Installing the Balanced Body® CenterLine® Tower Retrofit

Please take time to inspect the box for shipping damage prior to assembly. If any issues are found, immediately contact our customer service department at 1-800-PILATES or +1-916-388-2838.

Read each step thoroughly and look at the diagrams before starting assembly. It is important that you follow the steps as they are described in these instructions.

PARTS LIST (INCLUDED)

TOOLS	PART NO	QTY
3/16" Allen wrench	GEN9280	1
5/32" Allen wrench	GEN9282	1
5/16" drill bit	TOL1059	1
21mm x 1/2" wrench	ALL0060	1

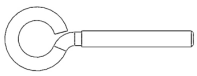
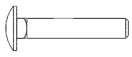
PARTS	PART NO	QTY
Tower Bracket	722-001	1
L shaped corner brackets	622-001	4
Long Vertical Tubes (with eyebolts)	TRP0105	2
Short Horizontal Tube (eyebolts and black safety strap)	TRP0100	1
Single D Loops	607-346	1 pair
Roll Down Bar	710-011	1
Wooden Push Through Bar for slider assembly	707-288	1
Green Spring with clips	SPR9000	1
Red Spring with clips	SPR9001	1
Blue Spring with clips	SPR9004	2
Long Red Spring with clips	SPR9246	2
Long Gray Spring with clips	SPR9245	2
Push Through Bar Slider assembly	N/A	2
Push Through Bar Slider shoulder bolt	619-203	2

(Please use this list to make sure you have all the parts listed. If you are missing a part, please contact our customer service department at 1-800-PILATES or +1-916-388-2838)

TOOLS NEEDED (NOT INCLUDED):

» Hammer or mallet
» Power drill
» Socket wrench with 7/16" & 1/2" sockets. Open end wrenches will also work.

HARDWARE:

Part Number	QTY	Part	
GEN9232	6	Eyebolt, 1/4"-20 x 3"	
GEN9015	4	Bolt, 1/4"-20 x 2"	
GEN9305	20	Flat Washer, 1/4"	
210-050	6	Finish Washer	
GEN9021	10	Lock Nut, 1/4"-20	
210-512	4	Carriage Bolt, 5/16-18	
GEN9013	4	Lock Nut, 5/16-18	
210-216	2	Flat Head Bolt	
214-000	2	Knurled Knob	

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400-355 | 04.14.17

1. Remove all bolts from each of the casters with a 1/2" wrench and the included 3/16" Allen wrench. Keep the castors, nuts and bolts close by. You will need them in the following steps.

2. Hold the Tower bracket against the end of the Reformer frame and bolt it in place using the upper / inside caster holes. Use eyebolts (GEN9232), washers (GEN9305 & 210-050), and nuts (GEN9021). Make sure the bracket is centered and square on the frame and tighten the nuts. See figure A. **Note: If the bracket does not line up with the inner holes, use the outer holes for the eye bolt and the inner holes for the flathead.**

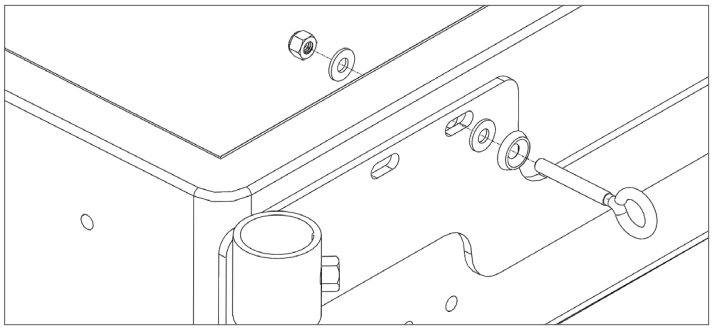

Fig A (only one side shown)

3. Using the included 5/16" drill bit (TOL1059), use the bracket as a guide to drill the eight holes in the Reformer frame shown in Figure B. On the top two slots, drill the holes as far to the outside of the slots as possible. Try to drill straight through the frame, not at an angle.

IMPORTANT NOTE: It is important that you do not push too hard while drilling the holes or you might splinter the Reformer frame when the drill bit breaks through to the other side. Once the drill bit is most of the way through the wood, press just hard enough to keep drilling.

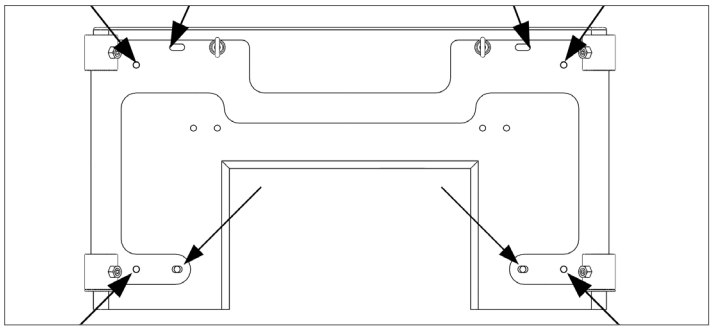

Fig B

4. Loosely install the four corner brackets with the provided screws (GEN9015), washers (GEN9305), and nuts (GEN9021). Slide and hold the corner brackets against the inside of the Reformer frame and then tighten the bolts. See figure C.

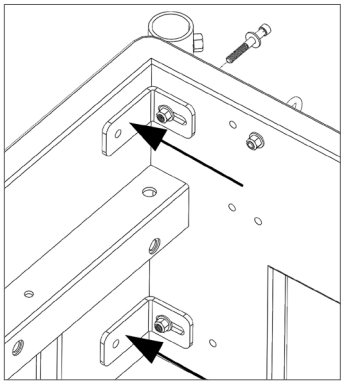

Fig C (only one side) shown)

5. Using the included 5/16" drill bit (TOL1059) and the remaining hole in each corner bracket as a guide, drill four holes in the Reformer frame.

IMPORTANT NOTE: It is important that you do not push too hard while drilling the holes or you might splinter the Reformer frame when the drill bit breaks through to the other side. Once the drill bit is most of the way through the wood, press just hard enough to keep drilling.

6. Now that you have drilled all of the required holes in your Reformer frame, it is time to unbolt and remove the bracket so the final assembly steps can begin.

7. Insert a flat head screw (210-216) into the upper/ outer holes of the casters as shown, through the washer (GEN9305) and thread into the nut (GEN9021). Use the same hardware that was removed in step 1 and place them into the bottom two castor holes.See Figure D. When three bolts are holding the caster in place, tighten them all. NOTE: The flat head screw must be tightened enough so that the head is flush with the Reformer frame. Repeat for the other castor.

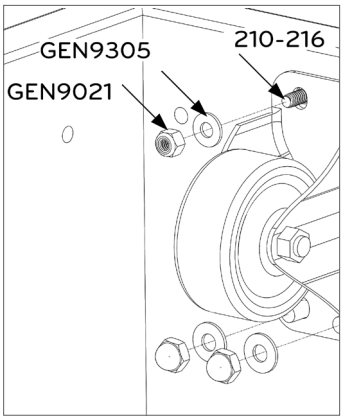

Fig D (only one side shown)

8. Hold the Tower bracket against the end of the Reformer frame and bolt in place with eyebolts (GEN9232), washers (GEN9305 & 210-050), and nuts (GEN9021) as shown in figure A. Make sure the bracket is centered and square on the frame.

9. Install the corner brackets and all other bolts as shown in figures E & F and then tighten all bolts. A hammer or mallet should be used to tap the head of the four carriage bolts (210-512) until the square portion is pushed into the frame and the underside of the head sits flush against the frame. Once flush, stop hammering.

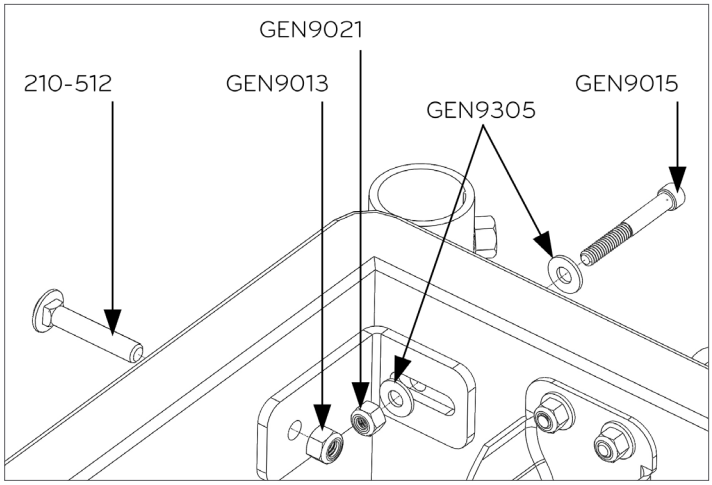

Fig E (applies to top and bottom corner brackets. Only one side shown)

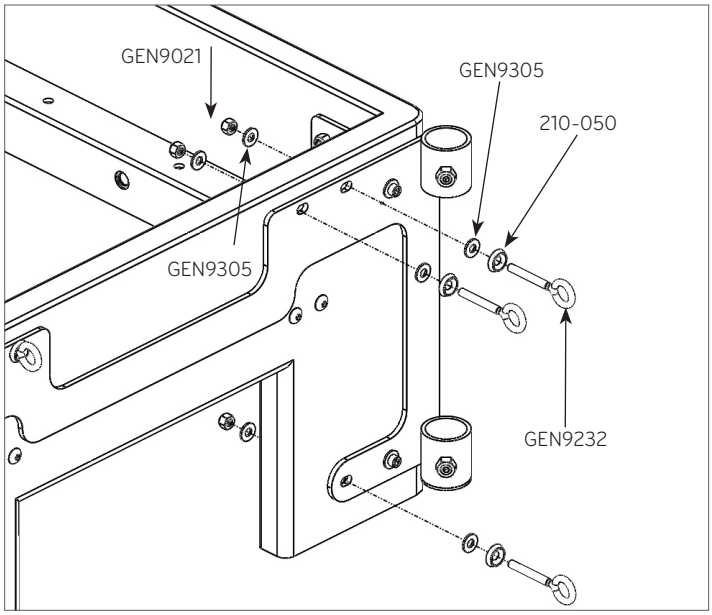

Fig F (only one side shown)

Note: If the bracket does not line up with the inner holes, use the outer holes for the eyebolt and the inner holes for the flathead.

10. **(Those who have purchased the full Tower system start here.)** Loosen the four set screws in the sockets on the Tower bracket so the main tubes can slide through.

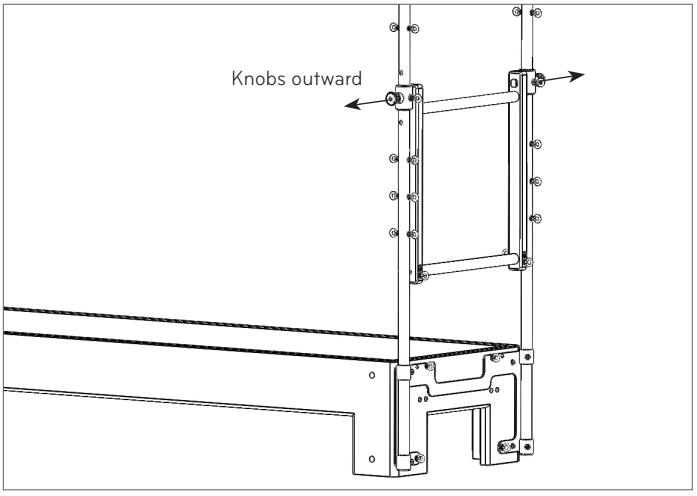

Fig G

11. Remove the vertical tower system and place them into the receiver bracket on the end of the Reformer. The knobs of the sliders will be facing outwards as shown in Figure G. Make sure when you place the tubes into the receiver that the loop is facing forward, towards the carriage, see Figure H.

12. Now tighten all set screws on the bracket receivers. If PTB sliders do not move easily, the vertical tube set screws must be loosened and the vertical tubes rotated into alignment. Then re-tighten set screws.

13. Your shoulder rests will now be held in place by a detent pin or a knob (214-000) for easy removal and installation. Drop the screw through the shoulder rest from the top and tighten the knob from under the carriage.

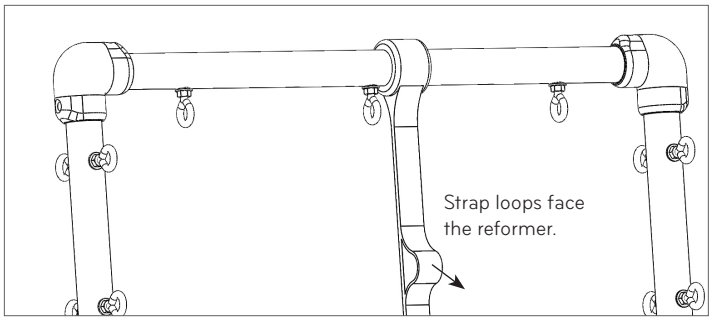

Fig H

HOW TO ADJUST YOUR SLIDING PUSH THROUGH BAR

Position your hands on the outside of each slider. Place your middle and/or ring fingers under the silver base of the knob; right where the black body of the knob threads into. Place your index finger and thumb around the knob itself. Pull each of the knobs outwards, away from the vertical tubes, until they stop. Using the same force on each arm, move the slider upwards or downwards to each new location. Once you near a new location slightly release the outward pull of the knobs. The pins will automatically fall into the next position when aligned.

CLEANING AND MAINTENANCE

It is recommended to check to ensure the pins in the plunger knobs protrude and lock into the vertical tubes. First pull both knobs out and start moving the sliders to a different position. Release the knobs before the next hole and continue to slide the system. Once over a hole the pin of the knob will drop into the opening. Once each slider is in a new position apply a down force on the PTB directly downwards. The pins of the sliders should not come out of the holes. If the pins do not stay in the tube holes, the pull knobs need to be replaced; call Balanced Body for replacement parts.

CENTERLINE TOWER MAT CONVERSION:

1. Remove the shoulder rest knob and bolt, then push the shoulder rest toward the carriage and pull up to remove the shoulder rest. Loosely assemble the knob and bolt on each shoulder rest and store them under the Reformer.

2. Disconnect all of the Reformer springs from the spring bar and roll the carriage toward the tower.

3. Rotate the footbar support up to the padded section of the footbar and then lay the footbar down onto the frame rails. It should now be inside the frame and lower than the top of the frame.

4. Inspect the two Tower mats. One of them will have two vinyl flaps installed on the underside with Velcro for shipping purposes. Detach, rotate, and re-attach the flaps so they hang down from the edge of the mat. This is the mat that will go at the tower end of the Reformer. See figure J. Be sure that the flaps are aligned with the eye bolts when the mat is installed so they protect the mat from springs attached to the lowest eye bolts. The feet on the bottom of the mat fit inside the Reformer frame to keep it in place, now push it all of the way toward the tower.

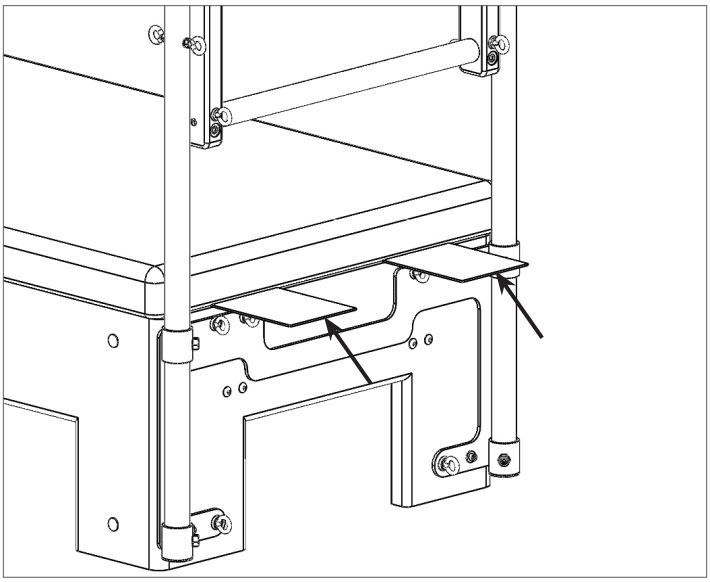

Figure J

5. The other mat is now installed in the same way at the foot end of the Reformer.

QUESTIONS?

Contact Balanced Body Technical Support at 1-800-PILATES or +1-916-388-2838.

Balanced Body is not responsible for equipment damage resulting from incorrect installation.