

Mounting External Footbar On Studio Reformer

DISCLAIMER: This kit should only be installed by a trained professional. Drilling into the frame voids the frame warranty. If you have any questions please contact Balanced Body at 1-800-PILATES

TOOLS REQUIRED (NOT INCLUDED):

- » 9/16" Box Wrench
- » Hammer
- » Ruler
- » Power drill

ITEM	PART NO.	QTY
Footbar Assy	620-081	1
Trunnion plate, LH	16611	1
Trunnion plate, RH	16612	1
Shoulder Screw	GEN7316	2
Spacer	16889	2
Drill Template	16964	1
Hex Nut	GEN9161	1
3/8" Washer	GEN8016	1
BHCS, 3/8-16 X 2"	GEN4501	1
FHCS, 3/8-16 x 1.5"	GEN6770	6
Propeler Nut, 3/8-16	GEN9191	6
7/32" Allen Key	GEN4502	1
5/16" Allen Key	GEN9050	1
7/16" Drill Bit	17197	1
Shim	GEN9203	2

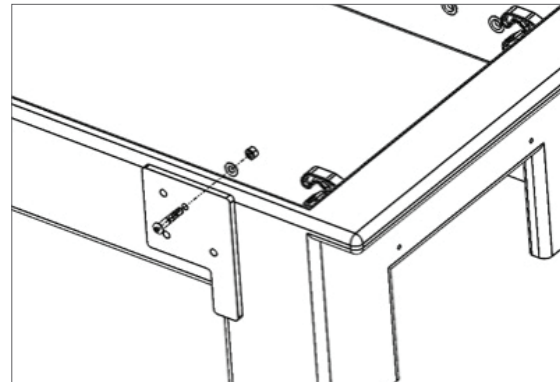


Figure A

3. Using a ruler check to make sure that the top face of the drill jig is aligned with the top of the reformer frame. The entire top face of the template should line up with the top face of the frame. This ensures the orientation of the template is correct. Check to make sure that the nut and bolt holding the template are tight. See Fig. B.



Figure B

1. Remove the existing foot bar from your reformer.
2. Notice the existing hole in the frame for the pivot bolt on the footbar. Line up the smallest hole in the drill template with this pivot bolt hole in the frame. Fasten the template to the frame using the 3/8-16 X 2 button head bolt, hex nut and washer provided in the kit. A 7/32 allen key (included) and 9/16 box wrench (not included) will be required for this step. See Fig. A. Make sure to orient the template such that the leg of the template is aligned with the frame leg.

4. Use the drill template to drill three 7/16" holes using a power drill with 7/16" drill bit attachment. It is recommended that you only start the three holes with the template, then remove the template and finish drilling the holes. Make sure to not

wobble the template out of alignment. The holes drilled need to be straight and should go all the way through the frame.

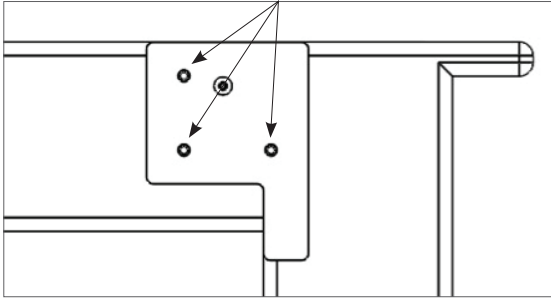


Figure C

See Fig. C.

5. Follow steps 2 to 4 to drill the holes on the other side of the frame. Ensure correct orientation of the drill template by reviewing Steps 2 to 4.

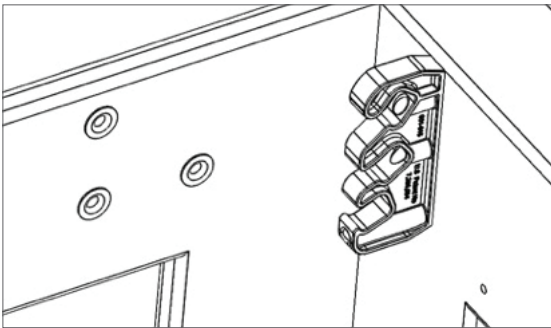


Figure D

6. Using a hammer, press in the propeller nuts from inside the frame. Three propeller nuts go on each inner side. See Fig. D.

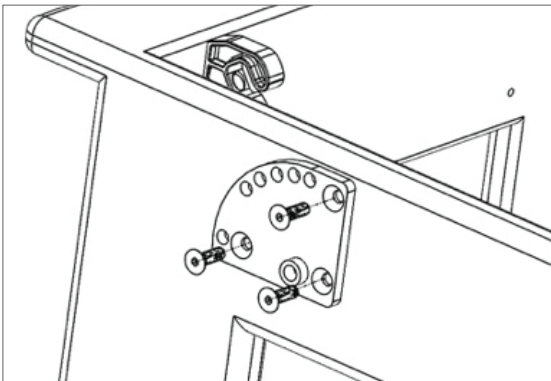


Figure E

7. Now mount the trunnion using the provided flat head bolts and 5/16 allen key. Do this for both sides. See Fig. E. The Threaded insert in the plate should be facing out.

8. Pick up the footbar with the seam of the footbar cover away from the carriage pad. While squeezing the footbar plungers levers, guide the footbar over the outside of the trunnion plates.

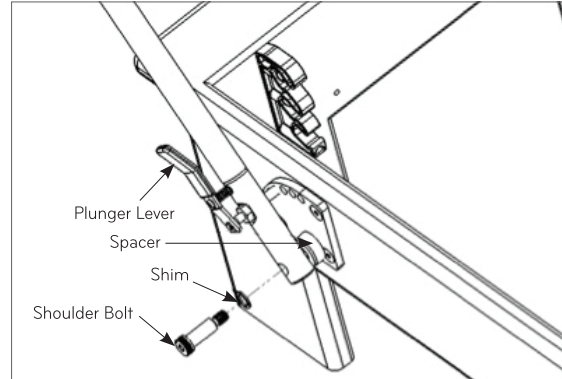


Figure F

9. Align each footbar pin with the same hole in each trunnion plate. While still supporting the footbar, release the plunger levers to engage the trunnion plate. Be sure the pins on both sides are engaged. See Fig. F for reference.
10. Place the spacer on the threaded insert on the trunnion plate. The plastic side of the spacer should face away from the trunnion plate. Pivot the footbar slightly until the large hole at the bottom of the footbar aligns with the spacer on the trunnion plate. Slide the shoulder bolt through the large footbar hole. The shoulder bolt goes through the footbar pivot hole and the black spacer and then threads into the trunnion plate. Screw the shoulder bolt into the trunnion plate as tightly as possible with the large Allen wrench (5/16"). Repeat on the other side. See Fig. F for reference. Note- You may or may not need the shim. If the footbar feels too loose, add the shim as shown below.
11. Check to make sure that the footbar pins lock properly on both trunnion plates by squeezing the plunger levers and moving the footbar through every position in the trunnion. If the pins are not lining up evenly, it means the trunnions are not aligned properly. Loosen the flat head bolts in the