

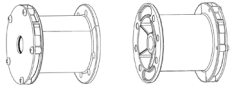
Installing The Allegro® 2 Rope Spool

PARTS INCLUDED:

- » 7/16" COMBINATION WRENCH (TOL1294)



- » Replacement Spools



Read each step thoroughly and look at the diagrams before proceeding.

1. Remove shoulder rests. Attach at least one spring to a spring post to hold the carriage in place. If possible, pull the rope adjusting lever until the ropes fully retract.
2. If you have a hard floor put a Pilates mat on the floor next to the Reformer to protect the finish. Slide footbar to the position above the headrest and then move the footbar into the vertical position for stability (Fig A).
3. Grab the Reformer **frame**, not the footbar, and roll the Reformer on its side.

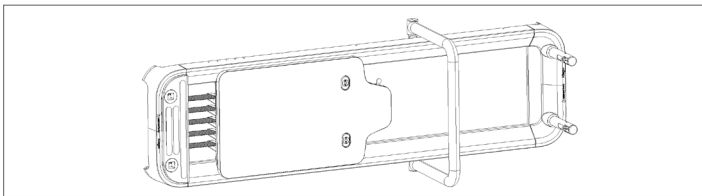


Figure A.

IMPORTANT: BEFORE PROCEEDING, PERFORM STEPS 4-11 ON ONE SPOOL ONLY, THEN REPEAT ON THE OTHER SPOOL.

4. Remove the rope from the spool closest to the ground by pushing the end of the rope back thru the holes in the spool flange as shown in Figure B. Then unwind the rope from the spool by hand.

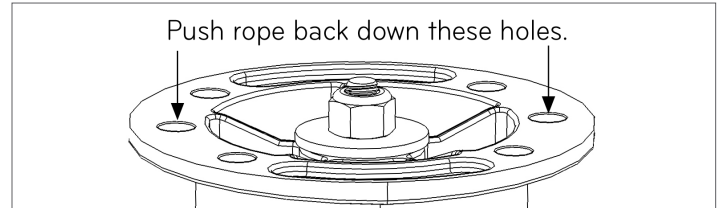


Figure B

NOTE: DO NOT LET THE SPOOL SPIN. HOLD THE SPOOL STILL AND UNWIND THE ROPE FROM IT.

5. Using the supplied 7/16" wrench, remove the nut holding the spool in place as shown in figure C. Then remove the washer, the spool, and axle. The bottom washer can stay in place. Set the spool aside so it does not get mixed with the new ones.

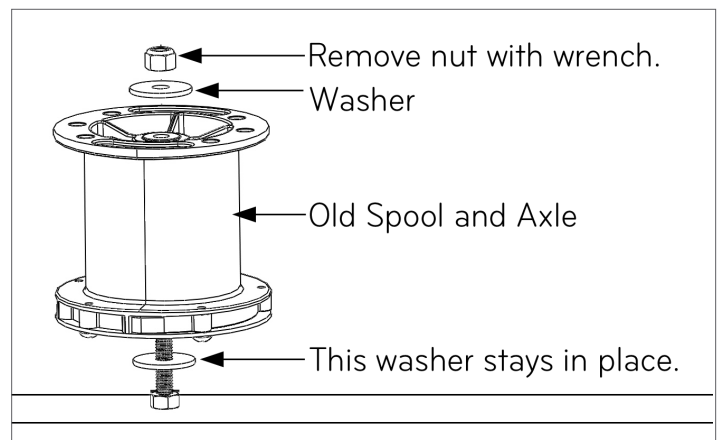


Figure C

6. It is now time to select the correct spool to replace the one you removed. One replacement spool has a "D" written on it and one has a "P" written on it. Refer to the figure below to see which spool goes where.

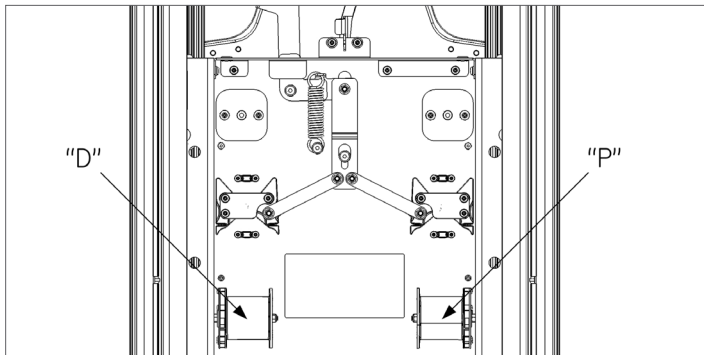


Figure D

7. Once you have figured out which spool replaces the one you removed it is time to install the axle from the old spool into the new one. Just slide the slotted end of the axle into the end of the spool without the "D" or "P" on it (as shown in Figure E)

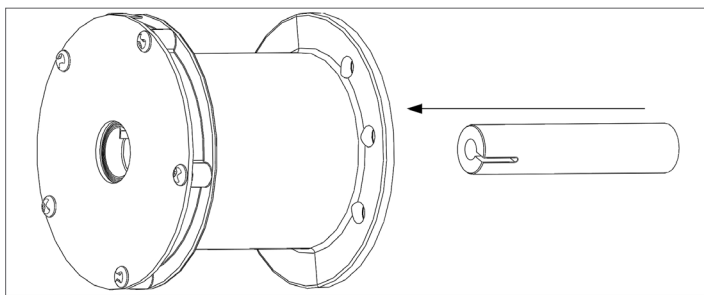


Figure E

8. When the axle is almost all the way installed you will have to rotate the axle to engage with the spring tab in the spool as shown in Figure F.

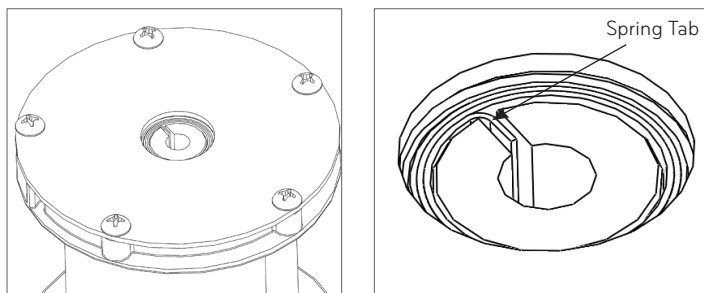


Figure F

9. After making sure one large washer is still on the long threaded bolt, re-install the spool, spring side first, add the washer, and tighten the nut with the provided wrench as shown in Figure G. Do not overtighten.

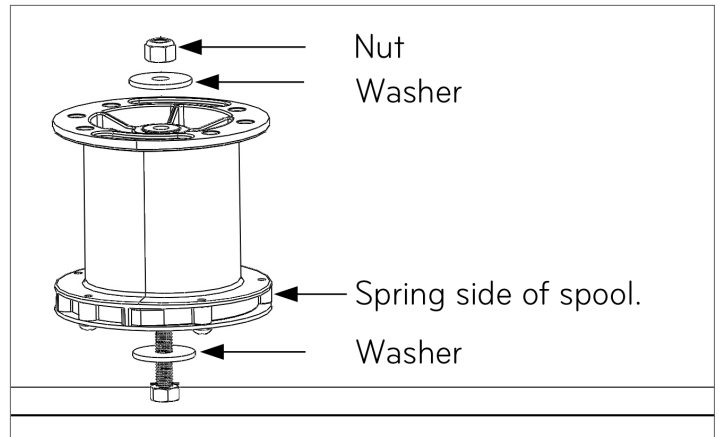


Figure G

IMPORTANT: DO NOT WIND UP THE SPOOL BY HAND. IF SPUN BY HAND THE WRONG WAY THE SPOOL SPRING WILL BE DAMAGED.

10. Pull the rope through the cleats towards the spool until the looped end of the rope is touching the riser or pulley, if you have a Tower. This is important, as it will set the proper spring tension on the ropes.
11. Now, follow the instructions on the underside of the carriage to re-install the rope beginning with the 4th step on the decal. Use the other spool as a reference if necessary.
12. Repeat steps 4-11 of these instructions on the other spool.
13. Once installed, adjust the ropes in and out a few times to make sure the new spool spins freely and retracts the rope properly.
14. Grab the Reformer frame, not the footbar, and roll the Reformer onto its feet again. Replace the shoulder rests and your Reformer is ready for use again.

QUESTIONS?

Call Balanced Body Tech Support at
1-800-PILATES or +1-916-388-2838.