

Installing the Allegro® 2 Footbar Mechanism Replacement Kit

This kit is intended to replace the footbar mechanisms in your Allegro 2 Reformer. The installation process is not difficult but requires that the instructions are followed accurately. Take your time, read each step fully before attempting, and you won't have any problems. The installation process is the same if you have standard or extended legs. **If you have a Tower you must loosen the Tower knobs and remove the Tower prior to starting.**

A. PARTS LIST

Figure A shows the parts and tools you will find in your kit.

A. Footbar Bolt	(2)	(617-044)
B. Washer	(2)	(GEN9945)
C. Square Slider	(2)	(617-042)
D. White Ball	(2)	(GEN9947)
E. Spring	(2)	(GEN9920)
F. Frame and Footbar Wrench	(1)	(617-060)
G. Passenger Side Mechanism	(1)	
H. Driver Side Mechanism	(1)	

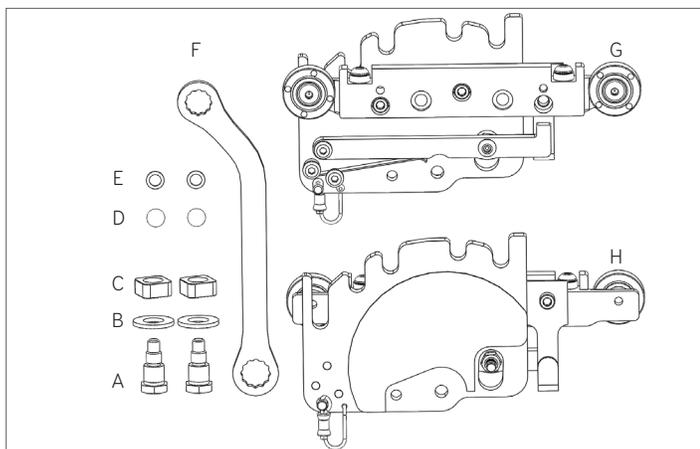


Figure A

B. TO INSTALL MECHANISM

1. Remove loops and pull ropes back through the risers. Remove shoulder rests and set aside. The ropes may be wrapped around the headrest.
2. If you have a Tower you will need to remove the Tower by unscrewing the retaining knobs and lifting the Tower out of the mounts.
3. Attach at least one carriage spring to a spring post to keep the carriage in the "home" position.
4. Lift the head end of the Reformer, and slide a sitting box or similar sized object under the frame as shown in Figure B.

TIP: This is easier with two people and you may want to lay a towel on the sitting box to protect the vinyl.

5. Move the footbar to the middle of the frame (also shown in Figure B), and then to the vertical position.

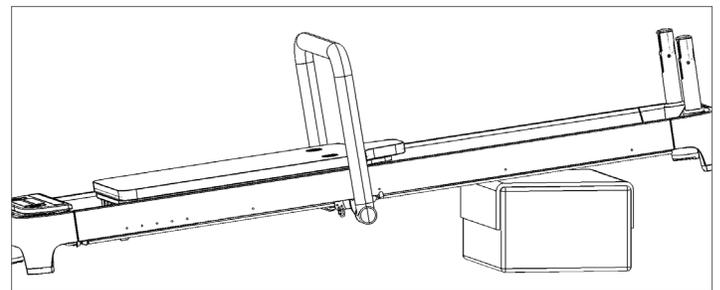


Figure B

- Remove the footbar locking pins and let them hang free as shown in Figure C

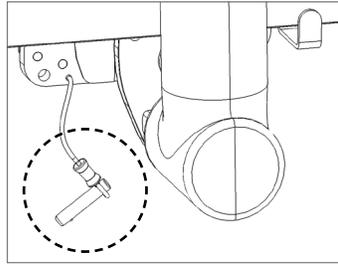


Figure C: Locking pins hanging freely on both mechanisms.

- Using the footbar wrench as shown in Figure D, loosen and then remove the footbar bolts. **TIP:** After the bolt is loose, it helps to jiggle the footbar to remove the bolt. Discard the removed bolt, washer and square slider.

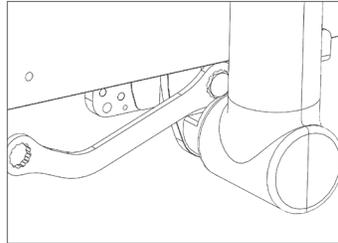


Figure D

- Lift the footbar up and then toward the foot end of the machine. Once it is free from the footbar mechanism it can lean back and rest on the carriage.
- Insert the curved end of the wrench to remove frame nuts (circled in Figure E). **TIPS:** The curved end of the wrench is designed to fit in the end casting and reach around the lower bolt oriented as shown. It is easier if you remove the top nut first.

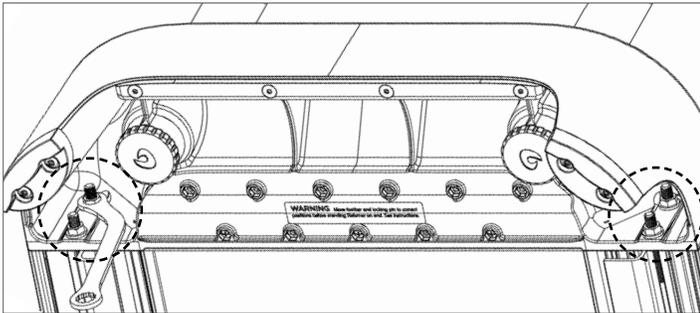


Figure E

- Using the risers and legs for leverage, remove the end casting as shown in Figure F and set aside on a soft surface. If you have a Tower of Power remove the tower mounts and set aside for now.

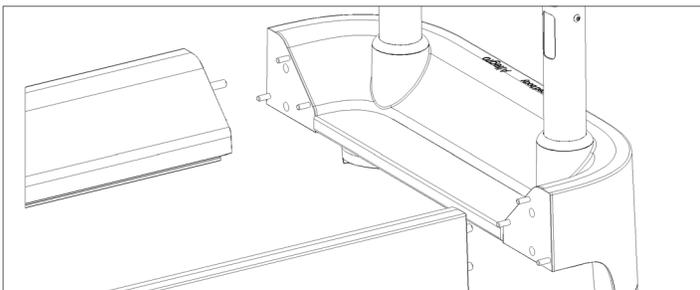


Figure F

- To roll a footbar mechanism out of the frame rails you will need to push down on the latch screw to disengage the latch while you roll the mechanism as shown in Fig. G.

Repeat on other mechanism.

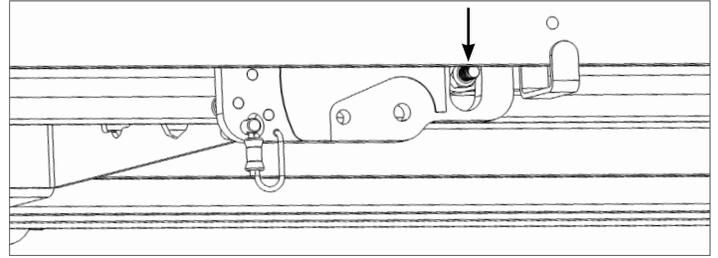


Figure G

- Slide one footbar mechanism out of the rail and set it aside. You may notice a white ball and spring come loose when the mechanism is free. This is ok, just set them aside or discard.
- To begin installing the new footbar mechanism, install the new spring and white detent ball from your parts package as shown in Figure H.

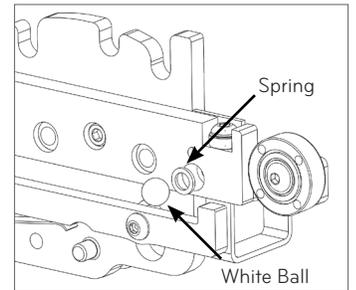


Figure H

- Orient the mechanism as shown in Figure I (next page) and slide it into the rail. You will have to hold the spring and ball in place and push the latch screw down while sliding them in. Be sure they are facing the right way.

15. Hold the latch screw down and slide the mechanism to the position at the middle of the frame. Repeat steps 12-15 on other mechanism. Refer to Figure I.

TIP: Make sure indicator tab is on outside of frame. The end with locking pin should go in first.

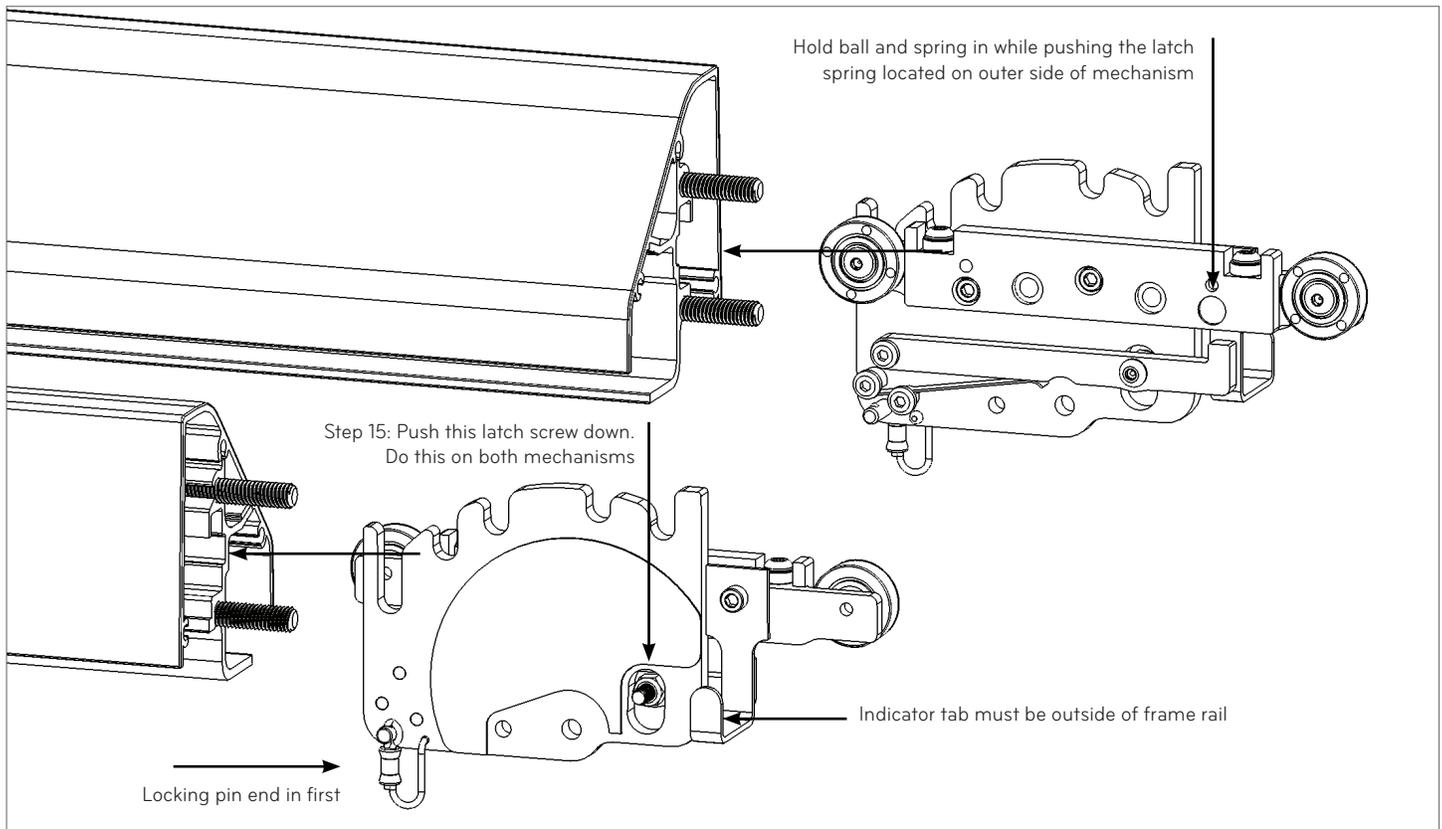


Figure I

16. If you have a Tower of Power, slide the tower mounts back over the threaded studs.
 17. Re-attach the end casting and tighten all the nuts (circled in Figure E).

C. REINSTALLING THE FOOTBAR

18. To re-install the footbar make sure both footbar mechanisms are in the middle position along the frame rail (Figure J).

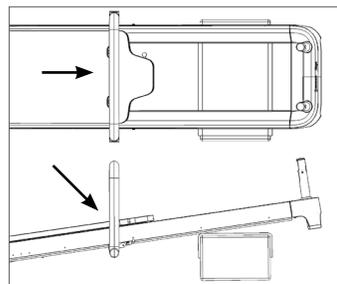


Figure J: Footbar directly over shoulder rests.

19. Lift the footbar up into the rails and bring it over the footbar mechanisms until it is directly above the shoulder rest sockets (also shown in Figure J), then drop into the notches of the mechanism.

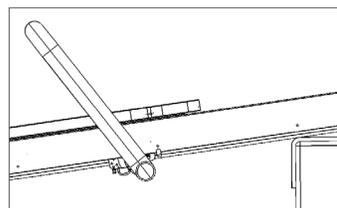


Figure K

20. If you have properly engaged the footbar it should be able to lean back toward the foot-end of the frame at about a 45 degree angle (Figure K).

21. Once the footbar is leaning back you should be able to see the threaded hole through the slot in the footbar and you should be able to insert the locking pins on **one of the mechanisms** into "locking" position as shown in Figure L.

TIP: You will have to tilt the footbar up slightly to get the pin holes in the plates and sliding mechanism aligned. If you can't get the locking pin inserted, repeat step #19.

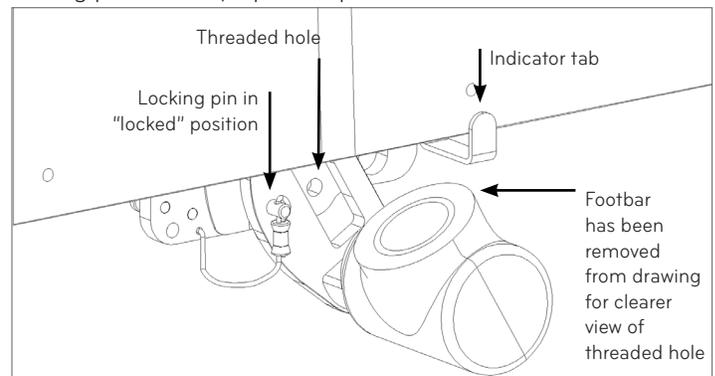


Figure L

22. From the bag of parts, assemble one of the bolts, washers and square sliders (see Figure M for proper bolt orientation)

23. It is important that this bolt assembly is installed on the side of the foobar **without** the locking pin installed

24. Install the bolt assembly by hand as shown in Figure O. You will need to align the square slider on the bolt assembly with the rectangular slot, **finger-tighten**. The bolt should be able to easily turn 3-4 full rotations by hand.

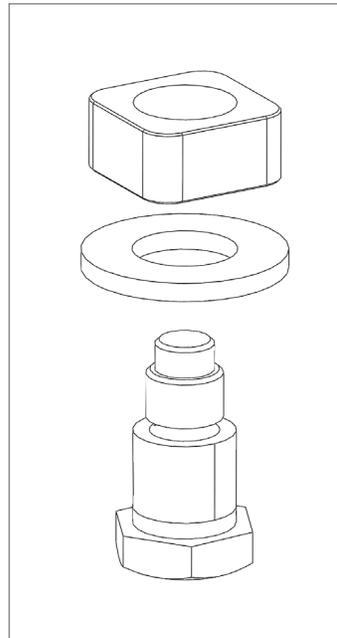


Figure H

If it doesn't it may not be aligned properly and you will need to remove the bolt assembly and try again. **DO NOT** use the wrench before turning the bolt 3-4 times by hand. Doing so might damage the bolt. It might help to gently jiggle the footbar while hand tightening as it helps set the bolt in place. Then use the long arm of the included wrench to secure, shown in Figure N. Make sure the bolt is secure.

After installing the first bolt assembly, remove the locking pin that was holding the footbar in position. Now install the second bolt assembly and tighten with the wrench.

IMPORTANT: MAKE SURE BOLTS ARE SECURE, BUT DO NOT OVERTIGHTEN AS IT COULD STRIP THE THREADS.

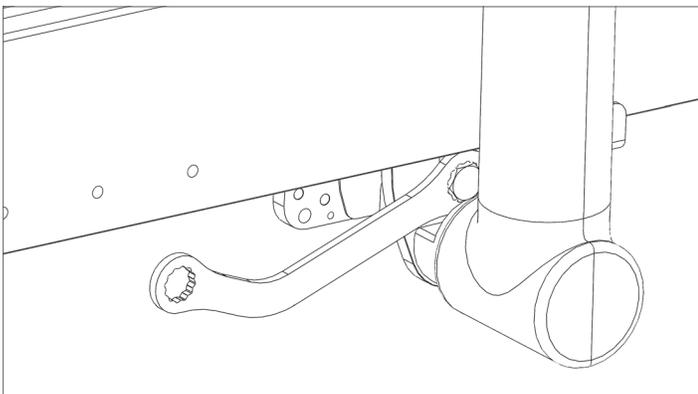


Figure N

25. After the bolts are installed put the locking pins back into "storage" position (Figure O). The footbar locking pins are only used for standing storage with the optional Allegro 2 wheel kit.

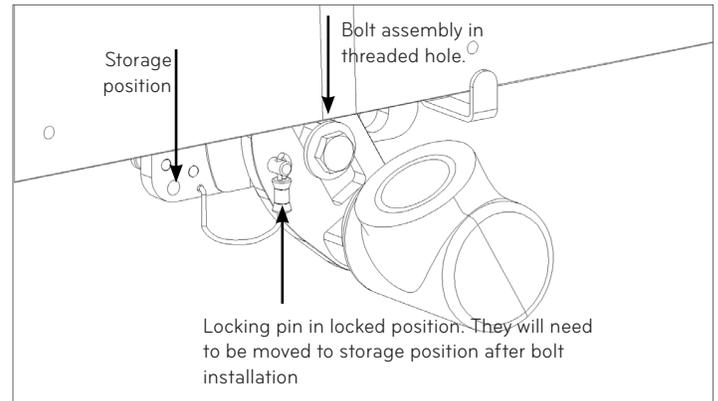


Figure O

26. While one person lifts the head end of the Reformer, have the other person slide the sitting box out from under the reformer.

27. Re-install the ropes through the risers, and shoulders.

The footbar is now ready to use.

QUESTIONS?

Call Balanced Body technical Support at 1-800-PILATES or +1-916-388-2838.