

Inserting and Using the Allegro® 2 Plank Bars*

*For use only on the Allegro® 2 Reformer.

PARTS: Plank Bars (2)

TO USE:

Move carriage to the head of the Reformer. Insert Plank Bars into the square holes on the foot side of the Allegro 2 as shown in Figure A.

To achieve different handle variations, rotate or swap the Plank Bars, also shown in Figure A.

IMPORTANT NOTES:

- » Plank Bars will not rotate when installed.
- » Please be advised that you will experience some loose "play" in the Allegro 2 Plank Bars when installed into the Allegro 2 Reformer jumpboard receivers. This is normal and will not affect use or safety.
- » **Note on Standard Use.** Please be aware that the bottom or inserted "legs" of the Allegro Plank Bars will show normal wear and tear after use. This may also be visible in the Allegro 2 Reformer Plank Bar receivers. Normal wear and tear does not affect functionality of the Plank Bars.

QUESTIONS?

Call Balanced Body technical support at 1-800-745-2837 (US, Canada), or +1-916-388-2838 (all other countries).
Email us at info@pilates.com.

EXAMPLE EXERCISES AVAILABLE ON BACK.



Figure A: Springs not shown attached for clarity.



Control Back



Control Front



Tendon Stretch 1



Long Back Stretch 1



Long Back Stretch 2



Tendon Stretch 2



Long Stretch High



Long Stretch Low



Star High



Star Low