

Installing the XSR footbar on the Studio Reformer

PARTS LIST:

ITEM	PART NO.	QTY
Footbar Assy	-	1
Shoulder Bolt	GEN7316	2
Spacer	16889	2
5/16 Allen Key	GEN9050	1
Shim	GEN9203	2

1. Place the spacer onto the threaded insert on the trunnion plate. The plastic side of the spacer should face away from the trunnion plate. Repeat on other side.
2. Press and hold the plunger levers on the footbar, to retract the pins, and place it over the frame. The seam of the cover on the footbar should face away from the carriage. Align the pins of the footbar with the same hole in the trunnion on both sides. Easiest to use the top most hole. Release the plunger levers to allow the footbar pins to lock in the trunnion.
3. 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 then threads into the trunnion plate. Screw the shoulder bolt into the trunnion plate by hand. Repeat on the other side. Once both shoulder bolts are tightened by hand Use the provided large Allen wrench (5/16") to tighten. See Figure A for reference.
4. Note- You may or may not need the shim. If the footbar feels too loose, add the shim as shown in Figure A.

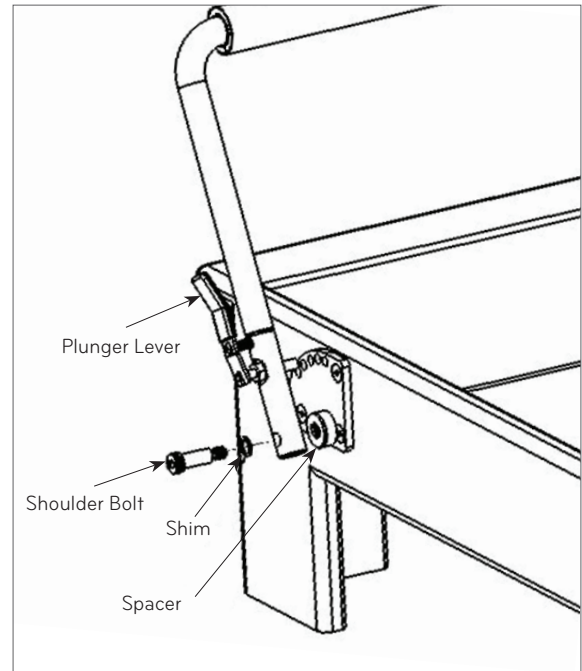


Figure A