

Installing the Footbar Cover for the Balanced Body® Original Allegro® Reformer

INCLUDED PARTS:

- » Footbar Cover (See Figure 1)

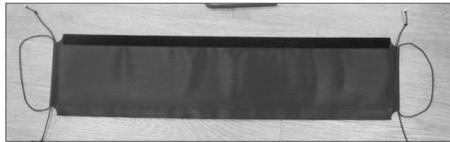


Figure 1

TOOLS NEEDED:

- » Scissors
- » 5/16" Allen Wrench
- » Something to wrap string around (e.g. screwdriver, pen, pencil)

REMOVE OLD FOOTBAR COVER

1. Standing at the foot side of the Reformer, lower the footbar to the lowest setting as shown in Figure 2.



Figure 2

2. Remove the old footbar cover by pulling apart the Velcro. Discard the old footbar cover.

REMOVE THE FOOTBAR

3. While supporting the footbar, remove the two shoulder bolts from the footbar using the 5/16" Allen Wrench. Ensure that the washers stay on the shoulder bolts. See Figure 3. Set the shoulder bolts aside.

4. While squeezing the footbar plunger levers, remove the footbar and set it on the ground with the seam in the foam facing down. See Figure 4.



Figure 4

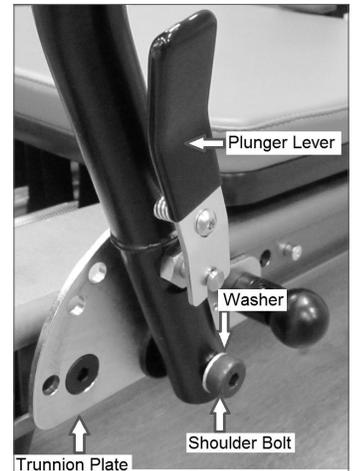


Figure 3

INSTALL THE NEW FOOTBAR COVER

5. Fold the new footbar cover in half as shown with both loops together and the textured surface facing out as shown in Figure 5a. With the Velcro on the top side, slide both loops over one end of the footbar. See Figure 5b.



Figure 5a

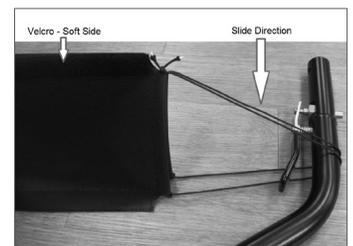


Figure 5b

6. Unfold the new footbar cover as shown with the textured side up. The side of the cover with Velcro should face the bottom of the footbar. The cover should be on top of the foam and the loops should be under either side of the footbar. See Figure 6.



Figure 6

INSTALL THE FOOTBAR COVER

7. Reattach the footbar by squeezing the footbar plunger levers and guiding the footbar over the outsides of the trunnion plates. Align each footbar pin with the top hole in the trunnion plate. While continuing to support the footbar, release the footbar plunger levers to engage the trunnion plate. Be sure the pins on both sides are engaged. Refer back to Figure 3.
8. Pivot the footbar slightly until the large hole at the bottom of the footbar aligns with the remaining hole in the trunnion plate. Refer back to Figure 3.
9. With the washer still in place, slide the shoulder bolts through the large footbar hole and hand tighten. Then using the Allen Wrench, tighten the bolts. Repeat on other side. Refer back to Figure 3.

SECURING THE NEW FOOTBAR COVER

10. Center the new footbar cover over the foam on the footbar. It should barely cover the ends of the foam. See Figure 7.



Figure 7

11. Secure the footbar cover by pushing both ends tightly together and attaching the Velcro as shown in Figure 8. Note: The side of the footbar cover with Velcro should be facing away from the Reformer and line up exactly with the seam in the foam on the footbar.



Figure 8

12. Tighten each end of the footbar cover by tying a simple knot as shown in Figure 9. It helps to wrap each end of the string around something such as a screwdriver or pencil before pulling to get a better grip

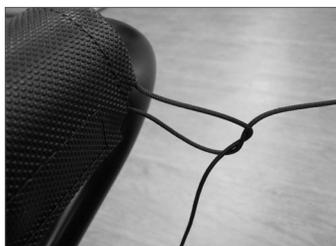


Figure 9

as shown in Figure 10. Slowly pull both ends of the string at the same time until the ends of the new footbar cover close around the foam as shown in Figure 11. **Warning: If the string is pulled with too much force it will cut through the footbar cover.** Finish by tying another knot. Repeat for both sides.



Figure 10



Figure 11

13. Cut off half of the remaining string from each side. See Figure 12.

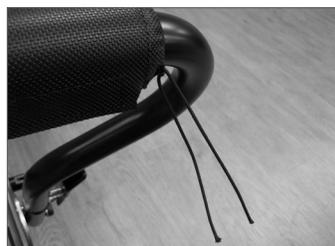


Figure 12



Figure 13

QUESTIONS?

Call Balanced Body Technical Support at 1-800-745-2837 (US and Canada), +1-916-388-2838, or email info@pilates.com