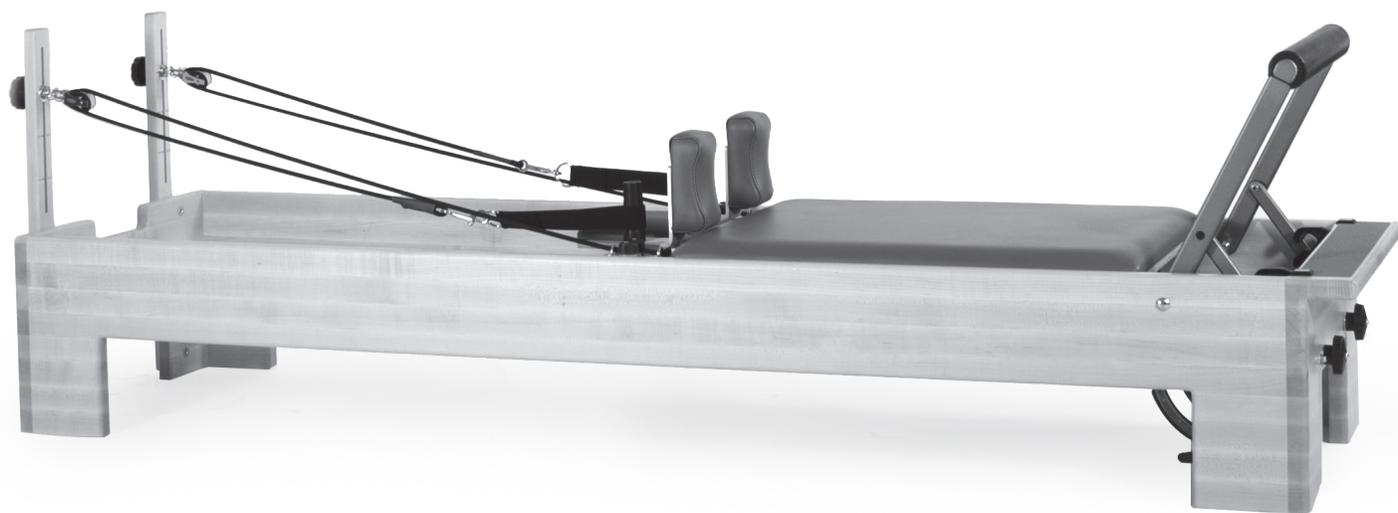


Assembling the Balanced Body® Studio Reformer®



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PARTS LIST

| DESCRIPTION | PART NO | QTY |
|---|---------|-----|
| Studio Reformer | | |
| Red Springs | SPR9070 | 3 |
| Blue Spring | SPR7071 | 1 |
| Green Spring | SPR9293 | 1 |
| Cotton Loops (pair) | 101-005 | 1 |
| Neoprene Handles (pair) | 101-016 | 1 |
| Ropes (pair) | 210-026 | 1 |
| Carriage Extension Stopper | 200-211 | 1 |
| Sitting Box | 721-002 | 1 |
| Wooden Risers (pair) | 950-034 | 1 |
| Riser Bolts | GEN7314 | 4 |
| Pully Assembly (pair) | GEN9039 | 1 |
| Shoulder Rest Kit TwistLock | 950-251 | 1 |
| TwistLock Post | 616-400 | 2 |
| with Classic Footbar | | |
| Short Foot Strap | 101-011 | 1 |
| Spring Bar | 950-053 | 1 |
| with Revo Footbar | | |
| Revo Foot Strap | 210-030 | 1 |
| with Infinity Footbar | | |
| Revo Foot Strap | 210-030 | 1 |
| Complete Infinity footbar with Trunnions Attached | N/A | 1 |
| Footbar Stoppers | REF0702 | 2 |
| Footbar Stopper Screws | GEN9027 | 2 |
| Plunger Knob Wrench | ALLO060 | 1 |

INSTALL THE CARRIAGE

1. Turn the carriage over and clean both the wheels and 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.

ATTACH THE SPRINGS TO THE UNDERSIDE OF THE CARRIAGE

2. Locate the bracket with five eye-bolts attached beneath the carriage. Hook the springs onto the eyebolts. The hook should be facing down.



Fig A

The bodies of the springs should rest on the flat, padded brace under the carriage (Fig A).

INSTALL THE STANDARD WOODEN RISERS

3. The adjustable riser blocks come with four screws and a hex key provided in a hardware package. Install the riser blocks to the outside of the frame at the head end. The long slots in the risers go to the top with the fully rounded edges facing out as shown in Figure B. Start threading both screws by hand in one riser block before tightening.



Fig B

When both screws are engaged, tighten them with the hex key. Repeat with the other riser.

ATTACH THE PULLEYS TO THE WOODEN RISERS

4. The hardware package contains two pulleys with black knobs. Unscrew the black knobs and remove. Take off one of the large washers from the exposed bolt on a pulley and install the bolt through the slot on a riser.



Fig C

Place the washer back onto the bolt on the backside of the riser and add the black knob.

Do this to both risers, making sure the pulleys are facing the carriage. See Figure C for proper orientation.

Raise and lower the pulleys by loosening the black knob and sliding the pulley up or down in the slot, then tighten the black knob.

ATTACH THE ROPES

5. To attach the ropes, first engage at least one carriage spring to the springbar to hold the carriage in place. Unroll and separate the ropes.



Fig D

6. Clip a cotton loop onto the end of each rope and hang the loops on the shoulder rests. (Figure D). 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.

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 E. 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.

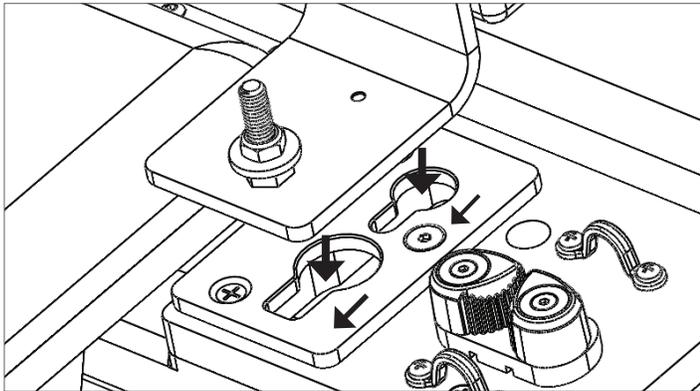


Figure E

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 F. 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.

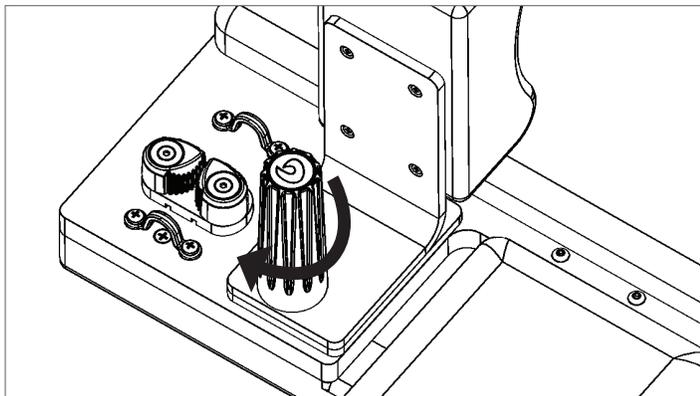


Figure F

FOOTBAR

Follow the instructions below for the footbar configuration of your Reformer.

Classic Footbar

For Reformers with a classic footbar, the springbar can be found in the sitting box with the appropriate hardware. Install it into the gears under the footbar with its hooks facing up.

Revo Footbar

There is no installation required for the Revo Footbar

Infinity Footbar

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

- Pull the plunger knob straight out so that the recessed cross-pin comes out of the slots. Then turn the knob so that the cross-pin rests on the bolt head. Repeat on the other side (Fig G).

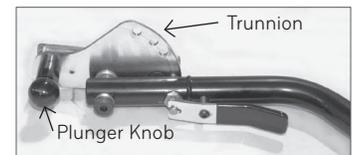


Fig G

- Slide the trunnion into the aluminum C-channels that run down both sides of the Reformer frame (Figure H).
- Twist the plunger knob until it locks into the desired position.
- Attach the black stops to the end of the channels with provided wood screws (Figure I).



Fig H



Fig I

CARRIAGE EXTENSION STOPPER

The carriage extension stopper drops into the metal frame rail to decrease the distance the carriage can travel from its resting point at the foot end. It is most commonly used for clients who have a limited range of motion or to stop the carriage from traveling too far for whatever reason may be necessary. See Figure J.



Fig J

OPTIONS

Adjustable Metal Risers

Just slide the metal risers into the receivers at the head-end of the Reformer frame and lock with the tethered pin. This Studio Reformer configuration comes with pulleys pre-installed.

ATTACH THE STRAPS

Detach all springs from the carriage. Flip the carriage up so that the underside of the carriage is facing the head-end of the frame. If possible, have another person hold the carriage in place on the rails while adjusting the strap (NOTE: Do not try and rest the carriage on the rails by itself – it may fall over.)

Take one of the leather straps and feed the “holed” end up and around the caster at the head end of the frame, through the footman ring at the top of the carriage and, finally, through the buckle on the underside of the carriage.



Strap going through the footman ring and into the buckle



Proper strap alignment on the Legacy Reformer

(NOTE: The person holding the carriage may need to lean the carriage closer to the head end of the frame for easier adjustment.)

Use the holes on the strap to adjust to the desired length and then buckle. Pull the excess strap end through the metal ring below the buckle. Repeat with the other strap. Place the carriage back into the frame.

Take the loop at the other end of the strap and put it around the headrest or the post behind the shoulder rest. Repeat the procedure on the other side with the other strap.

CLEANING AND MAINTENANCE

Cleaning

Clean all skin-contact parts after each use, including carriage, shoulder rests, head rest, and footbar. Use a solution of mild soap and water. Dry thoroughly.

BB upholstery has built-in antimicrobial/antibacterial protection. For light soiling, use a solution of 10% household liquid dish soap with warm water applied with a soft damp cloth. If necessary, a solution of liquid cleanser and water applied with a soft bristle will also work. For heavier soiling, please call Balanced Body Technical Support. Wheel tracks and wheels should be cleaned regularly with a cloth to ensure that the carriage rides smoothly and quietly.

Wash hand and foot straps regularly. Place in pillowcase, wash on gentle cycle, air dry.

If you have any questions on cleaning, please call Balanced Body Technical Support.

Lubrication and Adjustment

Periodically lubricate pulleys with silicone spray. Be careful of overspray. Never use “wet” lubricants like WD40 or oil.

IN CASE OF FREIGHT DAMAGE

If there is freight damage, make certain you keep all packaging material. Please call Balanced Body within 3 days.

QUESTIONS?

Please call Balanced Body Technical Support at 1-800-PILATES (U.S.) or +1-916-388-2838 (International).