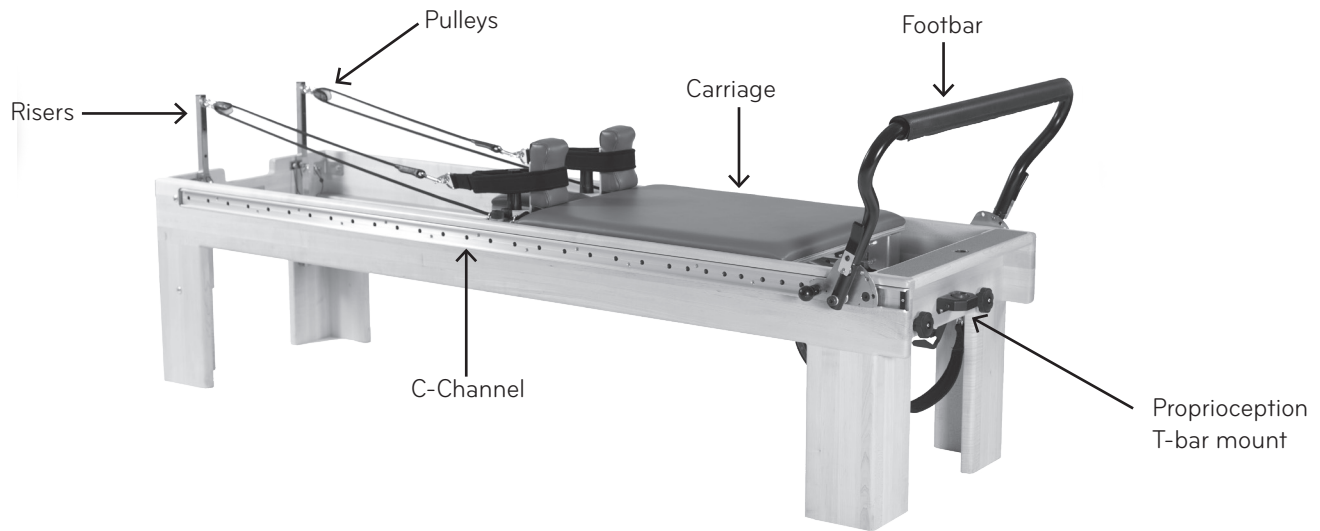


How to Assemble your Clinical Reformer



PARTS LIST (INCLUDED):

| DESCRIPTION | PART NUMBER | QTY. |
|---------------------------------|-------------|------|
| Ankle Velcro (pair) | 101-001 | 1 |
| Padded Double Loops (pair) | 101-009 | 1 |
| Neoprene Handles (pair) | 101-016 | 1 |
| Thigh Velcro (pair) | 101-020 | 1 |
| Carriage Extension Stopper | 200-211 | 1 |
| Adjustable Ropes w/snaps (pair) | 210-026 | 1 |
| Padded Footstrap | 210-031 | 1 |
| Risers w/pulley | 950-184 | 2 |
| Infinity Foot Plate | 707-187 | 1 |
| Sitting Box | 721-002 | 1 |
| Shoulder Rest Kit, TwistLock | 950-251 | 1 |
| TwistLock Post | 616-400 | 2 |

| DESCRIPTION | PART NUMBER | QTY. |
|-------------------------------------|-------------|------|
| Oversized Standing Platform | 721-006 | 1 |
| Spring, Reformer, Red | SPR9070 | 3 |
| Spring, Reformer, Blue | SPR9071 | 1 |
| Spring, Reformer, Yellow | SPR9241 | 1 |
| Spring, Reformer, Green | SPR9293 | 1 |
| Infinity Footbar | 950-189 | 1 |
| Infinity Trunion, Right (installed) | 950-112 | 1 |
| Infinity Trunion, Left (installed) | 950-113 | 1 |
| Plunger lock out knob (installed) | GEN8000 | 2 |
| Wood Screw | GEN9073 | 2 |
| Footbar Stopper | REF0702 | 2 |

TOOLS NEEDED (NOT INCLUDED):

Phillips Screwdriver

IN CASE OF FREIGHT DAMAGE If there is freight damage, make certain you keep all packaging material. You must call Balanced Body within 3 business days.

ATTACH THE FOOTBAR

This can be done by one person, but it is easier and safer to have a person hold each side.

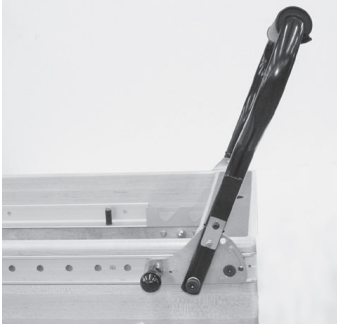


Fig B

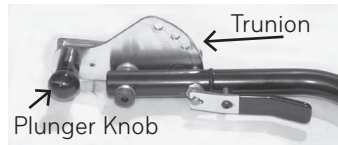


Fig A

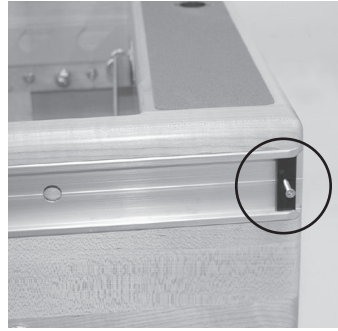


Fig C

1. Pull the plunger knob straight out so that the recessed cross-pin comes out of the slots. Then turn the knobs so that they are locked with the retracted pin.

Slide the trunion into the aluminum C-channels that run down both sides of the Reformer frame. (Fig A and B)

2. Twist the plunger knob until it locks into the desired position.
3. Attach the black stops to the end of the channels with the provided wood screws. (Fig C)

INSTALL THE CARRIAGE

Turn the carriage over and clean all the wheels of shipping dust, etc. Clean the full length of the rail surfaces inside the frame. Carefully place the carriage into the frame with the headrest facing away from the footbar.

INSTALL THE SHOULDER RESTS

Note the two protruding studs on the bottom of the shoulder rests. Lower the shoulder rest studs into the key holes and slide shoulder rests away from the carriage pad. See Figure D. Note: The shoulder rests can be installed in two positions. One position is wider and more comfortable for broad shoulders. Swap the left and right shoulder rests to change between standard and wide configurations.

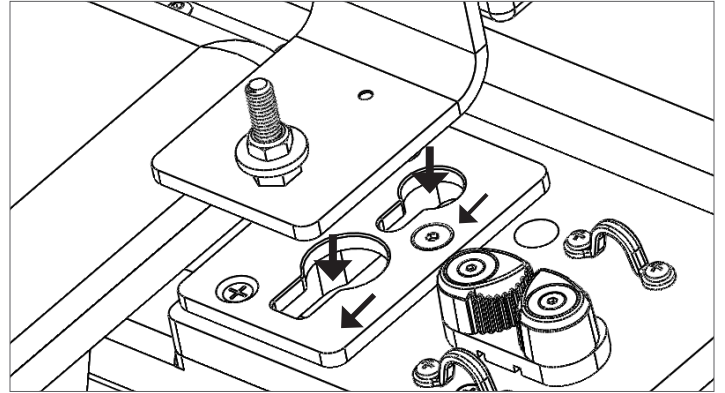


Figure D

INSTALL THE LOCKING SHOULDER POSTS

Screw the locking shoulder posts onto the exposed bolt on each shoulder rest. Turn the posts clockwise to tighten them and lock the shoulder rests into position. See Figure E. Over tightening the posts will make them difficult to remove. They should be snug but not too tight. To remove the shoulder rests, turn the post counter-clockwise 1-2 turns and gently slide the shoulder rests towards the carriage, then lift them up and out.

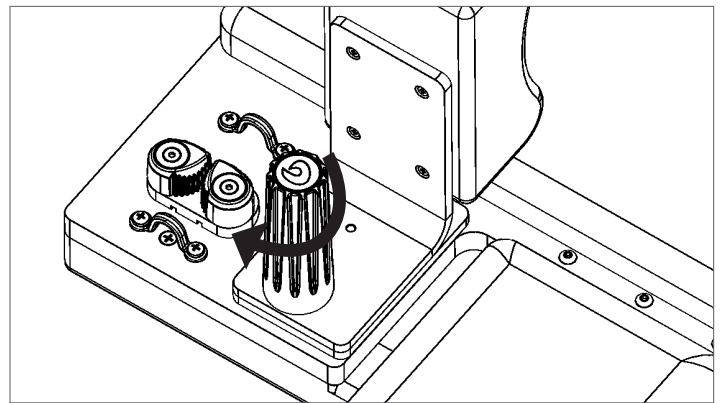


Figure E

ATTACH THE SPRINGS TO THE UNDERSIDE OF THE CARRIAGE

1. Locate the bracket with five eyebolts attached beneath the carriage. Hook the springs onto the eyebolts. The hook should be facing down.
2. The bodies of the springs should rest on the flat, padded brace under the carriage (Fig F).



Fig F

INSTALL THE SPRINGBAR

3. If your Reformer is configured with a no-roll springbar, install it into the "gears" under the footbar with its hooks facing up.

INSTALL THE RISERS

4. Remove the detent pin from the metal riser receiver and insert the riser with the pulley facing the carriage. Re-insert the detent pin to set the desired riser height.

ATTACH THE ROPES

5. To attach the ropes, first engage at least one spring from the carriage to the springbar to stabilize the carriage. Unroll the ropes and separate them.
6. Clip a cotton loop onto the end of each rope and hang the loops on the shoulder rests. (Figure G.) Thread the other end of each rope through a pulley and back into the cam cleats on the carriage to adjust the length. Be sure to go through the chrome eyestraps on both sides of the cam cleats. Always push the rope firmly down into the cleats to ensure a good grip.

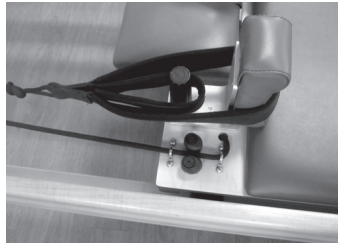


Fig G

USING THE EXTENSION STOPPER

To limit the carriage travel, insert the extension stopper into the desired hole in the top of the frame rail.

If you have any questions, please call Balanced Body at 1-800-PILATES (1-800-745-2837) or +1-916-388-2838.

