

Instructions for Allegro® 2 Reformer Options and Accessories

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I. INSTALLING THE ALLEGRO 2 FOOT STRAP

Feed the loops of the footstrap between the frame and standing platform, through the footman's loops, and then around the hook plates on the underside of the standing platform as shown in Figure A.

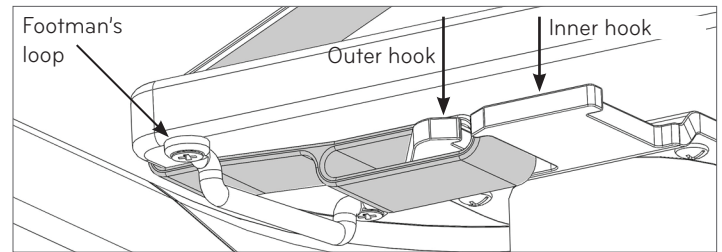


Figure A: Shown from under Standing Platform.

For a long footstrap, place the loops around the outer hooks. For a short footstrap, place the loops around the inner hooks. For a medium length footstrap, place one loop around the outer hook and the other loop around the inner hook. See Figure A.

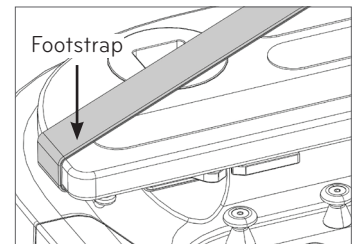


Figure B: Footstrap shown from top of standing platform.

IMPORTANT SAFETY TIP:

The foot strap must be checked for proper installation before each use. An improperly installed foot strap can lead to serious injury.

II. INSTALLING THE EXTENDED LEGS AND POSTS

PARTS LIST

Description	Part number	Qty.
5/8" alignment screws	GEN9942	8
Extended Legs	617-007	4
3/8 flat washers	GEN9963	4
3/8 lock washers	GEN9962	4
5" Bolts	GEN9961	4
Feet for Extended Legs	617-021	4
Carriage posts	617-028	2
7/8" screws	GEN9889	4
5/16" Allen wrench	TOL1328	1
3/16" Allen wrench	GEN9280	1
5/32" Allen wrench	GEN9282	1

Note: Kits for extended legs raise the Allegro 2 an additional 6" (15cm) off the ground. Leg kits also come with a U-shaped storage post for loops that can be installed under the head rest. See Fig D.

A. INSTALL LEGS

IMPORTANT: INSTALL THE FOOTBAR FIRST!

1. Move the footbar into the vertical position (for stability). Insert footbar locking pins.
2. If you have a hard floor put a Pilates mat on the floor next to the Reformer to protect the finish.
3. Grabbing the Reformer frame, roll the Reformer on its side.
4. Using the included 5/32 allen wrench remove the screws and washers holding one foot on. Set the screws and washers aside to install the new foot. Push the spacers out of the old feet and press into new feet. This may take some effort and you may want to use something like the handle top of a screwdriver to help push them in.
5. Install two alignment screws where the foot was. (Figure C)
6. Loosely install the leg with the 5" long bolt, lock washer, and washer as shown in Figure C.
7. Carefully align the outer edges of the leg with the outer edge of the frame
8. Tighten the bolt with the wrench provided. Bolt should be very tight.
9. Attach the new feet.
10. Repeat for other three legs.

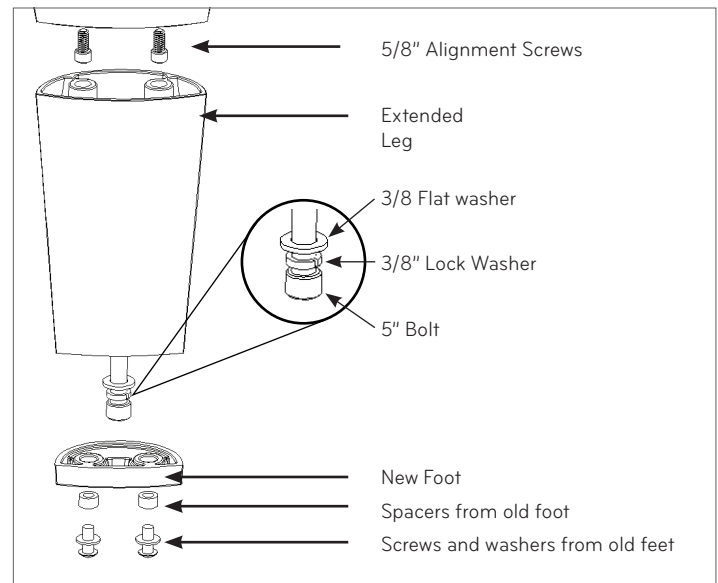


Figure C

B. INSTALL POST FOR LOOPS

1. Orient U-post as shown in Figure D.
2. Attach using provided 7/8" screws and hex wrench. Tighten securely.

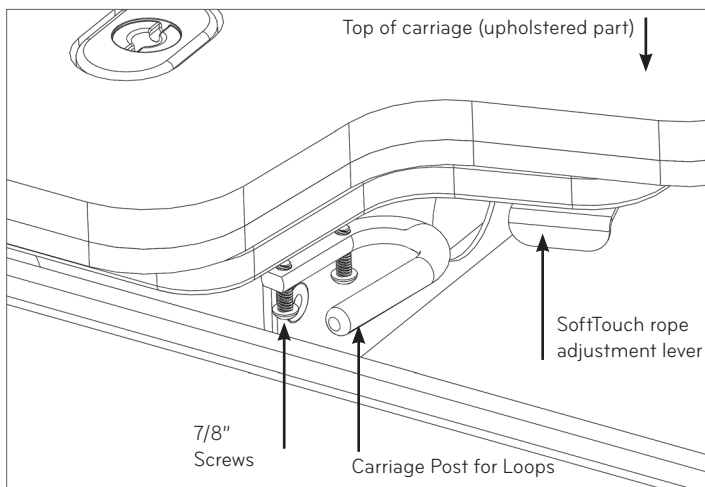


Figure D

IMPORTANT NOTICE:

Attaching loops to the U-posts on an Allegro 2 Reformer without legs may cause the ropes attached to the loops to drag on the floor more than they would if attached to shoulder rests. This will cause additional wear and tear on the ropes over time. Balanced Body is not responsible for any damage done to the ropes in this occurrence.

III. INSTALLING THE WHEEL KITS

Kit includes wheel brackets for right and left legs and Allen wrench for assembly purposes.

Transport wheel kits are available for the Allegro 2 in both standard and extended leg configurations but they are not interchangeable. Assembly for both versions is the same. Wheels are usually attached at the foot end of the frame, but can be installed on the head-end if needed. If wheels are installed on the head end of the Reformer, it cannot be stored on end.

A. INSTALLING WHEELS

1. Move the footbar in the vertical position (for stability). Install footbar locking pins.
2. If you have a hard floor, put a Pilates mat on the floor next to the Reformer to protect the finish.
3. Grabbing the Reformer frame, turn the Reformer on its side (on mat).
4. Remove the existing rubber foot using Allen wrench.
5. Install wheel bracket and foot as shown in Figure E below. See Figure F for final configuration.
6. Repeat on second leg.

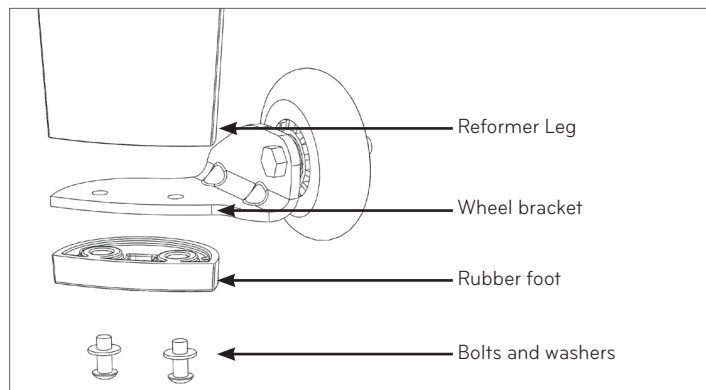


Figure E

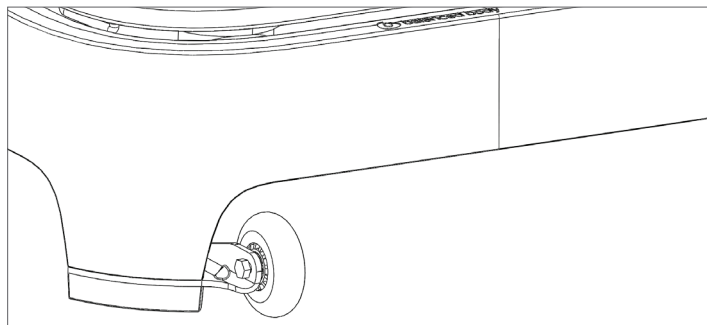


Figure F (standard wheel kit shown)

B. STANDING THE ALLEGRO 2 WITH THE WHEEL KITS

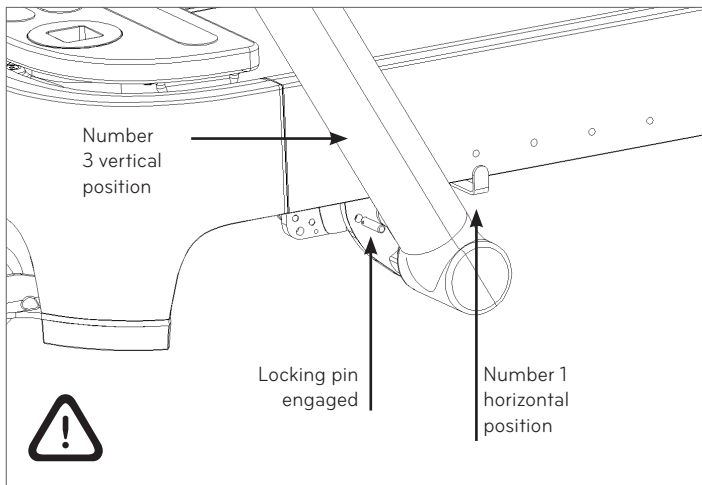


Figure G

With wheels you can store the Allegro 2 by standing it on its foot-end (Figure H).

IMPORTANT SAFETY TIP: Before standing make sure the footbar is in the correct position (number 3 vertical position, and number 1 horizontal position) and both locking pins are engaged as shown in Figure G. You can not stand the Allegro 2 without wheels or if you have a Tower installed.

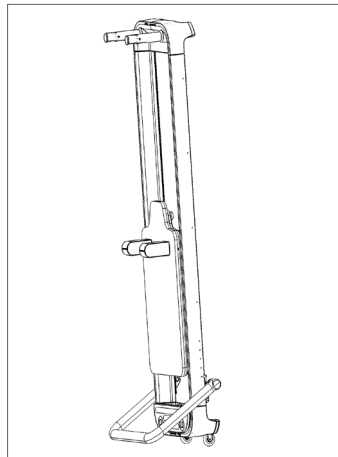


Figure H

IV. WALL SECURITY STRAP

For additional safety, Balanced Body offers a Vertical Storage Strap (part# 101-000), which fastens the Allegro 2 (without Tower) to a wall when in standing position with wheels.

V. FOURTH-SIDE FOR TOWER PUSH-THRU BAR (PTB)

A fourth side for the PTB (part# 950-172) can be ordered separately. To install, take the PTB off the frame by removing the T-pins. Insert and tighten the included screws into the holes as shown in Figure I.

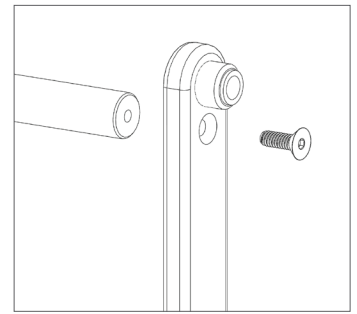


Figure I

Repeat on the other side then re-attach the PTB to the frame using the T-pins.

VI. MAT CONVERSION

To install the mat (part# 714-015) on the frame disengage the springs and move the carriage all the way to the head end of the Reformer. Place the mat (upholstered side up) into the frame and slide the wooden tongue of the mat under the standing platform on the foot-end of the frame.

QUESTIONS?

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