

Upgrading the Konnector™ LITE to the Konnector

The Konnector is compatible with Balanced Body Studio Reformers with wooden risers and removable shoulder rests ONLY. If you aren't sure whether this system will work with your equipment, please contact Balanced Body at 1-800-PILATES (US and Canada) or +1-916-388-2838 (all other countries).

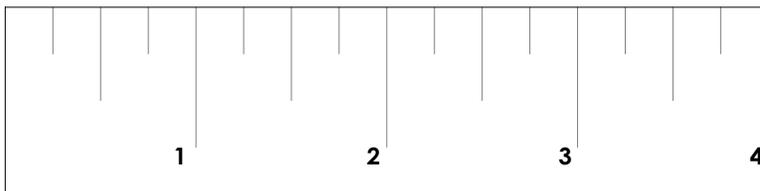
To view the installation podcast, please visit www.pilates.com/instructions

TOOLS REQUIRED (NOT INCLUDED):

» Flathead screwdriver

PARTS LIST (INCLUDED):

ITEM	PART NO.	QTY
Konnector Rope	210-054	1
Konnector Riser Assembly	707-257	2
2-3/4" Allen bolts	GEN8032	4
1/4" Washer	GEN9204	4
Tri Loops (Grey)	210-053	2
5/32" Allen wrench	GEN9282	1



INSTALL RISERS

1. Remove the Tri Loops from the Konnector LITE rope and unthread the rope from the carriage and pulleys. Discard the rope, you will no longer need it. Set the loops aside, they will be needed later.
2. Remove both sets of pulleys from the wooden risers by completely loosening the black knobs on the back of the risers. Remove the pulley, spring and washer assembly from the front of the riser. Set these aside, you will need them again.
3. Using the provided 5/32" allen wrench, loosen the two bolts on each wooden riser and remove them from the frame.

Discard the bolts and risers, you will no longer need them.

4. Take the two new wooden risers and install them where the old wooden risers were on the outside of the frame using 1/4" washers, 2-1/4" Allen bolts and the 5/32" Allen wrench (Figure A). Make sure the pulleys face the carriage.

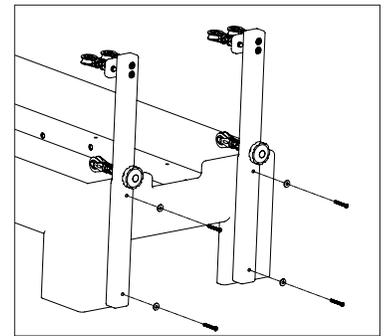


Figure A

5. Take two of the pulley assemblies you removed from the original risers and insert them into the lower holes on the new risers, making sure to face the pulleys toward the carriage. Use one washer and a black knob to secure the eyebolt from the outside of the riser. When you are done, the risers should look like Figure B. **Note:** Put the end of the Allen wrench through the eyebolt to prevent it from twisting when tightening the black knob.

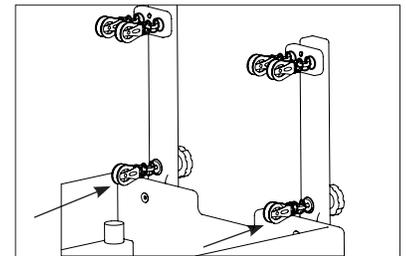


Figure B

INSTALL ROPE AND LOOPS

Note: For a visual demonstration on this section watch our podcast at www.pilates.com/instructions.

1. Take the two remaining pulley assemblies from the previously disassembled riser. Using a flathead screwdriver, loosen and remove the bolt on the side of each pulley (as shown in Figure C). Loop the U-hook through the D-ring on one of the black Tri Loops, and re-tighten the bolt in the pulley. Repeat for the second black Tri Loop. When finished, they should look like Figure D.

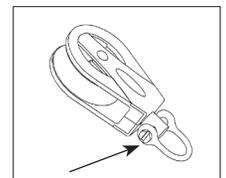


Figure C

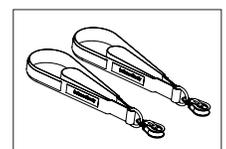


Figure D

2. Place the black loops with pulleys on the shoulder posts (Figure E).

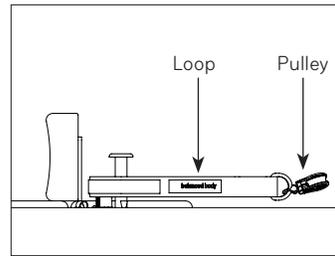


Figure E

3. Thread one end of the rope through both pulleys under

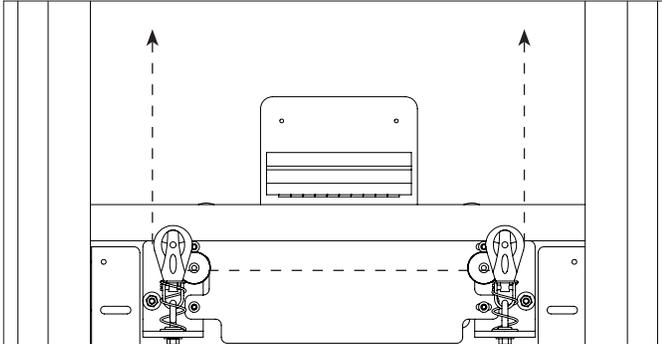


Figure F

the carriage and pull the ends evenly toward the risers (Figure F).

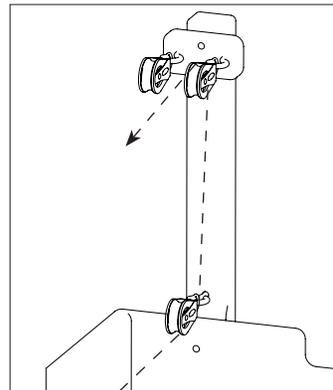


Figure G

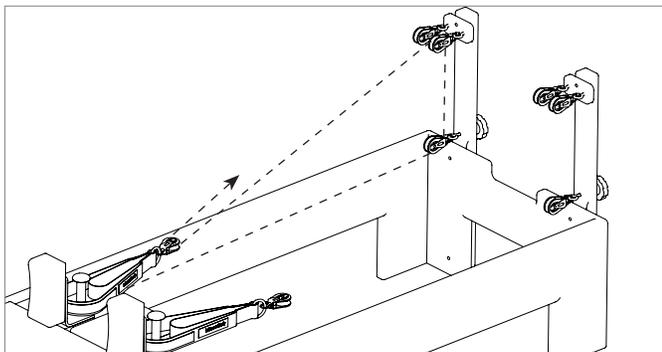


Figure H

4. Take one end of the rope and thread up through the lowest pulley on the riser. Continue threading the rope up through the upper, inner pulley on the riser block and pull toward the

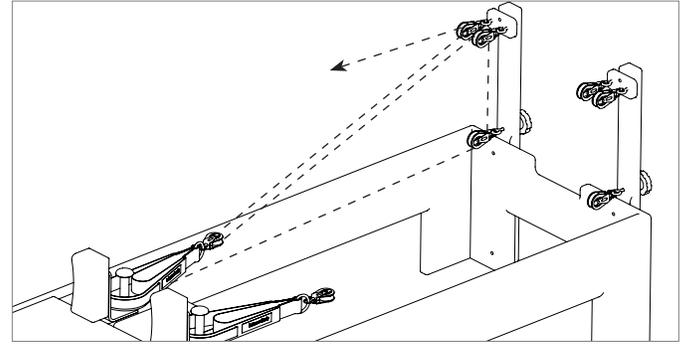


Figure I

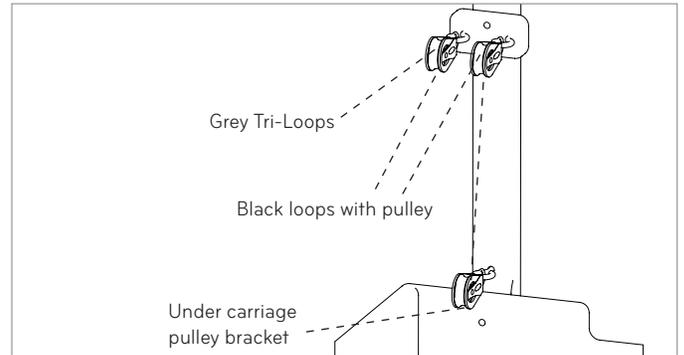


Figure J

carriage (Figure G).

5. Thread the rope through the pulley attached to the black Tri-Loop with pulley on the same side of the Reformer as the riser and pull back toward the riser (Figure H).

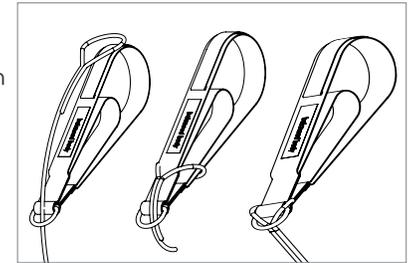


Figure K

6. Thread the rope through the upper, outer pulley on the riser block and pull back toward the carriage (Figure I). See Figure J for a detailed view of the riser pulley block rope routing.

7. Using a Soft-Touch connection (Figure K), secure each end of the rope to a grey loop on the same side of the Reformer as the riser.

8. Repeat steps 2-7 for the other side of the Reformer.