

Straps to Ropes Conversion

Casters to Risers

PARTS LIST (INCLUDED):

1	3/16" Allen wrench	GEN9280
1	5/32" Allen wrench	GEN9282
4	1/4-20 Propeller nuts	GEN9187
2	Riser blocks	950-034
4	2-1/4" screws	GEN7314
2	Pulley assemblies	950-039

TOOLS NEEDED (NOT INCLUDED):

1	9/16" Wrench (or adjustable end wrench)
1	5/16" drill bit and motor
1	1/4" drill bit
1	Hammer

INSTRUCTIONS

1. Remove the four bolts from each caster using the 9/16" wrench and 3/16" Allen wrench. Set the bolts, nuts and casters aside. You will no longer need them.

2. Install two propeller nuts from the INSIDE of the frame into the upper, outer holes (Fig. A). Tap them in using the hammer.

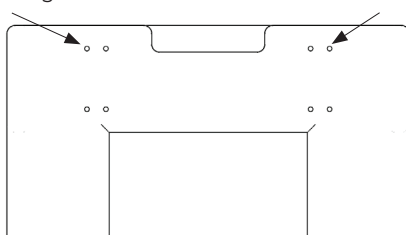


Fig. A: Install propeller nuts in these holes.

3. From the outside of the frame, loosely install both riser blocks with the 2-1/4" screws through the 1/4" hole provided near the center of the riser block. The long slots in the riser should be above the edge of the frame and face towards the reformer. The side of the riser that is rounded on all sides should face away from the frame (Fig. B).
4. Position the riser blocks so they are as vertical as possible and parallel with each other. Tighten screws snugly with the provided 5/32" Allen wrench. Double check that the risers are vertical and parallel after tightening the bolts. Now, insert the 1/4" drill into the hole near the bottom of the riser and use it

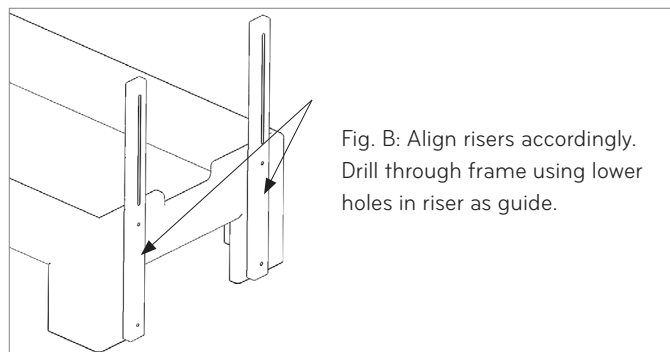


Fig. B: Align risers accordingly. Drill through frame using lower holes in riser as guide.

as a guide to drill through the reformer leg (Fig. B). Drill carefully and slowly. Repeat on the other riser.

5. Pivot the riser around the top bolt so that the riser is not covering the hole in the frame. Using the 5/16" drill, create clearance for the propeller nuts by drilling back through each lower hole.
6. Using the hammer, tap the propeller nuts into place from the INSIDE of the frame.

CAUTION: When installing the two propeller lower nuts, use your foot to "back up" the Reformer leg when tapping the propeller nuts into place. This reduces the risk of damaging the leg through impact.

7. Loosen top bolts and pivot the risers back to align the bottom holes on the riser and frame. From the outside of the frame, install the remaining two 2-1/4" screws through the holes and secure in the propeller nut. Tighten all 4 bolts.

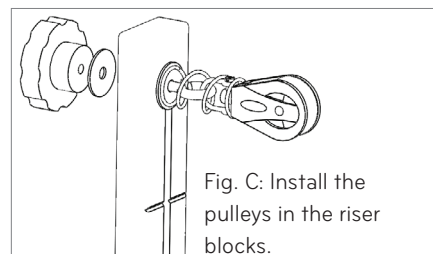


Fig. C: Install the pulleys in the riser blocks.

8. To install the pulleys, remove the black knob and one large silver washer from the pulley assembly. Put the threaded bolt through the riser slot so that the pulley faces the Reformer carriage and re-install the washer and knob (Fig. C). The pulley can be adjusted to any height by loosening the knob and sliding the assembly up and down in the slot.

Do this to both pulleys, then thread the ropes through.

Cam Cleats and Ropes Installation

PARTS LIST (INCLUDED):

2	Cam Cleats	GEN9338
4	10-24 x 1-3/4" FH screws	GEN7300
1	1/8" Allen key	GEN9284
4	#10 x 1" PH screws	GEN9034
4	#10 x 5/8" PH screws	GEN9143
4	Eye straps	GEN7080
1	Template for eye strap holes	950-254
4	T-nuts	GEN9004

TOOLS NEEDED (NOT INCLUDED):

1	Phillips head screwdriver
1	1/8" drill bit and motor
1	1/4" drill bit
1	Pen or pencil to mark hole locations
1	Hammer

- Place the spring bar into "first" gear, closest to foot end of frame. Attach all springs to secure the carriage in place.
- Using the Phillips screwdriver, remove the chrome loops on the edge of the carriage where the leather straps attach. Remove the leather straps and set them aside. You can leave the screw holes as they are or re-install the screws to fill the holes, or re-attach the chrome loops (without the straps).
- Take the provided template and align it carefully on the carriage top corner. See Figure A. The top radius corner of the template matches the radius of the carriage. The top and side is flush. Mark all six holes and remove the template.
- Flip the template over and repeat step 3 on the other corner of the carriage, making sure the hole patterns are mirrored.

- When all holes are marked, use the 1/8" drill to create pilot holes for the screws. Drill the holes closest to the edge of the carriage to a depth of 1". Drill the holes for the cam cleats and the other silver eye straps all the way through the carriage. (Fig. A).

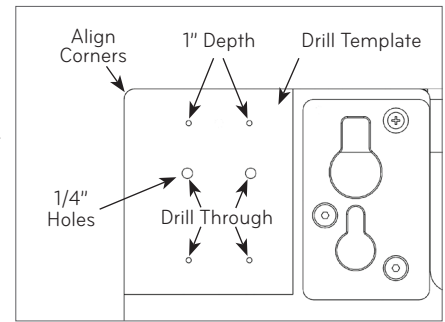


Figure A: Carriage hole pattern

- Drill the two middle holes through using the 1/4" drill bit. See the template hole size for which two holes to drill bigger.
- Install the four (4) T-nuts through the bottom of the carriage with the hammer into the four 1/4" holes.

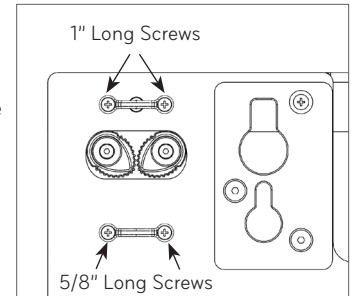


Figure B: Carriage hardware

- Attach the cam cleats using the long 1-3/4" screws. Install these screws through the cam cleats and into the T-nuts. Be sure to align the cam cleats as shown in Fig. B.
- Attach the silver eye straps to the two holes closest to the edge of the carriage using the 1" Phillips head screws. Attach the silver eye straps to the other pair of holes using the 5/8" long Phillips head screws (Fig. B).
- Install the loops on the ropes and hang them over the shoulder posts. Thread the other end of the rope through the pulley and then toward the carriage.
- Thread the rope through the eye strap closest to the edge of the carriage, through the cam cleats, and then through the second eye strap.
- Adjust the rope length by pulling the rope up out of the cam cleat, then re-inserting the rope into the cam cleat at the desired place. A tug on the rope will help to "seat" it into the cleat.

If you have questions about this procedure, call Balanced Body Inc. at 1-800-PILATES (1-800-745-2837).