

Installing the Tower on the Allegro® 2

PARTS LIST

Description	Part Number	Qty.
Tower frame	617-061	1
Tower receiver brackets (1 pair)	950-171	1
Lower spring mounts (1 pair)	950-170	1
Push-through bar	617-064	1
T-pins	GEN9892	2
SoftTouch Single Loops	101-033	1 pair
Roll Down Bar	701-010	1
Square Bumper	206-002	3
DVD	DVD8377	1

Springs:

Long Yellow Trap Spring	SPR9006	2
Long Purple Trap Spring	SPR9461	2
Short Yellow Trap Spring	SPR9002	2
Short Blue Trap Spring	SPR9004	2
Safety Strap w/ Carabiner	210-023	1

TOOLS

Wrench	617-060	1
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1. REMOVE HEAD-END OF FRAME

Note: Two people are recommended for this process.

Lift the head-end (the end with the risers on it) of the Reformer and place a sitting box or some other solid object underneath the frame rails so that the head-end is off the ground. This will support the rest of the Reformer when the frame end is removed.

Remove the two nuts at the head-end of the frame rails with the included wrench as shown in Figure A.

Repeat on other side.

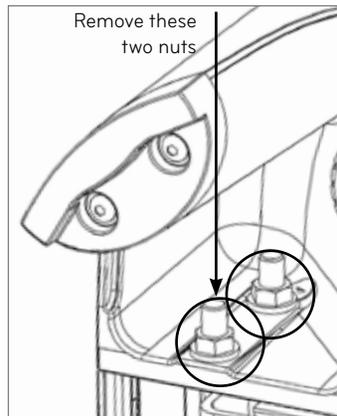


Figure A (shown from underside of Reformer)

Grab a riser and a leg casting and pull the head-end off the frame as shown in Figure B. TIP: Some effort will be required and rocking the head-end from side to side may help to loosen it up.

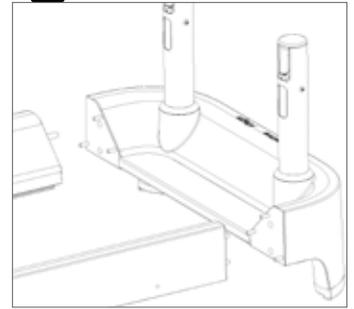


Figure B

» Remove the two black bumpers near the bolt holes on the end casting and discard. If your reformer does not have them, proceed to the next step.

2. INSTALL TOWER RECEIVERS

Take the Tower receiver brackets (they are attached to the Tower for shipping purposes) and align them with the bolts at the end of the frame rails. The bracket will be sandwiched between the end of the frame rails and the head-end of the frame that was just removed, as shown in Figure C.

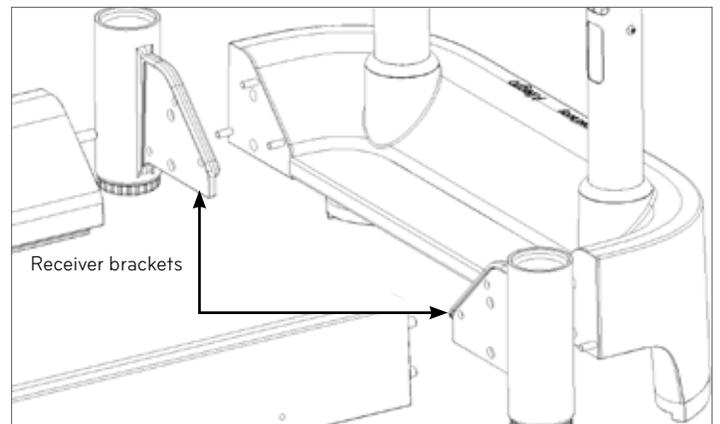


Figure C

Loosely re-install the four nuts removed in step 1. Receivers should look as shown in Figure D.

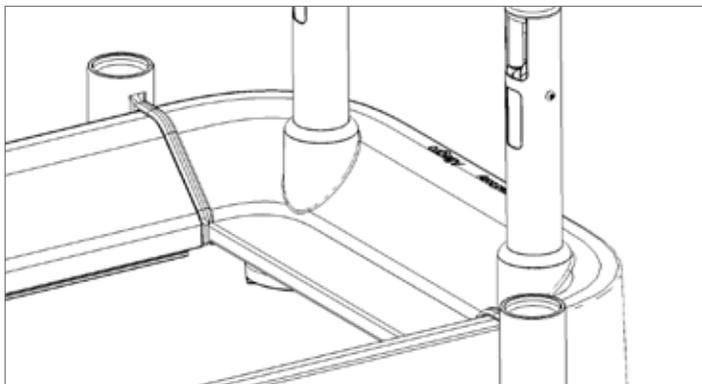


Figure D

3. INSTALL TOWER FRAME

Install Tower into receivers on either side of Reformer frame. The spring storage eyebolts on the top of the frame should be facing away from the Reformer. Tighten the knobs under the tower receivers to secure and align tower. Tighten the four nuts attaching the head-end to the frame.

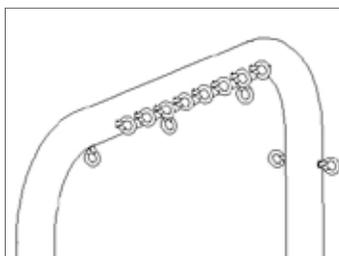


Figure E: Spring storage eyebolts face away from Reformer

4. INSTALL CARRIAGE BUMPERS

If you had square bumpers to remove in step 1, install the new carriage bumpers as shown in figure F. Once in place, push on them firmly to adhere correctly. If your reformer did not have the square black bumpers on the end casting, skip this step.

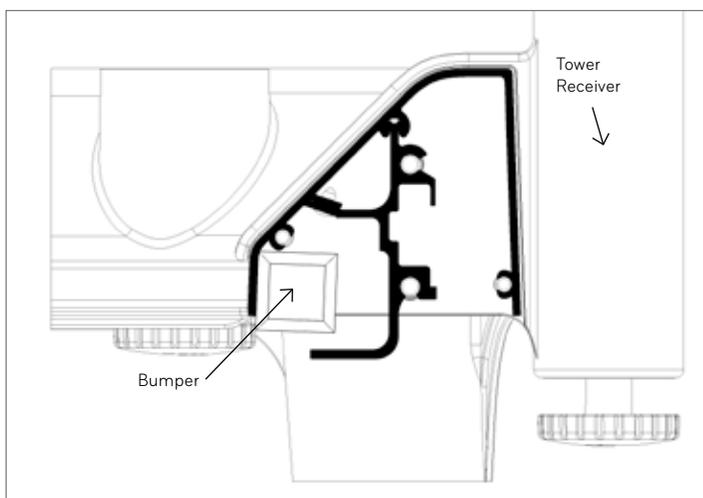


Figure F

5. INSTALL LOWER SPRING MOUNT

If required, remove existing risers. Insert the lower spring mount into the riser socket as shown in Figure G. Make sure the knobs underneath the Reformer have engaged with the spring mount and then hand tighten the knobs.

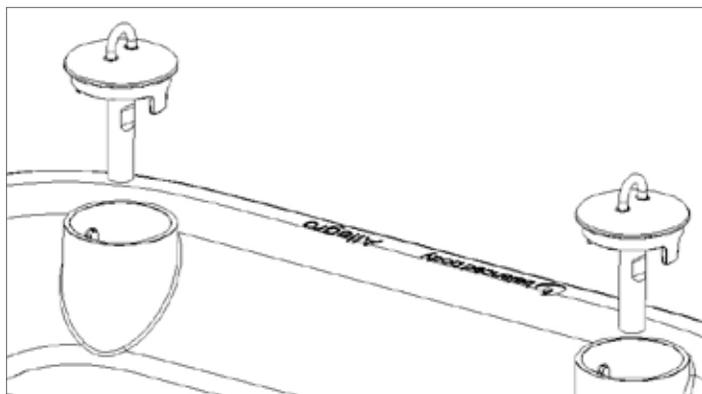


Figure G

6. INSTALL PUSH-THROUGH BAR (PTB)

Use the included t-pins to attach the PTB as shown in Figure H. On the outside of the Reformer frame depress the button on the t-pin, push it through the tower frame and into the connecting hole on the PTB.

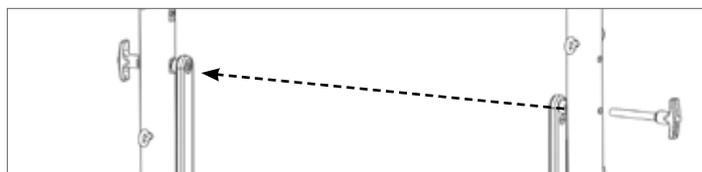
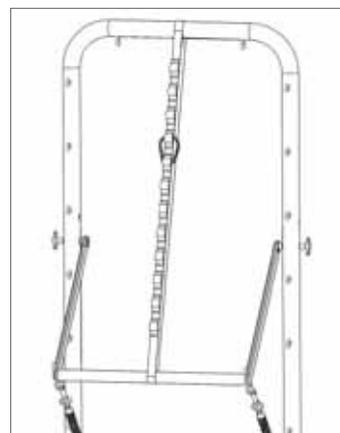


Figure H

7. USING THE PRE-INSTALLED PUSH-THROUGH BAR (PTB) SAFETY STRAP

Use only with qualified instructor supervision. The PTB safety strap is used only for bottom-sprung PTB 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.

8. OPTIONAL FOURTH-SIDE PTB

A fourth side for the PTB can be ordered separately. To install, take the PTB off the frame by removing the T-pins. Insert the included screws into the holes as shown in Figure 1. Repeat on the other side then re-attach the PTB to the frame using the T-pins.

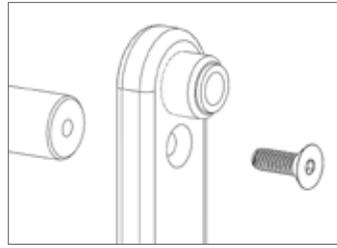


Figure 1

9. OPTIONAL MAT CONVERSION

To install the mat on the frame disengage the springs and move the carriage all the way to the head end of the Reformer. Place the mat (upholstered side up) into the frame and slide the wooden tongue of the mat under the standing platform on the foot-end of the frame.

10. SAFETY AND MAINTENANCE

Safety

- » To reduce the risk of serious injury, read the following important precautions before using the Allegro 2 Tower System.
- » Read all instructions in this manual before using the Allegro 2 Tower System.
- » Use the Allegro 2 Tower System only as described in these instructions and the video.
- » It is the responsibility of the owner to ensure that all users of the Allegro 2 Tower System are adequately informed of all precautions.
- » Use the Allegro 2 Tower System only on a level surface.
- » Keep hands and feet away from all moving parts. When the Allegro 2 Tower System is not in use, leave at least two springs connected to the carriage frame and make sure the PTB is secured or removed
- » Keep children under the age of 12 and pets away from the Allegro 2 Tower System at all times.
- » If you feel pain, dizziness, or shortness of breath, stop exercising immediately.
- » Before beginning any exercise program, consult your physician.

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.
- » Replacement upholstery is available from Balanced Body
- » Replace any missing screws, retention pins, T-pins or other parts.
- » Tighten tower knobs monthly to ensure they are always tight.

Cleaning

- » Wipe the carriage pad, headrest, footbar and shoulder rests with a soft cloth and a mild, non-abrasive mixutre of soap and water after each use.
- » Keep the Tower, PTB, carriage track free from dust and dirt.
- » 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.

Questions? Call Balanced Body Technical Support at 1-800-PILATES or +1-916-388-2838 or info@pilates.com.

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.



Roll Backs



Water skiing



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



Leg Lowers



Circles



Walking (springs middle position)



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

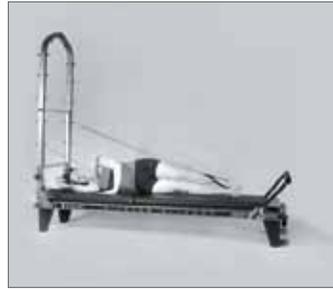
- » Pull top leg down toward bottom leg.
- » Maintain correct side-lying position.
- » Variations: parallel, turned-out (larger range of motion), turned-in.

Ovals

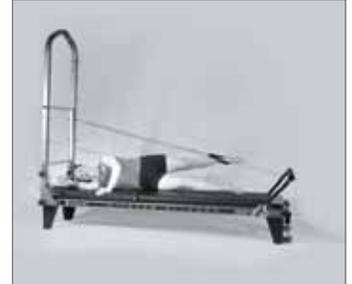
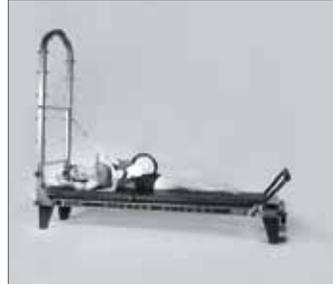
- » Maintaining correct alignment, move top leg in a small circle in both directions.
- » Variations: parallel, turned-out, turned-in

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



Adductor Pull



Front-Back Kick

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



Plies



Plantarflexion - 2 legs



Plantarflexion - alternating legs

CAT, LEVEL 3

Springs: 2 short springs from above on Push-through Bar

Reps: 4

Focus

- » Breath – exhale roll down, inhale to extend out, exhale pull back, inhale uncurl.
- » Spinal flexibility
- » Scapula stability/mobility
- » Abdominal hollowing and lift
- » Coordination of breath with full spinal mobility

Precautions

- » Back injuries, shoulder injuries, knee injuries, and osteoporosis

Prerequisites

- » Mat – Cat/camel stretch

Starting Position

- » Kneeling on table, hands on Push-through Bar with the bar close to the body.

Standard Exercise

- » Press bar down and roll the spine down beginning with top of head.
- » Reach bar away as spine elongates into extension.
- » Return by pulling abdominals in and curling spine back into flexion before stacking vertebra one on top of the other to return to the starting position. (Keep the hips pressed forward over the knees as much as possible.)

