

# Retrofit Kit for Easy to Use Plunger Lockout Knobs

This retrofit kit features newly designed “plunger” lockout knobs for Balanced Body's Allegro® Reformer, and Clinical Reformer® and Studio Reformer® with Infinity footbars. The knobs make it easier to adjust and move the Reformer footbar along the carriage frame.

## INSTALL

To install you must first remove your existing plunger knobs. Take the included wrench and remove the knobs from the footbar trunion plate as shown in **Figure A**. Discard or recycle.

Insert the new knobs into the same space and tighten counterclockwise as shown in **Figure B**.

## USE

To use, pull the plunger knob straight out so that the recessed cross-pin comes out of the slots as shown in **Figure C**. Then turn the knob so that the cross-pin rests on the bolt head as shown in **Figure D**. Repeat on other side.

With the knobs in “locked out” position, reposition the footbar along the frame of your Reformer as desired. To firmly lock the footbar into it's new position turn the knobs so that the cross-pins are once again recessed.

