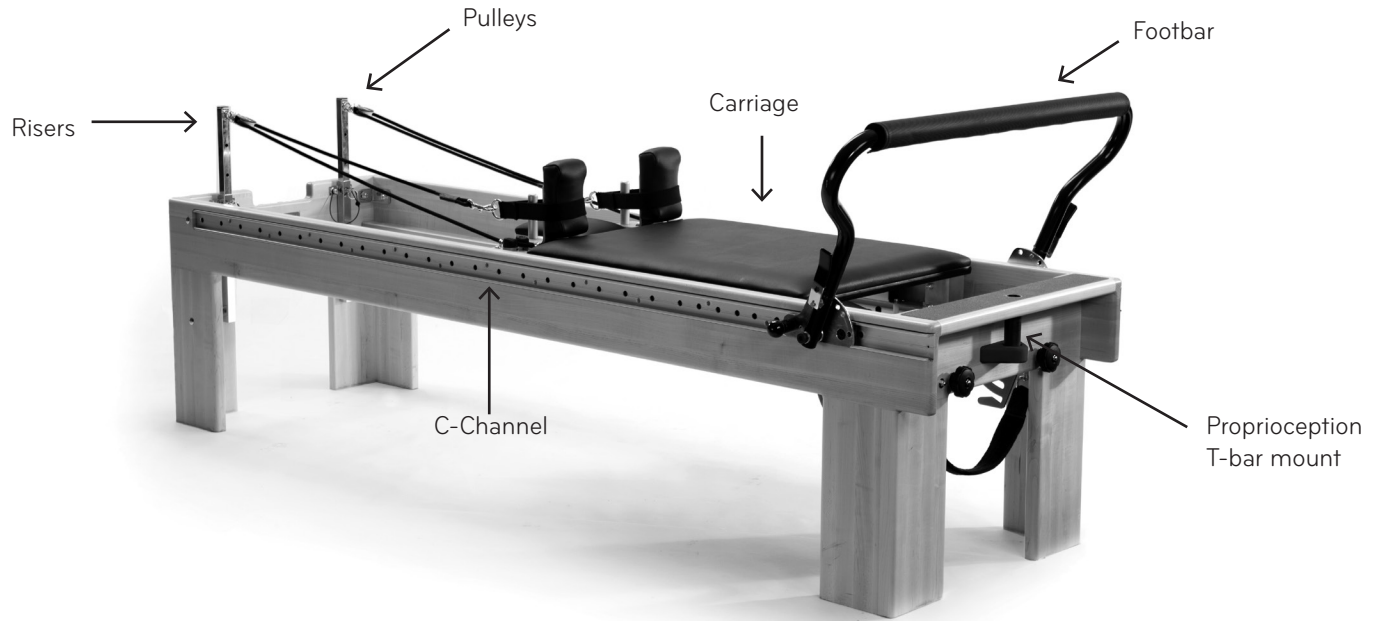


How to Assemble your Clinical Reformer



PARTS LIST (INCLUDED):

Description	Part Number	Qty.	Description	Part Number	Qty.
Ankle Velcro (pair)	101-001	1	Oversized Standing Platform	721-006	1
Padded Double Loops (pair)	101-009	1	Spring, Reformer, Red	SPR9070	3
Neoprene Handles (pair)	101-016	1	Spring, Reformer, Blue	SPR9071	1
Thigh Velcro (pair)	101-020	1	Spring, Reformer, Yellow	SPR9241	1
Carriage Extension Stopper	200-211	1	Spring, Reformer, Green	SPR9293	1
Adjustable Ropes w/snaps (pair)	210-026	1	Infinity Footbar	950-189	1
Padded Footstrap	210-031	1	Infinity Trunion, Right (installed)	950-112	1
Risers w/pulley	950-184	2	Infinity Trunion, Left (installed)	950-113	1
Infinity Foot Plate	707-187	1	Plunger lock out knob (installed)	GEN8000	2
Sitting Box	721-002	1	Wood Screw	GEN9073	2
Shoulder Lockdown Kit	950-004	1	Footbar Stopper	REF0702	2
Quick Release Pin Kit	950-005	1			

TOOLS NEEDED (NOT INCLUDED):

» Phillips Screwdriver

IN CASE OF FREIGHT DAMAGE If there is freight damage, make certain you keep all packaging material. You must call Balanced Body within 3 business days.

ATTACH THE FOOTBAR

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

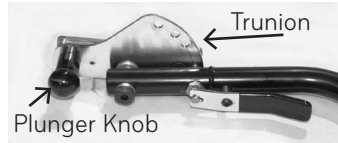


Fig A

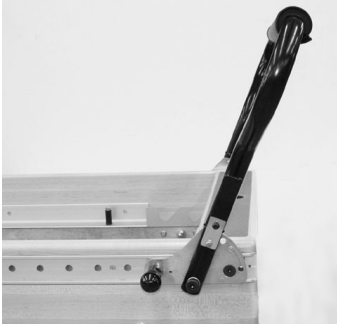


Fig B

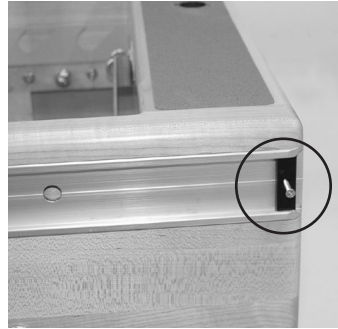


Fig C

1. Pull the plunger knob straight out so that the recessed cross-pin comes out of the slots. Then turn the knobs so that they are locked with the retracted pin.

Slide the trunion into the aluminum C-channels that run down both sides of the Reformer frame. (Fig A and B)

2. Twist the plunger knob until it locks into the desired position.
3. Attach the black stops to the end of the channels with the provided wood screws. (Fig C)

INSTALL THE CARRIAGE

4. Turn the carriage over and clean all the wheels of shipping dust, etc. Clean 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.

INSTALL THE SHOULDER RESTS

5. Install the shoulder rests onto the carriage by locking them into the slotted plates on either side of the headrest. They can be set wider or narrower by reversing their placement. Always lock them in place with the pin or lockdown kit.

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.

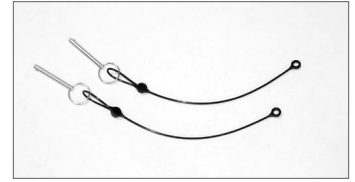


Fig H

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.

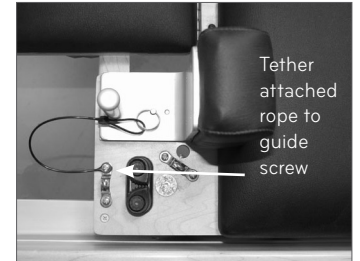


Fig I

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.

ATTACH THE SPRINGS TO THE UNDERSIDE OF THE CARRIAGE

1. Locate the bracket with five eyebolts attached beneath the carriage. Hook the springs onto the eyebolts. The hook should be facing down.
2. The bodies of the springs should rest on the flat, padded brace under the carriage (Fig D).

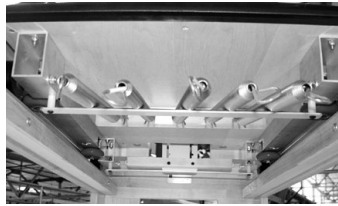


Fig D

INSTALL THE SPRINGBAR

3. If your Reformer is configured with a no-roll springbar, install it into the "gears" under the footbar with its hooks facing up.

INSTALL THE RISERS

4. Remove the detent pin from the metal riser receiver and insert the riser with the pulley facing the carriage. Re-insert the detent pin to set the desired riser height.

ATTACH THE ROPES

5. To attach the ropes, first engage at least one spring from the carriage to the springbar to stabilize the carriage. Unroll the ropes and separate them.



Fig E

6. Clip a cotton loop onto the end of each rope and hang the loops on the shoulder rests. (Figure E.) 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.

USING THE EXTENSION STOPPER

To limit the carriage travel, insert the extension stopper into the desired hole in the top of the frame rail.

If you have any questions, please call Balanced Body at 1-800-PILATES (1-800-745-2837) or +1-916-388-2838.

