Assembling the Allegro® Tower of Power™

Prior to assembly, check the parts and components received against the following list. If you are missing any parts, contact the Balanced Body customer service department at 1-800-PILATES (1-800-745-2837) in the U.S. and Canada, or +1-916-388-2838 (international).

PREPARE YOUR ALLEGRO REFORMER

If you have purchased an Allegro 14” leg set, we strongly recommend installing the legs before installing the Tower.

Remove all ropes and risers from the Allegro. If your Allegro was purchased before February 1, 2004, remove the labels and backing on the sides. You can order a new label free of charge by calling 1-800-PILATES (1-800-745-2837 in the U.S. and Canada, or +1-916-388-2838 (international).

<table>
<thead>
<tr>
<th>Part Number</th>
<th>Description</th>
<th>Qty</th>
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<tr>
<td>618-024</td>
<td>Tower</td>
<td>1</td>
</tr>
<tr>
<td>TRP0047</td>
<td>Push-through bar (PTB)</td>
<td>1</td>
</tr>
<tr>
<td>GEN9892</td>
<td>T-pin</td>
<td>2</td>
</tr>
<tr>
<td>950-234</td>
<td>Tower Bracket, Right</td>
<td>1</td>
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<tr>
<td>950-235</td>
<td>Tower Bracket, Left</td>
<td>1</td>
</tr>
<tr>
<td>950-131</td>
<td>Adjustable pulley and knob assembly</td>
<td>2</td>
</tr>
<tr>
<td>212-001</td>
<td>5/32” Allen key, long</td>
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<tr>
<td>SPR9004</td>
<td>Blue trap spring</td>
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<tr>
<td>SPR9002</td>
<td>Yellow trap spring</td>
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<tr>
<td>SPR9461</td>
<td>Long spring, purple</td>
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<tr>
<td>SPR9006</td>
<td>Long spring, yellow</td>
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<tr>
<td>710-010</td>
<td>Roll down bar</td>
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<td>101-005</td>
<td>Single cotton loops</td>
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<td>210-023</td>
<td>Safety strap with carabiner</td>
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<td>DVD8205</td>
<td>Introductory DVD</td>
<td>1</td>
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<tr>
<td>950-236</td>
<td>Tower lower spring mounts</td>
<td>1</td>
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IMPORTANT: READ FIRST

NOTE: If you have an original version of the Allegro with the angled corner joints (Serial Number less than 36396), follow these instructions.

a. Using the provided 5/32” Allen wrench, loosen and remove the six screws (one on each side of the Reformer and 4 on the head end) that hold the head end of the frame on. If you have legs installed you will have to remove the leg bolts that attach to the head end of the frame. Take note of how the plastic shims between the frame members are oriented and how they fit.

b. Install the Tower brackets as described in step number 3 below. Do not tighten the bracket screws.

c. Re-install the head end of your Reformer frame with the plastic shims and screws removed in step a. The two shorter bolts go in the sides of the frame and the 4 longer ones go in from the head end. Get all 6 screws started, then tighten the screws until they are snug; do not over tighten them. If you have legs, reinstall those bolts also.

d. Position the Tower brackets so they line up with the edge of the frame screws on the side of the frame. Then tighten the Tower bracket screws as described in step 4.

e. Follow the instructions from step 6 until the end.

1. Using the provided 5/32” allen wrench, remove the plastic rail caps and locking pins at the head end of the Allegro frame. They will need to go back on the same side, so keep track of which one goes where and keep the screws with them. See Figure A.

2. Installing the Tower Mount Brackets:

   a. With the provided 5/32” allen wrench, loosen the 6 screws on each bracket 1-2 turns. Do not remove them, you just want some free play between the plates. See Figure B.

   b. Make sure the brackets are oriented as in Figure B (use the large grey knobs and screws as reference) and slide them into the C-channel of the frame.

3. Re-install the plastic rail end caps on the same side you removed them from. The lanyard and locking pins are no longer needed so they can be set aside with the risers. See Figure C.
4. Make sure both brackets are slid all the way up against the plastic rail caps. Using the provided 5/32" allen wrench, tighten the 6 screws on both Tower brackets. See Figures C and D.

5. Install the Tower frame onto the brackets.
   a. Orient the Tower frame so that the large threaded holes at the bottom face away from the carriage.
   b. Lift the Tower frame over the brackets and lower it around them so it rests on the ledge at the bottom of the brackets. See Figure E.
   c. Slide the frame toward the bracket until it is flush.
   d. With one arm or an assistant holding the Tower frame upright and in position, start threading the 4 large knobs into the Tower frame. You may have to push on the frame to get it into position with the knob, and if one is giving you trouble, just move onto the others and come back to it.

   **IMPORTANT NOTE:** Get all four knobs started 3-4 turns into the Tower frame before tightening any of them. It is also critical that the Tower is parallel and flush against the bracket with the knobs. You may have to push/pull/twist the leg of the Tower to make it line up.

   e. Once all four knobs are started tighten them one by one.

6. Install the adjustable pulleys by assembling the components as shown in Figure F with the pulley on the inside of the frame. Tighten the knob when the eyebolt is horizontal as shown in Figure F. Repeat on the other side.

7. Install the lower spring mounts in the head end of the frame with the long screw and the 5/32" allen wrench. Tighten the screw with the eyebolt oriented vertically as shown in Figure G.

8. Rethread your ropes through the new riser pulleys.
REPOSITION THE T-PIN

For shipping purposes, the Tower is packaged with the T-pins installed on the inside of the Tower frame.

9. The T-pin should be installed on the outside of the Tower frame for use. To remove the T-pin, push the button on the handle of the pin while holding the push through bar (PTB) securely. Pull the pin free of the PTB and Tower frame. Reinsert the pin from the outside of the Tower frame. See Figure H.

INSTALLING MAT CONVERSION

10. Disconnect all carriage springs

11. Move the carriage to the head end of the frame and clear the ropes out of the way.

12. Place the mat in the open space between the standing platform and the carriage.

13. Remove the shoulder rests from the carriage (optional).

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

Note: Always use the safety strap for bottom-sprung exercises.

Use only with qualified instructor supervision. The PTB safety strap is used only for bottom-sprung 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 at the top of the Tower frame to secure the PTB upright when not in use.

MOVING AND STANDING AN ALLEGRO WITH TOWER

Note: Always exercise caution when moving, lifting, or storing an Allegro or an Allegro with Tower. Use proper lifting technique to avoid injury.

TO MOVE:

To move a Reformer with Tower a short distance you may be able to lift the head end and roll it on the transport wheels as if you did not have a Tower. Be aware that you will be lifting the Tower and Reformer so it will be heavier than the Reformer by itself. The Tower will also be rising quite high so you will have to be careful if you do not have high ceilings.

If moving the Reformer and Tower is not possible, remove the Tower, then move the Reformer.

1. Pull the ropes back through the pulleys on the riser.

2. Loosen the four gray Tower knobs and remove the Tower from the Reformer frame. If this is too heavy, the springs and push thru bar can be removed first. If you do not remove the push thru bar or roll down bar, be aware that they can swing freely.

3. Now with the carriage held in the home position by at least 2 springs, lift the head end of the Reformer to roll.

Note: If you have the extended legs installed and have the transport wheels at the head end, you can leave the Tower installed and lift the foot end of the machine to roll it around. Make sure the carriage is at the head end of the frame before lifting. You will take up more room as you move around in this configuration but for some circumstances this is acceptable.

TO STAND:

4. Remove the Tower frame as explained in the "To Move" section. The Tower must be removed before standing.

5. It is absolutely critical that the Allegro footbar be set and locked in the correct position for standing storage. Move and lock the footbar into the position closest to the foot-end of the Reformer frame. Raise the footbar to its highest position. Lift the head-end of the Allegro frame to waist height. Then raise the frame to vertical. Use your foot to steady the wheeled end of the frame as you lift to vertical. The vertical Allegro will come to rest on the footbar and the transport wheels.

Note: It is absolutely critical that the Allegro footbar be set and locked in the correct position for standing storage.