

Assembling the Guillotine Tower from Balanced Body®



PART LIST

Shown Below

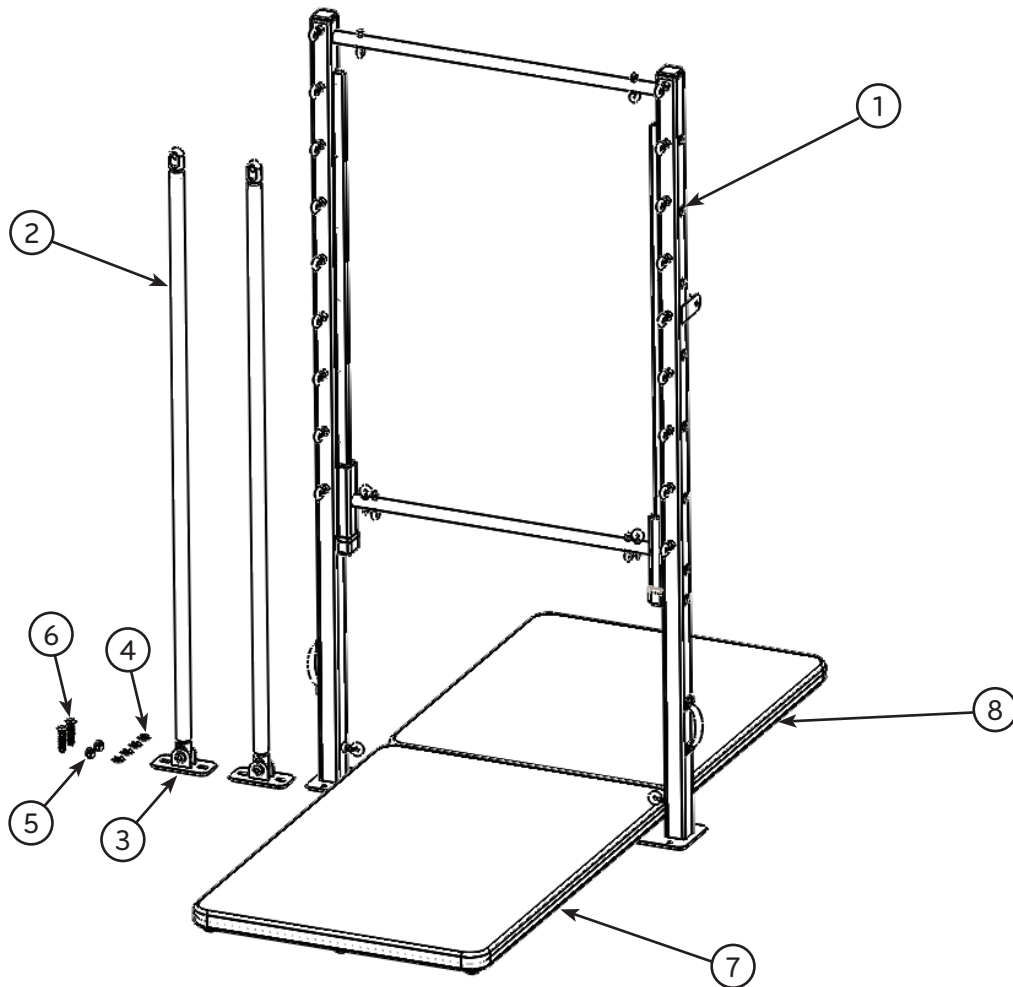
ITEM #	DESCRIPTION	PART #	QTY
1	Tower Frame with Slide Bar	NA	1
2	Rigid Link	616-139	2
3	Floor Mount, Welded (installed on Links)	602-070	2
4	Washer, 1/2"	GEN9200	8
5	1/2 - 13 Nut	GEN7004	8
6	1/2 - 13 Button Head Screw, 2" long	GEN7005	4
7	Large Mat, Guillotine	602-068	1
8	Small Mat, Guillotine	602-069	1

Not Shown

DESCRIPTION	PART #	QTY
Spring, Trap, Long, Purple	SPR9461	2
Spring, Trap, Long, Yellow	SPR9006	2
Spring, Trap, Red	SPR9001	2
Spring, Trap, Blue	SPR9004	2
Spring, Trap, Yellow	SPR9002	2
Large Carabiners	GEN9149	2
Small Carabiners	GEN9374	2
Limiting Strap	707-266	1
Spring Chain	716-010	1
5/16" Allen Wrench	GEN9050	1
Neoprene Handles	101-016	2
Single Cotton Loops	101-005	2

Tools needed but not included: adjustable wrench or 3/4" wrench, 3/8" anchors if you are mounting your Guillotine Tower to something other than the Balanced Body base.

NOTE: AT LEAST TWO PEOPLE ARE NEEDED TO INSTALL THE GUILLOTINE TOWER.



- Carefully remove the Guillotine Tower and all of the contents. At least two people must lift the Guillotine Tower. Make sure you have all the parts listed in the parts list and remove any zip ties or packaging from the frame itself.
- Stand the Guillotine Tower up and have one person hold onto it to make sure it does not fall over until it is bolted down.
- Loosely install the two Rigid Links to the Frame using the provided hardware as shown in figure A. Do not tighten any of the bolts yet.

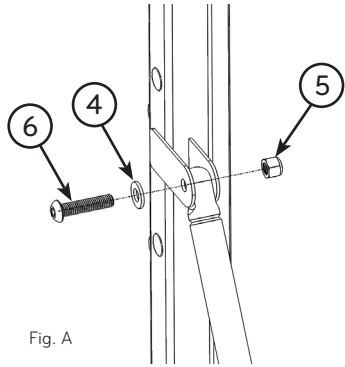


Fig. A

4. Mounting Your Guillotine

If you are mounting to the floor:

- Orient the Guillotine Tower to the desired position and area. The side of the frame with the Rigid Links should be considered the 'back' side. With the Frame standing up and the Rigid Links resting on the floor as shown in figure B, mark all eight hole positions on the floor. Move the Guillotine Tower away, prepare the floor for the appropriate 3/8" anchors, and place the Guillotine back in place.
- Inspect the base plate on the floor. If there are gaps larger than 1/16" use shims to fill the gaps. Then fasten the base plate and Rigid Links to the floor. Use washers with at least a 7/8" outer diameter. Use either locking nuts or lock washers to keep everything secure.

If you are mounting to the Balanced Body Guillotine Base:

The strap shown below is only to help lift the base out of the crate. Discard after use.

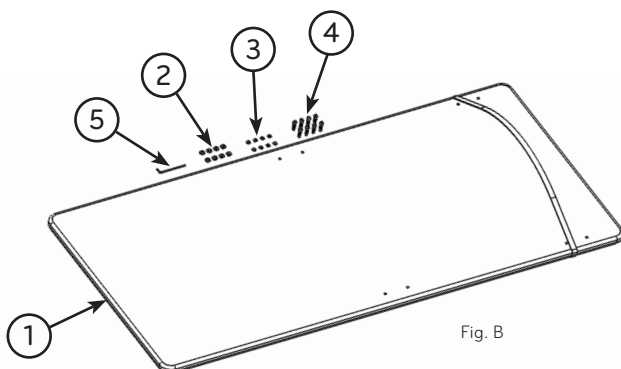


Fig. B

(Optional) Guillotine Base Parts List

Item #	Description	Part Number	Qty
1	Guillotine Tower Base	707-262	1
2	Washer	GEN9111	8
3	Split Washer	GEN9209	8
4	3/8 - 16 Bolt	GEN7003	8
5	7/32 Allen Wrench	TOL1358	1

- Use the provided hardware and Allen wrench to fasten the Guillotine Tower to the base. Slide a lock washer, then a regular washer over each bolt, then install.
- Depending on the flatness of your floor you may need to use a shim or thin mat under the base to keep it from rocking or sagging when you walk on it.

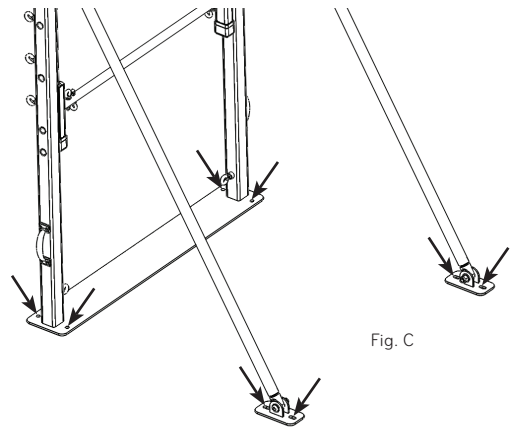


Fig. C

- Tighten the top two Rigid Link bolts where they attach to the frame.
- The mats can now be set in place. The larger of the two mats has rubber feet on the bottom that will register on both sides of the Guillotine Tower frame base plate as shown in Figure C. The small mat goes on the side of the frame with the Rigid Links.

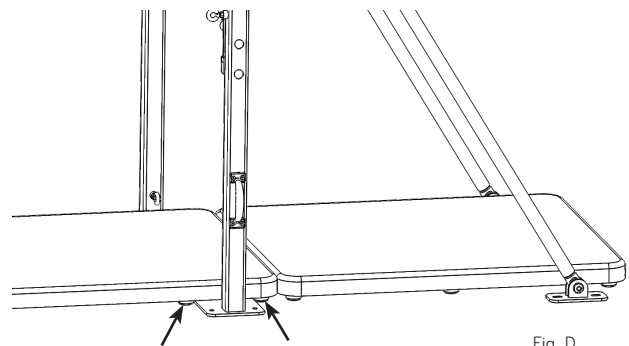
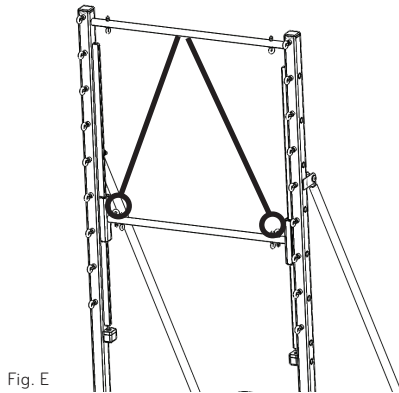


Fig. D

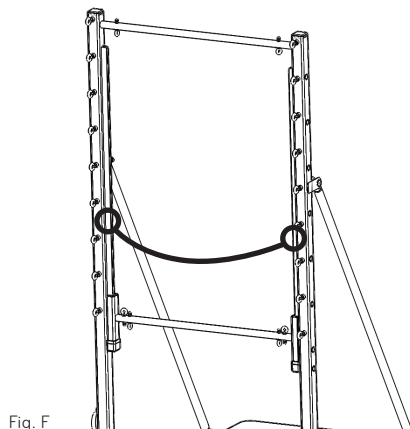
7. The Limiting Strap is used to hold the slider bar higher than it would normally rest. One of the two large carabiners will attach one end of the strap to one of the top eye bolts on the slider bar. The strap goes over the top bar and then back down and attaches to the other slider bar eye bolt with the other large carabiner. See Figure E.

The height of the slider bar can be adjusted by clipping the carabiner to the various loops on the strap.

IMPORTANT: DO NOT STAND ON THE SLIDER BAR WITH THE LIMITING STRAP INSTALLED.



8. The Spring Chain is used to provide spring attachment positions closer to the center of the frame. See Figure F. Use the smaller carabiners to attach the chain across the frame between eye bolts.



SAFETY WARNING

The weight limit for standing on the slider bar is 200 pounds.

Your Guillotine Tower purchase includes video content for this product. For free access:

- » Visit www.pilates.com/guillotine-purchase.
- » Use promo code **FreeGuill** when prompted.

Questions? Call Balanced Body Technical Support at 1-800-PILATES (US and Canada), or +1-916-388-2838 (all other countries). Or email: info@pilates.com.