

# Setup and Adjustment for the Balanced Body® Ladder Barrel

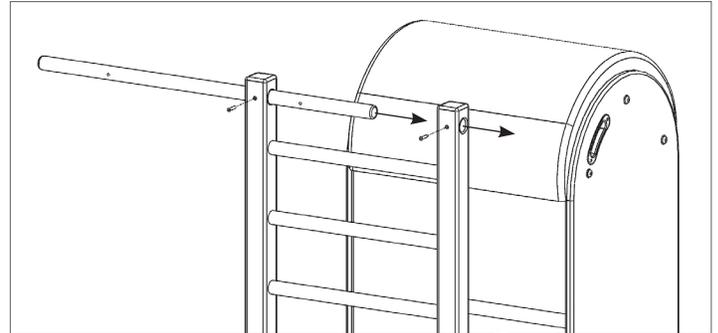


Figure A

## TO ADJUST

Stand between the ladder and the barrel facing towards the barrel. Place your hands in the grey handles on the outside of the barrel sides. Using either foot firmly press down on the foot pedal (see Fig. B) continue to hold the foot pedal down and push or pull the barrel towards or away from you.

When in the desired location release the foot pedal and pins will lock the barrel into position. Be sure to push the barrel forward to ensure the barrel is locked in a position, if it is not this push will locate it into a position. On the right bottom frame rail, if standing between the barrel and the ladder, there are numbers to visually see which position you are in. There are ten (10) positions to adjust back and forth to accommodate different heights and different exercises.

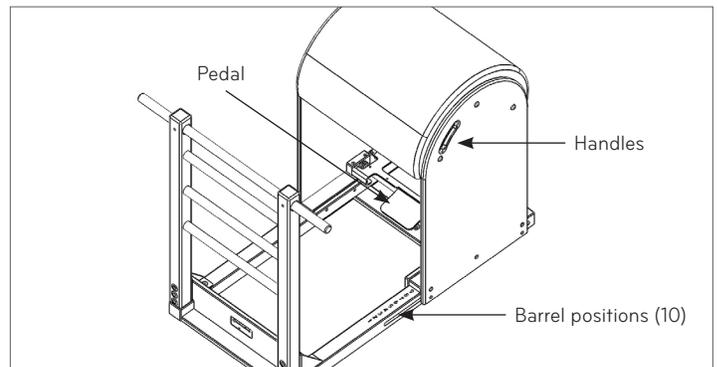


Figure B

## TOOLS NEEDED:

- » Phillips head screwdriver
- » Scissors

## TO SETUP

1. Remove the ladder barrel from the boxes. Remove all zip ties (with scissors) and bags from the unit.
2. Install the wooden dowel into the two holes at the top of the ladder. Note there are two (2) predrilled holes in the dowel, these will face backwards (away from the barrel) and line up with the two holes in the ladder uprights. See Fig. A.
3. The dowel will be centered in the ladder uprights. Using a Phillips head screwdriver, install the two (2) included screws into the uprights and dowel securing the dowel into position (See Fig. A). The heads of the screws will be slightly sub-flush with the wood uprights when properly tightened.

## CLEANING AND MAINTENANCE TIPS

### **Frame rails and dowel**

Clean all skin-contact parts after each use, including the ladder dowels and the bottom frame rails. This ensures that the barrel will slide smoothly. Use a solution of a mild soap and water or Balanced Body Clean. Dry thoroughly.

### **Upholstery**

Balanced Body upholstery has a built-in antimicrobial/antibacterial protection. For light soiling, use a solution of 10% household liquid dish soap with warm water applied with a soft damp cloth. If necessary, a solution of liquid cleanser and water applied with a soft bristle will also work. For heavier soiling, please call Balanced Body Technical Support.

## QUESTIONS?

Please call Balanced Body Technical Support at 1-800-PILATES (U.S. and Canada) or +1-916-388-2838 (International)