

# Installing the Bodhi Suspension System™ from Balanced Body®

PARTS LIST (SEE FIGURE A):

Item No.	Description	Part Number	Quantity
1	10.2mm Rope (green or gray)	(210-067 or 210-066)	2
2	Accessory Lanyard	210-065	4
3	Handles	101-038	1 pair
4	Double Loops	210-064	1 pair
5	DVD	N/A	1

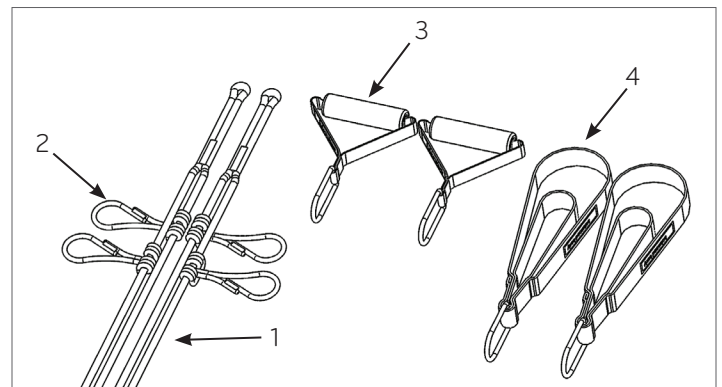


Fig A

## TO INSTALL

1. Uncoil the main ropes and locate the sewn loop ends. Do not remove the zip ties holding the accessory lanyards in place. Throw the sewn loop end over your bar and feed the two loose ends through the sewn loop. (See Figure B)

2. Pull the loose ends of the rope to tighten the knot around the bar at the top.

3. Repeat on the second rope and tighten it about a shoulder length away from the first rope. (See Figure C)

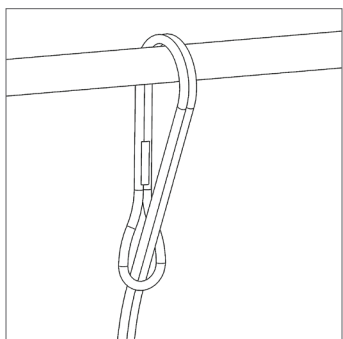


Fig B

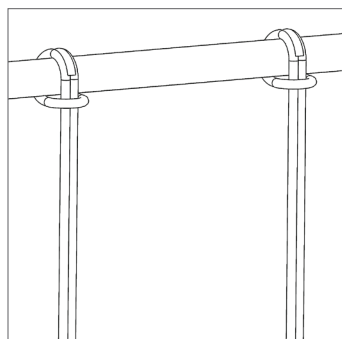


Fig C

4. You can now cut and remove the zip ties holding the accessory lanyards in place, being careful not to cut the rope. Each leg of the ropes should have an accessory lanyard tied to it. One handle or one double loop will attach to a leg of each rope.

## TO ATTACH LOOPS/HANDLES: (SEE FIGURE D)

1. Feed the rope loop on the end of the loop/handle through the accessory lanyard.

2. Pass the loop/handle through its own rope loop and pull tight.

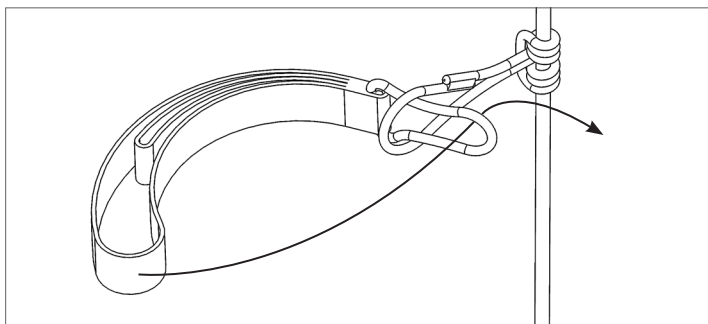


Fig D

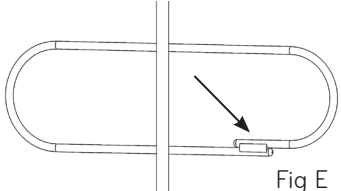
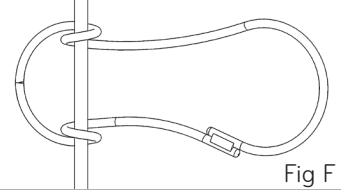
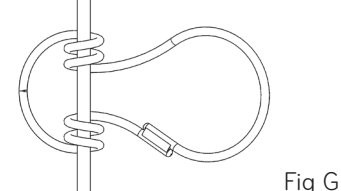
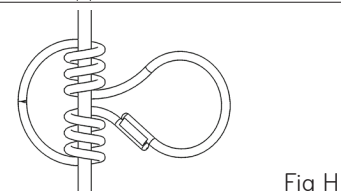
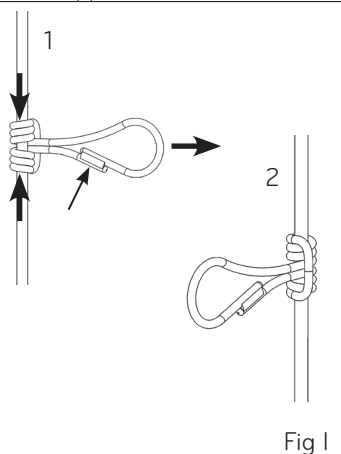
### Safety Precautions:

- » Periodic inspection of ropes and stitching is recommended. If there are loose stitches or fraying ropes, replace as needed.
- » Anchor bars should always be round and smooth, never angular or sharp.

## REPLACING/RE-ATTACHING ACCESSORY LANYARDS

NOTE: If the accessory lanyards ever need to be replaced or re-attached it is critical that these instructions are followed exactly. Incorrect installation may result in serious injury.

### To re-attach

Hold the accessory lanyard behind the main Bodhi rope as shown here. Make sure the sewn section of the lanyard is here.	
Wrap the accessory lanyard around the main Bodhi rope and through itself as shown.	
Wrap the accessory lanyard around the main Bodhi rope and through itself a second time as shown.	
Wrap the accessory lanyard around the main Bodhi rope and through itself a third time as shown.	
Push the knot together while pulling the loop to tighten the knot. (1)	
Make sure the sewn section of the lanyard is half way between the knot and the end of the loop. (1)	
The outside wrap of the knot should look like this from the other side. If it does not, loosen the knot and reposition rope loops. (2)	

Questions? Call Balanced Body Technical Support at 1-800-PILATES (U.S. and Canada) or +1-916-388-2838.