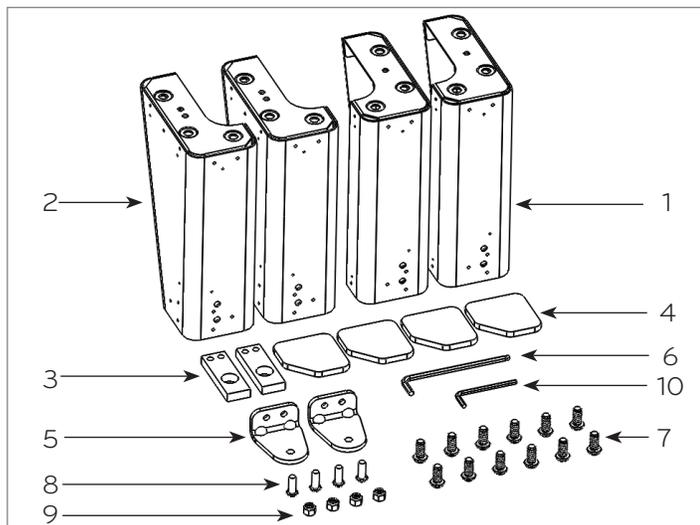


How to Install the Allegro® Legs Kit

PARTS INCLUDED:

Item No.	Part Number	Description	Qty
1	618-030	Allegro Leg, A	2
2	618-031	Allegro Leg, B	2
3	618-021	Leg Nut Plate	2
4	ALL0091	Rubber Pad, Leg, Allegro	4
5	614-020	Wheel Bracket, Allegro Ext Leg	2
6	GEN8320	Allen Key, 3/16" Ball Point	1
7	GEN7321	Screw, Button Head, 5/16-18 x 3/4"	12
8	GEN7325	Screw, 1/4-20 x 3/4"	4
9	GEN9021	Nut, Nylock, 1/4-20	4
10	GEN9282	Allen Key 5/32" Short Arm	1



1. If you have a Tower Of Power installed, remove the ropes, loosen the 4 tower knobs, and remove the tower.
2. Using the included shorter allen wrench, remove the 4 screws holding the head end cover plates and riser pins in place. Set them aside to be re-installed later. See Figure A.

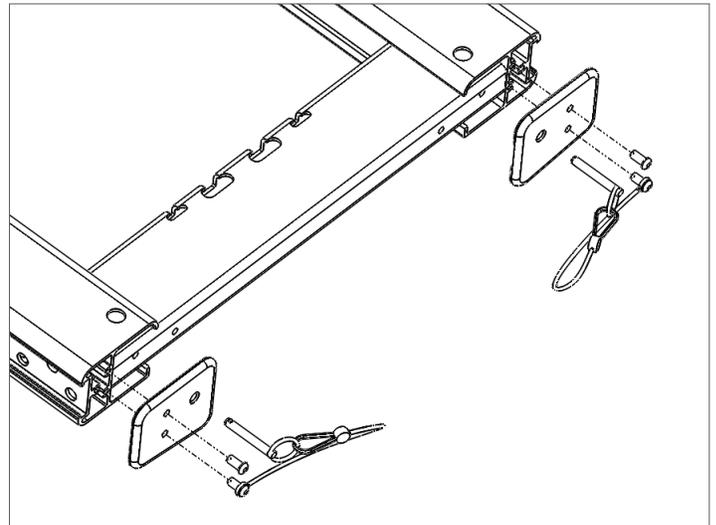


Figure A

3. Attach all springs to keep the carriage stationary. Remove ropes, shoulder rests, and risers. Place the footbar (if installed) in its lowest position and check that all pins are locked so that the footbar is secure. Then, with the help of a 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.

TOOLS NEEDED (NOT INCLUDED):

- » Two 1/2" or adjustable wrenches
- » One 7/16" wrench

4. Remove the 4 rubber feet from the bottom of the Reformer frame by grasping them firmly with your hand and turning counter-clockwise. You can discard the feet unless you may want to convert back to a flat Allegro configuration.

5. Remove the legs and other materials from the packaging and lay the legs on the floor with the bottom of the leg facing up as in Figure B.

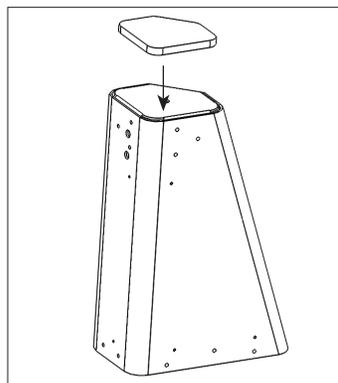


Figure B

6. Then peel the adhesive backing from the 4 rubber feet, match up the profiles of the feet with the leg, and stick the foot to the leg as in Figure B.

7. Insert the leg nut plates shown in Figure C into the Reformer frame until the big hole lines up with the riser hole in the frame. When it does, drop your riser through the frame and the block to hold it in place. See Figure C and D.

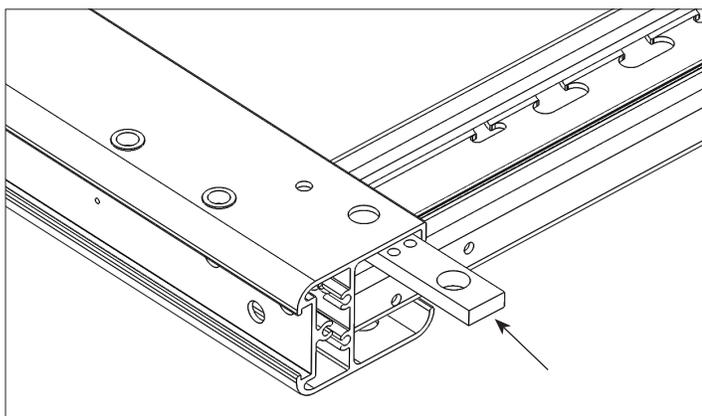


Figure C

8. Now maneuver the leg nut plate so that the holes in Figure D line up when you look down through the hole in the frame. This will be one of the screw holes you will use to attach the legs.

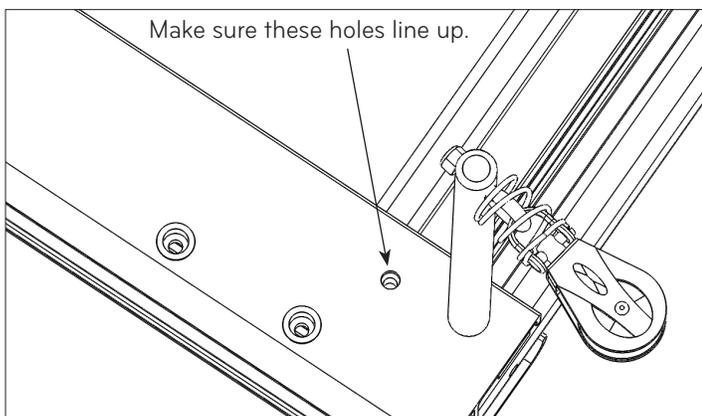


Figure D

9. With the risers still in place to locate the leg nut plates, place two of the legs onto the frame rail at the head end of the Reformer, lining up the holes in the leg with the three holes in the frame. The left and right legs are not the same so keep looking for one that matches the hole pattern in the frame. Now start threading all six of the 5/16-18 screws into the frame to secure the legs in place. Start with the screws that go into the block that is held in place by the risers and once they are all started, tighten them. See Figure E.

Now you can remove the risers and set them aside.

NOTE: the long end of the included 3/16" allen wrench is ball shaped to allow for more maneuverability when working in small areas. Once the screws are finger tight, use the short leg of the allen wrench to tighten the screws.

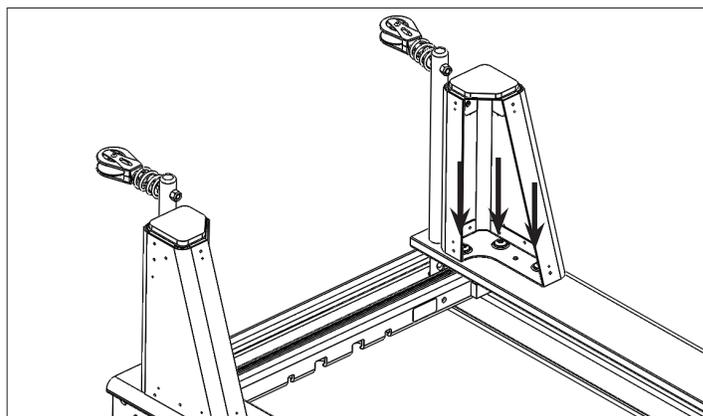


Figure E

10. Install the legs onto the foot end of the frame in the same way with the 6 screws. No leg nut plates are required at the foot end.

11. Using a 7/16" wrench and the included allen wrench, install the transport wheel brackets with the 1/4-20 screws and nuts as shown in Figure F. Make sure the brackets are oriented as shown. Typically these are installed at the foot end of the Reformer as shown in Figure F.

NOTE: The transport wheels can also be installed at the head end which allows you to move the Reformer with Tower more easily. Just make sure the carriage is rolled to the head end of the Reformer before lifting the foot end of the machine in this configuration.

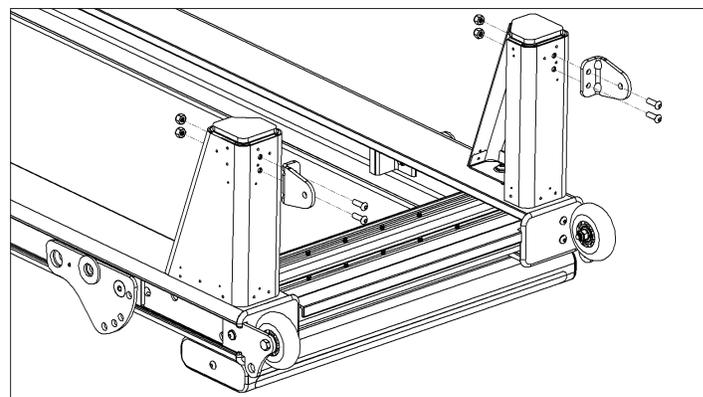


Figure F (Footbar not shown)

12. Using two 1/2" or adjustable wrenches, remove the transport wheels from their current location and install them onto the brackets you just installed. Leave the old transport wheel brackets in place, as that is where a footstrap can be attached. See Figure G.

NOTE: It is critical that the washers and wheel get installed in the same order and orientation as they were on the original brackets. Do one wheel at a time and if the wheel does not spin freely after you are done, double check against the other wheel to make sure everything is in the right order.

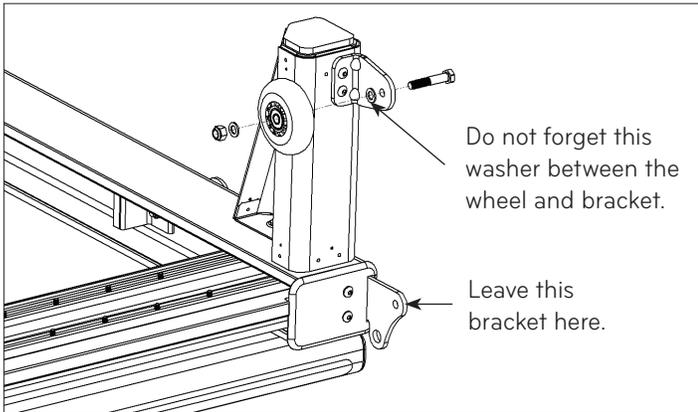


Figure G

13. Re-install the head end rail cover plates on the same side you removed them from.

NOTE: If you will be installing a Tower System next, leave the head end rail cover plates off.

14. Your legs are installed and you may now carefully lift and turn your Allegro Reformer back over onto the legs. Re-install your shoulder rests, risers, and ropes.

