

# Installing the Balanced Body® Allegro 1B with Tower Konnector™

The Konnector is compatible with Balanced Body Allegro Reformers with removable shoulder rests with Twist Lock posts 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).

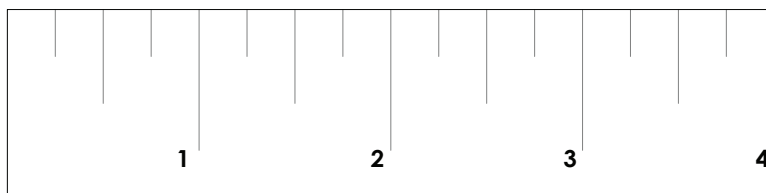
To view the installation podcast, please visit [www.pilates.com/instructions](http://www.pilates.com/instructions)

## TOOLS TO MAKE IT EASIER (NOT INCLUDED):

- » 7/16" wrench or socket (recommended)

## PARTS LIST (INCLUDED):

ITEM	PART NO.	QTY
Konnector Rope	210-074	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
Twist Lock Flanged Cap	616-401	2
Delrin Washer, Allegro Tower	600-015	2
1/4"-20x4.25 Socket Head Screws	GEN9575	2
1/4" Flat Washer	GEN9305	2
5/32" Allen wrench	GEN9282	1
3/16" Allen wrench	GEN9280	1
Double Open End Wrench	616-113	1
Spacer, Black ,1.5" Diammeter **	ALL0516	4



**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 rope from the cam cleats, carriage and pulleys. They are no longer needed.
2. Unthread each post from the shoulder rest bracket by hand and completely remove them from the shoulder rest bracket. You will no longer need them. Remove the shoulder rest bracket from the carriage. Repeat on the other side.
3. Using the provided Allen key and 7/16" wrench, remove the four nuts and washers from the bolts as shown in Figure A.

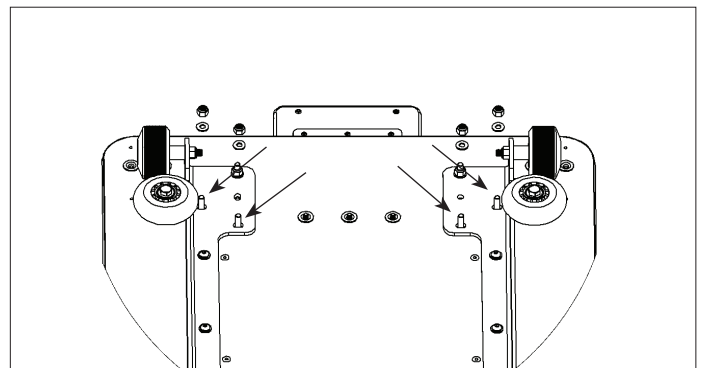


Figure A

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