-PIN

For shipping purposes, the Tower is packaged with the T-pins installed on the inside of the Tower frame. See Figure F.

9. The T-pin should be installed on the outside of the Tower frame for use. To remove the T-pin, push the button on the handle of the pin while holding the push through bar (PTB) securely. Pull the pin free of the PTB and Tower frame.

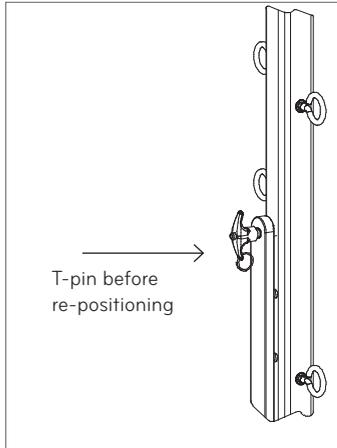


Fig F

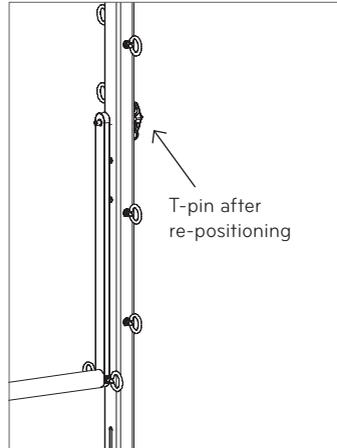


Fig G

Reinsert the pin from the outside of the Tower frame. See Figure G.

INSTALL THE PULLEYS

10. Install the pulley assembly as shown in Figure H. To install the pulleys you will need:

- » 2 black knobs
- » 2 pulley/spacer assemblies
- » 4 plastic washers
- » 2 spacers

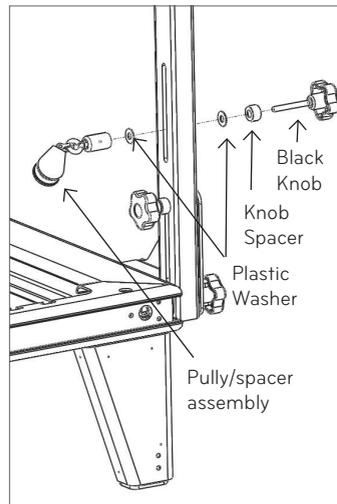


Fig H

THREADING THE ROPES

11. Rethread the ropes.

INSTALL THE SPRING STAND-OFF ASSEMBLIES

12. Spring stand offs are used for bottom sprung push through bar work. The spring stand offs are installed in the small holes at the head-end of the frame. See Figure I.

Remove the Nylock nuts from the stand off assemblies.

Insert the eyebolts through the holes in the frame so the spacer fits snugly against the outside of the frame.

Using a wrench or pliers, thread and securely tighten the Nylock nut on the inside of the frame. See Figure I.

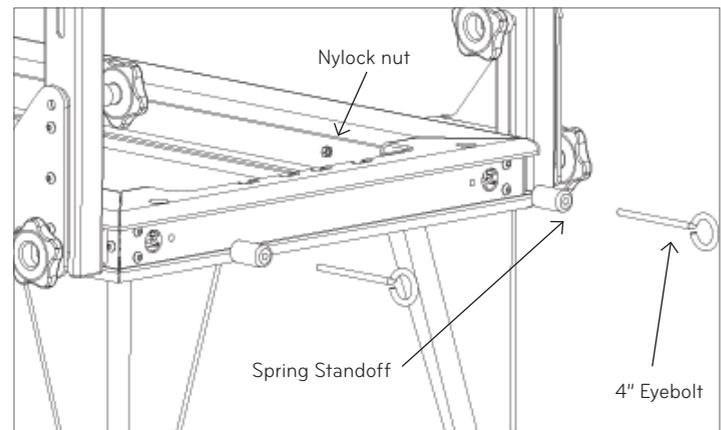


Fig I

INSTALL THE STANDING PLATFORM LATCH

13. It is critical to secure the Allegro standing platform when using the mat conversion. Install the standing platform latch kit before using the mat conversion. See separate instructions included with latch kit.

INSTALLING MAT CONVERSION

14. Disconnect all carriage springs
15. Move the carriage to the head end of the frame and clear the ropes out of the way, making sure to lift the headrest over the top of the frame to insure that the carriage is positioned all the way to the head end.
16. Place the mat in the open space between the standing platform and the carriage. See Figure J.

Note: Be sure the standing platform is properly secured with the latch when using the mat conversion.

17. Remove the shoulder rests from the carriage (optional).

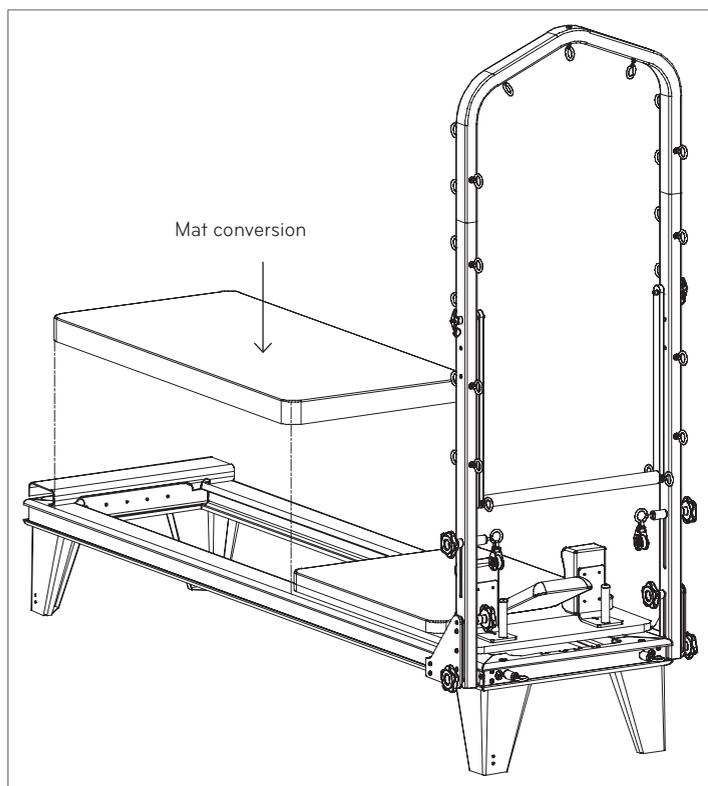


Fig J

USING THE PRE-INSTALLED PUSH-THROUGH BAR (PTB) SAFETY STRAP

Note: Always use the safety strap for bottom-sprung exercises.

Use only with qualified instructor supervision. The PTB safety strap is used only for bottom-sprung exercises. The photo at right shows the safety strap correctly positioned to secure the push through bar. The strap includes numerous loops or "contact points" so that you can adjust the "stopping point" of the PTB if it is released during exercise.



Fig K

Note: Use the Velcro portion of the safety strap oriented at the top of the Tower frame to secure the PTB upright when not in use.

FOLDING, MOVING, AND STANDING AN ALLEGRO TOWER

Note: Always exercise caution when moving, lifting, or storing an Allegro or an Allegro with Tower. Because the Tower increases the weight of the Allegro, use proper lifting technique to avoid injury. It is recommended that two people move and stand an Allegro Tower.

TO FOLD:

Note: Storing a folded Tower for extended periods of time is not recommended. Doing so may dent the carriage pad.

1. Secure or remove all Tower springs.
2. Secure the PTB to the top of the Tower with the velcro on the safety strap
3. Remove the mat conversion pad. Move the carriage to the footbar end of the frame and attach all carriage springs to spring hooks.
4. Loosen the black knobs that hold the Tower frame to the support brackets (2 per side). Do NOT remove black knobs.
5. Standing at the end of the Reformer, firmly grasp both sides of the Tower frame. Place one foot on Allegro frame end for stability. Lift the Tower frame vertically so that the bottom of the Tower frame clears the lower black knobs. Gently lower the Tower onto the carriage.
6. Tighten black knobs holding the Tower to the Reformer.

TO MOVE:

1. Stand at the Tower end of the Allegro. Grasp the Allegro frame firmly with two hands. Be sure to lift with your hands on the Allegro frame, not on the Tower frame.
2. Lift the frame to waist level.
3. Roll the Allegro to the desired location using the transport wheels at the foot-end of the frame.

Note: Raising the Allegro Tower to a more vertical position increases its maneuverability. Please exercise caution when lifting the frame above waist height. Use two people if possible.

TO STAND:

Note: It is absolutely critical that the Allegro footbar be set and locked in the correct position for standing storage. If possible, use two people when standing an Allegro on end.

1. Move and lock the footbar into the holes closest to the foot end of the frame. This is the position furthest from the carriage. Be sure that the footbar plunger pins securely lock into the frame holes.
2. Raise the footbar to its highest position. Be sure that the footbar lever pins drop securely into the highest holes on the trunnion plate.
3. Attach all springs to spring bar.
4. Check for overhead clearance. An Allegro requires approximately 93 inches of vertical clearance.
5. Lower the Tower frame onto the carriage (see instructions for folding Tower).
6. Lift the head end of the Allegro frame to waist height. Use your foot to steady the wheeled end of the frame as you lift to vertical. Do not lift the Allegro by holding the Tower frame.



Fig L

See Figure L.

For additional safety, Balanced Body offers a Vertical Storage Strap, which fastens the Allegro Tower to a wall.

If you have any questions about installation and assembly, please call Balanced Body.

1-800-PILATES in the US and Canada or +1-916-388-2838 (international).