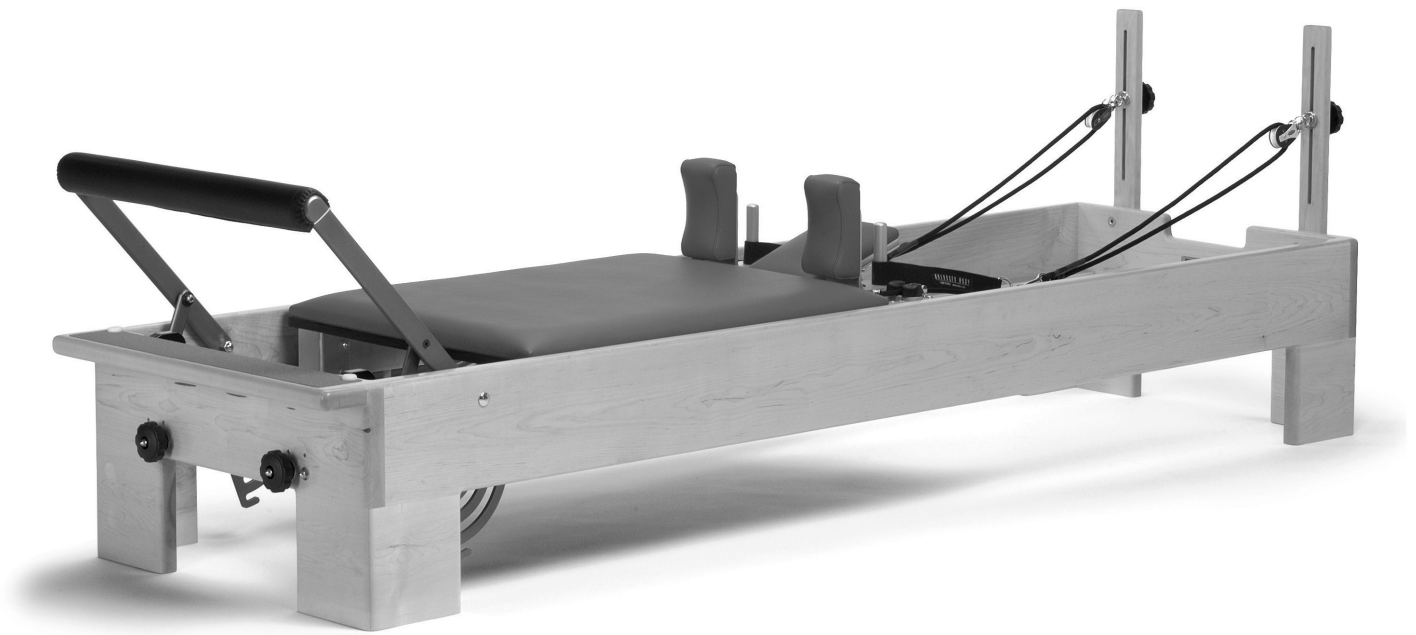


# Assembling the Balanced Body® Studio Reformer®



PARTS LIST		
PART NUMBER	QTY	DESCRIPTION
<b>Studio Reformer</b>		
SPR9070	3	Red Springs
SPR9071	1	Blue Spring
SPR9293	1	Green Spring
101-005	1	Cotton Loops (pair)
101-016	1	Neoprene Handles (pair)
210-026	1	Ropes (pair)
200-211	1	Carriage Extension Stopper
721-002	1	Sitting Box
950-042	1	Shoulder rest (pair)
950-034	1	Wooden Risers (pair)
GEN9018	4	Riser Bolts
GEN9039	1	Pully Assembly (pair)
950-004	1	Shoulder Lockdown Kit
950-005	1	Quick Release Pin Kit
<b>with Classic Footbar</b>		
101-011	1	Short Foot Strap
950-053	1	Spring Bar
<b>with Revo Footbar</b>		
210-030	1	Revo Foot Strap
<b>with Infinity Footbar</b>		
210-030	1	Revo Foot Strap
N/A	1	Complete Infinity footbar with Trunnions attached
REF0702	2	Footbar Stoppers
GEN9027	2	Footbar Stopper Screws
ALL0060	1	Plunger Knob Wrench

## 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 footbar.

## ATTACH THE SPRINGS TO THE UNDERSIDE OF THE CARRIAGE

2. Locate the bracket with five eye-bolts attached beneath the carriage. Hook the springs onto the eyebolts. The hook should be facing down.

The bodies of the springs should rest on the flat, padded brace under the carriage (Fig A).



Fig A

## INSTALL THE STANDARD WOODEN RISERS

3. The adjustable riser blocks come with four black screws and a hex key provided in a hardware package. Install the riser blocks to the outside of the frame at the head end. The long slots in the risers go to the top with the fully rounded edges facing out as shown in Figure B. Start threading both screws by hand in one riser block before tightening.

When both screws are engaged, tighten them with the hex key. Repeat with the other riser.



Fig B

## ATTACH THE PULLEYS TO THE WOODEN RISERS

4. The hardware package contains two pulleys with black knobs. Unscrew the black knobs and remove. Take off one of the large washers from the exposed bolt on a pulley and install the bolt through the slot on a riser.

Place the washer back onto the bolt on the backside of the riser and add the black knob.



Fig C

Do this to both risers, making sure the pulleys are facing the carriage. See Figure C for proper orientation.

Raise and lower the pulleys by loosening the black knob and sliding the pulley up or down in the slot, then tighten the black knob.

## ATTACH THE ROPES

- 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.



Fig D

- Clip a cotton loop onto the end of each rope and hang the loops on the shoulder rests. (Figure D). 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 chrome eyestraps on both sides of the cam cleats. Always push the rope firmly down into the cleats to ensure a good grip.



Fig F

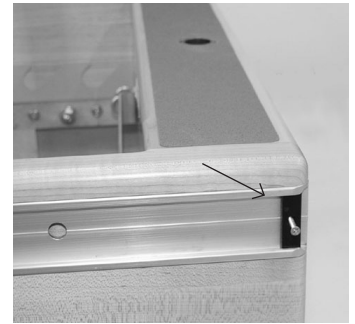


Fig G

## INSTALL THE SHOULDER RESTS

- Install the shoulder rests onto the carriage by locking them into the keyholes on either side of the headrest. They can be set wider or narrower by reversing their placement.

## FOOTBAR

Follow the instructions below for the footbar configuration of your Reformer.

### Classic Footbar

For Reformers with a classic footbar, the springbar can be found in the sitting box with the appropriate hardware. Install it into the gears under the footbar with its hooks facing up.

### Revo Footbar

There is no installation required for the Revo Footbar

### Infinity Footbar

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

- Pull the plunger knob straight out so that the recessed cross-pin comes out of the slots. Then turn the knob so that the cross-pin rests on the bolt head. Repeat on the other side (Fig E).
- Slide the trunion into the aluminum C-channels that run down both sides of the Reformer frame (Figure F).
- Twist the plunger knob until it locks into the desired position.
- Attach the black stops to the end of the channels with provided wood screws (Figure G).

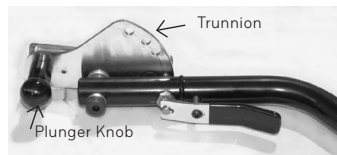


Fig E

## SHOULDER REST LOCKING OPTIONS

### When to Use the Removable Locking Pin Option and How to Install It.

Use the locking pin option when you want the ability to remove the shoulder rests for installation of the mat conversion, or when you want the option of adjusting wider/narrower shoulder rests for different clients. Locking pins and tethers are shown in Figure H.

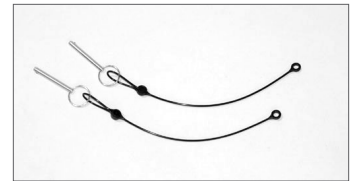


Fig H

To install the locking pins insert the locking pins into the holes on the shoulder rest. With a Phillips screwdriver, unscrew the inside metal rope guide screw.

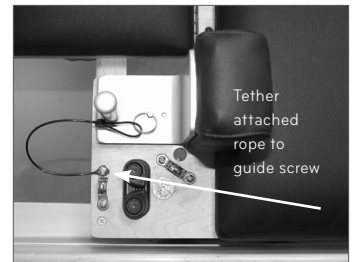


Fig I

Thread the eyelet on the end of the pin tether through the screw. Replace the screw and tighten with the screwdriver. See Figure I.

### When to Use the Shoulder Lock Down Option and How to Install

If you don't have a mat conversion and don't need to adjust your shoulder rests for wider/narrower widths, then the shoulder lock down option is suggested. The bolt-and-knob hold the shoulder rests firmly in place. If you are using the locking pin option and feel there is too much movement in the shoulder rests, use the bolt-and-knob option instead.

To install, drop the screw through the shoulder rest hole from the top and tighten the knob from under the carriage.

## CARRIAGE EXTENSION STOPPER

The carriage extension stopper drops into the metal frame rail to decrease the distance the carriage can travel from its resting point at the foot end. It is most commonly used for clients who have a limited range of motion or to stop the carriage from traveling too far for whatever reason may be necessary. See Figure J.

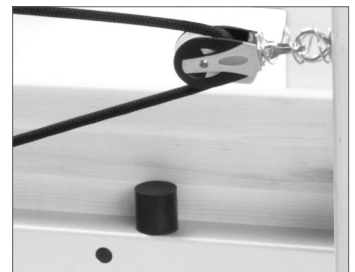


Fig J

## OPTIONS

### Adjustable Metal Risers

Just slide the metal risers into the receivers at the head-end of the Reformer frame and lock with the tethered pin. This Studio Reformer configuration comes with pulleys pre-installed.

### Straps

For each strap there is a large loop at one strap end and a smaller loop at the other. Place the large loop on the peg located behind the shoulder rests. Remove the binding screws on the smaller loop so that the loop is free. Freed that end of the strap through the caster at the head-end of the Reformer and then through the metal clasp at the head-end of the carriage. Make sure the rough side of the strap is rolling on the caster. Reinstall the binding screws in the smaller loop so that it is secure.

## 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).