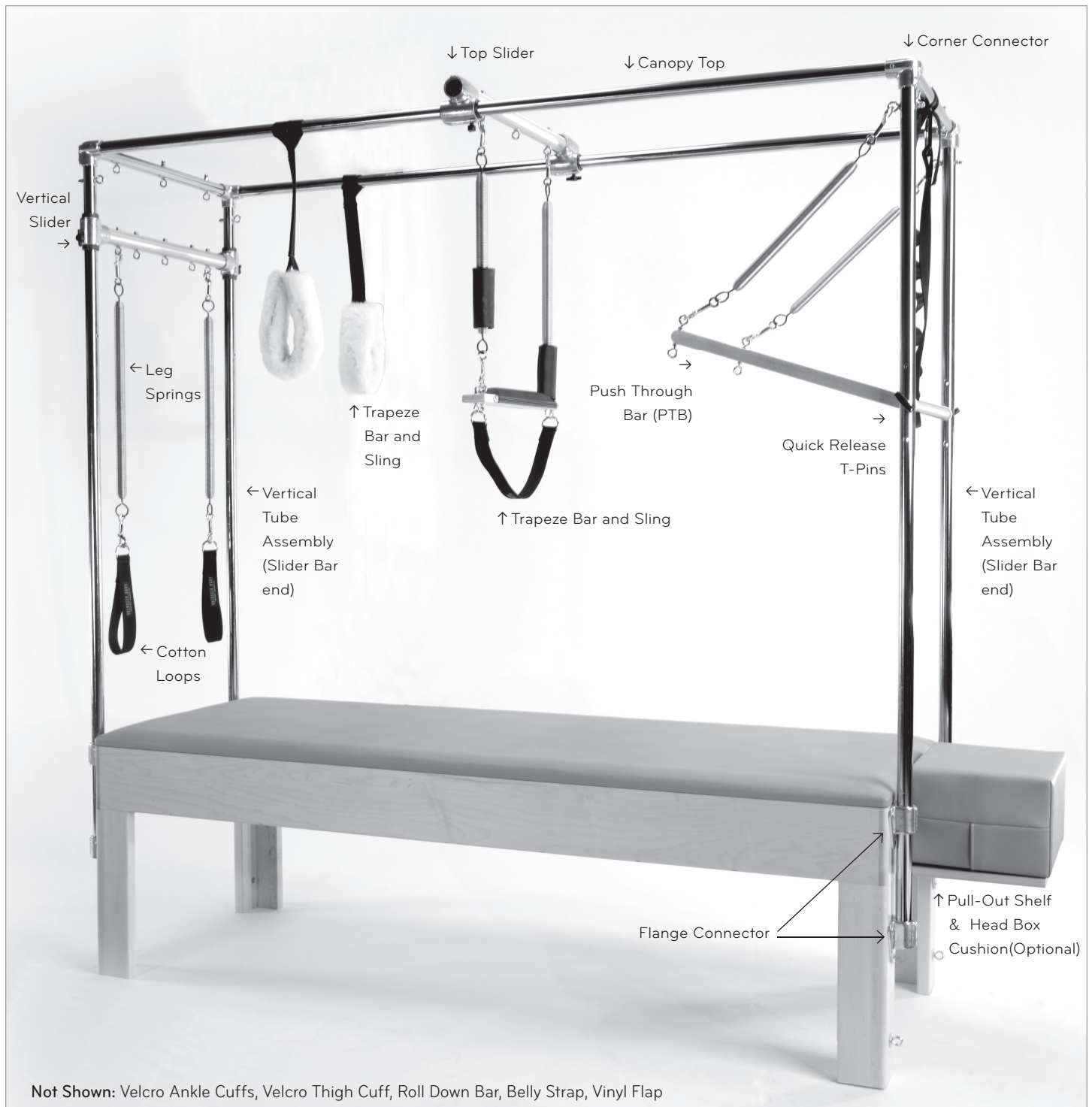


How to Assemble the Trapeze Table (Cadillac)



PARTS LIST (INCLUDED):

Description	Part Number	Qty.
Ankle Velcro (pair)	101-001	1
Cotton Loop (pair)	101-005	1
Long Web (pair)	101-026	1
Thigh Velcro (pair)	101-020	1
Wool Fuzzy (pair)	101-022	1
Roll down bar	710-010	1
Belly Strap	210-034	1
T-Pin	GEN9892	2
Red Trapeze Spring	SPR9001	2
Yellow Trapeze Spring	SPR9002	2
Blue Trapeze Spring	SPR9004	2
Long Yellow Trapeze Spring	SPR9006	2
Long Purple Trapeze Spring	SPR9461	2
Black Trapeze Spring	SPR9005	2
Safety Strap	210-021	1
Push Through Bar Connector	TRP0021	1
Push Through Bar (PTB)	TRP0047	1
Trapeze Bar w/Springs and Sling	950-059	1
Vertical Slider	TRP6002	1
Horizontal Slider	TRP6003	1
1/8" Cotter Pin	216-000	4
3-16" Allen Wrench	GEN9280	1

ASSEMBLE THE TRAPEZE CANOPY

1. Using the provided allen wrench, loosen the set screws in each of the eight flange connectors mounted to the outside of the Reformer frame. Insert the provided cotter pins into the 1/8 holes near the bottom ends of each vertical tube. Pick up the vertical tube assemblies and place the tube ends into the flanges. The cotter pins will automatically set the tubing height. Be careful that the cotter pin doesn't scratch the vinyl or wooden frame. The tubeset with the push-through bar goes at the head end of the machine (the end with the vinyl flaps). The eyebolts on each tubeset should face the other end.
2. Now set the canopy top onto the four vertical tubes. You will need help with this. The end of the canopy frame with the black safety strap goes over the push-through bar. Be certain all four corner fittings fit securely over the tubes.

3. Using the allen wrench, tighten the set screws in the corner fittings and in the flanges around the reformer frame. Supporting the push-through bar, remove the T-pins one at a time and re-insert them so that they enter from the outside of the tubes. If either pin binds, some adjustment of the vertical tubes is needed. Simply loosen the set screws and rotate the tubes until both pins slide in and out freely. Be sure to re-tighten all set screws. Remove the cotter pins from the tubes and save for future use.

INSTALLING THE PUSH THROUGH BAR (PTB) CONNECTOR

The Push Through Bar Connector is installed by backing the T-Pins out until they are flush with the PTB. Then hold the Connector between the legs of the PTB so the T-Pins go into both ends when fully installed.

WEEKLY MAINTENANCE

Inspect springs for separations, and replace if needed. Inspect snaps on springs and make sure the retractors operate smoothly. Replace them if worn or do not operate freely. Make sure that there are no indentations on the inside of the hooks.

Inspect all nuts, eyebolts and setscrews for tightness. Tighten or replace if necessary.

Check to see if quick release T-pins operate correctly. Does the ball at the end of the pin protrude? Does the ball retract when the button is pressed? If not, replace the pin.

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.

QUESTIONS?

Call Balanced Body at 1-800-PILATES (1-800-745-2837) or +1 916-388-2828.

ASSEMBLY PODCAST

You can also see the Trapeze Table assembly podcast located on the Instructions & Safety page of our Web site, pilates.com.