

Replacing the Allegro® 2 carriage pad

NOTE: Read each step thoroughly and look at the diagrams before proceeding.

PARTS LIST

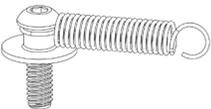
- » GEN9282 (5/32" Allen wrench)



- » GEN9284 (1/8" Allen wrench)



- » Spring and Screw



- » Carriage Pad



TO INSTALL:

1. Remove shoulder rests. Attach at least one spring to a spring post.
2. If you have a hard floor put a Pilates mat or blanket on the floor next to the Reformer to protect the finish. Slide footbar to the position above the headrest and then move the footbar in the vertical position for stability (Figure A).

3. Roll the Reformer on its side by grabbing the Reformer frame. **DO NOT USE THE FOOTBAR TO DO THIS** (Figure A).

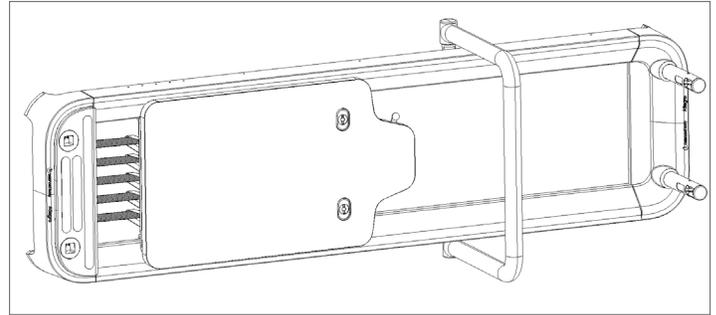


Fig. A

4. Using the included long handled 1/8" Allen wrench, loosen and remove the 8 screws that hold the carriage pad to the carriage (Fig B).

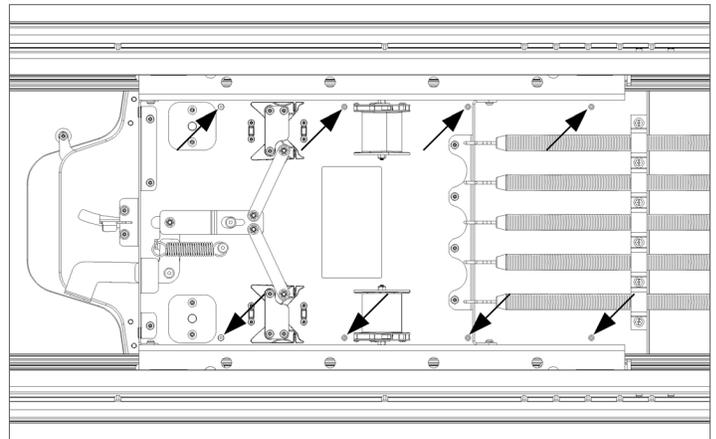


Fig. B

Tips: Loosen the screws by inserting the short arm of the wrench into the screw and using the long arm to turn. Once loose, insert the long arm into the screw and hold onto the short arm to finish. If the springs are in the way, most of them may be removed, leaving at least one to hold the carriage in place.

- Once all screws are removed, walk around to the other side of the Reformer. Move the headrest lever away from the headrest, like you were going to adjust it, pulling the carriage pad away from the carriage at the same time. See Figure C.

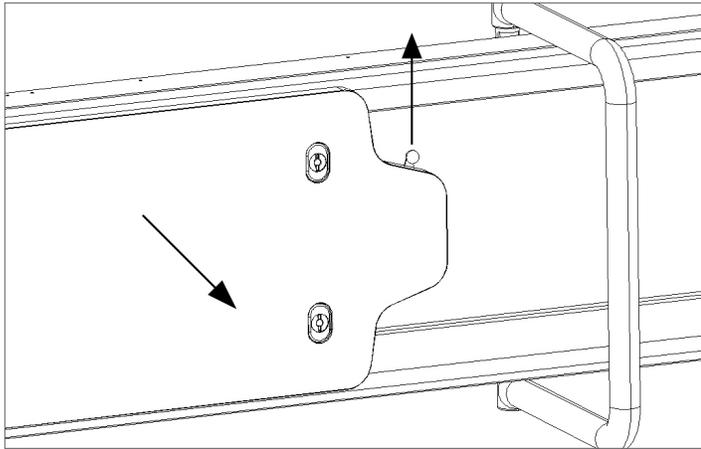


Fig. C

Tips: If the carriage pad does not come off freely, make sure the headrest lever is not caught in the slot in the carriage base. Also, make sure you are pulling on the headrest adjusting lever (the round, gray knob), not the rope adjusting lever. **NOTE:** Do not force the carriage pad off.

- Once the carriage pad is removed lay it vinyl side down.
- Remove the two screws shown in Figure D with the included 5/32" Allen wrench. Set the screws, washers, and spacers aside to install onto the new carriage pad.

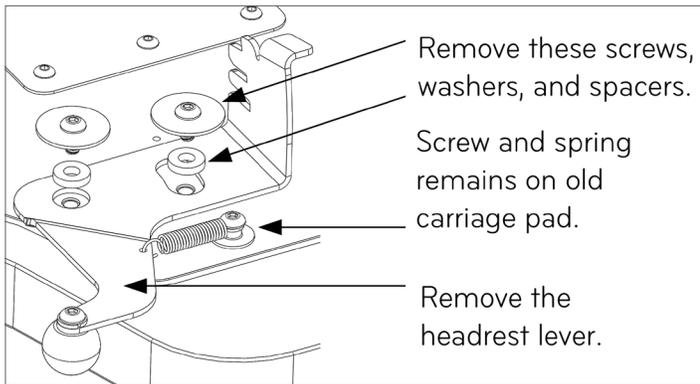


Fig. D

- Once the screws are removed, disconnect the lever from the spring. Discard the old carriage pad.
- Attach the new spring and screw assembly to the lever as shown in figure E.

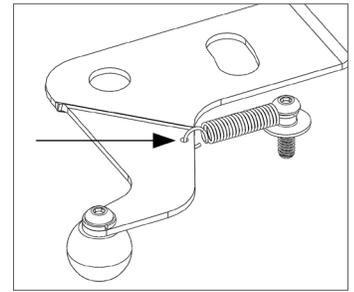


Fig E

- Install the lever assembly, screws, spacers, and washers (Refer back to Figure D) with the included 5/32" Allen wrench. Make sure the spacers are in the holes, not caught under the lever when you are tightening the screws.
- Once installed, the lever should rotate freely but snap back into position.

- Position the carriage pad next to the carriage and maneuver it so the headrest lever goes through the slot in the carriage (see Fig F). Then push the carriage pad over the shoulder rest bases, being careful not to tip the reformer over.

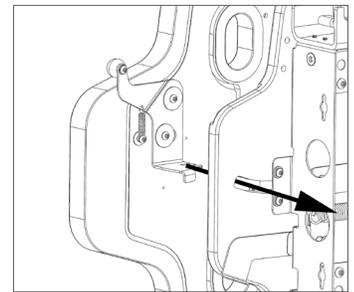


Fig. F

- With the carriage pad in place, re-install the 8 screws removed in step 4 (use Figure B for reference). Be sure to get all 8 screws started before completely tightening any of them.
- Holding onto the Reformer frame, gently roll it back onto its feet and re-install shoulder rests.

QUESTIONS?

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