

# How to Assemble the Balanced Body® CoreAlign® Ladder for Wall Mount

## PARTS LIST (INCLUDED):

Item	Part Number	Qty
Wall Brackets	616-085	6
10 x 2 1/2" pan head screws	GEN9395	6*
10 x 1" pan head screws	GEN9034	12
6 x 1" flat head screws	GEN9073	16
7/64" drill bit	616-117	1
Long dowels	607-272	4
CoreAlign ladder frame	607-308	1

\* Included for attachment of bracket to wall if needed. Wall mounting instructions are not included.

## TOOLS NEEDED (NOT INCLUDED):

- » Drill and 1/8" drill bit
- » Phillips screwdriver

**Note:** Assembled ladder is 91" (231 cm) tall. Contact Balanced Body if your ceiling is lower than 91".

1. Install first long dowel through both legs of ladder as shown in Figure A.

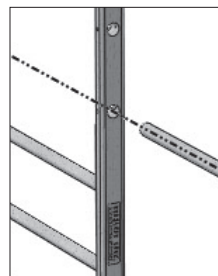


Fig. A

2. Position and hold dowel with 6 inches extended on both sides from outside surface of ladder. Drill dowel with 7/64" bit through existing hole as shown in Figure B. Insert #6 screw through pre-drilled hole in ladder and dowel, and screw ladder to dowel (Figure C). Repeat installing 2 screws per dowel. Ladder with all "rungs" (dowels) installed should look like Figure D.

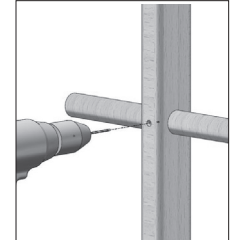


Fig. B

**IMPORTANT NOTE:** The brackets that hold the ladder to the wall can be installed for 24" on center studs (Figure E) or 32" on center studs (Figure F). **The remaining instructions are for 24" on center studs.**

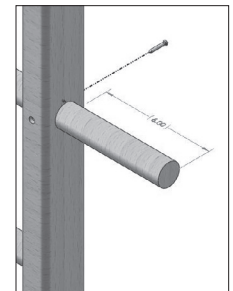


Fig. C

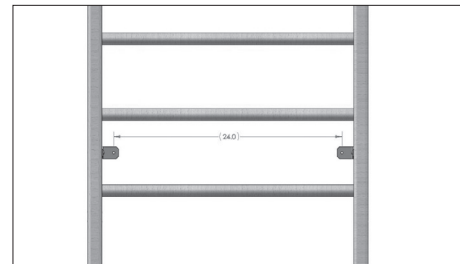


Fig. E



Fig. F

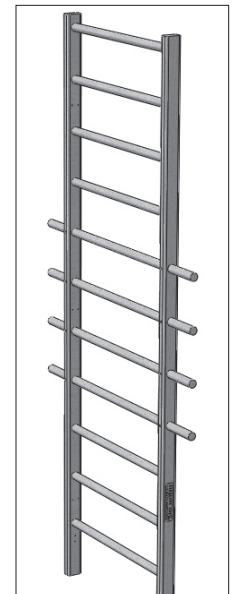


Fig. D

- To install wall brackets, drill with 1/8" inch bit at pre-marked hole locations as shown in Figure G. Do not drill thru the ladder leg. Next, insert #10 pan head screws through brackets as shown to secure them to the ladder. Repeat on remaining five locations. Attached bracket should look like Figure H.
- Fully assembled ladder will look like Figure I. You are now ready to attach the ladder to a wall. Ladder should be attached to wall by experienced personnel.

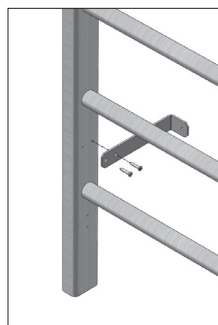


Fig. G

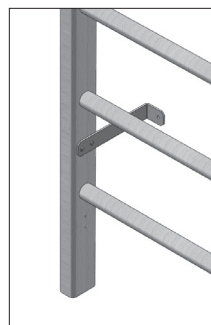


Fig. H

#### USING THE OPTIONAL HANDLES AND STRAPS

Several CoreAlign exercises (included in your CoreAlign instructions) require optional handles and straps for support. To attach them to the ladder, place the loop-end around the outside end of a long dowel. Choose the desired height for the handles and wrap the rope around the ladder and/or dowel until desired length is reached. To adjust, simply move the looped end to a different dowel. Be certain they are secure before using.

#### VERTICAL STORAGE OPTION USING THE HANDLES AND STRAPS

To store your CoreAlign vertically, move the carts to the end nearest the ladder and attach all resistance bands. Move the unit about 8-10" away from the ladder. On each side of the ladder, place the loop-end of the ropes on the long dowel, second from the bottom. Tip the unit until it is on its end. Diagonally wrap each rope around the unit and secure the handle on the top long dowel (Figure J).

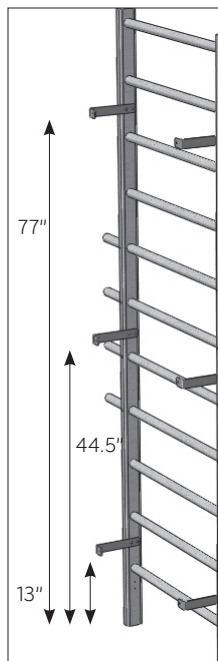


Fig. I

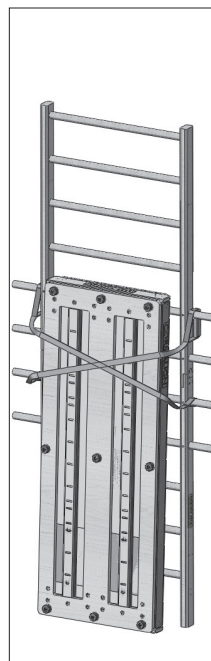


Fig. J

**Note:** A mat may be used underneath to prevent any scratches to the floor.

Questions? Call Balanced Body technical support at 1-800-745-2837 (USA and Canada) or +1-916-388-2838 (all other countries). Email: [info@pilates.com](mailto:info@pilates.com).