

Instructions and Usage for the Balanced Body® Allegro® 2 Platform Extender

For use on the Allegro 2 Reformer only.

PARTS:

- » Allegro 2 Platform Extender (950-271)
- » Pad (UPH7039)

INSTALLATION:

Lay the Platform Extender onto the Allegro 2 Reformer as shown in Figure A with the tab facing the foot end of the Reformer. Push the Platform Extender towards the standing platform until they touch (Figure B). Lay the pad on top for added comfort. (Figure C)

Note: The Platform Extender can be used as a seat (sitting only) on the head end of the Allegro 2 Reformer as shown below (Figure D).

WARNING: TIPPING/STANDING HAZARD. Never STAND on the Platform Extender unless it is properly installed on the FOOT END of the Reformer and the tab is fully under the standing platform.

Questions? Contact Balanced Body Technical Support:
info@pilates.com, or +1-800-745-2837 (US and Canada),
+1-916-386-8828 (all other countries).

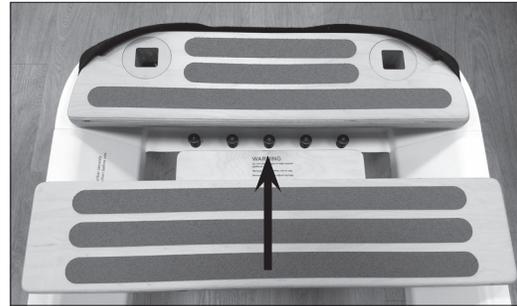


Figure A

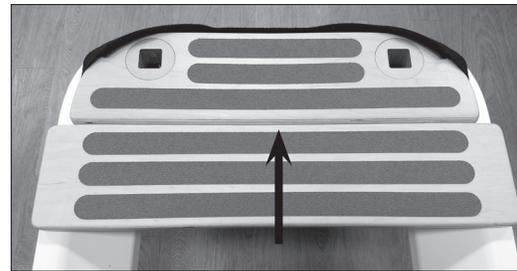


Figure B



Figure C



Figure D

STANDING AND KNEELING LEGWORK



With the Allegro 2 Platform Extender and pad, the legs can start in full adduction with the hips level for any of the standing exercises. The Platform Extender provides a secure base for doing kneeling abduction and adduction which shortens the lever, changes the pressure on the knees and is a great way to maximize activation of the inner thighs and pelvic floor.

USING THE PADDED FOOTPLATE (JUMPBOARD) FOR FOOT SUPPORT



Placing the jumpboard behind the Platform Extender provides solid support for the feet and can be helpful if the footbar is too high or does not feel secure. An interesting variation is a Reverse Knee Stretch. Place the heels on the jumpboard, the feet on the platform and the hands on the shoulder rests. Bend and straighten the knees keeping the shoulders over the wrists to develop power for jumping and fast take offs.

FOREARM AND HAND SUPPORT



The Platform Extender and pads provide a secure base for placing the forearms or the hands on the platform. Placing the forearms on the platform adds challenges to plank exercises like Up Stretch and provides a delightful challenge to Star. Placing the hands on the platform adds stability, mobility and core challenges to exercises such as Elephant and Knee Stretch.

SEATED WITH THE JUMPBOARD



These are wonderful for providing support and feedback to the spine.

Seated Footwork

Sit on the Platform Extender with the back against the jumpboard, the knees bent and the balls of the feet on the front edge of the carriage. Straighten and bend the legs. Legs can be in narrow parallel, wide parallel or turned out.

Seated Roll Down

From the seated position with the legs bent to fully extended, flex the spine to roll forward over the legs. Use the pressure of the back against the jumpboard to focus on articulating one vertebrae at a time.