The Balanced Body® Allegro® Tower System

Instructions in document subject to change. Please consult separate instructions for most current version.
IMPORTANT:

This manual is intended for medical and fitness professionals, or persons with experience in the use of this equipment. If there is a question regarding appropriateness of a particular movement, please consult a licensed health professional.

Safety Note: Warning – The Allegro contains flammable materials, please keep away from direct heat.

INTRODUCTION

The Allegro Tower system is designed to combine the functions of the Allegro Reformer and the Tower or Half Trapeze into one compact and portable piece of Pilates equipment. The Allegro Tower can be installed on any Allegro and allows additional exercises to be performed without increasing the footprint of the apparatus. The following manual outlines the features of the Allegro Reformer and Allegro Tower as well as suggested exercises.

Balanced Body is the world’s leading resource for Pilates equipment, education and information. The Balanced Body Studio Reformer is the biggest selling Reformer on the planet, and its Allegro Reformer now sets the Pilates standard for health and fitness clubs around the globe.
Features of the Balanced Body® Allegro® Tower System

THE ALLEGRO REFORMER

The Allegro is set up as a Reformer by removing the mat from the frame, inserting the shoulder rests into their slots and threading the ropes through the cleats and the pulleys. The following adjustments are used on the Allegro Reformer.

HEADREST

The headrest is used to optimally support the user’s head, neck and shoulders while lying in a supine position. The Allegro has three headrest positions that are adjusted by a support block underneath the headrest:

- **Low (flat)** – The support block is folded toward the top of the headrest. Used for clients with relatively flat thoracic spines and shallow ribcages for leg and footwork, and for any supine exercise.

- **Safety Note**: The flat headrest position is used for all clients in exercises where they will be rolling up on to their shoulders. A flat headrest will keep the client from over flexing the cervical spine and injuring the neck.

- **Medium** – The support block rests on the notch in the middle of the support block.

- **High (up)** – The bottom of the support block rests on the carriage. Used for clients with a forward head or a deep ribcage to facilitate correct alignment.

Instructor Note: A towel can also be used in addition to or instead of the headrest to adjust the height of the head.

HORIZONTAL FOOTBAR ADJUSTMENTS

The Allegro is equipped with an adjustable footbar that can be moved in order to accommodate users of different heights. To move the footbar, pull the black knobs on the bottom of the footbar out until the bar moves freely. Slide the footbar forward or backward until it is lined up with the correct hole on the track. Release the black knobs and make sure the pin is fully engaged.

- **Hole 1** is closest to the footbar end of the Reformer and creates the longest distance between the shoulder rests and the footbar. It is used for taller users (over 6’ or where decreased knee and hip flexion is desired).

- **Hole 2** is for users between 5’9” and 6’

- **Hole 3** is for users between 5’5” and 5’9”

- **Hole 4** is for users between 4’10” and 5’5”

The heights given here are suggestions. The footbar adjustment should allow the user to have slightly less than 90° of hip flexion when the carriage is all the way in for leg and footwork.

VERTICAL FOOTBAR ADJUSTMENTS

To adjust the footbar vertically, squeeze the handle at the bottom of the footbar until the pin disengages from the plate. Move the footbar to the desired height and release the pin into the hole.

- **High Bar** – Move the pin into the highest hole and release the handle. The high bar position shortens the space between the shoulder rests and the footbar. This position is used for foot and legwork with shorter users, and with users who have difficulty keeping their back placement due to increased lumbar lordosis or a tight back.

- **Middle Bar** – Place the pin in the 2nd hole from the top on the plate. The middle bar position lengthens the space between the shoulder rests and the footbar. This decreases the flexion of the knees in foot and legwork and places the torso in a neutral standing position.

- **Low Bar** – Place the pin in the 3rd hole on the plate. The low bar position increases the space between the shoulder rests and the footbar to its maximum length. This decreases the flexion of the knees in foot and legwork, decreases the flexion of the torso and hips in elephant and can be useful for taller or more flexible users.

- **No Bar** – Place the pin in the lowest hole on the plate. This position is used to move the bar out of the way for standing exercises and for exercises where the user is lying on the box.
SPRING ADJUSTMENTS

Springs are used to adjust the resistance for different exercises. There are at least 30 different resistance settings that can be used on the Allegro. Suggested weight ranges are noted under each exercise.

CHANGING THE SPRING ATTACHMENT POINTS

On the Allegro, spring tension is adjusted by attaching different combinations of springs to the hooks or buttons on the spring bar. To safely adjust the springs it is best to have your hips squarely facing the foot bar end of the Allegro by squatting in front of it or by straddling the carriage.

» Hook position – Place the spring on the hook directly in front of it. In this position the springs are under no tension to start with. This is designated as “B” position. There are five B positions.

» Pre-loaded position – Place the spring on the button in front of it under the standing platform. This position will put the springs under a small amount of tension and will increase the resistance of the springs. This is designated as “A” position. There are five A positions.

SPRING WEIGHT

Spring resistance is indicated by the approximate number of springs suggested for a specific exercise. The spring weight indicated is a recommended starting position. Individual adjustments can be made depending on user needs and the exercise.

» 1 spring (light): Primarily used for arm work or where the carriage is providing light support

» 2 springs (light to moderate): Used for arm work, leg work and exercises where the carriage is providing support to the user.

» 2 – 4 springs (moderate to heavy): Primarily used for leg work and to increase resistance for stronger users.

» All springs: Used to maximize resistance or to stabilize the carriage for the short box abdominal series.

» No springs: Used for added difficulty in exercises where the user needs to control the carriage (kneeling abdominals, elephant, long stretch series).

SPRING PROGRESSIONS FOR THE ALLEGRO

Please note that these spring combinations represent the usual progression for a standard new machine and may vary slightly depending on the age and specific strength of your springs. The best way to find the optimal progressions for your machine is to test it yourself.

SPRING COLOR-CODING

These color codes are standard for Balanced Body Machines

Yellow – Very light  Blue – Light
Red – Medium      Green – Heavy

SPRING ATTACHMENT POINTS

A – Heavier (spring is attached to the button)
B – Lighter (spring is attached to the hook)

The Allegro Reformer comes standard with 3 red, 1 blue and 1 yellow Allegro spring.

ROPES AND LOOPS

Ropes are adjusted according to specific exercise demands and user size. To minimize rope adjustments, double loop straps allow the user to grip the ropes at two different lengths without having to adjust them.

The rope adjustments used in the manual are:

» Regular loops: Resistance of loop or handle is somewhat taut on shoulder rests. With the double loop straps, the user will hold the longer loop. Standard for most exercises.

» Short loops: Resistance of loop or handle is somewhat taut on the black pegs. With double loop handles the user holds the smaller loop. Used for rowing and some arm work exercises.

» Very short loops: Loop or handle is approximately 5 inches shorter than the headrest. Used for kneeling arm work facing the straps such as chest expansion or thigh stretch.

» Long loops: Loop or handle is longer than shoulder rest by a length of one cotton loop. Used for long spine stretch or for feet in the straps for users with tighter hamstrings.
RISERS

Risers can be adjusted by loosening the knob that holds the pulley in the slot on the Tower and moving the pulley up or down.

THE ALLEGRO TOWER

The Allegro Tower consists of a metal frame that attaches to the head of the Allegro Reformer. Eyebolts in the frame provide attachment points for the springs. Loops, handles or a wooden Roll-down Bar can be attached to the springs creating a wide variety of exercises. The Allegro Tower also has an attached Push-through Bar.

SPRING ATTACHMENT POINTS

The Allegro Tower has 24 spring attachment points creating a variety of possible exercises and a limitless amount of adjustability. Each upright has 5 eyebolts on the front and 5 on the back allowing users to perform exercises from either side of the Tower. Two eyebolts are attached to the Allegro frame to create a low position, two eyebolts are attached to the sides of the arch of the Tower and one is attached at the highest point in the center. This single eyebolt is to hold the security strap in position. Do NOT attach springs to this eyebolt. Common spring attachment points are listed below and in each exercise description.

In order to adjust the tension of the springs for a particular client, move the attachment point further away from the client to make the spring heavier, move it closer to the client to make it lighter.

Low: Springs are attached from eyebolts at the bottom of the Allegro frame. These springs are used to hold the Push-through Bar in position.

Middle: Springs are attached to the 3rd eye hook from the bottom.

High: Springs are attached to the high points on either side of the arch at the top of the Tower.

ALLEGRO TOWER SPRINGS

The Allegro Tower comes with 4 sets of springs as follows:

2 Sets - Short springs
Yellow – Very light
Blue – Light

2 sets - Long springs
Yellow – Very light
Purple – Medium

PUSH-THROUGH BAR ADJUSTMENTS

The Push-through Bar has three possible pivot points on the Tower frame. It is very important that the pivot point be high enough to clear the users head when they are lying under it. If a client has an especially large head, excessive thoracic kyphosis or a large nose, the bar can hit them when they are doing exercises. To adjust the Push-through Bar, push the button on the top of the T-pin in order to free the pin. Pull the pins out of the uprights, move the bar to the appropriate hole and re-insert the pins. Always return the Push-through Bar to a safe height if it has been moved.

SAFETY

It is very important that the instructor be present and spotting the client whenever the Push-through Bar is in use. The Push-through Bar should never be adjusted low enough to hit a client who is lying under it. The safety strap must always be used when the Push-through Bar is sprung from below. The safety strap must be adjusted so that the angle of the Push-through Bar, when viewed from the side, is no lower than the four or eight o’clock position and will not hit the client should their feet slip off the bar.

UPHOLSTERY CLEANING AND DISINFECTING.

You can extend the life of your upholstery by keeping it clean and free of dirt, oil and perspiration. After each use, wipe down the upholstery with a solution of mild soap and water. Then wipe it down with clean water and dry with a rag.
Safety First: A guide to proper maintenance and safe use of your Pilates equipment.

For over 35 years, Balanced Body has been introducing safety-related innovations to Pilates equipment. Many of our improvements are now industry standards, resulting in Pilates equipment that’s safer today than ever before.

Safety depends on proper maintenance and safe use, in addition to the quality of the equipment. This guide was created to help you use and maintain your equipment for optimum safety. Please read it through carefully and keep for future reference. If you have any questions, give us a call. Failure to follow these instructions may result in serious injury.

ALL EQUIPMENT

Springs and Snaps
Spring inspections are critical for maintaining your equipment in safe operating condition. Springs should be inspected weekly or monthly, depending upon frequency of use. Springs should be replaced after 3,000 hours of use. If, for example, your Reformer is used 30 hours a week, you should replace the springs every two years. Worn or old springs lose resilience, and may break during use. Injury may result if a spring breaks during use.

Inspect springs for gaps and kinks (weekly or monthly, depending upon frequency of use). Look for gaps and kinks between the coils when the spring is at rest. It’s okay for the spring to have a gap on the tapered end (a gap is sometimes created when the hook is inserted during the manufacturing process). There should be no gaps in the body of the spring. If you see gaps or kinks in the body of the spring, discontinue using the spring immediately. Figure 1.

Figure 1

Inspect snaps for wear (monthly). First, verify that the snap hook is working properly. If the snap hook does not retract and return properly, discontinue using the spring immediately and replace the snap. Eyebolts can cause excessive wear on snap hooks. If the hook shows a lot of wear, discontinue using the spring immediately and call Balanced Body to replace spring or snap. Figure 2.

Figure 2: Good snap: no wear on hook. Bad snap: excessive wear on hook.

EYEBOLTS, NUTS AND BOLTS

Tighten all equipment bolts and screws (monthly). Verify that all eyebolts, nuts and bolts are tight. See the section titled "How to inspect and tighten nuts and bolts."

REFORMERS

Springbar hooks or eyebolts (quarterly). Balanced Body makes two different springbar systems:

1. Revo Springbar. Make sure springbar hooks and handle are tight.

2. Standard Springbar. Verify that the nuts securing the springbar hooks are tight. See section titled "How to inspect and tighten nuts and bolts."

Rope wear (quarterly). Ropes should be replaced if you can see the core of the rope through the outer lining, or if the ropes are flattened. Be sure to check the sections of rope that attach to the clips and run through the pulleys.
**Spring rotation (quarterly).** You can prolong Reformer spring life by rotating springs of the same weight each quarter. Unhook and move to another position on the springbar. Rotating springs helps them wear more evenly.

**Risers on the outside.** Wood risers must be installed on the outside of the frame. Risers can loosen over time, so always make sure they are tight.

**Springs hooked downward under carriage.** Make sure springs are hooked in a downward position. Figure 3.

**Secure the carriage.** When your Reformer is not in use, be sure that at least two springs secure the carriage to the springbar.

**Default settings.** Many users have a “default setting” for Reformers. At the end of a session, the user connects a prescribed number of springs in neutral tension, sets the footbar at a pre-determined height, and sets the ropes at a specified length. This ensures that the equipment is ready for the next use, and that the carriage is secured by the springs.

**Footstrap under tension in box work.** When using the box and footstrap, be sure the footstrap is under tension (with snaps pulling from the top of the eyebolt) before beginning the exercise. Figure 4.

**REFORMER WHEEL AND TRACK MAINTENANCE**

**Clean the tracks and wheels (weekly).** For smooth carriage travel and to maintain the longevity of the wheels, we recommend that you wipe down the tracks once a week.

Disconnect the springs and clean the entire length of the tracks with a soft cloth and a mild commercial cleaner such as Simple Green®, Fantastik® or 409®. Do not use abrasive cleansers or pads, as they can damage the anodizing on the rails. To clean the wheels, hold the cloth against the wheels while you move the carriage. If you feel a bump in the ride, dirt has adhered to the surface of the rails or wheels. Clean hair and debris out of the rails. Hair can wrap around the wheel axles and eventually build up and cause wheel failure. Use tweezers to remove hair from the wheels.

**Lubrication.** Reformers rarely need lubrication. Occasionally, a sidewheel may squeak. If this happens, lightly spray a small amount of dry silicone on a cloth and wipe the aluminum tracking rail where the sidewheel makes contact. “Dry” silicone does not have an oil base. Oil-based (“wet”) silicone and WD40 should not be used as they attract dirt. Never spray silicone near or inside the wheels – this can wash the lubricant out of the bearings and ruin the bearings. You can purchase dry silicone at most hardware and auto parts stores. Pulleys sometimes require lubrication to stop a squeak. Direct a very quick spray of dry silicone or Teflon spray into the pulley. Be careful not to over spray. You may want to remove ropes to avoid getting silicone on them.

**Footbar supports (quarterly).** For all Balanced Body footbars with footbar support brackets, verify that the pivot screw attaching the footbar support bracket to footbar is tight, but not so tight that it prevents the support from rotating freely. For Legacy Reformers, tighten the pivot bolt to secure footbar support.

**Headrest (monthly).** Make sure the hinge screws and bolts on your headrest are tight.

**Under the Reformer (monthly).** Move Reformers and make sure you clean the floor space underneath.

**Standing Platform Footbar Bumpers (wood Reformers only).** If your standing platform footbar bumpers (the small plastic pieces that protect the standing platform from the footbar) are broken or damaged, please call Balanced Body to replace.

**TRAPEZE TABLE (CADILLAC)**

**Cotter pins removed.** These pins are located in the vertical tubes that align the canopy to the frame and should be removed as soon as installation is complete. Unremoved cotter pins can tear clothing and lacerate the skin. Use pliers to remove the pins.

Save the pins in case you need to disassemble and reassemble the table for transportation purposes. Figure 5.

**Push-Through Bar (PTB) control.** Make sure you have enough room around the trap table to safely use the PTB without fear of hitting other people. The PTB can be dangerous if not properly used. Only trained, experienced users should use the PTB. A spotter should always maintain control of the bar with one hand. If the user should lose control of the bar, the spotter can maintain control of it.

**T-pins.** Balanced Body PTBs move vertically to accommodate different users and exercises. The T-pins within the bar allow for this vertical movement. Make sure these T-pins are clean and that they are easy to remove. If the T-pin is binding, make sure the frame tubes are properly aligned with the PTB holes. If you notice wear on the T-pins, please call Balanced Body to replace. If the T-pin is squeaking, remove the T-pin by depressing the button on the head of the T-pin and place a drop of 3-in-1 oil on the section of the pin that passes through the tube and PTB.
Then re-insert the T-pin. Make sure the bushings on the PTB (where the T-pins are inserted in to the PTB) are clean.

**Push-Through Bar (PTB) T-pin setting.** For bottom-sprung exercises, if your client's head is below the PTB, use the T-pin setting in addition to the safety strap or chain. Spotting your client is highly recommended. This is important for safety.

**Correct safety strap attachment.** For bottom-sprung exercises, the safety strap or chain should always secure the bar.

The safety strap or chain should wrap around the PTB and the canopy frame, not the eyebolts. The strap or chain is only as strong as the weakest link, and the frame and bar are a great deal stronger than eyebolts. **Figure 6.**

**Setting the PTB for bottom-sprung exercises.** For bottom-sprung exercises, the safety strap should be attached so that the angle of the push-through bar is at no lower than the 4 o'clock position. This limits the range of the bar and prevents it from potentially coming into contact with the user. **Figure 6:** Safety strap holding the push-through bar at 4 o'clock. The strap is secured to the PTB and canopy frame, not the eyebolts.

**CHAIRS**

**Dismount with control.** When dismounting the chair, release the pedals slowly, with control. Don't let the pedal snap back.

**Spot users.** When a user is standing, sitting or lying on top of the chair, there is increased risk of falling. Standing exercises, in particular, can be unstable. Spotting users will make these exercises safer.

**Hourglass spring mounts.** If your chair has hourglass spring mounts and the mounts do not successfully retain the springs, replace the fiber washers (they are reddish-brown in color). **Figure 7.** If your chair is a Balanced Body Split-step Pedal Chair (Combo Chair), please consider upgrading to the Cactus Springtree.

**UPHOLSTERY CLEANING & MAINTENANCE**

**Cleaning.** You can extend the life of upholstery by keeping it clean and free of dirt, oil and perspiration. After each use, wipe down the upholstery with a solution of mild soap and water. Then wipe it down with clean water and dry with a soft towel.

**Disinfecting.** Equipment upholstery is coated with BeautyGard®, which offers antibacterial protection. If you want additional disinfection, use any off-the-shelf disinfectant spray or solution, such as Pine Sol® or Lysol®. Since disinfectants will leave a fragrance residue buildup with repeated use, we recommend wiping down the disinfected area with clean water using a sponge or soft towel.

**HOW TO INSPECT AND TIGHTEN NUTS AND BOLTS.**

**Use your fingers to check nuts and bolts for tightness.** If you can turn the nut or bolt with your fingers, it's too loose and should be tightened. To tighten, first rotate nuts clockwise to tighten. Then use a small wrench to tighten further. Insert a screwdriver through eyebolts to hold them steady while you tighten the nuts. Use your forefinger and middle finger on the handle of the wrench to tighten, (as opposed to using your entire hand).

This technique will help prevent over tightening, which can damage metal parts. **Figure 8.**

**EQUIPMENT INSPECTION AND MAINTENANCE LOG**

We suggest that you keep a maintenance log for each piece of equipment. The log should include:

1. A description of the machine including the serial number, the date and place of purchase, and the manufacturer. All of this information should appear on the invoice.

2. Date and description of all required maintenance and inspections performed.

3. Date and description of each repair, including name and contact information for person or company performing the repair.
## MAINTENANCE SCHEDULE

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<th>Wk.</th>
<th>Mo.</th>
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### Reformers

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### REPLACEMENT PARTS

To order replacement parts, or if you have any questions, please call:

From U.S. and Canada: 1-800-PILATES (1-800-745-2837)
From United Kingdom and South Africa: 00 800 7220 0008
From Israel: + 800 7220 0008
From other locations: +1 916-388-2838
Email: info@pilates.com
How to assemble the Allegro® Reformer

PARTS LIST

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<td>950-020</td>
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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.

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.

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.

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.

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.

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.

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 axel 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)
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).

<table>
<thead>
<tr>
<th>Part Number</th>
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<tbody>
<tr>
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<td>1</td>
<td>Tower</td>
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<tr>
<td>TRP0047</td>
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<td>Push-through bar (PTB)</td>
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<tr>
<td>GEN9892</td>
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<td>1</td>
<td>T-slot bracket kit (R)</td>
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<td>950-130</td>
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<td>T-slot bracket kit (L)</td>
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<td>600-009</td>
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<td>Knob spacer</td>
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<td>600-011</td>
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<td>Delrin washer</td>
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<td>GEN9857</td>
<td>6</td>
<td>Black knobs</td>
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<tr>
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<td>Adjustable pulley and knob assembly</td>
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<td>2</td>
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<tr>
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<td>5/32” Allen key</td>
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<tr>
<td>SPR9004</td>
<td>2</td>
<td>Blue trap spring</td>
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<tr>
<td>SPR9002</td>
<td>2</td>
<td>Yellow trap spring</td>
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<tr>
<td>SPR9461</td>
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<tr>
<td>SPR9006</td>
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<td>710-010</td>
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<td>Single cotton loops</td>
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<tr>
<td>950-019</td>
<td>1</td>
<td>Allegro standing platform latch kit</td>
</tr>
<tr>
<td>DVD8205</td>
<td>1</td>
<td>Introductory DVD</td>
</tr>
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</table>

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.

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.

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.

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.
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.

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

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.

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).

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.

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.
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.

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).
How to Install the Allegro® Legs Kit

PARTS INCLUDED:

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<th>Part Number</th>
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<tbody>
<tr>
<td>GEN9021</td>
<td>4</td>
<td>Nylock hex nuts</td>
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<tr>
<td>GEN9472</td>
<td>4</td>
<td>1/4&quot;-20 x 3/4&quot; button head Allen screws</td>
</tr>
<tr>
<td>GEN9222</td>
<td>16</td>
<td>5/16&quot;-18 x 3/4&quot; button head Allen screws</td>
</tr>
<tr>
<td>GEN9280</td>
<td>1</td>
<td>Large Allen wrench (3/16&quot;)</td>
</tr>
<tr>
<td>GEN9282</td>
<td>1</td>
<td>Small Allen wrench (5/32&quot;)</td>
</tr>
<tr>
<td>GEN9235</td>
<td>2</td>
<td>1 - 1/4&quot; long silver screws</td>
</tr>
<tr>
<td>ALL0160</td>
<td>2</td>
<td>Black shoulder posts</td>
</tr>
<tr>
<td>ALL0091</td>
<td>4</td>
<td>Leg pads</td>
</tr>
<tr>
<td>614-020</td>
<td>2</td>
<td>Transport wheel brackets</td>
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<tr>
<td>GEN9162</td>
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<td>Spacers (Not Shown)</td>
</tr>
<tr>
<td>N/A</td>
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<td>Legs (Not shown)</td>
</tr>
</tbody>
</table>

TOOLS NEEDED (NOT INCLUDED):

- Phillips screwdriver (for Allegros with serial numbers 008342 and lower)
- Ratchet and 1/2" socket (for Allegros with serial numbers above 008342)
- Large flat head screwdriver
- Two 1/2" wrenches
- 7/16" wrench

TURN THE ALLEGRO UPSIDE DOWN

1. Attach all springs to keep the carriage stationary. Remove ropes, shoulder rests, and risers. Place the footbar in its highest position and check that all pins are locked so that the footbar is secure. Then, with the help of a strong friend, lift the Allegro from both ends and carefully turn it upside down and set it on the floor. You may want to place a pad or other floor protection beneath the Reformer.

INSTALL THE LEGS

2. If you have an Allegro with serial number 008342 or lower, use the Phillips screwdriver to remove the screws holding the four rubber feet to the bottom of the Allegro. If you have an Allegro with a serial number higher than 008342, use the ratchet and 1/2" socket to remove these screws. If you have an Allegro with a serial number higher than 014195, the foot can be removed by hand. Grasp the foot firmly and turn counterclockwise.

3. Place one of the legs onto the frame, aligning the four holes in the leg with the brass colored inserts visible at each corner of the frame. Using the 3/4" long button head allen screws, fasten each leg to the frame. (Tip - using your fingers, thread a screw into each of the holes before you begin to tighten any of them.) Tighten the screws using the provided large Allen wrench. When all four legs are tightened, peel the backing off the leg pads and stick them to the bottom of each leg.
INSTALL THE NEW TRANSPORT WHEEL BRACKETS

4. Install the two new transport wheel brackets to the two legs on the footbar end of the machine. Near the tip of the leg, you will find holes to match the two holes in the brackets. Install the brackets so that the screws are towards the center of the machine and the protruding flange is towards the outside of the machine (see photo below). Fasten the brackets to the leg with the 3/4” black button head allen screws and the nylock nuts. Use a 7/16” wrench to hold the nut on the inside of the leg while you tighten the screw with the small Allen wrench.

INSTALL THE RED WHEELS ONTO THE NEW TRANSPORT WHEEL BRACKETS

5. Using the two 1/2” wrenches, loosen and remove the nut on the bolt that holds the red transport wheels to the old bracket. Watch for washers and observe where they are placed so that you can replace them correctly when you fasten the wheels to the new brackets. Leave the old transport wheel brackets in place as they provide attachment points for the foot strap. Install the wheels on the inside of the transport wheel brackets. See Figure A.

INSTALL THE SHOULDER POSTS

6. With assistance, return the Allegro to the upright position. Under the shoulder rest you will see two silver-colored screws that lock the shoulder rests into place on the carriage. Using the large flat head screwdriver, remove the screw furthest from the pad. See Figure B. Remove the spacer between the screw and the bottom of the bracket. Set aside.

7. Install the provided 1 - 1/4” long silver screws. Be sure to replace the spacers. Tighten these screws firmly. Finish by turning the shoulder rest over and screwing the black post onto the exposed threads of the new screw. See Figure C. Grip the posts firmly and tighten them as much as possible.

8. Repeat on other shoulder rest.
How to install your Allegro Reformer®
Standing Platform latch

This latch is designed to retrofit your Allegro Reformer and is mandatory for use with the Allegro mat conversion.

TOOLS (NOT INCLUDED)

- Phillips head screwdriver
- Adjustable wrench

Parts included in the kit

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<thead>
<tr>
<th>Description</th>
<th>Quantity</th>
<th>Part no.</th>
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<td>B Nylock nuts</td>
<td>2</td>
<td>GEN9021</td>
</tr>
<tr>
<td>C Pre-load studs</td>
<td>1</td>
<td>204-001</td>
</tr>
<tr>
<td>D 3/16&quot; Allen key</td>
<td>1</td>
<td>GEN9280</td>
</tr>
<tr>
<td>E Bumpers</td>
<td>2</td>
<td>204-050</td>
</tr>
<tr>
<td>F Sheet metal screw</td>
<td>1</td>
<td>GEN9064</td>
</tr>
<tr>
<td>G Packet lubricant</td>
<td>1</td>
<td>207-000</td>
</tr>
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</table>

REMOVE BOLTS

1. Remove the 2 pre-load studs on the right side of the machine with the provided allen key and an adjustable wrench. See Figure A.

2. Discard studs and nuts

INSTALL LATCH ON FRAME

3. Apply a small amount of the included lubricant in the space between the pre-load studs removed in step 1.

4. Slide latch so that the bolt holes are visible through the slots in latch. See Figure B.

5. Insert the provided pre-load studs into latch slots and through bolt holes in the frame.

6. Install a Nylock nut on each stud. Tighten completely.
ATTACH SPRING TO FRAME

7. Using a Phillips head screwdriver, remove the small sheet metal screw from the right end of the standing platform hinge. See Figure C.

8. Thread the new sheet metal screw into the loop on the end of the spring attached to the corner of the latch plate. Tighten into the hole in the end of the hinge. See Figure D.

Note: Stretch and bend spring gently when tightening down screw to prevent spring coil from catching under screw.

ATTACH BUMPERS

9. Remove the black Velcro tabs located on the Allegro rail and standing platform edge. (Figure E & F)

10. Attach one white self-stick bumper on each side of the standing platform edge where the Velcro tabs were.

Your latch should look like Figure G when installation is complete.
How to install your Allegro® Wall Security Strap

The Allegro Wall Security Strap is designed to mount on walls with standard wood framing. If you have a different type of wall construction (brick, concrete, etc.), it may require a different fastener. Check with your local hardware store or contractor.

**Parts included**

» 1 adjustable belt strap

» 1 3 1/2” eye-fastener

**Tools you will need**

» Drill with 1/8” bit (not included)

» Phillips or flathead screwdriver (not included)

**INSTALL THE EYE-FASTENER**

1. Find a stud in the wall where you would like to stand your Allegro. Make sure you have ample space on both sides of the stud as well as above for the Allegro. Using a 1/8” drill bit, pre-drill a hole into the stud. The hole should be positioned 5’ to 5 1/2’ above the floor. Secure the eye-fastener into the pre-drilled hole with the screwdriver until the shaft of the fastener is completely within the wall.

2. Follow your Allegro or Allegro Tower instructions for proper standing procedure.

3. Move the Allegro against the wall with the footbar pointed away from the wall or perpendicular to the wall.

4. Wrap the strap ends around one rail and connect the ends like a belt, using the adjustable clip.

**NOTE:** Do not try to wrap the strap ends around the entire frame - it will not fit. Pull the slack on the strap to tighten.

**IMPORTANT:** 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 (1-800-745-2837) in the U.S. and Canada, or +1-916-388-2838 (international).
HUNDRED, ALL LEVELS

Sets: 10
Springs: 1 – 3
Bar: None
Loops: Regular
Headrest: Up

Focus
» Percussive breathing - in for 5, out for 5
» Stable pelvis – imprinted or neutral
» Hollow abdominals
» Abdominal strength
» Shoulders down
» Neck long

Precautions
Back injuries, neck injuries, hip flexor injuries, osteoporosis

Prerequisites
Hundred on the mat

Starting Position
Lying supine on carriage, knees at 90 degrees, hands in loops, arms to ceiling

Level 1
Knees bent at 90 degrees, reach arms to sides as the head and upper body lift off the carriage, pulse arms with breath

Level 2
Legs straight up to ceiling, reach arms to sides as the head and upper body lift off the carriage, pulse arms with breath

Level 3
Reach arms to sides as the head and upper body lift off the carriage, straighten legs to ceiling then lower legs keeping low back on mat, pulse arms with breath
FEET IN STRAPS, LEVEL 1

Reps: 6
Set up: 2 springs
Bar: Any
Loops: Regular

Focus
» Breath - exhale out/inhale in or inhale out/exhale in
» Spine to mat or neutral spine
» Hollow abdominals
» Abdominal strength
» Pelvic Stability
» Hamstring, adductor and gluteal strength
» Hamstring and adductor flexibility
» Leg and hip alignment
» Hip range of motion

Precautions
Hip flexor injury, limited hamstring flexibility, back injuries, weak abdominals

Prerequisites
Adequate hamstring flexibility, ability to stabilize the back, Hundred

Starting Position
Supine on carriage, loops around arches

Leg lowers
Hips stable, begin with inner thighs together, lower and raise legs

Variations: Legs parallel, turned out or turned in Magic circle or ball between the legs

Scissors
Hips stable, begin with inner thighs together, open legs to sides and return

Variations: Legs stay over hips, legs move down toward the bar while carriage moves (V's)

Circles
Hips stable, begin with inner thighs together, moving legs down and around in circles or D's, reverse directions

Variations: Legs parallel, turned out or turned in, or knees in straps.
ARM WORK, LEVEL 1 - 2

4 - 10 reps
Springs: 1-2
Box: long, short or none
Loops: very short, short or regular

Focus
» Breathing – inhale pull/exhale release
» Biceps, triceps, pectoralis and deltoid strengthening
» Scapular stabilization
» Torso stabilization
» Sitting posture

Precautions
Wrist, arm or shoulder problems, back problems with limited sitting ability

Sitting variations for all exercises
Sitting on carriage, cross-legged, legs straight or kneeling

Exercises Facing the Straps
Biceps
Holding very short loops in hands, bend elbows to pull straps to shoulders.

Triceps/Posterior Deltoid
Loops in hands, arms straight, pull straps back level with hips and pulse arms back

Exercises Facing Footbar
Serve a tray
Sitting facing footbar, regular loops in hands, elbows bent, reach forward, straighten arms, open arms to the side palm up and return

Hug a tree
Sitting facing footbar, regular loops in hands, arms out to sides, soft elbows, bring fingertips toward each other
FOOTWORK, ALL LEVELS

Reps: 10
Springs: 2—4 springs
Bar: Middle or High
Head rest: Up

Focus
» Breathing – exhale out/inhale in, or inhale out/exhale in
» Neutral spine
» Pelvic stability
» Hip, leg and ankle alignment
» Hip, leg and ankle strengthening
» Circulation
» Isolation – release unnecessary tension in the upper body and hips

Precautions
Sensitive to ankle, knee, hip flexion, spinal compression

Starting position
Supine on carriage, feet on foot bar, legs hip width apart

Heels
Heels on foot bar, push back and return

Toes
Ball of foot on bar, heels slightly raised, push back and return

Prehensile
Ball of foot wrapped around the bar, push back and return

Pilates V
Ball of foot on bar, turned out, low releve, heels together, push back and return

Flex/Releve
Ball of foot on bar, parallel, legs straight, plantar flex ankle, dorsiflex ankle, plantar flex ankle, bend knees, push back to starting position

2nd position
Heels at ends of bar, slight turn out, push back and return

Running in place
Ball of foot on bar, dorsiflex one heel, bend the other knee, alternate legs 20-50 times
Allegro® Tower Exercises

DEFINITION OF EXERCISE SET-UP TERMS

» Level: The level of expertise needed to undertake exercise.

» Reps: How many times the exercise is performed.

» Springs: Number and location of springs on the Allegro Tower.

» Loops: Which loops should be used during exercise.*

» Focus: What should be emphasized during exercise.

» Precautions: Physical conditions that may limit or exclude a participant. Exercises may need to be modified for people with these conditions.

» Prerequisites: Specific exercises that must be mastered before undertaking a new exercise.

» Starting Position: Where to begin the exercise on the Allegro Tower.

*If applicable

ROLLBACKS, LEVEL 1

Springs: 2 long yellow or 2 short yellow springs from high position
Reps: 6-10
Rollback Bar or handles

Focus
» Breathing – exhale roll down, inhale at the bottom, exhale to roll up

» Balance between abdominals and lumbar extensors

» Soft neck and shoulders

» Maintain C-curve

» Soft hip flexors

Precautions
Shoulder and neck problems, some low back problems, osteoporosis

Starting position
Sit facing Tower, holding on to bar or handles, knees soft, feet on metal bars.

Standard Exercise
Hold bar with arms straight, roll down, curving back and staying lifted, roll back up maintaining slight flexion in spine

Oblique Variations
» Wooden bar (Water skiing)

» Sit diagonally on table, place left foot against pole, cross right foot over ankle, place left hand on bar and reach right arm open while rotating torso to the right.

» Roll down and up maintaining rotation, then switch sides.
FEET IN STRAPS, LEVEL 1

Springs: Long springs from middle or high position  
Reps: 6-10  
Loops around arches

Focus
» Breath - exhale out/inhale in or inhale out/exhale in
» Neutral spine
» Hollow abdominals
» Pelvic stability
» Hamstring, adductor and gluteal strength
» Hamstring and adductor flexibility
» Leg alignment

Precautions
Back injuries, some knee injuries and hamstring strains

Starting Position
Lie supine with head toward Tower loops around arches

Leg Lowers
Both legs loops and inner thighs together, lower legs toward the table and maintain pelvic stability.

Variations: Parallel, turned-out, turned-in, holding a ball or magic circle between the legs

Circles
With both legs in loops circle the legs in both directions, maintaining pelvic stability.

Variations: parallel, turned-out, turned-in

Scissors
With both legs in loops, lower legs toward table then open and close legs and maintain pelvic stability.

Variations: parallel, turned-out, turned-in

Walking
With both legs loops alternately bring one leg down toward the table and then the other, while maintaining pelvic stability.

Variations: parallel, turned-out, turned-in
FEET IN STRAPS SIDELYING – ADDUCTOR PULL, LEVEL 1-3

Springs: Long springs from middle position
Loops: Around arches
Reps: 10

Focus
» Breath - exhale down/inhale up
» Correct side-lying position
  (waist up, hips and shoulders in line)
» Hollow abdominals
» Pelvic stability and isolation of the leg from the pelvis
» Adductor, medial hamstring and external rotation strengthening

Precautions
Some back injuries, knee injuries, and unstable sacroiliac joints

Starting Position
Lie on your side on Allegro Tower with back of body in line with back edge of mat and legs slightly forward.

Support body by bracing the bottom arm against upright pole or resting head on arm.

Place loop around arch

Standard Exercise
Pull top leg down toward bottom leg.

Maintain correct side-lying position.

Variations: parallel, turned-out (larger range of motion), turned-in.

Ovals
Maintaining correct alignment, move top leg in a small circle in both directions.

Variations: parallel, turned-out, turned-in

Front-Back Kick
Maintaining correct alignment, swing top leg forward and back (as in the Side Kick on the mat).

Variations: parallel, turned-out, turned-in
FOOT AND LEGWORK, LEVEL 1

Springs: 2 long purple springs from the bottom on Push-through Bar
Reps: 10
Safety Strap: On

Focus
» Breath – inhale push, exhale return
» Spine to mat or neutral spine
» Leg, ankle and foot alignment
» Calf and hamstring flexibility
» Foot, ankle and lower leg strength

Precautions
Back injuries, knee injuries

Starting Position
Supine on Allegro Tower with feet on Push-through Bar, and springs attached from low position onto the Push-through Bar

Plies
Lie supine with the Push-through Bar in line with anterior hip crease, flex knees, flex hips, with metatarsals or heels on the bar, and straighten legs and return.

Foot position variations: Heels, Toes

Leg variations: parallel, turned out, v-feet, wide 2nd position, single leg

Plie/Releve
Lie supine with the Push-through Bar in line with anterior hip crease, hips flexed, knees bent, metatarsals or toes on the bar.

Push the bar up toward the ceiling straightening the knee, plantarflex the ankle, dorsiflex the ankle and return.

Variations: parallel, turned out, single leg

Plantarflexion
Lie supine with Push-through Bar in line with anterior hip crease, legs straight, metatarsals or toes are on bar, plantarflex and dorsiflex the ankles.

Variations: parallel, turned out, single leg, running in place