

Assembling the Balanced Body® Rialto Reformer™



PARTS LIST

DESCRIPTION	PART NO	QTY
Red Springs	SPR9070	3
Blue Spring	SPR7071	1
Green Spring	SPR9293	1
Soft Touch Loops (pair)	101-036	1
Ropes (pair)	210-070	1
Carr Extension Stopper	200-211	1
Sitting Box Lite	108-350	1
Riser Tower	620-060	1
Shoulder Rests Kit with Knobs	620-085	1
Foot Strap	101-011	1
Pulley Assembly	620-083	2
Footbar assembly	620-081	1
Black Spacer	620-073	2
Silver Washer	GEN9203	2
Shoulder Bolt	GEN7541	2
5/16" Allen Wrench	GEN9050	1
5/32" Allen Wrench	GEN9282	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 standing platform end.

ATTACH THE SPRINGS TO THE UNDERSIDE OF THE CARRIAGE

2. Locate the bracket with five slotted holes beneath the carriage. Hook the springs onto the slots. The hook should be facing down. The springs should pass through the loops in the nylon strap. See Figure A.

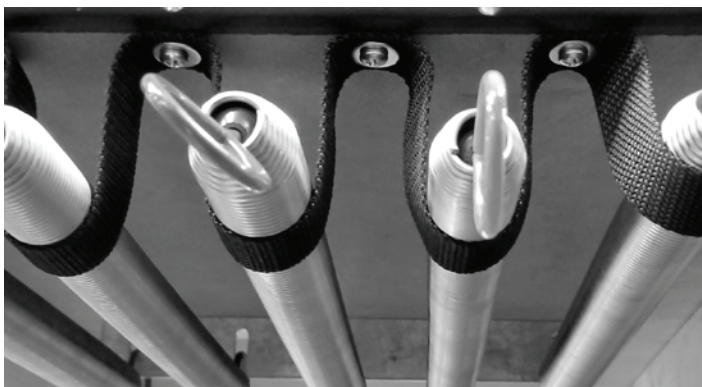


Fig A

INSTALL THE RISER TOWER

3. The riser tower comes with the pulleys preinstalled. Guide each end of the riser tower through the hole in the legs in the head end of the reformer. The riser tower should go through the legs and stop at the predetermined height. Lock the riser tower by tightening the top set screw in each leg using the provided 5/32" allen wrench. See Figure B.

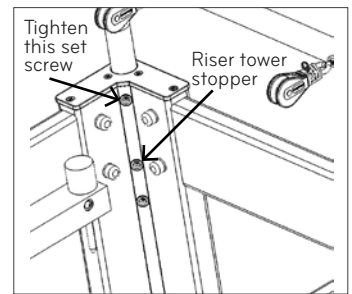


Fig B

INSTALL THE SHOULDER RESTS

4. Shoulder rests get installed with a threaded black knob. Place the shoulder rests into the notch in the carriage head end and thread the black knob. See Figure D.

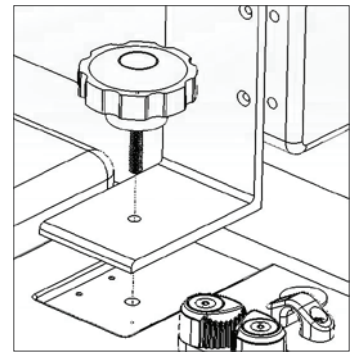


Fig D

Note: In order for the shoulder rests to be completely secure, the knob has to be tightly threaded.

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.

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. Clip a cotton loop onto the end of each rope and hang the loops on the shoulder rests. 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 black eyestraps on both sides of the cam cleats, as shown in Figure C. Always push the rope firmly down into the cleats to ensure a good grip.



Fig C

INSTALL THE FOOTBAR

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

- Pick up the footbar with the seam of the footbar cover away from the carriage pad. While squeezing the footbar plungers levers, guide the footbar over the outside of the trunnion plates.
- Align each footbar pin with the same hole in each trunnion plate. While still supporting the footbar, release the plunger levers to engage the trunnion plate. Be sure the pins on both sides are engaged. See Figure E for reference.
- Pivot the footbar slightly until the large hole at the bottom of the footbar aligns with the remaining hole in the trunnion plate. Slide the shoulder bolt with one washer through the large footbar hole. The black spacer goes through the bolt and in between the footbar and the trunnion plate. The plastic side of the spacer should face the footbar. Then screw the shoulder bolt into the trunnion plate as tightly as possible with the large Allen wrench (5/16"). Repeat on the other side. See Figure E for reference.

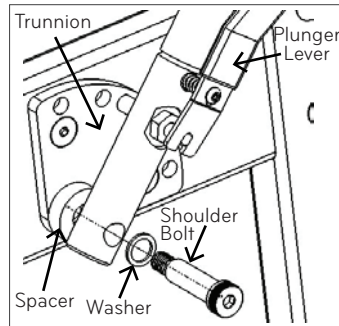


Fig E

INSTALL THE SPRINGBAR

- The springbar comes with the appropriate hardware already installed. Install it into the gears under the footbar with its hooks facing up. See Figure F.

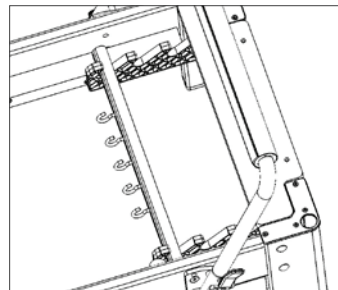


Fig F

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).