

# Assembling the Balanced Body® Incline Mat Table

Now that you have opened up the box for your new equipment, please take the time to inspect it for shipping damage prior to assembly. If any issues are found, contact our customer service department at 1-800-PILATES or +1-916-388-2838 right away. Please read each step thoroughly and look at the diagrams before doing anything.

## PARTS LIST (INCLUDED):

ITEM	PART NO	QTY
3/16" Allen Wrench	GEN9280	1
Footstrap	101-011	1
Leg	607-351	4
Dowel	MD6024	1
Clamp	GEN9320	2
Mat Table	N/A	1
Raised Mat Box	607-352	1
3" Screws	GEN9126	16
Washer	GEN9204	16

(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)

1. Take the mat out of the box and gently place it upholstery side down on a clean, smooth, or carpeted surface to protect the vinyl.

2. Unwrap each of the 4 included legs and match the table corner number with the leg number marked on both parts, i.e. match leg number 2 with corner number 2. Insert the bolts and washers through each leg as shown in Figure A, threading them into the mat by hand. Be sure to start all four bolts before fully tightening.

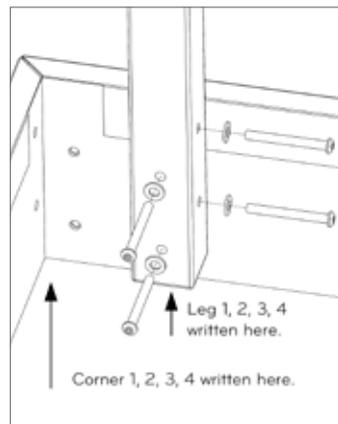


Figure A

**IMPORTANT NOTE:** When inserting each bolt, push on the vinyl outside of the mat where you are threading the bolt. This will keep the threaded "nut" inside the mat from being pushed out of place by the bolt.

3. Tighten bolts with included allen wrench.
4. With the mat still upside down, slide the included wooden dowel through the hole on one side of the mat. Do not slide it all of the way through the mat.
5. Slide the two included clamps over the dowel inside the mat and then slide the dowel all the way through the mat. Center it side-to-side in the mat.

6. Holding the dowel centered in the mat, slide the clamps to the inside walls of the mat and tighten in place with a flat head screwdriver or a 5/16" socket. See Figure B.

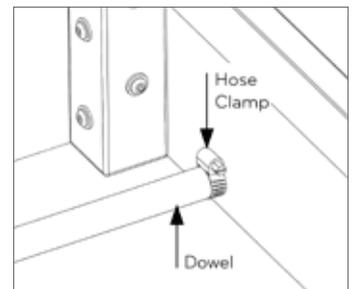


Figure B (one side shown)

7. Slowly lift the mat up and turn it over onto its legs. It is now ready for use.

8. To convert from flat to inclined use, lift one end of the mat and slide the included wooden box under the two raised legs. The legs should rest on the gray textured surface on one side of the box.

## QUESTIONS?

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