

Adding retractable risers to a Studio Reformer®

IMPORTANT:

This is a relatively complex installation procedure. It involves drilling holes into the Reformer frame. Please read through these instructions before proceeding. If you are uncomfortable undertaking any part of this procedure, it is highly recommended that someone with a serviceable knowledge of equipment assembly and tools install the risers and receivers.

Balanced Body is not responsible for any damage caused by incorrect assembly.

BEFORE BEGINNING ASSEMBLY

These instructions include a parts list. Please use this list to make sure you have all the parts necessary for installation. If you are missing a part, please contact our customer service department at 1-800-PILATES (1-800-745-2837).

PARTS LIST (INCLUDED):

ITEM	PART NO.	QTY.
Receivers	REF0048 (left) REF0049 (right)	2
Risers with pulleys installed	950-184	2
Riser retention pins	GEN9402	2
Black plastic lanyards for riser pins	GEN9037	2
1/4"-20 x 2" Allen bolts	GEN9015	6
1/4" Flat washers	GEN9305	6
1/4"-20 Nylock nuts	GEN9008	6
Rubber bumper for drill bit	210-514	1
5/32" Allen wrench	GEN9282	1
5/16" drill bit	TOL1059	1
1/4" drill bit	TOL1056	1

TOOLS NEEDED (NOT INCLUDED):

- » Power Drill
- » 7/16" open-ended wrench or socket wrench
- » Hammer or Mallet

PREPARE YOUR WORKSPACE

Make sure you have enough physical space around the Reformer to work, especially at the head-end of the machine where the bracket kit will be attached. Remove the ropes from the risers and the carriage. Attach carriage springs to the springbar to secure the carriage at the foot-end of the Reformer. It is recommended that you place a drop cloth or sheet under the head-end of the Reformer, as there will be sawdust from drilling holes in the frame.

REMOVE THE WOODEN RISERS

1. Use the 5/32" Allen wrench to remove bolts that attach wooden risers from head-end of Reformer (See Figure A).

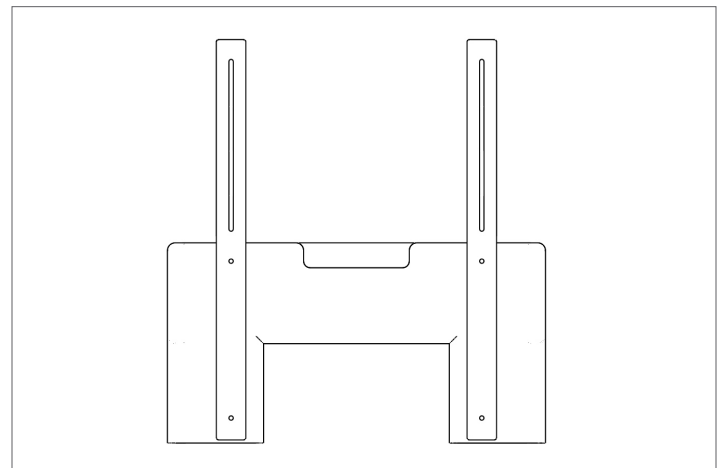


Fig A

2. Remove the risers and re-insert the bolts from the outside of the frame so they are about half-way installed.
3. Tap the heads of the bolts with a hammer until the propeller nuts come out of the Reformer frame.
4. Unscrew the bolts from the propeller nuts and remove them from the frame.
5. Put the risers, propeller nuts and bolts aside. They are no longer needed.

INSTALL THE RETRACTABLE RISERS

- Align the riser on the inside of the frame so that the two flanges are on the top and the single flange is on the bottom. The flanges closer to the outside of the frame should line up with the existing holes used for the wood risers (See Figure B).

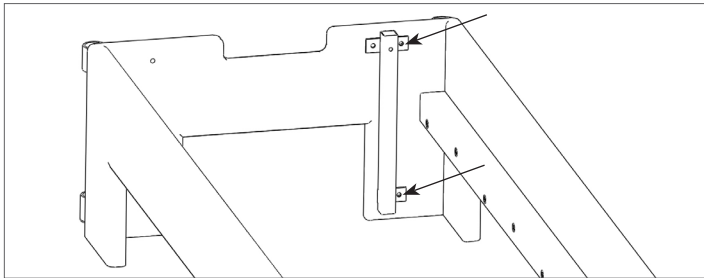


Fig B

- From the outside of the frame, slide a 1/4"-20 Allen bolt through the two existing holes in the frame and the receiver bracket. Secure with a 1/4" washer and nylock nut using the provided 5/32" allen wrench and a 7/16" wrench or socket (See Figure B).
- Repeat steps 8-10 for the other receiver.
- The attached receiver will now serve as a template for drilling the remaining holes required to complete assembly.
- Use the provided 1/4" drill bit (the smaller one) to drill a hole from the inside of the frame through the top inside flange of the receiver bracket and through the frame (See Figure C). Drill steady and level, not at an angle. Do not push too hard as you risk blowing out the wood on the other side.



Fig C

- From the outside of the frame, insert the 2" silver Allen bolt with a 1/4" washer.
- Slip the black plastic lanyard loop over the protruding bolt on the top inside flange and then secure a small nylock nut with a 7/16" socket as shown in Figure D. The riser pin is used to secure the new risers into the receivers. The loop is secured on a bolt. Do not tighten the nut too much or you will crush the lanyard loop.

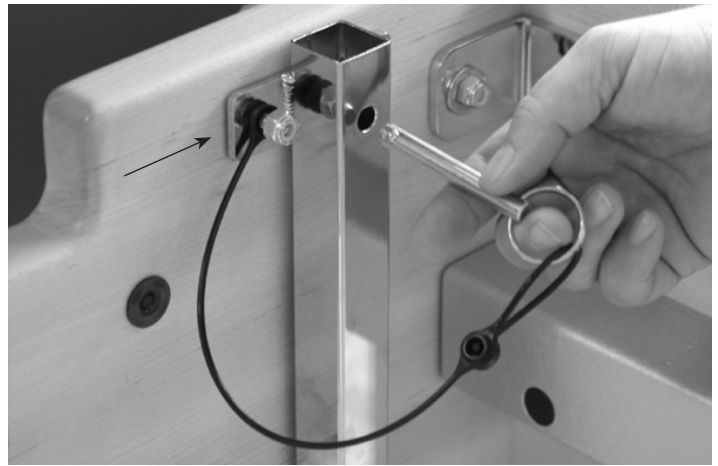


Fig D

- Repeat steps 10-12 on the other riser.
- Using the 5/16" drill bit, position the provided rubber bumper onto the bit so that 1-1/2" of the drill bit shows. Measure from the tip of the bit to the edge of the rubber bumper (See Figure E). This bumper prevents drilling into the Reformer frame too far.
- Position the 5/16" drill bit through the hole in the front of the riser, through the receiver itself, until you make contact with the wood of the frame.



Fig E

- Holding the drill steady and level, drill into the Reformer frame until the bumper on the drill bit hits the front of the riser receiver.
- Repeat the process on the other receiver.
- Insert the metal risers into the receivers and secure them at the desired height with the riser pin.
- Install ropes and loops.