

INSTRUCTIONS FOR THE INSTALLATION OF A "STANDARD" STYLE FOOTBAR

PARTS LIST (INCLUDED):

Description	Qty
Standard Footbar Assembly w/ pad	1
3/8" x 2-1/2" Carriage bolt	2
3/8" flat washer	2
3/8" hex nut	2
3/8" cap nut	2

TOOLS NEEDED (NOT INCLUDED):

- » 1/8" drill bit
- » 3/8" drill bit
- » Drill motor
- » Mallet
- » Two 9/16" wrenches

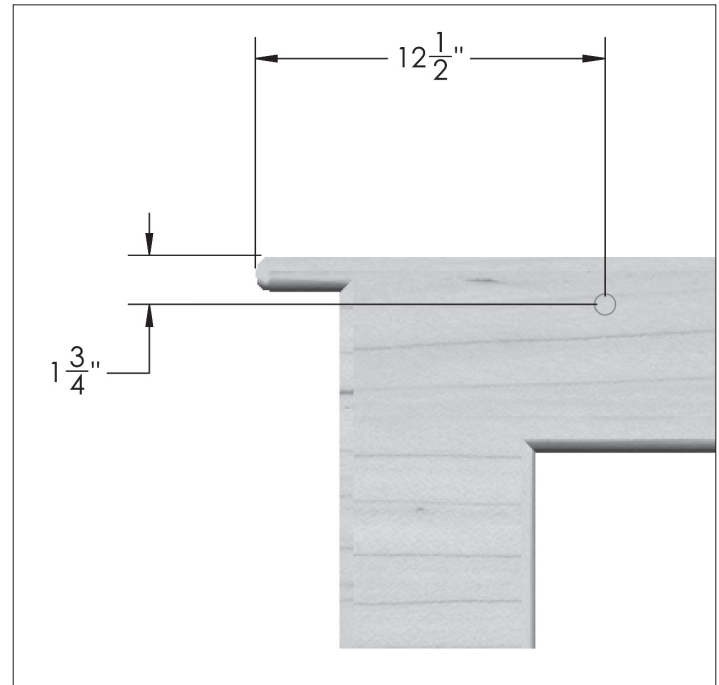


Figure A

1. Make a mark on either side of the frame at the location shown in Figure A, 1-3/4" from the top edge of the frame and 12-1/2" from the edge of the standing platform.
2. Drill a 1/8" pilot hole through the frame (Figure A) where you made the mark. Change to a 3/8" drill bit and drill through the frame sides using the pilot holes as guides. Drill from the outside toward the inside of the frame.
3. Next, insert the 3/8" carriage bolts from the outside of the frame so that they pass through the frame, through the 3/8" washers, then through the holes in the footbar arms. With a mallet, drive the heads of the carriage bolts into the wood on the outside of the frame until the underside of the bolt head is flush with the frame.
4. Install the hex nuts onto the ends of the carriage bolts, tightening until the pivot motion begins to get impaired. Install the cap nuts and tighten up against the hex nuts. Using two 9/16" wrenches, tighten the hex nut against the cap nut until they are "locked." Test footbar pivot motion and adjust until the tension is pleasing to the user.

Questions? Call Balanced Body Technical Support at 1-800-PILATES (US and Canada) or +1-916-388-2838 (all other countries).