

Installing the Balanced Body® Allegro 1A with Tower Konnector™

The Konnector is compatible with Balanced Body Allegro Reformers that have a 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):

- » Flat head screw driver

PARTS LIST (INCLUDED):

| ITEM | PART NO. | QTY |
|-----------------------------------|----------|-----|
| Konnector Rope | 210-054 | 1 |
| Tri-Loops (Grey) | 210-061 | 2 |
| Tri-Loops (Black) with Pulleys | 210-060 | 2 |
| Pulley Block Tower Assembly | 624-009 | 2 |
| Lower Mount Allegro Assembly | 624-006 | 2 |
| Under Carriage Mount Assembly | 624-004 | 2 |
| Low Support Bracket | 624-010 | 1 |
| Flanged Shoulder Post (Black) | 624-008 | 2 |
| Truss Head Screw 1/4x1-1/4" | GEN9235 | 2 |
| Plastic Washer A1A Konnector | 607-545 | 2 |
| Allegro Tower Derin Washer | 600-015 | 2 |
| Flat Head Cap Screw 1/4-20x1-3/4" | 210-216 | 4 |
| Button Head Screws 1/4x3/4" | GEN7325 | 2 |
| 1/4" Flat Washer | GEN9204 | 6 |
| 1/4-20 Hex Nut | GEN9056 | 4 |
| 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 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.

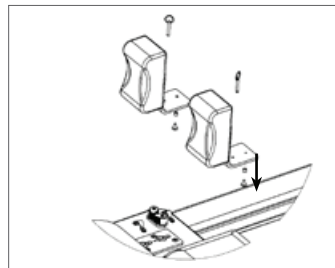


Figure A

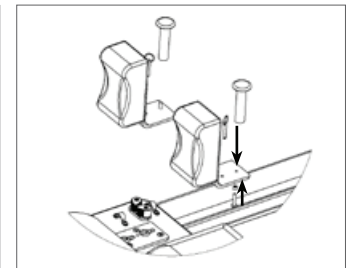
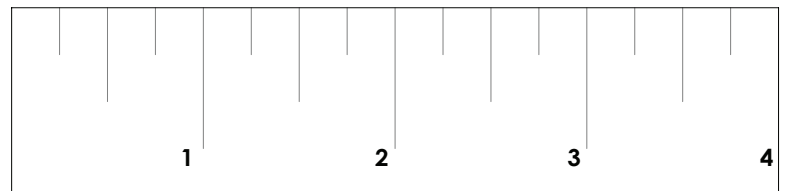


Figure B

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 to secure the truss head screw to remove 'on' 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.



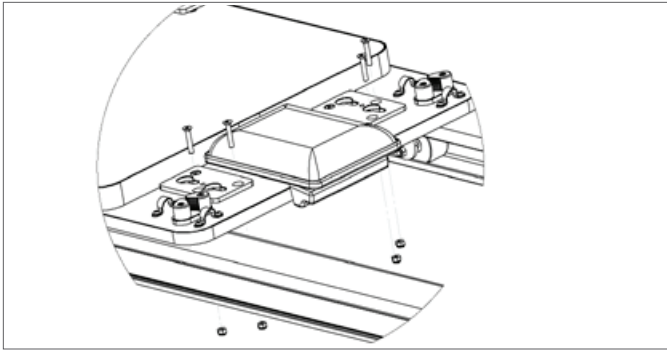


Figure C

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 of the nuts, it is okay to not use the washers.

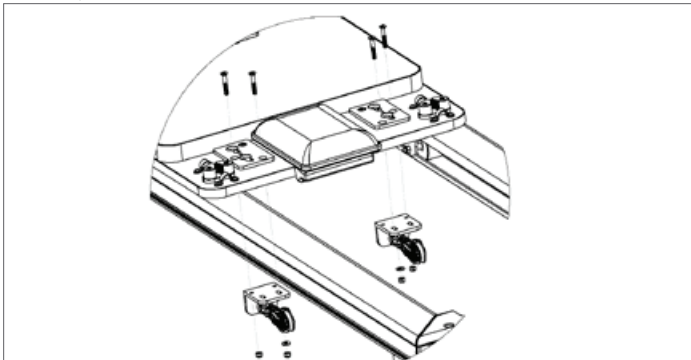


Figure D

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.

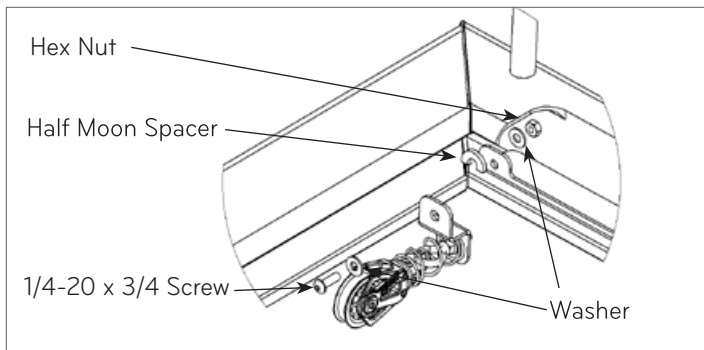


Figure E

INSTALL TOWER PULLEYS.

9. Remove the pulleys from your tower by loosening the black knobs on the sides of the tower. See Figure F.

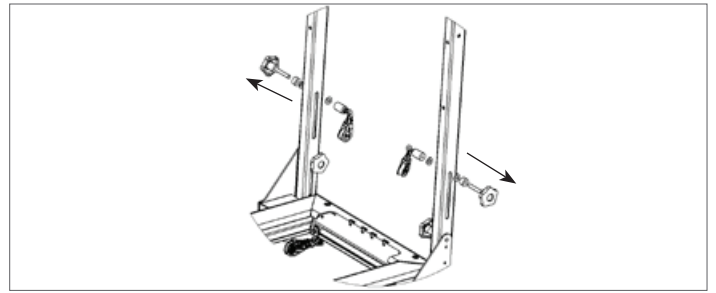


Figure F

10. Reuse the knobs, spacers and washers on the outside of the tower. Use the provided rectangle delrin washer on the inside of the tower. Place the tower blocks as shown in Figure G. The front eye bolt should be on top. Fully tighten the knob and repeat for the other side. Ensure both blocks are at the same height.

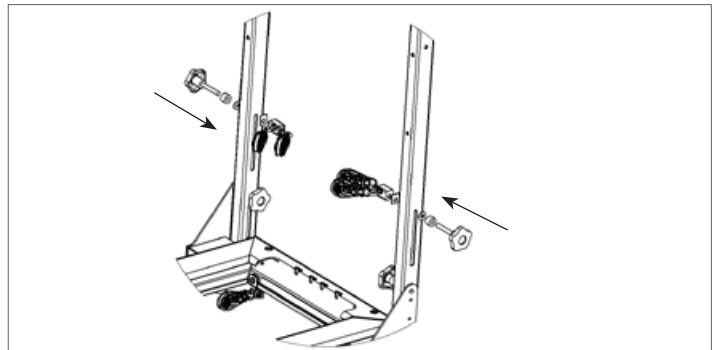


Figure G

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

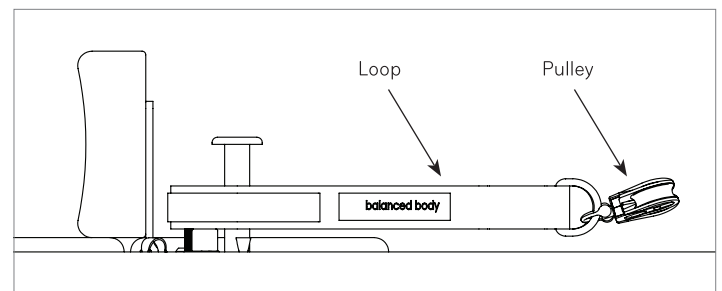


Figure H

12. Thread one end of the rope through both pulleys under the carriage and pull the ends evenly toward the risers. See Figure J.

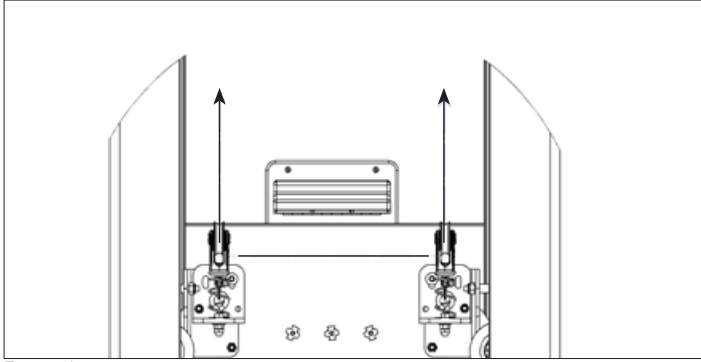


Figure J

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 tower block and pull toward the carriage. See Figure K.

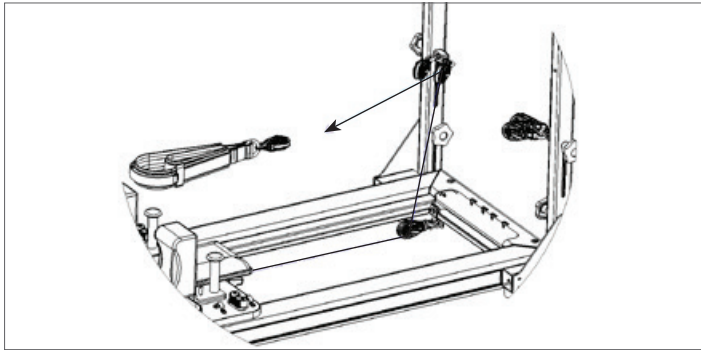


Figure K

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 tower block and pull back toward the carriage, see Figure L. See Figure M for a detailed view of the tower pulley block rope routing.

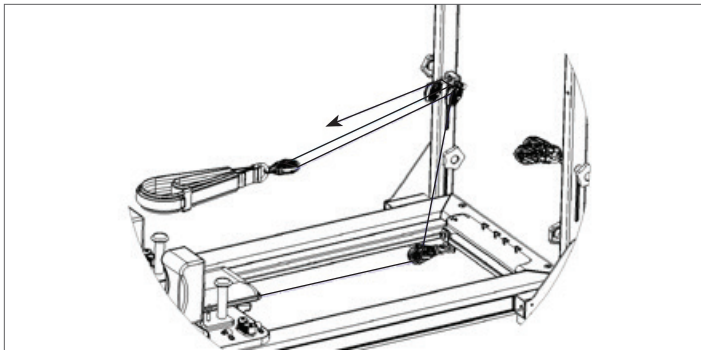


Figure L

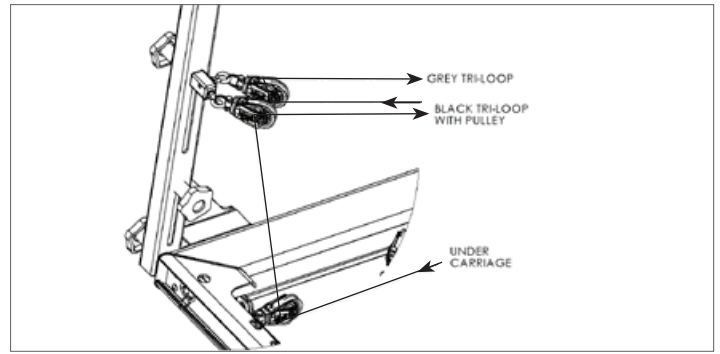


Figure M

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.

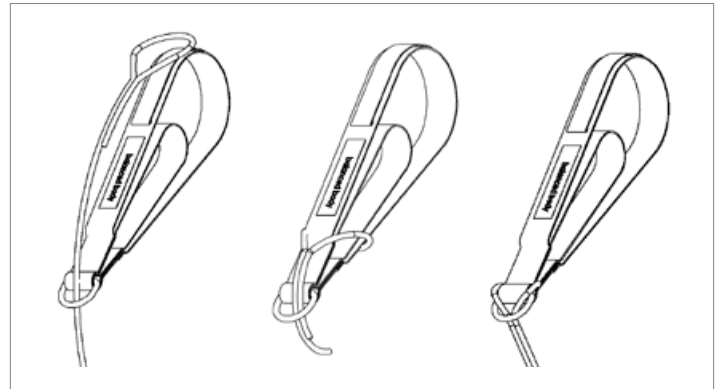


Figure N

17. Repeat steps 15-16 for the other side of the Reformer.

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.