

# How to install and use the Convertible Sliding Push-Through Bar

Your Balanced Body Cadillac/Trapeze Table or Reformer Tower Combination is equipped with a Convertible Sliding Push-Through Bar system. The Sliding Convertible Push-Through Bar gives you the ability to change the bar to either a three-sided or four-sided bar.

## BACKGROUND

Joe Pilates created both the three-sided and four-sided Push-Through Bar. His teacher/trainers developed preferences for one or the other. Carola Trier, Eve Gentry and Ron Fletcher popularized the three-sided Push-Through Bar, whereas Romana Kryzanowska used the four-sided bar. For many years Balanced Body has produced versions of both Push-Through Bars. We have developed a Convertible Push-Through Bar system, allowing you to use either type of bar.

## FUNCTION AND USE

After assembly of your equipment, top load the Push-Through Bar with one spring. Be sure that the spring is attached to an eyehook on the frame end top cross tube, NOT on the vertical poles. Set up the Push-Through Bar so that it hangs over the mat on the inside of the frame.

**Control warning!** Always control the Push-Through Bar securely through any movement, especially when the Push-Through Bar has springs attached to it. If the bar is released while under spring tension, it will move forcefully in the direction of the spring connection point. Always be aware of the full arc area of the bar and keep that area clear of both the instructor and the client's body.

## THREE-SIDED PUSH-THROUGH BAR CONFIGURATION

Sitting on the mat, carefully push the bar down and through the frame. You will notice that as you push the bar through the vertical plane of the frame, control of the bar shifts from a compression control challenge (resistance) to an extension control challenge (assistance or traction).



In the three-sided configuration, this control move changes from a resistance challenge to a stretch. Note the earlier control warning. The Push-Through Bar may also be used with this configuration for lat pull downs and Teaser series.

## FOUR-SIDED PUSH-THROUGH BAR CONFIGURATION

Using a 7/32" allen wrench and button head screws with pin ends, move the PTB to a 45 degree position. Line up the 4th side opening with the threaded holes in the PTB. Thread in one screw into the side of the PTB, the pin end of the screw will go inside the 4th side. Repeat for the other side. Tighten both screws with the allen wrench. Reverse these instructions to remove the 4th side. Keep the button head screws if needed later.



You now have created a four-sided Push-Through Bar. The Push-Through Bar may also be used with this configuration for lat pull downs and Teaser series.

Sitting on the mat, carefully push the bar down and through the frame. You will notice that as you push the bar through the vertical plane of the frame, control of the bar continues to be a compression control challenge (resistance). You will find that there is a slight increase in resistance as the spring bends around the connector bar. Note the earlier control warning.

Tips for using the Push-Through Bar when the bottom springs are in use for exercises such as Tower, Reverse Tower, and Teaser

- » To ensure clearance over the user's head, use the middle or top pivot holes to attach the Push-Through Bar to the frame.
- » Attach the Safety Strap by looping the strap around the top end tube and through the sewn end loop. Never attach the Safety Strap to any eyehook on the frame.
- » Adjust the Safety Strap around the Push-Through Bar so that the bar stops in the 4 o'clock position. It works well to attach the Safety Strap before springs are attached to the Push-Through Bar.
- » Note the earlier control warning.

## HOW TO ADJUST YOUR SLIDING PUSH THROUGH BAR

Position your hands on the outside of each slider. Place your middle and/or ring fingers under the silver base of the knob; right where the black body of the knob threads into. Place your index finger and thumb around the knob itself. Pull each of the knobs outwards, away from the vertical tubes, until they stop. Using the same force on each arm, move the slider upwards or downwards to each new location. Once you near a new location slightly release the outward pull of the knobs. The pins will automatically fall into the next position when aligned.

## QUESTIONS?

Contact Balanced Body® technical support at 1-800-745-2837 (US and Canada) or +1-916-388-2838 (all other countries).



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