

# How to Install the Contrology Reformer Padded Footbar Cover

## PARTS LIST

DESCRIPTION	PART NUMBER	QTY
Contrology, Padded Footbar Cover	16480	1
Contrology, Foam, Footbar	16156	1

1. Raise your footbar to standard position so the kickstand is supported in the clips down in the frame.
2. Clean the footbar. If using a mild detergent and water make sure to dry thoroughly before beginning.
3. Lay the Foam on top of your footbar, centering it along the horizontal top side, do not peel off the adhesive sticker yet. The 'wings' will fold down on the vertical legs of the footbar.
4. Once centered, hold the foam in place and peel off the adhesive strip off the horizontal section and wrap it around the top bar. The two ends of the foam will wrap around the top tube and end up on the underside of the bar, at the same angle as the legs.
5. Once the top foam is in place, peel off a leg adhesive strip and wrap it around the vertical leg, pulling it tight up against the corner and the seam facing inwards. Repeat on other side. The finished look is shown in Figure A.

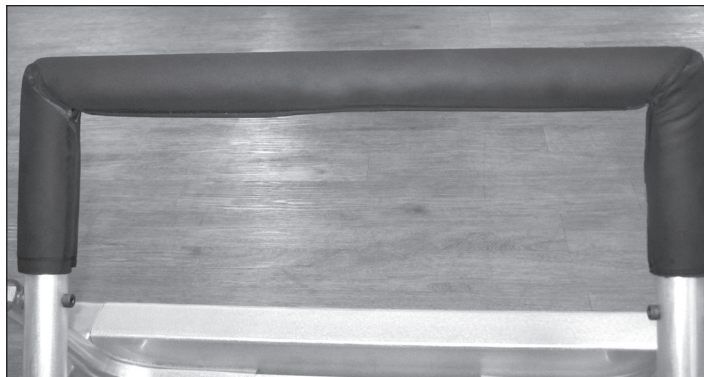


Figure A

6. Lower the cover onto the foam with the soft "Loop" side of the Velcro on the foot end of the Reformer. The rough side of the Velcro will be on the carriage side of the Reformer. Center it and pull it down over the legs, leaving it loose. See Figure B.

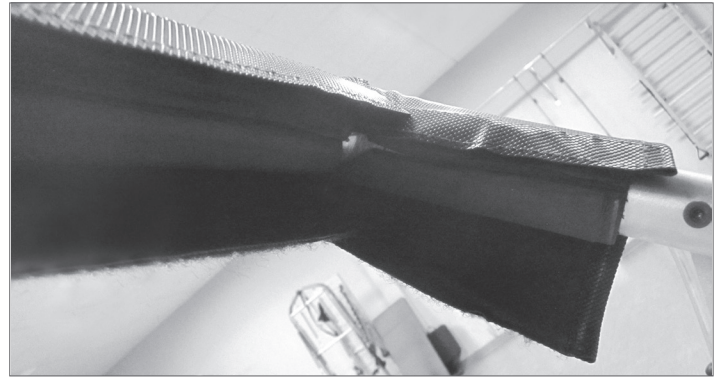


Figure B

7. Pull the cover around the vertical legs of the footbar and secure the Velcro to itself. This does not have to be perfect, as it is to hold it in place when you work the top section.
8. Connect the Velcro to itself in the center on the top footbar section and work toward the ends. Be sure to pull it tight and work out any wrinkles. If anything does not overlap or meet it is not pulled tight enough or correctly aligned. Pull apart and adjust as necessary.

Continued on back.

9. After the horizontal (top) section is secure, detach one vertical leg Velcro. Rewrap it tightly and tuck the corner seam up and away from the carriage. See Figure C.

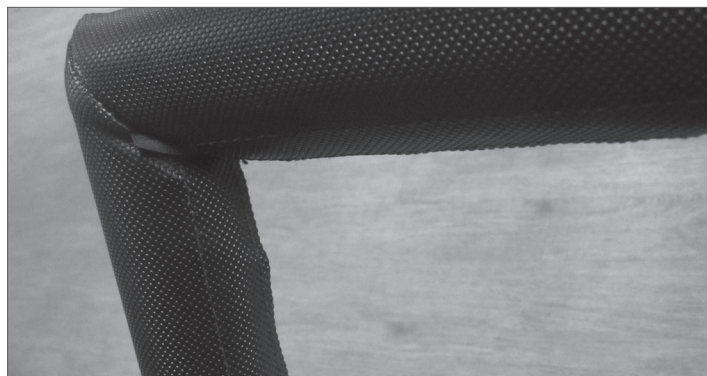


Figure C

10. Go to the other vertical leg and pull the Velcro apart, re-adjust and pull this Velcro tight. Again tuck the corner seam up and away from the carriage.

11. Once finished the cover should look like Figure D (foot end view). Your footbar is ready to use.



Figure D

Questions? Call Balanced Body Tech Support at 1-800-745-2837 (US and Canada), +1-916-388-2838 (all other countries), or email: [info@pilates.com](mailto:info@pilates.com).