

How to use the Revo Adjustment System

MOVING THE REVO SPRINGBAR AND CARRIAGE

The Revo springbar moves to one of five indexed stop positions. The springbar is integrated with the carriage – when you move the springbar, the carriage automatically moves with it.

TO MOVE THE SPRINGBAR AND CARRIAGE:

- » Attach one spring to the springbar. You can attach more than one spring, but additional springs increase the tension and make the springbar more difficult to rotate the springbar up. Recommended minimum of one (1) Red spring attached.
- » Position yourself at the side of the Reformer. (If you are using the Reformer yourself, you can make the adjustment from a seated or straddle position.) Pull one of the cam handles upward. The cam hook must fully engage the metal plate on the bottom of the carriage.
- » Keeping the cam hook engaged, use your other hand to move the carriage into the desired position. The springbar will move with the carriage. When you reach a carriage stop position, you'll hear a "click." There are index markers along the rail that you can use as a visual reference.
- » Release the cam handle so that it drops completely into an indexed position.



Fig. A



Fig. B

To move the carriage, grasp the cam handle and pull up, then move the carriage backward or forward. You'll hear a solid "click" when you have reached the next position.

LOCKING THE REVO FOOTBAR®

The Revo footbar features a sliding lock that keeps the footbar securely in place.

To lock the Revo footbar:

- » Slide the locks away from the footbar bracket.
- » Pull the footbar slightly upward and move the footbar support into the desired position.
- » Slide the locks into the support brackets as far as they will go to secure the footbar. Fig 1.



Fig. C

Pre-loading springs

You can pre-load springs by attaching them on the posts on top of the springbar.

ADJUSTING CARRIAGE POSITION

The Revo allows you to adjust the distance between the shoulder rests and the footbar, creating the ergonomically correct position for clients of all heights.

For short to average height clients, use positions #1 or #2. For taller clients, or those with a limited range of motion, use positions #3 - #5.

You can also raise the footbar to create an even shorter distance between the shoulder rests and footbar. Conversely, you can lower the footbar to further lengthen the distance between the shoulder rests and footbar.



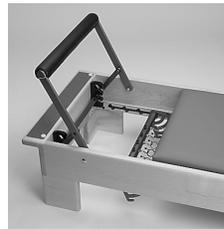
#1 Carriage Position



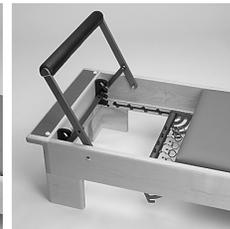
#2 Carriage Position



#3 Carriage Position



#4 Carriage Position



#5 Carriage Position