

How to Install the Allegro® A1A Legs Kit

PARTS INCLUDED:

	Part Number	Description	Qty
1	GEN9021	1/4"-20 Nylock hex nuts	4
2	GEN7325	1/4"-20 x 3/4" button head Allen screws	4
3	GEN7321	5/16"-18 x 3/4" button head Allen screws	16
4	GEN8320	Large Allen wrench (3/16")	1
5	GEN9282	Small Allen wrench (5/32")	1
6	GEN9235	1/4"-20 x 1- 1/4" long silver screws	2
7	ALL0160	Black shoulder posts	2
8	614-020	Transport wheel brackets	2
9	GEN9162	Spacers	2
10	N/A	Legs	4
11	618-135	Polyurethane Foot Pads	4
12	GEN9600	Double Sided Tape	4
13	GEN6742	Flat Head Screw 10-24 x 5/8"	4
14	GEN9856	#10 Flat Washer	4
15	GEN9059	#10 Nylon Nut	4
16	GEN9284	1/8" Allen Wrench	1
17	FAK1000	Alcohol Wipe	4



TOOLS NEEDED (NOT INCLUDED):

- » Phillips screwdriver
(for Allegros with serial numbers 008342 and lower)
- » Ratchet and 1/2" socket
(for Allegros with serial numbers above 008342)
- » 3/8" Wrench or socket
- » Large flat head screwdriver
- » Two 1/2" wrenches
- » 7/16" wrench

Remove the legs and other materials from the packaging and lay the legs on the floor with the bottom of the leg facing up, so the "L" shape with holes is on the floor.

PREPARE NEW PADS

1. Remove the (4) Polyurethane foot pads, and (1) Alcohol wipe from the packaging. Open one wipe and thoroughly wipe down the top side of each foot pad. This is the side opposite the ribbing. If the wipe is dirty or becomes too dry use another wipe for the remaining pads. Set the pads aside and let these dry.
2. Open an Alcohol wipe to clean the bottom of each metal foot on the reformer. If needed use a secondary wipe.

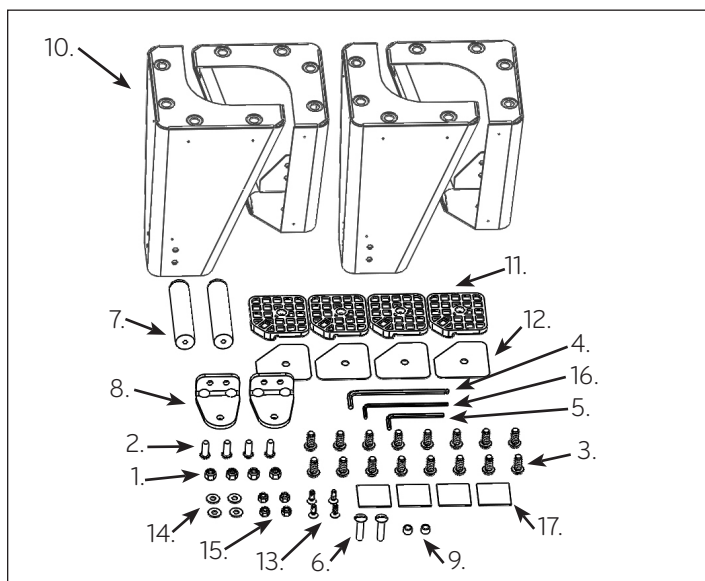


Figure A

TURN THE ALLEGRO UPSIDE DOWN

3. Attach all springs to keep the carriage stationary. Remove ropes, shoulder rests, and risers. Place the footbar in its highest position and check that all pins are locked so that the footbar is secure. Then, with the help of a strong friend, lift the Allegro from both ends and carefully turn it upside down and set it on the floor. You may want to place a pad or other floor protection beneath the Reformer.

INSTALLING NEW PADS

4. Before proceeding ensure the tops of the new pads from Step 1 are completely dry and no more alcohol liquid remains on the part. If the pads are not dry, the pad and tape will not bond. Peel one side of tape off the sticker and install it on a pad. Align the 45 degree corner side of the tape with the stepped corner of the foot pad. The center hole will go over the raised center circle. See Figure B.

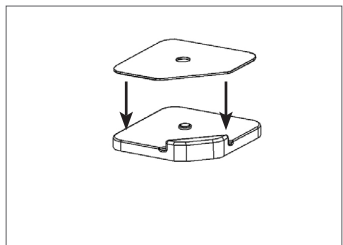


Figure B

5. Peel off the top side of the applied tape and install this pad assembly on the bottom of a cleaned leg. See Figure C.

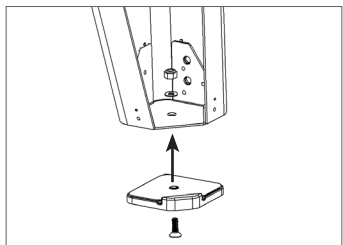


Figure C

6. Use one of each: #10 screw, #10 washer, #10 nut and the provided Allen wrench, plus a socket or wrench; Align the stepped corner of the pad with the opening of the leg. The raised center will go inside the center hole in the leg. Again refer to Figure C. Tighten the screw until the end just barely sticks out the top of the nut. **DO NOT OVER TIGHTEN.**
7. Repeat steps 4-6 for all other legs.

INSTALL THE LEGS

8. If you have an Allegro with serial number 008342 or lower, use the Phillips screwdriver to remove the screws holding the four rubber feet to the bottom of the Allegro. If you have an Allegro with a serial number higher than 008342, use the ratchet and 1/2" socket to remove these screws. If you have an Allegro with a serial number higher than 014195, the foot can be removed by hand. Grasp the foot firmly and turn counter-clockwise.

9. Place one of the legs onto the frame, aligning the four holes in the leg with the brass colored inserts visible at each corner of the frame. Using the 5/16"-18 x 3/4" long button head allen screws, fasten each leg to the frame. (Tip - using your fingers, thread a screw into each of the holes before you begin to tighten any of them.) Tighten the screws using the provided large Allen wrench. When all four legs are tightened, peel the backing off the leg pads and stick them to the bottom of each leg.

INSTALL THE NEW TRANSPORT WHEEL BRACKETS

10. Install the two new transport wheel brackets to the two legs on the footbar end of the machine. Near the tip of the leg, you will find holes to match the two holes in the brackets. Install the brackets so that the screws are towards the center of the machine and the protruding flange is towards the outside of the machine (see photo below). Fasten the brackets to the leg with the 1/4"-20 x 3/4" black button head allen screws and the nylock nuts. Use a 7/16" wrench to hold the nut on the inside of the leg while you tighten the screw with the small Allen wrench.

INSTALL THE GREY WHEELS ONTO THE NEW TRANSPORT WHEEL BRACKETS

11. Using the two 1/2" wrenches, loosen and remove the nut on the bolt that holds the red transport wheels to the old bracket. Watch for washers and observe where they are placed so that you can replace them correctly when you fasten the wheels to the new brackets. Leave the old transport wheel brackets in place as they provide attachment points for the foot strap. Install the wheels on the inside of the transport wheel brackets. See Figure D.

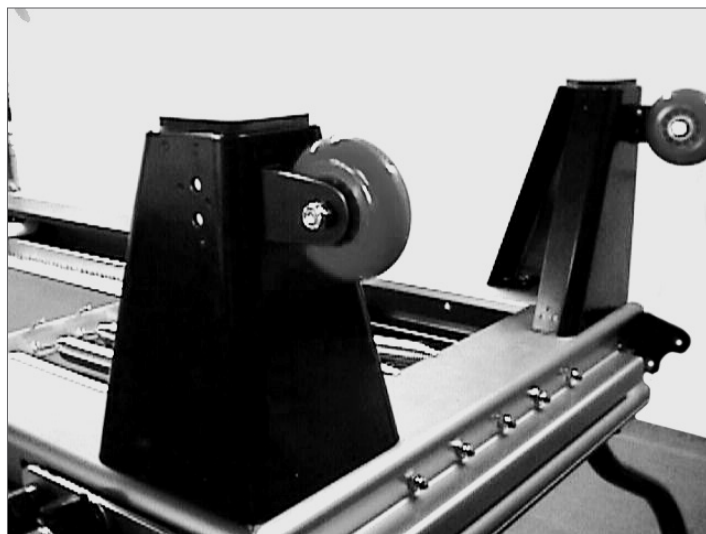


Figure D

INSTALL THE SHOULDER POSTS

12. With assistance, return the Allegro to the upright position. Under the shoulder rest you will see two silver-colored screws that lock the shoulder rests into place on the carriage. Using the large flat head screwdriver, remove the screw furthest from the pad. See Figure E. Remove the spacer between the screw and the bottom of the bracket.

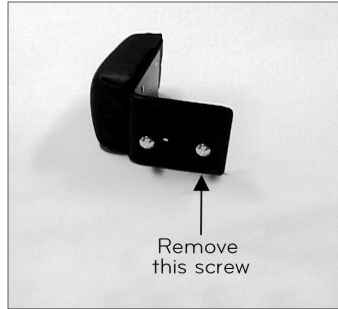


Figure E

13. When these screws are removed, replace them with the provided 1/4"-20 x 1-1/4" long silver screws. Be sure to replace the spacers. Tighten these screws firmly. Finish by turning the shoulder rest over and screwing the black post onto the exposed threads of the new screw. See Figure F. Grip the posts firmly and tighten them as much as possible.

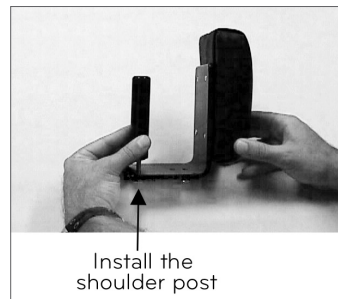


Figure F

14. Repeat on other shoulder rest.

