

# Balanced Body Footstraps: Attaching Your Quick Link Clips

## INSTALLING YOUR QUICK LINK CLIPS:

1. Unthread the hex coupler nut on the quick link to expose the opening in the link. To do this, spin the coupler nut to the left.
2. Connect the link to the eye bolt on your reformer. Make sure that the hex coupler nut side is positioned away from the foot plate bracket. See Figure A.
3. Thread the hex coupler back up to complete the triangle by turning the coupler nut to the right. Fully tighten the coupler nut onto the threaded end.
4. Repeat for the other side of the strap.
5. Inspect monthly to make sure hex coupler nut is secure.

Questions? Contact Balanced Body Technical Support. Email: [info@pilates.com](mailto:info@pilates.com). Phone: 1-800-745-2837 (US and Canada), +1-916-3882838 (all other countries).

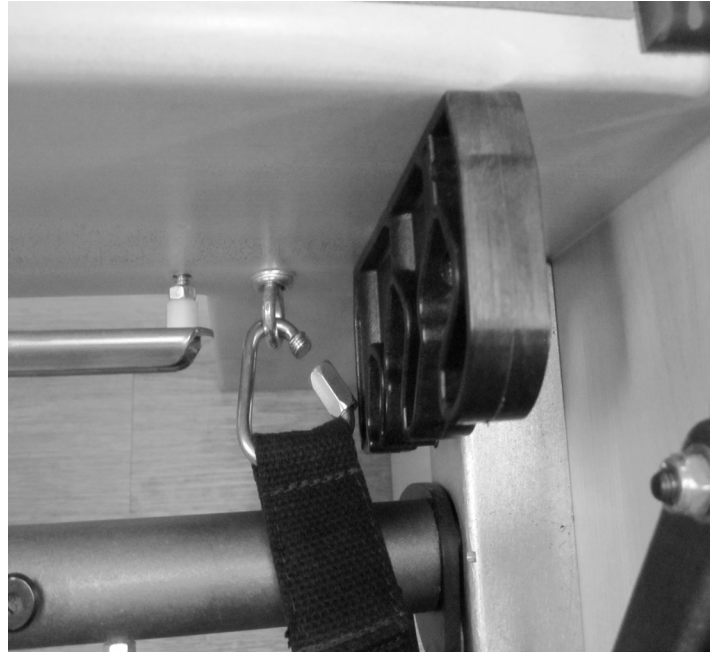


Figure A