

# Installing the Balanced Body® Allegro 1A with Riser Konnector™

The Konnector is compatible with Balanced Body Reformers with 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](http://www.pilates.com/instructions)

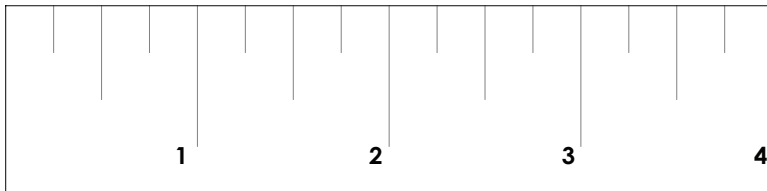
## TOOLS REQUIRED (NOT INCLUDED):

- » Flathead screw driver

## PARTS LIST (INCLUDED):

ITEM	PART NO.	QTY
Konnector Rope	210-073	1
Tri-Loops (Grey)	210-061	2
Tri-Loops (Black) with pulleys	210-060	2
Allegro 1 A Riser Post Assembly	624-007	2
Lower Mount Allegro Assembly	624-006	2
Under Carriage Mount Assembly	624-004	2
Low Support Bracket A1A	624-010	1
Flanged Shoulder Post, Black	624-008	2
Truss Head Screw 1/4-20 x 1-1/4"	GEN9235	2
Flat head cap screw 1/4-20 x 1-3/4"	210-216	4
Button head screw 1/4-20 x 3/4"	GEN7325	2
Plastic Washer A1A Konnector	607-545	2
Washer, Flat, 1/4"	GEN9305	6
1/4-20 Hex Nut	GEN9056	2
5/32" Allen wrench	GEN9282	1
7/16" Wrench	616-113	1
Spacer, Black, 1.5" Diameter**	ALL0516	4

\*\*If your machine has legs disregard these spacers. If you machine has rubber feet, unscrew each foot. Install the spacer on top of the threaded rubber foot. Screw the foot/spacer assembly back on machine so spacer is between the machine and rubber foot.



**WARNING: Using the existing shoulder posts with a Konnector system can cause the loops to fall off the posts during use which may cause injury.**

## REMOVE ROPES, POST AND SHOULDER BRACKETS

1. Remove the ropes from the cam cleats, carriage and pulleys. They are no longer needed.
2. Remove the detent pin from the shoulder rest bracket. Remove the shoulder rest bracket from the carriage. Repeat on the other side.
3. Remove the screw and spacer furthest away from the shoulder pad on the underside of each bracket. See Figure A.

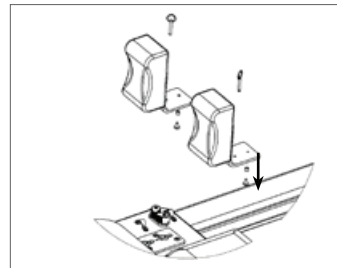


Figure A

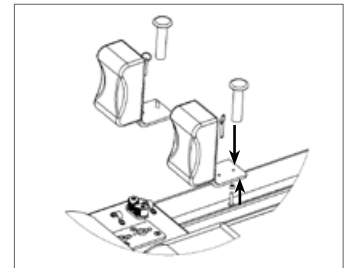


Figure B

4. Reusing the same spacer that was on the removed screw, install spacer onto the truss head screws 1-1/4" long. Using a flat head screw driver secure the truss head screw to the bottom of each shoulder rest bracket. From the top side of each bracket, thread by hand, the flanged shoulder post. See Figure B.
5. Using the provided 5/32" Allen wrench and 7/16" wrench, remove the four flat head screws as shown in Figure C. Keep the nuts, they will be reused.

**WARNING: If you are only using some of the loops, the unused loops MUST be stored on the flanged shoulder posts.**

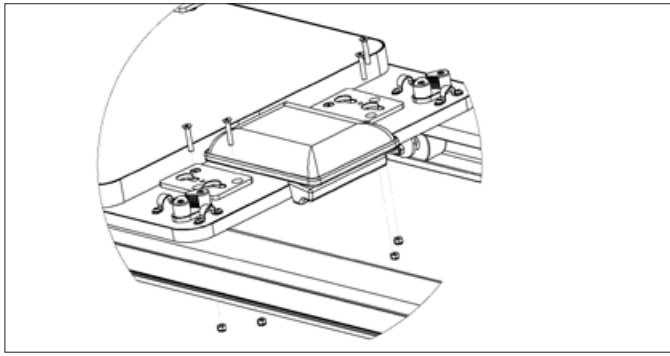


Figure C

### INSTALL THE CARRIAGE PULLEY BRACKETS

6. Bolt the two carriage pulley brackets to the underside of the carriage using the 1/4-20x1-3/4" long flat head screws. Use (2) 1/4" flat washers under the nuts that go over the slots in the brackets. Make sure pulleys are facing the head end as in Figure D. If the bolts do not go into the Nylon part of the nut, it is okay to remove the washers.

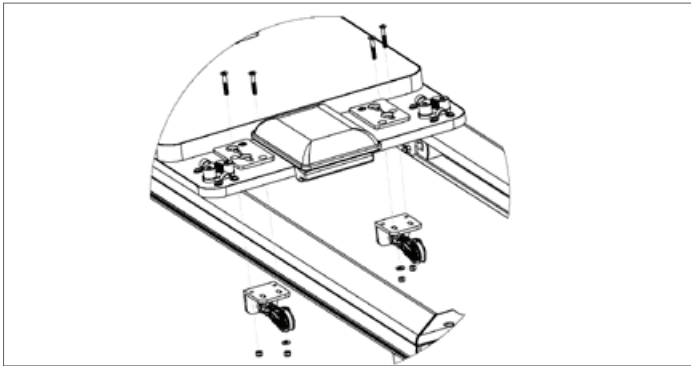


Figure D

7. Install the shoulder rests back onto the carriage by sliding them into the slots and away from the carriage pad. Install the detent pins into the brackets to lock in place.

### INSTALL LOWER PULLEYS

8. Install the low support bracket into the inside frame head end along with the low support bracket, using the (2) button head screws, (4) flat washers, (2) half moon washers and nuts. The half moon washers will be sandwiched between the two brackets. See Figure E.

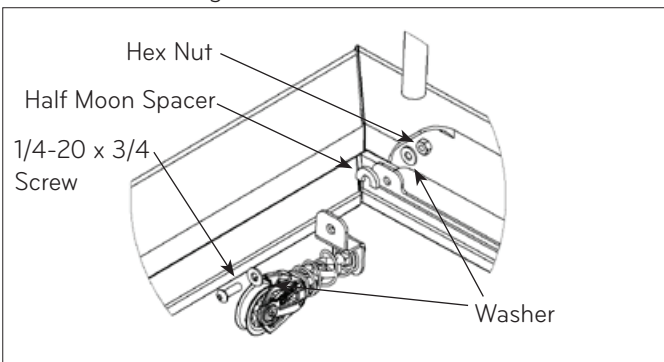


Figure E

9. Remove the current risers by pulling the ring on the pins on the end of the frame. See Figure F.
10. Slide the riser block with post down into the post holes and reinstall the detent pins with ring on the head end. See Figure G.

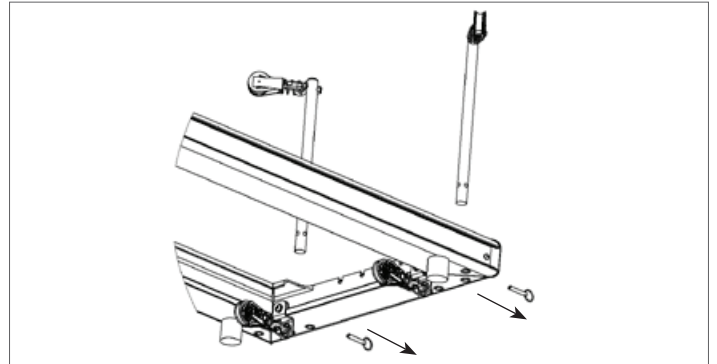


Figure F

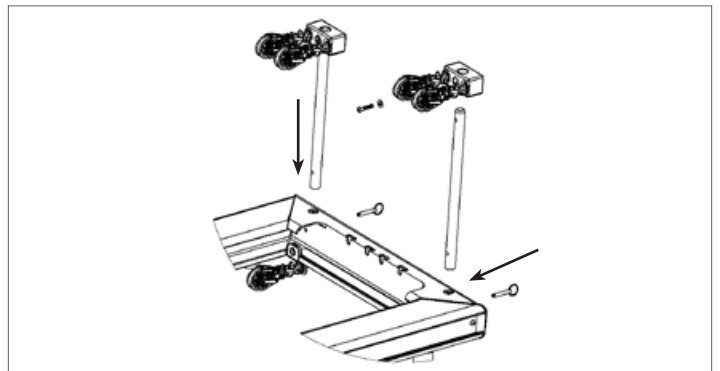


Figure G

### INSTALL ROPE AND LOOPS

11. Place the black loops with pulleys on the shoulder posts. See Figure H.

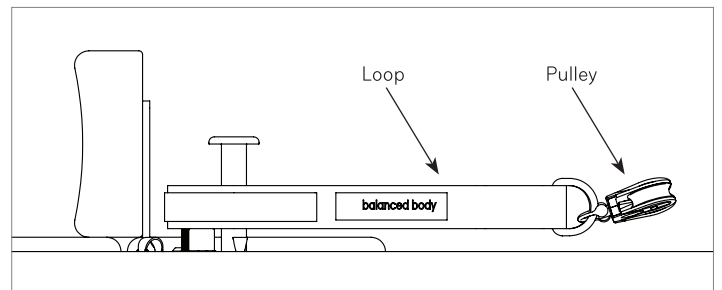


Figure H

12. Thread one end of the rope through both pulleys under the carriage and pull the ends evenly toward the risers. See Figure J.
13. Take one end of the rope and thread up through the lowest pulley on the frame. Continue threading the rope up through the upper, inner pulley on the riser block and pull toward the carriage. See Figure K.

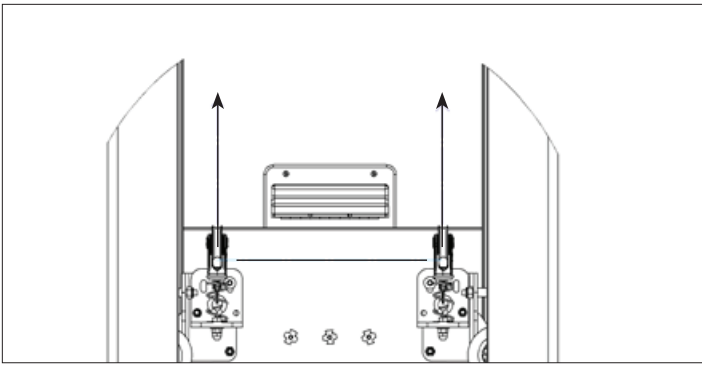


Figure J

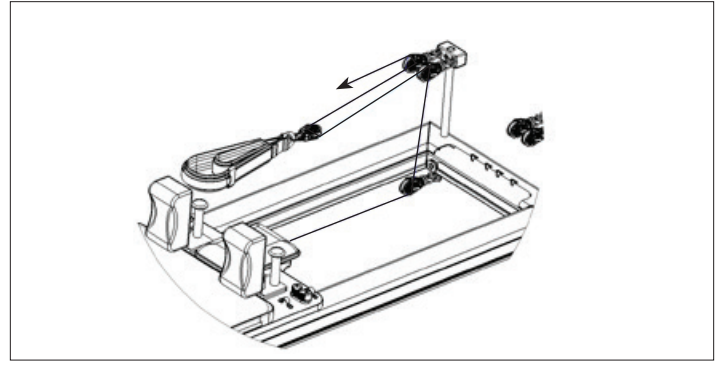


Figure L

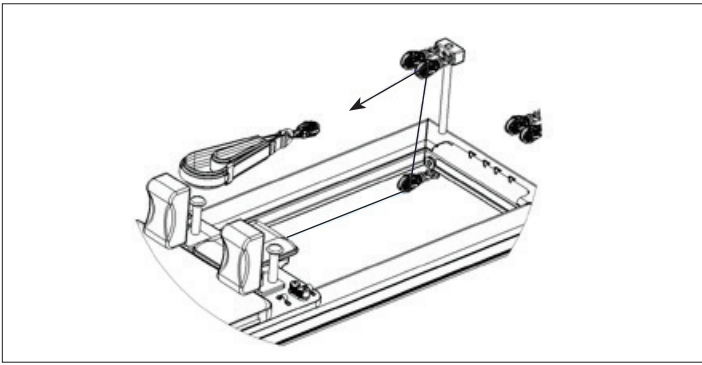


Figure K

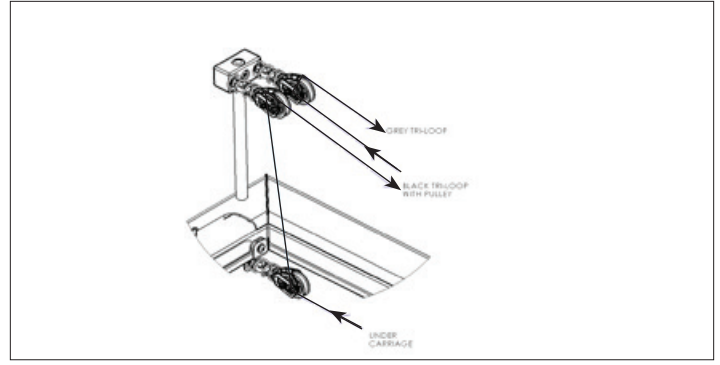


Figure M

14. 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.
15. Thread the rope through the upper, outer pulley on the riser block and pull back toward the carriage, see Figure L. See Figure M for a detailed view of the riser pulley block rope routing.
16. Using a Soft-Touch connection, see Figure N. Secure each end of the rope to a grey Tri-Loop on the same side of the Reformer as the riser.
17. Repeat steps 13-16 for the other side of the Reformer.

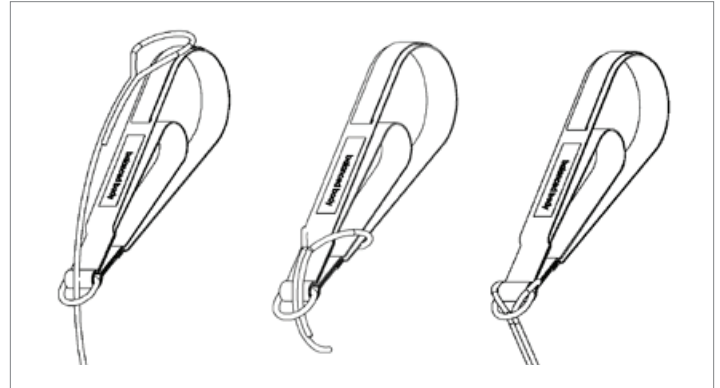


Figure N

**IMPORTANT SAFETY NOTE:** Use of the Konnector system in a manner for which it is not intended may result in equipment damage and/or injury to the user. Intense cardio work utilizing jarring movements may overload the system. Balanced Body is not responsible for injuries caused by equipment misuse.

Questions? Call Balanced Body Technical Support at 1-800-PILATES (US and Canada), or +1-916-388-2838 (all other countries).

**WARNING:** Using the existing shoulder posts with a Konnector system can cause the loops to fall off the posts during use which may cause serious injury.

