

Assembling the Balanced Body® Sitting Box Riser

NOTE: These instructions cover two versions of the Sitting Box Riser.

720-052 raises the top of your sitting box to a height of 25.75", approximately the same as a Combo Chair, Trap Table, or any 24" Reformer with mat conversion.

720-053 raises the top of your sitting box to 24.5", approximately the same height as an EXO® Chair.

Either version is compatible with standard or Contour Sitting Boxes.

PARTS LIST

720-052 Tall

PN	Description	Qty
607-374	Bottom Half, Box Riser	1
607-375	Top Half, Box Riser	1
707-253	Sitting Box Riser Feet	4

720-053 Short

PN	Description	Qty
607-376	Bottom Half, Box Riser	1
607-377	Top Half, Box Riser	1
707-253	Sitting Box Riser Feet	4

1. Remove all of the components from the packaging.
2. Hold the bottom half upright with your hand or between your legs. Line up the slots in the middle of the two halves and then lower the top half over the bottom half (See Figure A) They should be able to support themselves now and resemble an X from above. (See Figure B)

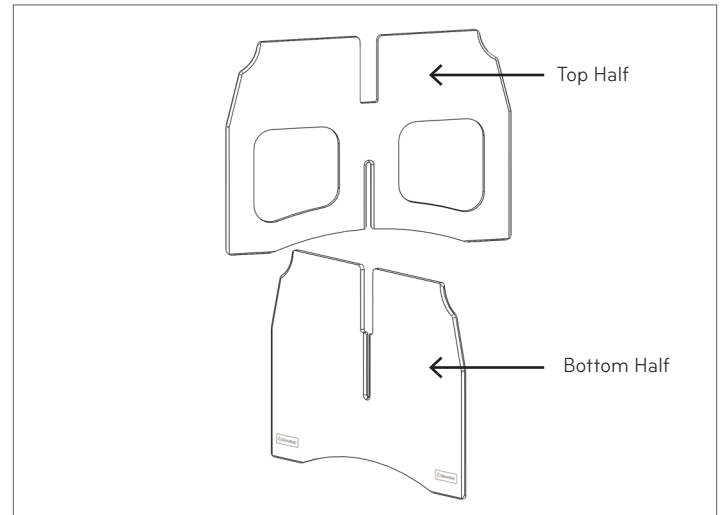


Figure A

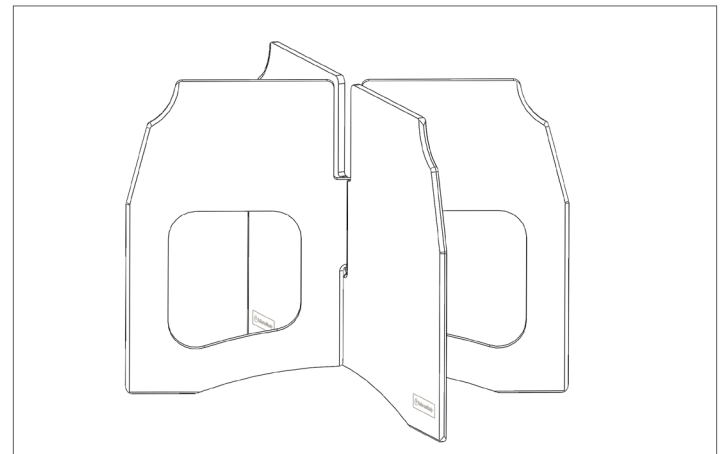


Figure B

3. Now your sitting box can be set on top of the stand. Once resting on top, push down to fully seat the sitting box onto the Riser. See Fig C

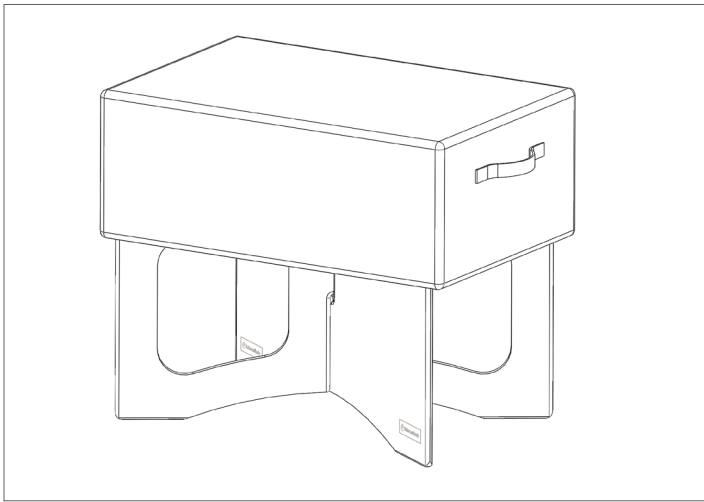


Figure C

4. When you try to lift the sitting box off the Riser you will notice that it is held in place by the snug fit. The top half of the Riser has large cut outs that you can rest your foot in when lifting the sitting box. That holds the stand down, allowing you to lift off just the sitting box.

NON-SKID FEET

If you find that the Sitting Box Riser slides on your floor more than you would like, we have provided you with four non-skid feet you can install.

1. Without a sitting box installed, roll the Riser over so it is resting upside down on the floor and locate the Balanced Body labels. These will be your guide for installing the feet.
2. Peel off the adhesive back from one foot, center it directly above one of the Balanced Body labels and adhere it to the wood. (See Fig D). Then roll the foot over and then around the wood being careful not to leave any gaps between the wood and foot. (See Fig E). The adhesive is activated by pressure, so push on all faces of the foot to securely adhere it to the wood. Now repeat on the other three corners, installing the feet in the same location.

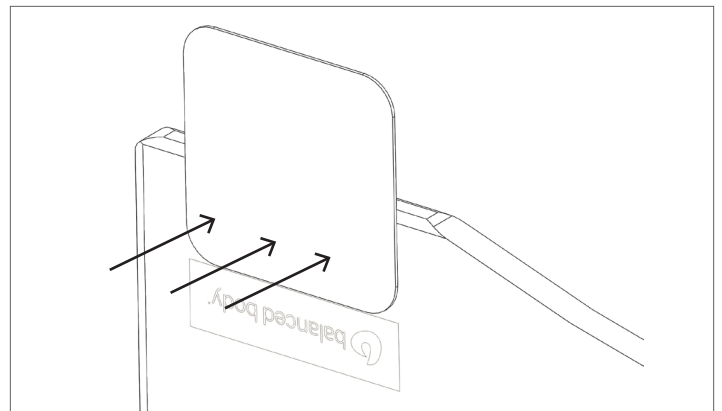


Figure D

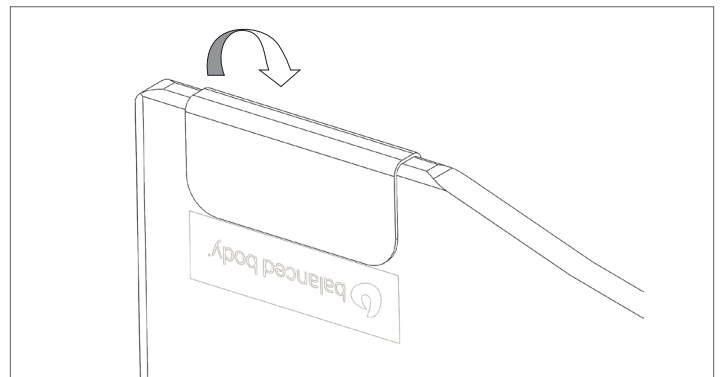


Figure E

Questions? Call Balanced Body Tech Support at 1-800-PILATES or +1-916-386-3828.