

How to Assemble the Balanced Body® CoreAlign® Freestanding Ladder

NOTE: Read all instructions before proceeding. The ladder and base will arrive in two separate boxes. Remove all parts before beginning assembly. **Note:** Assembled ladder is 91" (231 cm) tall. Contact Balanced Body if your ceiling is lower than 91".

DESCRIPTION	QTY	PART NO.
Wood Screws; 6 x 1 -1/4" long	(8)	200-250
Bolts; 5/16" x 1 3/4" long	(4)	GEN9012
Washers, 3/8"	(10)	GEN9111
Nuts, 3/8"	(6)	GEN9161
Kickstand	(1)	950-224
Long dowels	(4)	607-272
7/64" Drill bit	(1)	616-117
Split washer	(6)	GEN9209
5/32" Allen wrench	(1)	GEN9282
9/16" Deep socket	(1)	TOL1283

1/2" Socket	(1)	TOL1284
Socket handle	(1)	TOL1285
1/4" Fender washer	(1)	GEN9199
1/4"-20 x 2" Bolt (silver)	(1)	GEN9227
1/4"-20 x 2 1/2" Bolt (black)	(1)	616-102
Tools needed (not included):		
» Drill		
» Phillips screwdriver		

STEP 1

Position ladder base standing on its side. Insert threaded bolts of ladder as shown. (Figure 1).

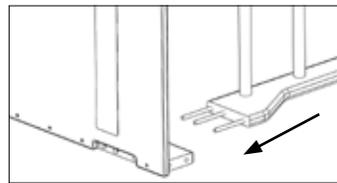


Fig. 1

STEP 2

Secure the ladder using 3/8" washers (GEN9111), split washers (GEN9209), and nuts (GEN9161) (Figure 2).

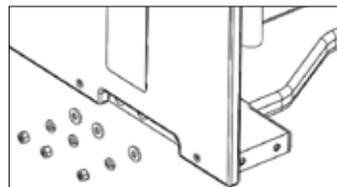


Fig. 2

Note: Part sequence on stud in order is as follows: 1. flat washer (GEN9111), 2. split washer (GEN9209), 3. nut (GEN9161). Tighten using 9/16" socket and handle (TOL1283, 1285). With assistance, stand ladder and ladder base upright.

STEP 3

With the recessed holes facing out, use washers (GEN9111) and bolts (GEN9012) to attach support plate as shown in Figure 3. Secure with 1/2" socket and socket handle. Lower the foot on both sides of the support until they rest on the ground.

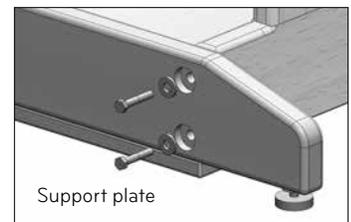


Fig. 3

STEP 4

Insert rungs into ladder. Use pre-drilled locator holes to position hole on one side of ladder. Insert and secure wood screw (200-250) into each locator hole on each rung. Use 7/64" drill bit to drill "pilot" hole on other end of each rung. (figure 4). Secure with wood screws. Repeat with remaining three dowels. Ladder with all "rungs" installed should look like Figure 5.

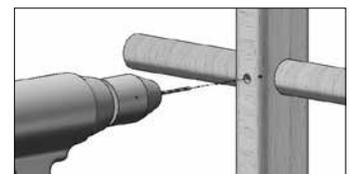


Fig. 4

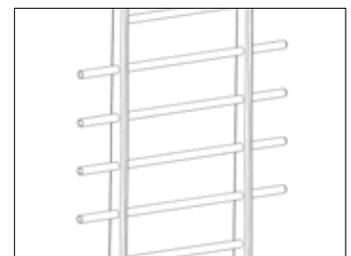


Fig. 5

STEP 5

Remove the carts from the CoreAlign. With assistance, carefully turn CoreAlign over. Using the provided $\frac{5}{32}$ Allen wrench, unscrew and remove the middle rubber foot on the end of the CoreAlign that will be furthest from the ladder. Fig 6

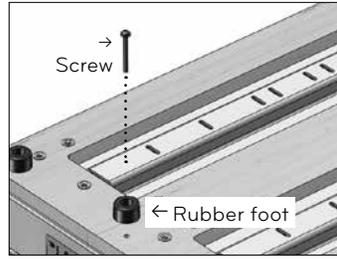


Fig. 6

STEP 6

Place the kickstand over the remaining two rubber feet and secure with the provided bolt and washer along with the old center foot (Fig 7).

Note: If your CoreAlign has a serial number CA05244 or higher use the 2" silver screw. If it is lower than that, use the 2-1/2" black screw.

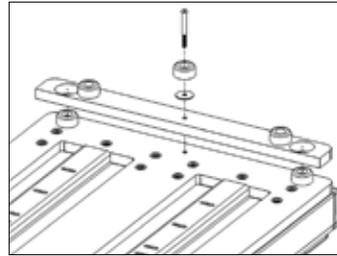


Fig. 7

STEP 7

Place the CoreAlign unit, cart side up, onto the ladder base. Adjust the feet on the underside of the ladder support plate to stabilize the entire assembly. Refer to Figure 8.

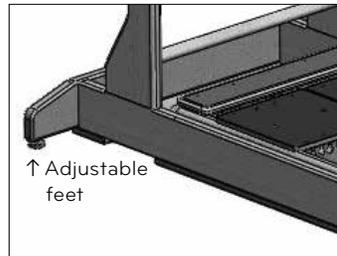


Fig. 8

USING THE OPTIONAL HANDLES AND STRAPS

Several CoreAlign exercises (included in 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 straps are secure before using.

VERTICAL STORAGE OPTION USING THE HANDLES AND STRAPS

To store the CoreAlign vertically, move the carts to the end nearest the ladder and attach all resistance bands. Move the unit about 8-10" (20cm-25cm) 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.

Note: A mat may be used underneath to prevent any scratches to the floor. Diagonally wrap each rope around the unit and secure the handle on the top long dowel. Refer to Figure 9.

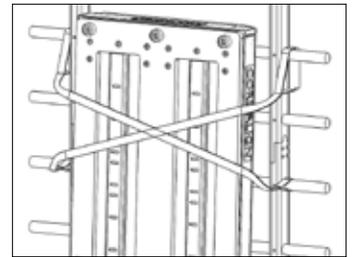


Fig. 9

QUESTIONS?

Please call Balanced Body Technical Support at 1-800-PILATES (U.S.) or +1-916-388-2838 (International).