

# How to assemble the Balanced Body® Pilates Springboard™

## BEFORE YOU START ASSEMBLY

Please read these instructions completely prior to assembling your Springboard. The Pilates Springboard is designed to mount to walls with standard 16" wood stud spacing. Different types of wall construction may require specific equipment and fasteners. See the instructions below for more details.

## PARTS LIST (INCLUDED):

Before beginning, make sure you have all the parts listed below. If any parts are missing, contact customer service at 1-800-PILATES (1-800-745-2837).

ITEM	PART NO	QTY
72" Springboard with T-nuts installed on back	N/A	1
Yellow springs	SPR9002	2
Purple springs	SPR9461	2
Neoprene handles (pair)	101-016	1
Cotton loops (pair)	101-005	1
Roll down bar	710-010	1
Maple dowel	720-010	1
Dowel brackets	211-000	2
Eyebolts	GEN9089	24
Flat washers	GEN9305	24
Finish washers	210-050	24
Hex nuts	GEN9056	24
Allen bolts	GEN9889	4
5/32" Allen wrench	GEN9282	1
Washers for mounting to wall	GEN9204	6
Lag Bolts for mounting to wall	PED0003	6

## TOOLS REQUIRED (NOT INCLUDED):

- » 7/16" wrench
- » Drill with 1/8" bit

## ASSEMBLE THE SPRINGBOARD

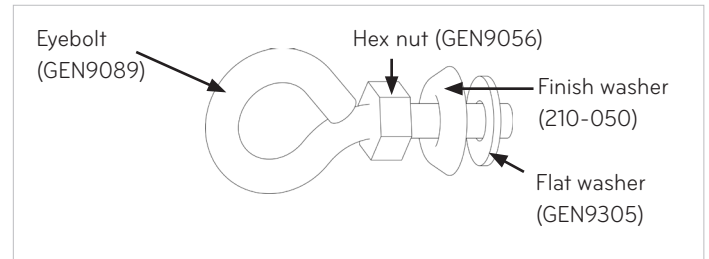


Figure A: Eyebolt assembly.

1. Install the hexnut and then the washers on the eyebolt, as shown in Figure A.
  2. Insert the eyebolts into the holes on either side of the numeric index lines on the Springboard and tighten.
  3. Tighten the hex nut with a 7/16" wrench. Thread a screwdriver through the eyebolt to hold it in place while tightening the hex nut.
- NOTE: Do not overtighten the screws – this can damage the parts. Frequently check the eyebolts to make sure they are tight.
4. The bottom dowel comes with the 2 metal brackets already installed. Using the Allen key and Allen bolts, secure the brackets to the bottom of the Springboard as shown in Figure B (next page).

## MOUNT THE SPRINGBOARD TO THE WALL

Proper and secure installation of the Pilates Springboard is critical for safe and effective use. Provided hardware and holes are for installation on standard 16" wood stud spacing. If you do not have standard spacing or if you need to have the Springboard set up in a specific location where the screw holes do not line up with the studs, please consult with a local contractor to ensure safe and secure installation.

1. Measure 5" from the floor and mark the wall. This is where the bottom of the Springboard should line up, positioning the dowel 6" off the floor.
2. Using a drill and the 1/8" bit, drill pilot holes into the wall, through the studs.
3. Insert the lag bolts and washers into the proper wall mount holes of the Springboard (see Figure B), and into the wall.
4. Using a 7/16" wrench, tighten the lag bolts into the studs.

Balanced Body is not responsible for any damage or injury caused by improper wall mount installation, or the use of incorrect or improper wall mounting equipment.

If you have any questions, please call Balanced Body at 1-800-PILATES or +1-916-388-2838.

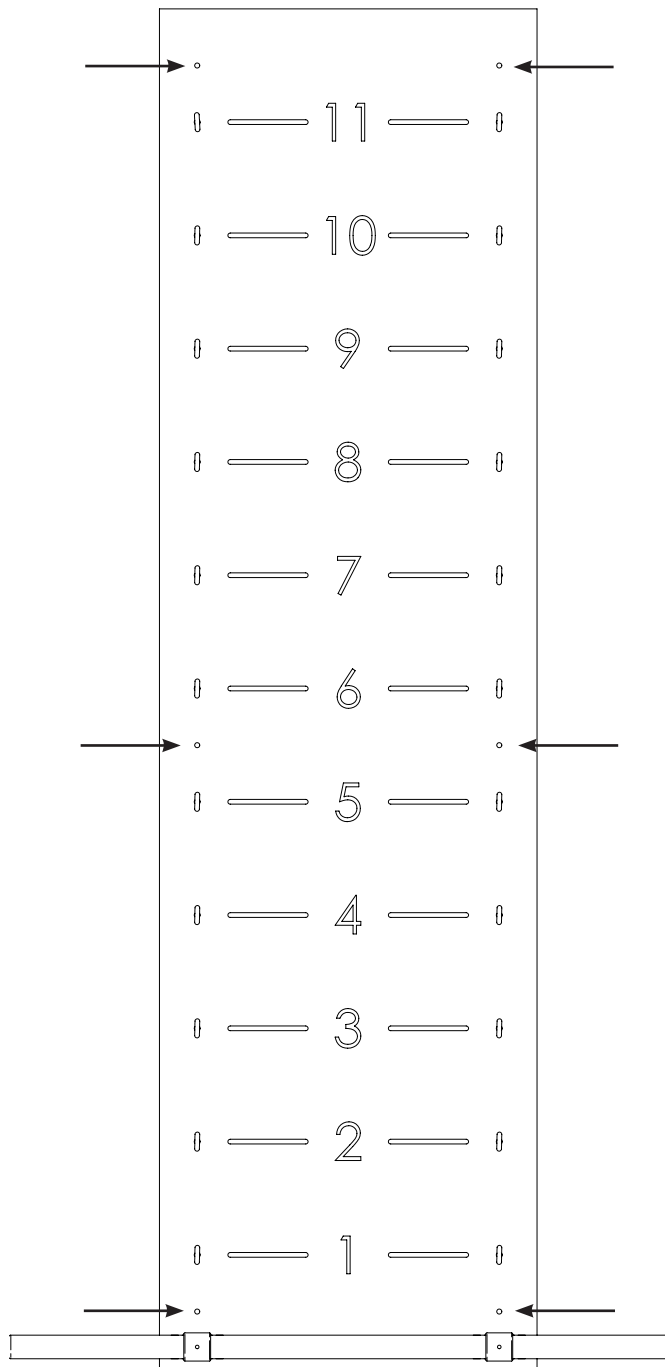


Figure B: Wall mounting holes.