

How to Assemble the Balanced Body® CoreAlign® Brackets for Wall Tower Mount

LADDER SOLD SEPARATELY. LADDER ASSEMBLY MUST BE COMPLETE BEFORE BEGINNING.

PARTS LIST

Complete ladder (sold separately) 731-001 or 731-004

PARTS

Ladder Adapter (3) 707-237

Wall Mounting Ladder Bracket (2/4 not needed with newer ladders. See note below.) (2) 616-085

12 x 3/4" Screw (6) GEN9033

10 x 1 Screw (Not needed with newer ladders. See note below.) (4) GEN9034

TOOLS YOU WILL NEED (NOT INCLUDED):

» Large head Phillips screwdriver (# 3 tip)

Assembled ladder is 91" (231 cm) tall. Contact Balanced Body if your ceiling is lower than 91".

TO START:

Step 1: Your ladder assembly should be complete. Fig 1. Note: Center brackets may be required with older ladders that were shipped with 4 brackets; these are included. See ladder assembly instructions or contact Balanced Body.

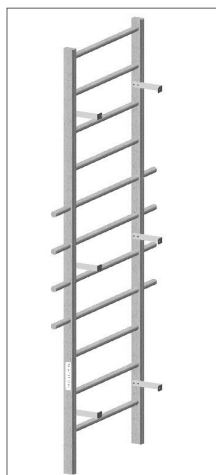


Fig 1

STEP 2

Using 12 x 3/4" screws, attach the ladder adapter to the brackets of the ladder. Note: Holes are pre-drilled. Fig 2

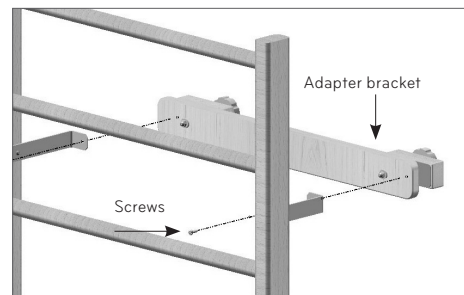


Fig 2

STEP 3

Repeat on the other two adapters. Fig 3

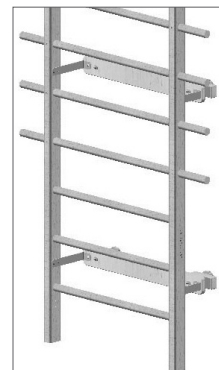


Fig 3

STEP 4

Rotate the clamps upward and place the ladder against the Wall unit. Rotate the clamps back downwards to attach. Repeat on all brackets. Fig 4



Fig 4

STEP 5

Secure the ladder by tightening knobs.
Repeat on all knobs for each bracket. Fig 5

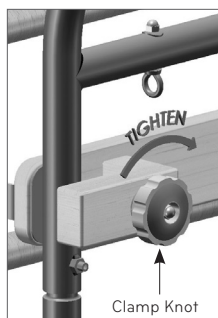


Fig 5

When complete, the ladder for Wall Tower will look like Fig 6 (reverse view).



Fig 6

VERTICAL STORAGE OPTION USING THE HANDLES AND STRAPS

To store your CoreAlign vertically, move the carts to the end nearest the ladder and attach all resistance bands. Move the unit about 8-10" away from the ladder. On each side of the ladder, place the loop-end of the ropes on the long dowel, second from the bottom. Tip the unit until it is on its end. Note: A mat may be used underneath to prevent any scratches to the floor. Diagonally wrap each rope around the unit and secure the handle on the top long dowel. See Figure 7.

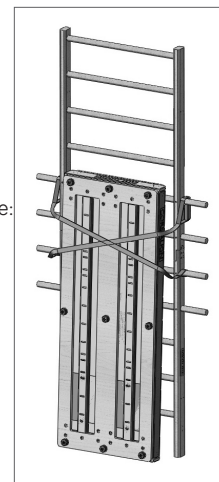


Fig 7

QUESTIONS?

Please call Balanced Body Technical Support
at 1-800-PILATES (U.S.) or +1-916-388-2838