

Assembling the Allegro[®] 2 Reformer from Balanced Body[®]



Set-Up Videos are Available at www.pilates.com/instructions. Please watch before assembly.

Instructions in document subject to change. Please see instructions online for most current version.
Visit pilates.com/patent for complete and current information on Balanced Body product patents.

Safety First: A guide to proper maintenance and safe use of your Pilates equipment.

For over 35 years, Balanced Body has been introducing safety-related innovations to Pilates equipment. Many of our improvements are now industry standards, resulting in Pilates equipment that's safer today than ever before.

Safety depends on proper maintenance and safe use, in addition to the quality of the equipment. This guide was created to help you use and maintain your equipment for optimum safety. Please read it through carefully and keep for future reference. If you have any questions, give us a call. **Failure to follow these instructions may result in serious injury.**

ALL EQUIPMENT

Springs

Spring inspections are critical to maintain your equipment in safe operating condition. All Balanced Body springs should be replaced at least every two years. Certain environments and usages can shorten the expected life of the springs and you may need to replace the springs more frequently. Therefore, it is very important to inspect springs on a regular basis since worn or old springs lose resilience and may break during use. Injury may result if a spring breaks during use.

During use, do not allow springs to recoil in an uncontrolled manner. This will damage the spring and shorten its expected life.

Inspect springs for gaps and kinks (weekly or monthly, depending on frequency of use). Look for gaps and kinks between the coils when the spring is at rest. It is not unusual for the spring to have a very small gap on the tapered end (a gap is sometimes created during the manufacturing process). However, there should be no gaps in the body of the spring. If you see any gaps or kinks in the body of the spring, discontinue use and replace the springs immediately. See **Figure 1**. Additionally, corrosion anywhere on the coils will shorten the life of the spring. Discontinue using the spring immediately if you see any rust or oxidation during inspection.

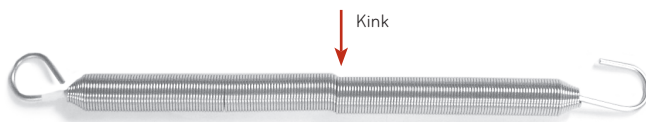


Figure 1

Snaps

Inspect snaps for wear (monthly). First, verify that the snap hook is working properly. If the snap hook does not retract and return properly, discontinue using the spring immediately and replace the snap. Eyebolts can cause excessive wear on snap hooks. If the hook shows a lot of wear, discontinue using the spring immediately and call Balanced Body to replace spring or snap. See **Figure 2**.



Figure 2: Good snap: no wear on hook. Bad snap: excessive wear on hook.

EYEBOLTS, NUTS AND BOLTS

Tighten all equipment bolts and screws (monthly). Verify that all eyebolts, nuts and bolts are tight. See the section titled "How to inspect and tighten nuts and bolts."

ROPES AND STRAPS

Rope and strap wear (quarterly). Ropes should be replaced if you can see the core of the rope through the outer lining, or if the ropes are flattened. Straps should be replaced as soon as any fraying is noticed. Be sure to check the sections of rope or straps that attach to the clips and run through the pulleys.

REFORMERS

Check springbar hooks or eyebolts (quarterly). Balanced Body makes two different springbar systems:

- » Revo Springbar. Make sure springbar hooks and handle are tight.

Standard Springbar. Verify that the nuts securing the springbar hooks are tight. See section titled "How to inspect and tighten nuts and bolts."

Spring rotation (quarterly). You can prolong Reformer spring life by rotating springs of the same weight each quarter. Unhook and move to another position on the springbar. Rotating springs helps them wear more evenly.

Risers on the outside. Wood risers must be installed on the outside of the frame. Risers can loosen over time, so always make sure they are tight.

Springs hooked downward under carriage. Make sure springs are hooked in a downward position. See **Figure 3**.



Figure 3: Springs hooked downward

Secure the carriage. When your Reformer is not in use, be sure that at least two springs secure the carriage to the springbar.

Default settings. Many users have a “default setting” for Reformers. At the end of a session, the user connects a prescribed number of springs in neutral tension, sets the footbar at a pre-determined height, and sets the ropes at a specified length. This ensures that the equipment is ready for the next use, and that the carriage is secured by the springs.

Footstrap under tension in box work. When using the box and footstrap, be sure the footstrap is under tension (with snaps pulling from the top of the eyebolt) before beginning the exercise. See **Figure 4**.



Figure 4: Foot strap under tension

REFORMER WHEEL AND TRACK MAINTENANCE

Clean the tracks and wheels (weekly). For smooth carriage travel and to maintain the longevity of the wheels, we recommend that you wipe down the tracks once a week.

Disconnect the springs and clean the entire length of the tracks with a soft cloth and Balanced Body Cleaner, mild soap with water or a mild commercial cleaner such as, Fantastik® or 409®. Do not use abrasive cleansers or pads, as they can damage the anodizing on the rails. To clean the wheels, hold the cloth against the wheels while you move the carriage. If you feel a bump in the ride, dirt has adhered to the surface of the rails or wheels. Clean hair and debris out of the rails. Hair can wrap around the wheel axles and eventually build up and cause wheel failure. Use tweezers to remove hair from the wheels.

Lubrication. Never spray silicone near or inside the wheels – this can wash the lubricant out of the bearings and ruin the bearings. You can purchase dry silicone at most hardware and auto parts stores. Pulleys sometimes require lubrication to stop a squeak. Direct a very quick spray of dry silicone or Teflon spray into the pulley. “Dry” silicone does not have an oil base. Oil-based (“wet”) silicone and WD40 should not be used as they attract dirt. Be careful not to over spray. You may want to remove ropes to avoid getting silicone on them.

Do not lubricate the Allegro 2 rails.

Footbar supports (quarterly). For all Balanced Body footbars with footbar support brackets, verify that the pivot screw attaching the footbar support bracket to footbar is tight, but not so tight that it prevents the support from rotating freely. For Legacy Reformers, tighten the pivot bolt to secure footbar support.

Headrest (monthly). Make sure the hinge screws and bolts on your headrest are tight.

Under the Reformer (monthly). Move Reformers and make sure you clean the floor space underneath.

Standing Platform Footbar Bumpers (wood Reformers only). If your standing platform footbar bumpers (the small plastic pieces that protect the standing platform from the footbar) are broken or damaged, please call Balanced Body to replace.

TRAPEZE TABLE (CADILLAC) & TOWERS

Cotter pins removed. These pins are located in the vertical tubes that align the canopy to the frame and should be removed as soon as installation is complete. Unremoved cotter pins can tear clothing and lacerate the skin. Use pliers to remove the pins.

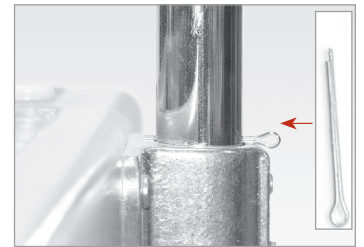


Figure 5: Cotter pin before and after removal from Trap Table.

Save the pins in case you need to disassemble and reassemble the table for transportation purposes. See **Figure 5**.

Push-Through Bar (PTB) with Sliders.

The PTB moves vertically to accommodate different users and exercises. The sliders on the tubes allow for this vertical movement. Make sure these sliders are clean and easy to move. Before beginning any exercise, ensure that the sliders are properly aligned with the PTB holes and locked into position. Apply a downward force to ensure. If you notice wear on the slider knob pins, please call Balanced Body to replace. Using the PTB in this condition could cause injury.



Figure 6: Safety strap holding the push-through bar at 4 o'clock. The strap is secured to the PTB and canopy frame, not the eyebolts.

Weekly maintenance for Push-Through Bars with Sliders. Check to ensure the pins in the plunger knobs protrude and lock into the vertical tubes. Pull both knobs out and move the sliders to a different position. Release the knobs before the next hole and continue to slide the system into position. Once over a hole the pin of the knob will automatically drop into the opening. Once each slider is in a new position apply a downward force on the PTB. The pins of the sliders should not come out of the holes. If the pins do not stay in the tube holes, the pull knobs need to be replaced. Call Balanced Body for replacement parts.

Push-Through Bar (PTB) with T-pin setting

For bottom sprung exercises, if your client's head is below the PTB, use the T-pin setting in addition to the safety strap or chain. Spotting your client is highly recommended. This is important for safety.



Figure 7: Safety strap holding the push-through bar at 4 o'clock. The strap is secured to the PTB and canopy frame, not the eyebolts.

Push-Through Bar (PTB) control.

Make sure you have enough room around the trap table to safely use the PTB without fear of hitting other people. The PTB can be dangerous if not properly used. Only trained, experienced users should use the PTB. A spotter should always maintain control of the bar with one hand. If the user should lose control of the bar, the spotter can maintain control of it.

Correct safety strap attachment. For bottom-sprung exercises, the safety strap or chain should always secure the bar.

The safety strap or chain should wrap around the PTB and the canopy frame, not the eyebolts. The strap or chain is only as strong as the weakest link, and the frame and bar are a great deal stronger than eyebolts. **Figure 6.**

Spotting your client is highly recommended. This is important for safety.

Setting the PTB for bottom-sprung exercises. For bottom-sprung exercises, the safety strap should be attached so that the angle of the push-through bar is no lower than the 4 o'clock position. This limits the range of the bar and prevents it from potentially coming into contact with the user.

Using the 4th side on the PTB along with the safety strap is highly recommended to prevent injury.

CHAIRS

Dismount with control. When dismantling the chair, release the pedals slowly, with control. Don't let the pedal snap back.

Spot users. When a user is standing, sitting or lying on top of the chair, there is increased risk of falling. Standing exercises, in particular, can be unstable. Spotting users will make these exercises safer.

Hourglass spring mounts. If your chair has hourglass spring mounts and the mounts do not successfully retain the springs, replace the fiber washers (they are reddish-brown in color).

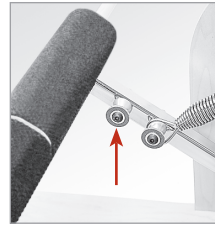


Figure 8: Fiber washer

Figure 8. If your chair is a Balanced Body Split-step Pedal Chair (Combo Chair), please consider upgrading to the Cactus Springtree).

UPHOLSTERY CLEANING & MAINTENANCE

Cleaning. You can extend the life of upholstery by keeping it clean and free of dirt, oil and perspiration. After each use, wipe down the upholstery with a solution of mild soap and water. Then wipe it down with clean water and dry with a soft towel.

Disinfecting. Equipment upholstery is coated with BeautyGard®, which offers antibacterial protection. If you want additional disinfection, Balanced Body offers Balanced Body Clean™ disinfecting solution. Use of any other solution (especially those containing essential oils) will shorten the life of some equipment and is not recommended.

HOW TO INSPECT AND TIGHTEN NUTS AND BOLTS.

Use your fingers to check nuts and bolts for tightness.

If you can turn the nut or bolt with your fingers, it's too loose and should be tightened. To tighten, first tighten using your fingers. Rotate nuts and bolts clockwise to tighten. Insert a screwdriver through eyebolts to hold them steady while you tighten the nuts. Then use a small wrench to tighten the nuts further. **Figure 9.**



Figure 9: Use two fingers to tighten bolts

It is recommended to check the pins on the PTB protrude and lock into the vertical tubes appropriately. To verify their function, first pull both knobs out and start moving the sliders to a different position. Release the knobs before the next hole and continue to slide the system. Once over a hole the pin of the knob will drop into the opening. Once each slider is in a new position apply a down force on the PTB directly downwards. The pins of the sliders should not come out of the holes. If the pins do not stay in the tube holes, the pull knobs need to be replaced; call Balanced Body for replacement parts.

EQUIPMENT INSPECTION AND MAINTENANCE LOG

We suggest that you keep a maintenance log for each piece of equipment. The log should include:

1. A description of the machine including the serial number, the date and place of purchase, and the manufacturer. All of this information should appear on the invoice.
2. Date and description of all required maintenance and inspections performed.
3. Date and description of each repair, including name and contact information for person or company performing the repair.

MAINTENANCE SCHEDULE

All Equipment	Day	Wk.	Mo.	Qtr.
Inspect springs for gaps & kinks		✓	✓	
Inspect snaps for wear			✓	
Inspect nuts & bolts for tightness			✓	
Reformers				
Clean wheels and tracks		✓		
Inspect springbar hooks/eyebolts				✓
Rotate springs				✓
Inspect ropes/straps				✓
Inspect footbar supports				✓
Inspect One-Step springbars				✓

REPLACEMENT PARTS

To order replacement parts, or if you have any questions, please call:

U.S. and Canada: 1-800-PILATES (1-800-745-2837)
United Kingdom: 0800 014 8207
Other locations: +1 916-388-2838

Fax: 916-379-9277

Email: info@pilates.com

www.pilates.com

5909 88th Street, Sacramento, CA 95828 USA

ASSEMBLY AND MAINTENANCE PODCASTS

View our library of assembly and maintenance videos at www.pilates.com/podcasts.

Assembling the Allegro® 2 Reformer from Balanced Body®

PARTS LIST

Description	Part Number	Qty.
Allegro 2 Reformer with carriage and ropes		1
Allegro 2 Footbar	617-070	1
Shoulder rest (1 pair)	950-168	1
Riser *	950-165	2
Soft Touch double loops (1 pair)	101-034	1
Red spring	SPR9070	3
Blue spring	SPR9071	1
Yellow spring	SPR9241	1
Spring collar (set of 5)	950-162	1
Footbar bolt assemblies:		
Bolt	617-044	2
Washer	GEN9945	2
Square Slider	617-042	2
Tools:		
Wrench	617-060	1

* If your reformer was ordered with a Tower of Power, you will not receive risers. You will use pulleys mounted to the Tower.



I. ASSEMBLING THE ALLEGRO 2 REFORMER

A. OPENING THE BOX:

NOTE: For transport reasons there is a bungee cord attached to the footbar mechanisms within the frame. This **MUST BE REMOVED** before installing the footbar.

1. Lift box top.
2. Separate the corners of the box and lay the sides flat on the ground. Remove the packing material from under the carriage and the sides of the reformer, leaving the packing material under the feet. This slightly raises the machine and makes installing the footbar easier.
3. The carriage has four spacers to protect the rolling wheels from damage during shipping. A black tape holds these spacers at four places, two on each side. Please take off and discard these spacers and tape before using your Allegro® 2 Reformer, as shown on Figure A.

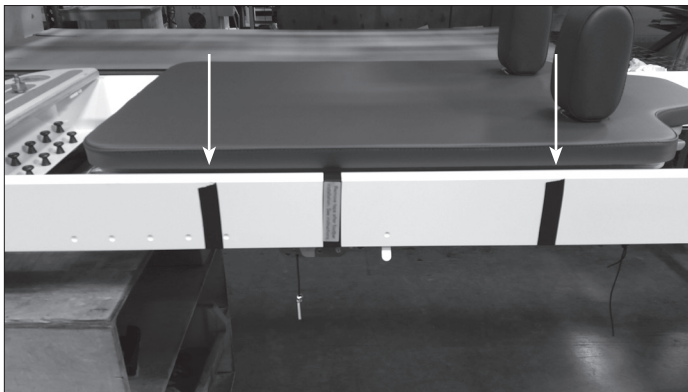


Figure A

4. Open accessory box and ensure Reformer is on a flat surface.

B. INSTALL RISERS

1. Insert risers into the receivers at the head-end of the Reformer, shown in Figure B.
2. Secure by tightening the knobs at the bottom of the receivers (under the Reformer frame).
3. Find the ropes coming out of the front of the carriage. Feed the lanyard at the end of the rope into the lower window of the riser and out the top one. **Use the lanyard to help pull the rope through the riser, then untie the lanyard and discard.**

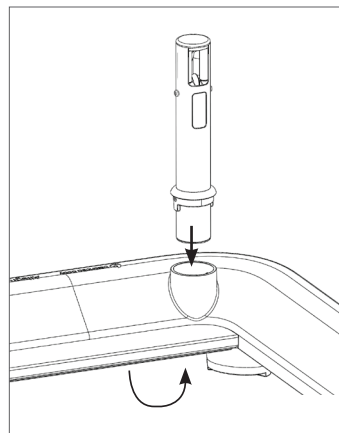


Figure B

C. INSTALL SHOULDER RESTS

1. Insert the rods at the bottom of each shoulder rest into the receivers on the carriage as shown in Figure C.
2. Shoulder rests can be rotated to accommodate users with broad or narrow shoulders. See Figure Cb.

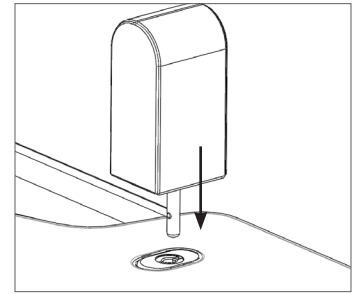


Figure C

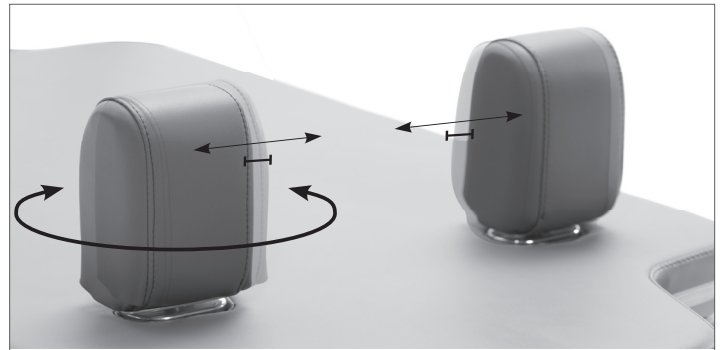


Figure Cb

D. INSTALL THE FOOTBAR

Do not lay reformer on its side prior to installing the footbar

IMPORTANT NOTE: Watch the video at www.pilates.com/a2footbar before attempting to install the footbar.

Starting Tips:

Overall, the Allegro 2 is a simple installation process but this is the most complex part and needs to be done correctly.

IMPORTANT NOTE: It is a good idea to first read the rest of this section before attempting, as it may be cumbersome to read and install at the same time.

1. Remove the locking pins from their "storage" position and let them hang freely (see Figure E for reference). Note: The footbar locking pins are used for standing storage with the optional Allegro 2 wheel kit.
2. Disconnect the springs and move the carriage to the head-end of the Reformer.
3. Make sure the indicator tab is in the same position on both sides of the frame (see Figure H for reference).
4. To install, slide the footbar box from under the frame and remove the footbar. Take the footbar to the foot-end of the Reformer. Orient the curved surfaces of the footbar's metal

plates so they face away from the Reformer as shown in Figure D.

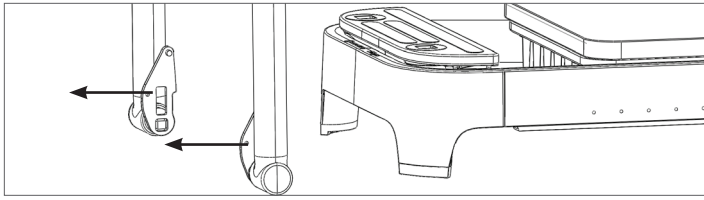


Figure D

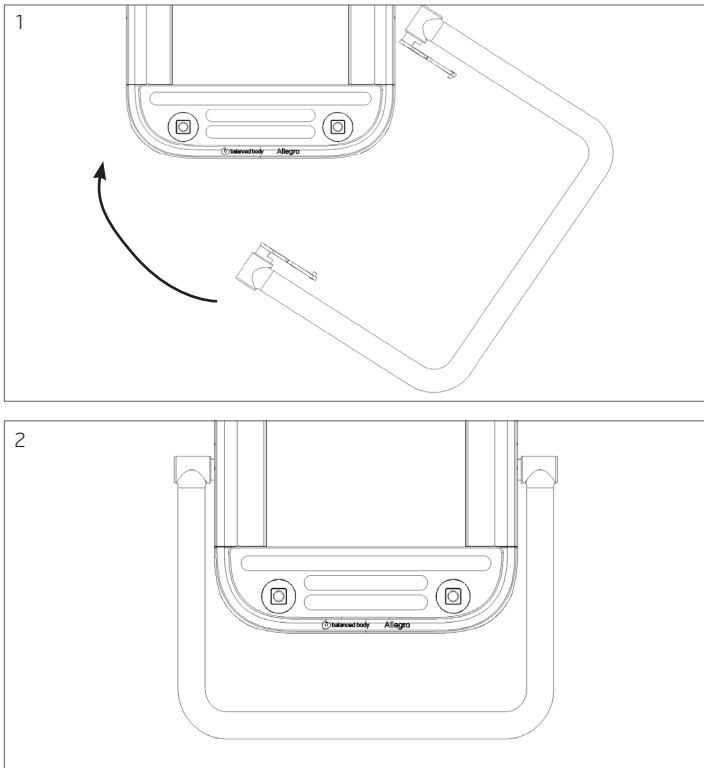


Figure E

5. Lay the footbar down and maneuver the footbar to get the brackets on the footbar positioned under the Reformer frame as shown in Figure F. Standing at the foot-end of the Reformer, stand the footbar upright as shown in Figure F. Again, make sure the locking pins are hanging freely.
6. Note the adhesive strip on each side of the frame. Step into the foot-end of the Reformer behind the footbar and lift the footbar up so that the metal plates are tucked inside the frame rails. Carefully move it toward the head-end of the Reformer until it reaches the first edge of the adhesive markers (refer to Figure F).

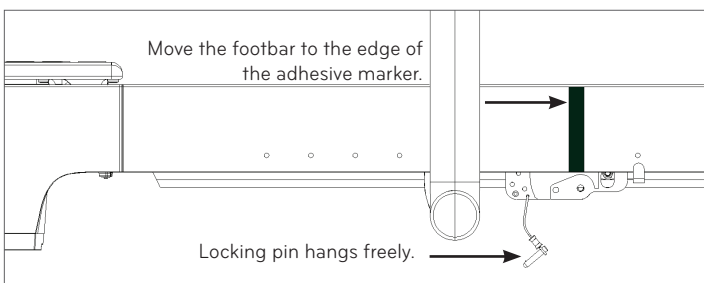


Figure F

NOTE: it is possible that the footbar may "catch" inside the rails as you are moving forward. Shifting the footbar from side to side (not up and down) will free it.

Figure G shows a cut-away view with the side of the footbar and Reformer rail removed so you can see what's actually going on inside the frame rail during this step. Once you get to the adhesive markers lower the footbar down into the footbar sliding mechanism as shown (do not angle).

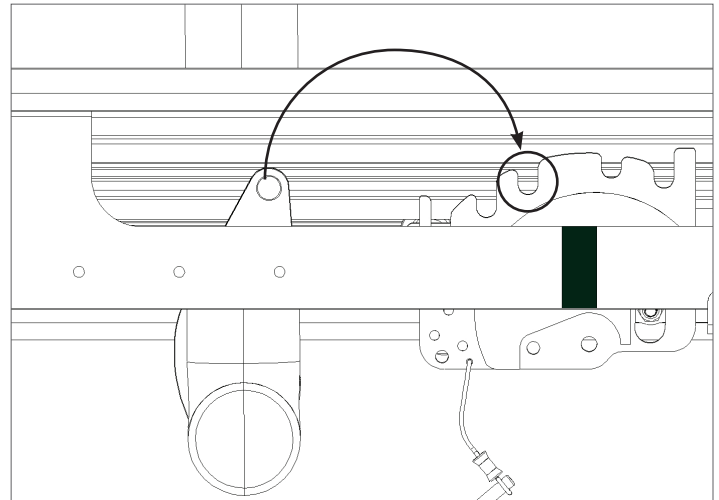


Figure G

7. If you have properly engaged the footbar it should be able to lean back toward the foot-end of the frame at about a 45 degree angle and you should be able to see the threaded hole* through the slot. See Figure H. Insert the locking pin on one side of the frame into "locking" position as shown in Figure H. TIP: You will have to tilt the footbar up slightly to get the pin holes in the plates and sliding mechanism aligned.

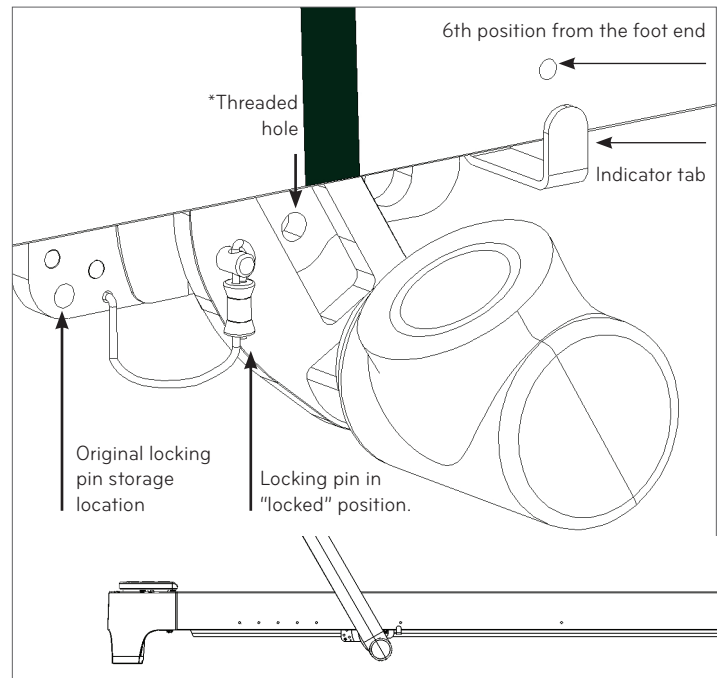


Figure H

Note: Once the pin is in the locked position, the next steps are made easier if the head end of the Reformer is raised up onto a stable object.

8. From the bag of parts, assemble one of the bolts, washers and square sliders (see Figure I).

9. It is important that this bolt assembly is installed on the side of the foobar **without** the locking pin installed

10. Install the bolt assembly by hand as shown in Figure J. You will need to align the square slider of the bolt assembly with the rectangular slot, **finger-tighten**.

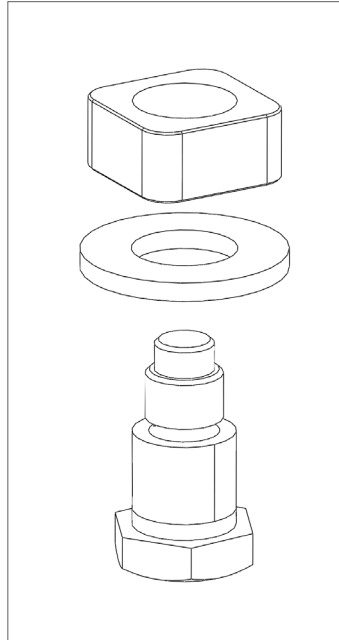


Figure I

You will need to lift and jiggle the footbar while tightening the bolts by hand. You can use your other hand, shoulder, or have a friend jiggle the footbar up and down as you turn the bolt with your fingers.

The bolt will thread in easily until it is completely installed. The bronze washer on the bolt will still be able to spin when the bolt is tight.

DO NOT use the wrench until the bolt is completely screwed in by hand.

Once you are sure the bolt is completely threaded in, use the long arm of the included wrench to tighten. The bolt should be secure, but do not over tighten.

11. After installing the first bolt assembly, remove the locking pin that was holding the footbar in position. Now install the second bolt assembly and tighten with the wrench.

12. After the bolts are installed put the locking pins back into "storage" position. **You can also remove the adhesive markers.** The footbar is now ready to use.

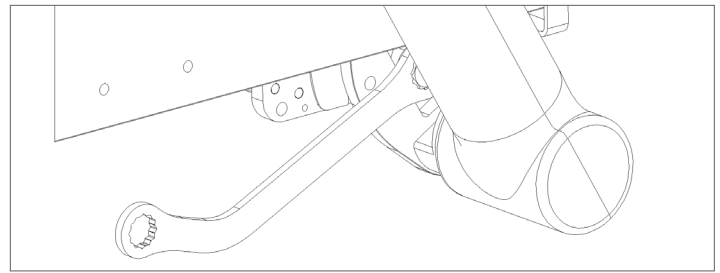
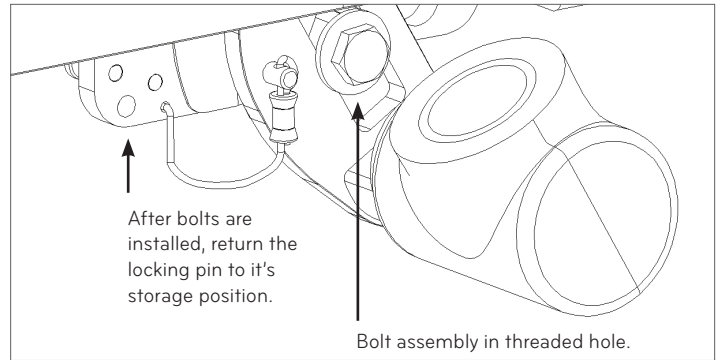


Figure J

E. INSTALL SPRING COLLARS

Balanced Body springs come pre-installed. To install spring collars disconnect the spring from the foot-end of the Reformer. Slide the slot of the collar on to the neck of the spring as shown in Figure K. Twist the collar and push up to secure.

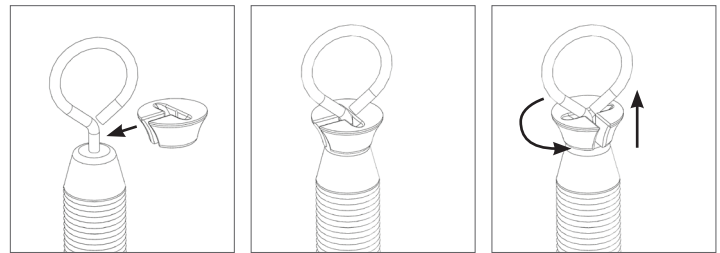


Figure K

F. ATTACH COTTON LOOPS TO ROPES

The ropes on the Allegro 2 come pre-installed. To install loops on the ropes simply feed the rope through the padded loop ring, around the big padded loop and pull tight as shown in Figure L.

For detailed information on how to use the Allegro 2's SoftTouch rope adjustment system please refer to online videos.

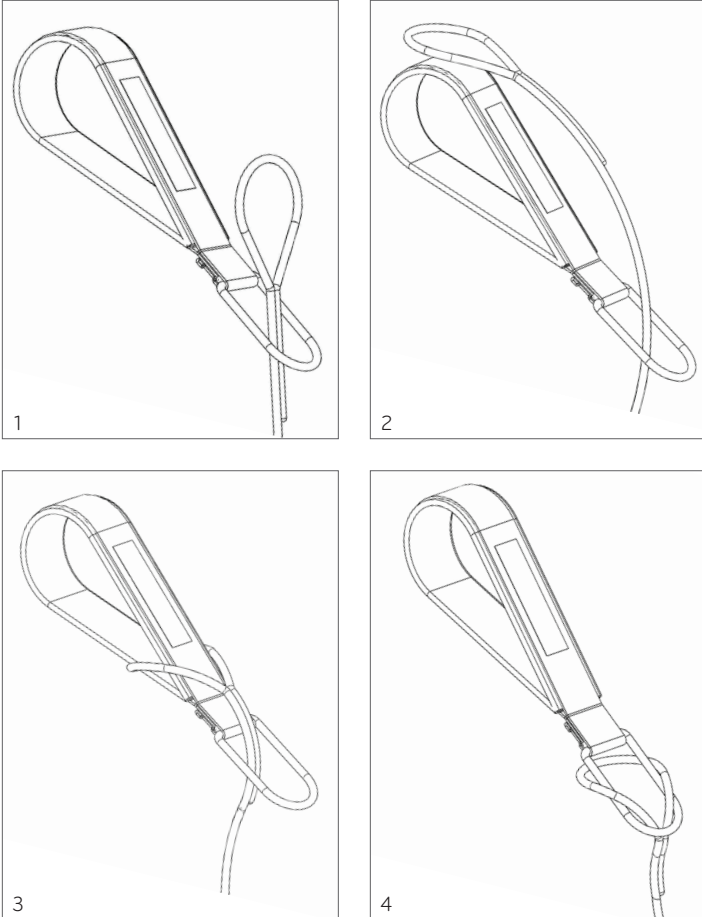


Figure L

II. USING THE EASYSET FOOTBAR

ADJUSTING FOOTBAR AND FOOTBAR POSITION

To adjust between footbar positions, disengage the footbar by lifting in the directions shown in Figure M. When moving the footbar, lift from the middle using hands or feet (you may need to use both hands or both feet). Avoid jerking the footbar. Then move to desired position. See Figure N for available footbar positions. Note: Use Position 1 when jumpboard is installed. Position 5 allows you to move the footbar along the entire frame length.

IMPORTANT SAFETY TIP:

Firmly seat footbar into each position before use. A quick shake will verify that it is fixed securely in place. Do not pull up on the footbar during use. To do so could unseat it and cause unexpected repositioning of footbar.

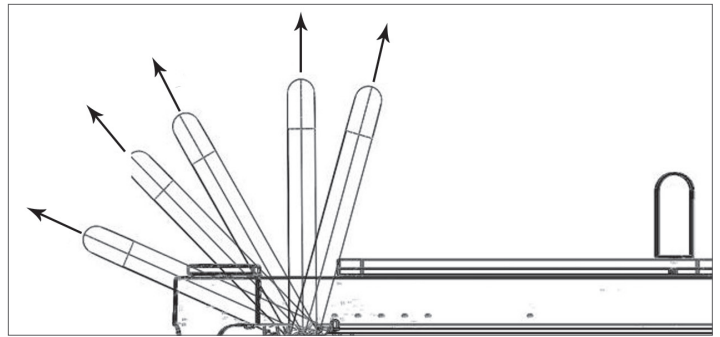


Figure M

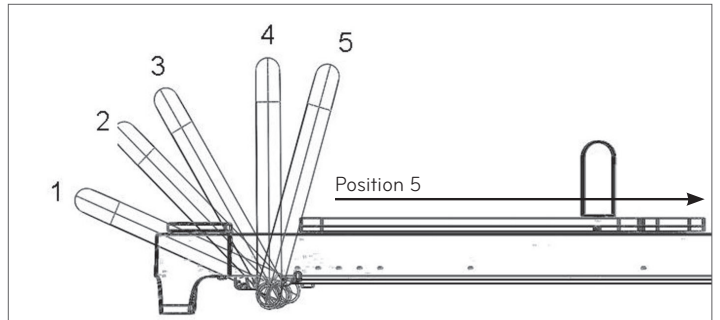


Figure N

III. ADJUSTING THE SOFTTOUCH ROPE SYSTEM AND HEADRESTS

ROPE ADJUSTMENT:

Refer to Arrow A in Figure O. Pull the lever away from the headrest (Do not push down). The ropes will automatically retract into the carriage (shorter) or they can be pulled to become longer. When the desired length is achieved, release the lever and the ropes will lock. **IMPORTANT:** Do not use the Reformer with the lever pulled out in the adjusting position. Doing so can damage the Reformer.

HEADREST ADJUSTMENT:

Refer to Arrow B in Figure O. Pull the knob away from the headrest (Do not push down) then lift or lower to the desired height (flat, medium, or high). When the knob is released the headrest will lock into position.

Note: The headrest is designed to carry full body weight **ONLY** when in the flat position.

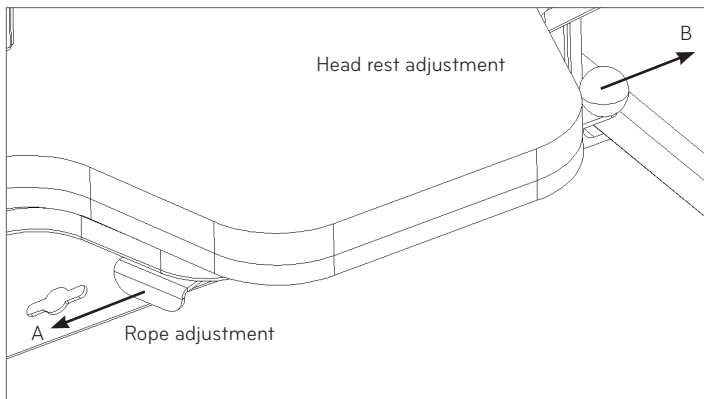


Figure O

IV. STORAGE

STACKING

Two people are recommended for stacking. The Allegro 2 must be stacked one on top of the other alternating foot-end and head-ends as shown in Figure P. The feet of the Reformer lock onto the standing platform on the foot end and the end casting on the head end. If you have a standard Allegro 2 you can stack up to 5 Reformers. If you have an Allegro 2 with extended legs you can stack up to 3 Reformers. **If you have a Tower you cannot stack the Reformer.**

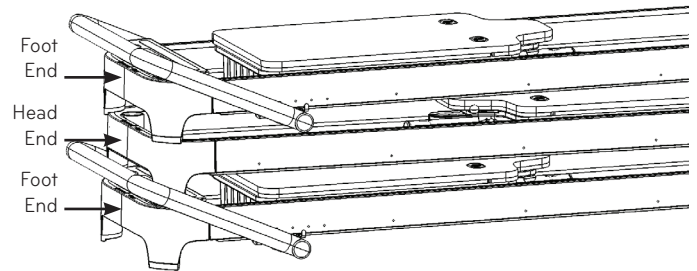


Figure P

When stacking, the risers and shoulder rests can be stored under the head rest of the carriage as shown in Figure Q.

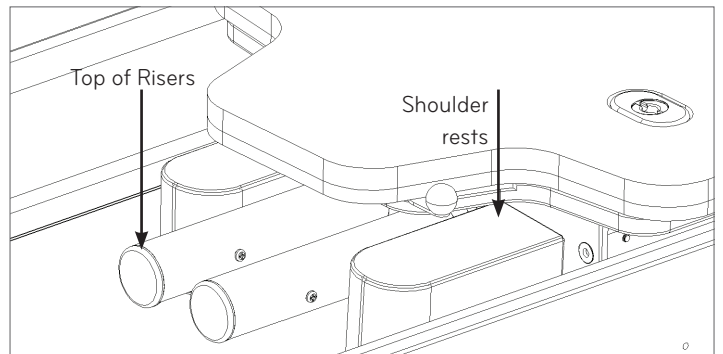


Figure Q

STANDING (wheel kit required)

Transport wheels are an optional kit and must be installed for standing storage. **DO NOT** stand the Allegro 2 on end if you do not have wheels. To install a wheel kit please refer to the instructions in Allegro 2 Options.

V. SAFETY & MAINTENANCE

SAFETY

To reduce the risk of injury or damage, read all instructions and the following important precautions before using the Allegro 2.

- » Use the Allegro 2 only as described in these instructions and the video.
- » It is the responsibility of the owner to ensure that all users of the Allegro 2 are adequately informed of all precautions.
- » Use the Allegro 2 only on a level surface.
- » Keep hands and feet away from all moving parts. When the Allegro 2 is not in use, leave at least two springs connected to the frame.
- » Keep children under the age of 12 and pets away from the Allegro 2 at all times.
- » If you feel pain, dizziness, or shortness of breath, stop exercising immediately.
- » Do not stand on the footbar.
- » Before beginning any exercise program, consult your physician.
- » Do not stand the Allegro 2 on end without the wheel kit.

MAINTENANCE

- » Depending on frequency of use, the springs should be safe to use for one to two years (3000 hours). Replace any spring that is kinked, bent or shows separations while at rest.
- » If your ropes need to be replaced refer to the instructions on the underside of the carriage. The Reformer will need to be turned on its side (please place a Pilates mat on the floor next to the Reformer to protect the finish), or stood on end if you have transport wheels.
- » Remove hair and debris from the axles of the wheels. Debris can create pressure on the wheels, causing them to wear. If you hear noise from the bearings, replace them.
- » Repair any tears in the upholstery with an upholstery repair kit available at auto parts stores, or have the repair done locally.
- » Contact Balanced Body for other upholstery and re-upholstery options. Replacement upholstery is available from Balanced Body.
- » Check and tighten all screws and bolts. Replace any missing screws, retention pins, or other parts.
- » Check the footbar bolts on a monthly basis to make sure they are still secure.

CLEANING

Wipe the carriage pad, headrest, footbar and shoulder rests with a soft cloth and a mild, non-abrasive mixture of soap and water after each use. Keep the carriage track and wheels free from dust and dirt. Clean the frame with a mild, non-abrasive mixture of soap and water. Keep the ropes and springs clear of dust. Cotton loops can be machine-washed. Hang to dry.

NOTE: DO NOT LUBRICATE OR GREASE ANY COMPONENTS ON THE A2 FOOTBAR, CARRIAGE, WHEELS OR RAILS. If you have any issues or questions please contact Balanced Body Technical Support. By adding lubrication or grease it may not lock the components securely and may become unsafe.

Questions? Call Balanced Body Technical Support at 1-800-PILATES or +1-916-388-2838 or info@pilates.com.

Instructions for Allegro® 2 Reformer Options and Accessories

INCLUDES INSTRUCTIONS FOR ALLEGRO 2:

- » Foot Plate (jumpboard) Page 15
- » Foot Strap Page 15
- » Extended Legs Page 16
- » Wheel Kit Page 17
- » Wall Security Strap Page 18
- » Tower Mat Conversion Page 18
- » 4th Side for Tower Push-thru Bar Page 18

I. INSTALLING THE FOOT PLATE (JUMPBOARD)

Before installing the footplate, position the footbar at the lowest position and closest to the spring end of the Reformer, so that the footplate won't touch the footbar when installed. Support of the footbar is not required on the Allegro 2. To use the footplate, slide the posts into the receivers until the foot plate rests on the standing platform. See Fig B.

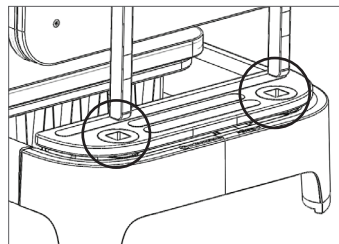


Figure B

II. INSTALLING THE ALLEGRO 2 FOOT STRAP

Feed the loops of the footstrap between the frame and standing platform, through the footman's loops, and then around the hook plates on the underside of the standing platform as shown in Figure C.

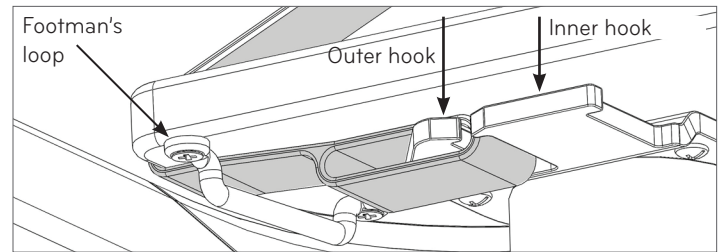


Figure C: Shown from under Standing Platform.

For a long footstrap, place the loops around the outer hooks. For a short footstrap, place the loops around the inner hooks. For a medium length footstrap, place one loop around the outer hook and the other loop around the inner hook. See Figure C.

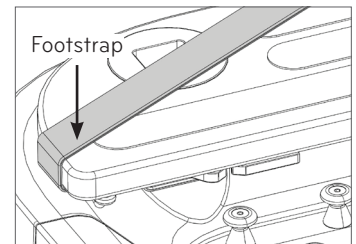


Figure D: Footstrap shown from top of standing platform.

IMPORTANT SAFETY TIP:

The foot strap must be checked for proper installation before each use. An improperly installed foot strap can lead to serious injury.

III. INSTALLING THE EXTENDED LEGS AND POSTS

PARTS LIST

Description	Part number	Qty.
5/8" screws	GEN9942	8
Extended Legs	617-007	4
3/8 flat washers	GEN9963	4
3/8 lock washers	GEN9962	4
5" Bolts	GEN9961	4
Feet for Extended Legs	617-021	4
Carriage posts	617-028	2
7/8" screws	GEN9889	4
5/16" Allen wrench	TOL1328	1
3/16" Allen wrench	GEN9280	1
5/32" Allen wrench	GEN9282	1

Note: Kits for extended legs raise the Allegro 2 an additional 6" (15cm) off the ground. Leg kits also come with a U-shaped storage post for loops that can be installed under the head rest. See Fig F.

A. INSTALL LEGS

IMPORTANT: INSTALL THE FOOTBAR FIRST!

1. Move the footbar into the vertical position (for stability). Insert footbar locking pins.
2. If you have a hard floor put a Pilates mat on the floor next to the Reformer to protect the finish.
3. Grabbing the Reformer frame, roll the Reformer on its side.
4. Using the included 5/32 hex key remove the screws and washers holding one foot on. Set the screws and washers aside to install the new foot. Push the spacers out of the old feet and press into new feet. This may take some effort and you may want to use something like the handle top of a screwdriver to help push them in.
5. Install two alignment screws where the foot was. (Figure E)
6. Loosely install the leg with the 5" long bolt, lock washer, and washer as shown in Figure E.
7. Carefully align the outer edges of the leg with the outer edge of the frame
8. Tighten the bolt with the wrench provided. Bolt should be very tight.
9. Attach the new feet.
10. Repeat for other three legs.

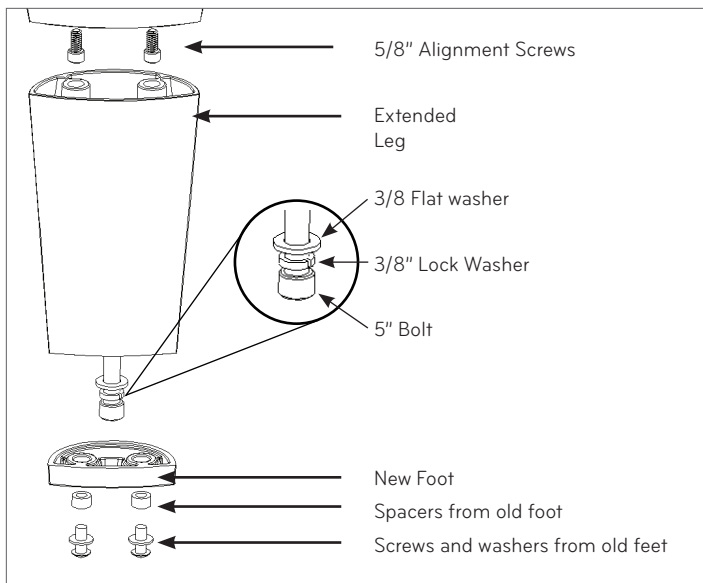


Figure E

B. INSTALL POST FOR LOOPS

1. Orient as shown in Figure F.
2. Attach using provided screws and hex wrench.

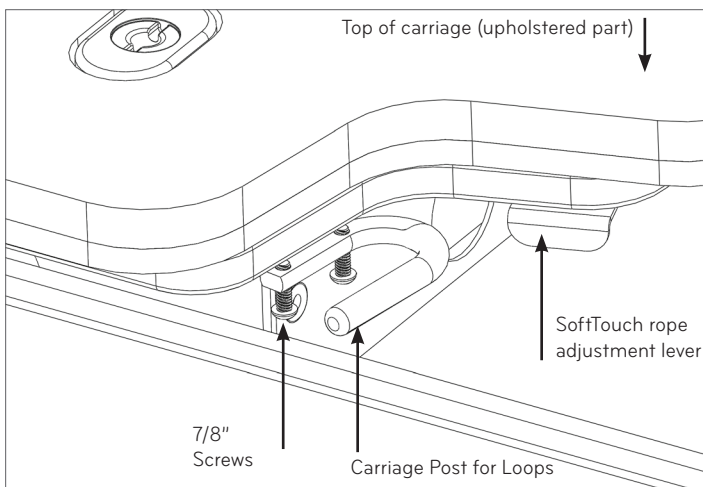


Figure F

IV. INSTALLING THE WHEEL KITS

Kit includes wheel brackets for right and left legs and Allen wrench for assembly purposes.

Transport wheel kits are available for the Allegro 2 in both standard and extended leg configurations but they are not interchangeable. Assembly for both versions is the same. Wheels are usually attached at the foot end of the frame, but can be installed on the head-end if needed. If wheels are installed on the head end of the Reformer, it cannot be stored on end.

A. INSTALLING WHEELS

1. Move the footbar in the vertical position (for stability). Install footbar locking pins.
2. If you have a hard floor, put a Pilates mat on the floor next to the Reformer to protect the finish.
3. Grabbing the Reformer frame, turn the Reformer on its side (on mat).
4. Remove the existing rubber foot using Allen wrench.
5. Install wheel bracket and foot as shown in Figure G below. See Figure H for final configuration.
6. Repeat on second leg.

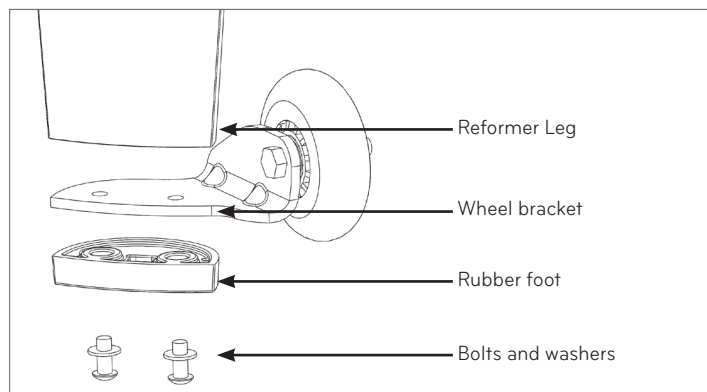


Figure G

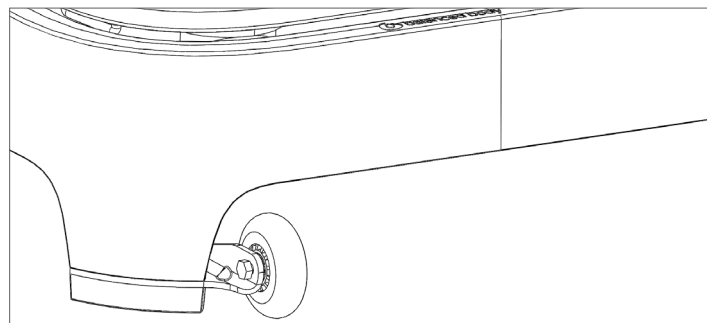


Figure H (standard wheel kit shown)

B. STANDING THE ALLEGRO 2 WITH THE WHEEL KITS

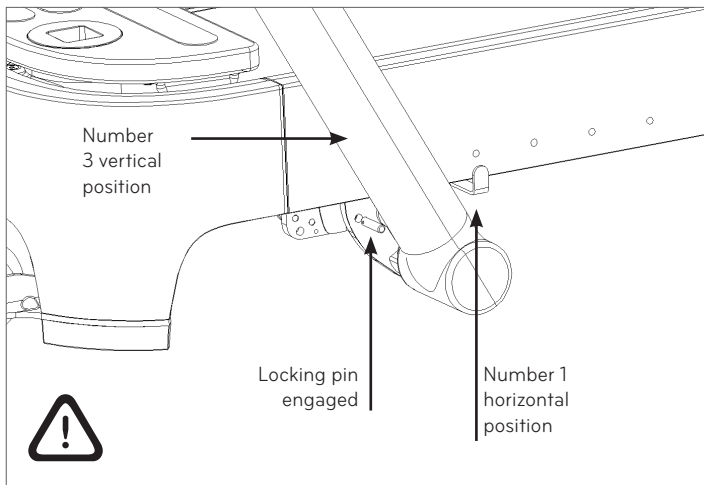


Figure I

With wheels you can store the Allegro 2 by standing it on its foot-end (Figure J).

IMPORTANT SAFETY TIP:
Before standing make sure the footbar is in the correct position (number 3 vertical position, and number 1 horizontal position) and both locking pins are engaged as shown in Figure I. You can not stand the Allegro 2 without wheels or if you have a Tower installed.

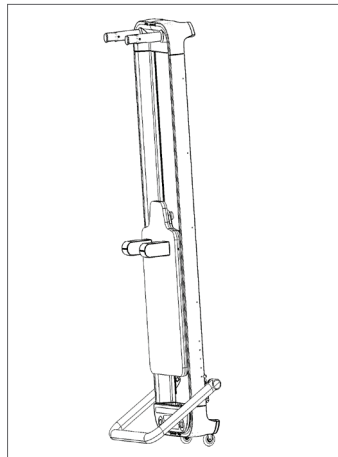


Figure J

SECURITY STRAP

For additional safety, Balanced Body offers a Vertical Storage Strap (part# 101-000), which fastens the Allegro 2 (without Tower) to a wall when in standing position with wheels.

VI. FOURTH-SIDE FOR TOWER PUSH-THRU BAR (PTB)

A fourth side for the PTB (part# 950-172) can be ordered separately. To install, take the PTB off the frame by removing the T-pins. Insert and tighten the included screws into the holes as shown in Figure K.

Repeat on the other side then re-attach the PTB to the frame using the T-pins.

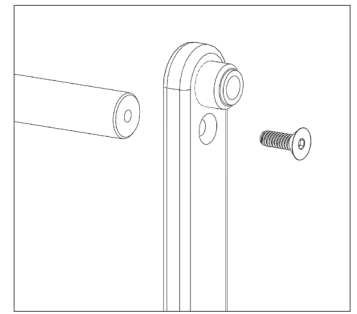


Figure K

VII. MAT CONVERSION

To install the mat (part# 714-015) on the frame disengage the springs and move the carriage all the way to the head end of the Reformer. Place the mat (upholstered side up) into the frame and slide the wooden tongue of the mat under the standing platform on the foot-end of the frame.

QUESTIONS?

Call Balanced Body Technical Support at 1-800-PILATES or +1-916-388-2838 or info@pilates.com.

VI. ALLEGRO 2 EXERCISES

HUNDRED, ALL LEVELS

Sets: 10

Springs: 1 – 3

Bar: None

Loops: Regular

Headrest: Up

Focus

- » Percussive breathing - in for 5, out for 5
- » Stable pelvis – imprinted or neutral
- » Hollow abdominals
- » Abdominal strength
- » Shoulders down
- » Neck long

Precautions

Back injuries, neck injuries, hip flexor injuries, osteoporosis

Prerequisites

Hundred on the mat

Starting Position

Lying supine on carriage, knees at 90 degrees, hands in loops, arms to ceiling

Level 1

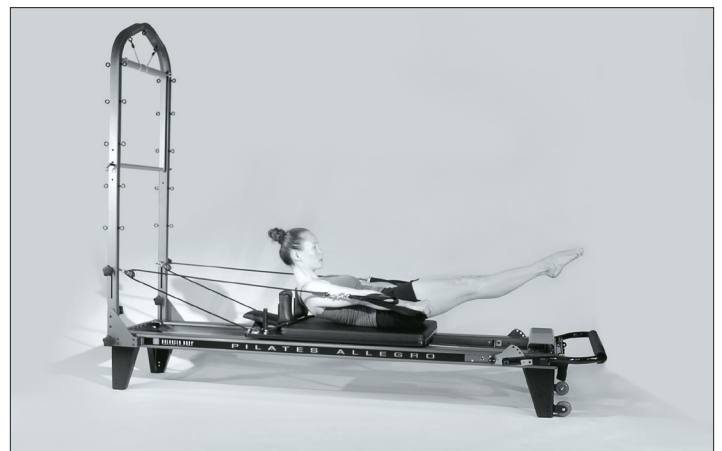
Knees bent at 90 degrees, reach arms to sides as the head and upper body lift off the carriage, pulse arms with breath

Level 2

Legs straight up to ceiling, reach arms to sides as the head and upper body lift off the carriage, pulse arms with breath

Level 3

Reach arms to sides as the head and upper body lift off the carriage, straighten legs to ceiling then lower legs keeping low back on mat, pulse arms with breath



FEET IN STRAPS, LEVEL 1

Reps: 6

Set up: 2 springs

Bar: Any

Loops: Regular

Focus

- » Breath - exhale out/inhale in or inhale out/exhale in
- » Spine to mat or neutral spine
- » Hollow abdominals
- » Abdominal strength
- » Pelvic Stability
- » Hamstring, adductor and gluteal strength
- » Hamstring and adductor flexibility
- » Leg and hip alignment
- » Hip range of motion

Precautions

Hip flexor injury, limited hamstring flexibility, back injuries, weak abdominals

Prerequisites

Adequate hamstring flexibility, ability to stabilize the back, Hundred

Starting Position

Supine on carriage, loops around arches

Leg lowers

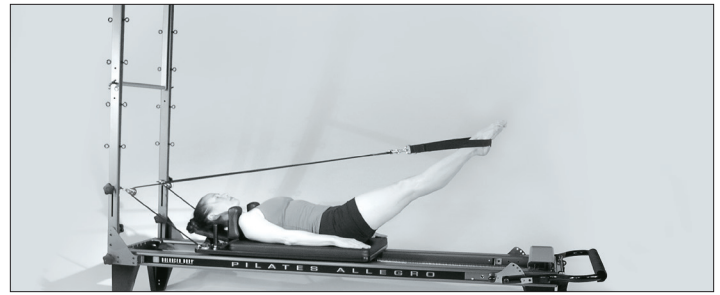
- » Hips stable, begin with inner thighs together, lower and raise legs
- » Variations: Legs parallel, turned out or turned in Magic circle or ball between the legs

Scissors

- » Hips stable, begin with inner thighs together, open legs to sides and return
- » Variations: Legs stay over hips, legs move down toward the bar while carriage moves (V's)

Circles

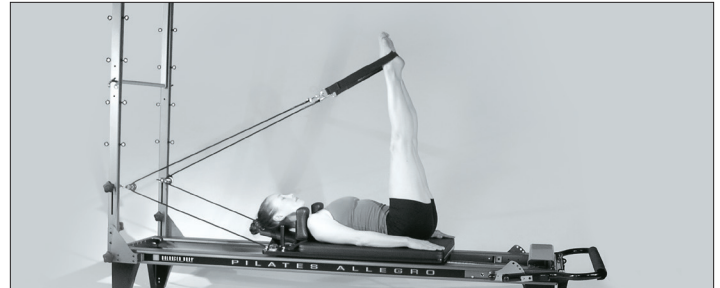
Hips stable, begin with inner thighs together, moving legs down and around in circles or D's, reverse directions Variations: Legs parallel, turned out or turned in, or knees in straps



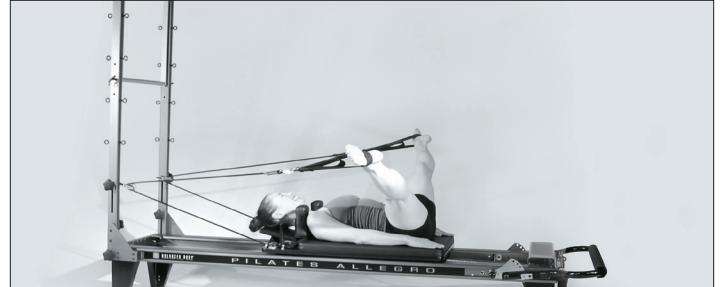
Starting Positions - Leg Lowers 1



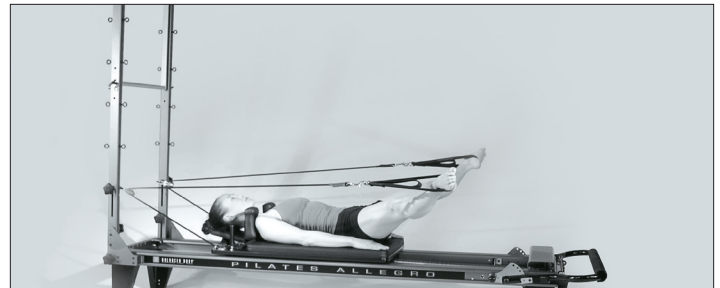
Leg Lowers 2



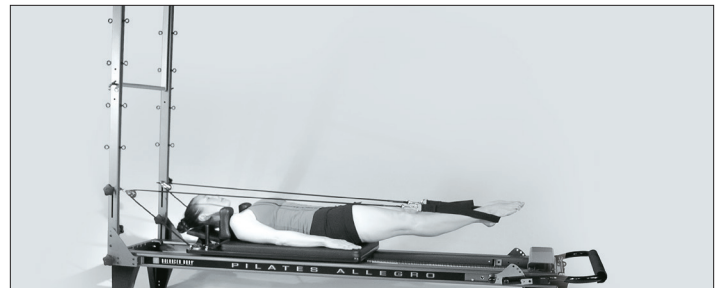
Scissors 1 / Circles 1



Scissors 2



Circles 2



Circles 3

ARM WORK, LEVEL 1 - 2

Reps: 4 - 10

Springs: 1-2

Box: long, short or none

Loops: very short, short or regular

Focus

- » Breath – inhale pull/exhale release
- » Biceps, triceps, pectoralis and deltoid strengthening
- » Scapular stabilization
- » Torso stabilization
- » Sitting posture

Precautions

Wrist, arm or shoulder problems, back problems with limited sitting ability

Sitting variations for all exercises

Sitting on carriage, cross-legged, legs straight or kneeling

Exercises Facing the Straps

Biceps

Holding very short loops in hands, bend elbows to pull straps to shoulders.

Triceps/Posterior Deltoid

Loops in hands, arms straight, pull straps back level with hips and pulse arms back

Exercises Facing Footbar

Serve a tray

Sitting facing footbar, regular loops in hands, elbows bent, reach forward, straighten arms, open arms to the side palm up and return

Hug a tree

Sitting facing footbar, regular loops in hands, arms out to sides, soft elbows, bring fingertips toward each other

Biceps



Serve a tray



Triceps



Hug a tree



FOOTWORK, ALL LEVELS

Reps: 10

Springs: 2–4 springs

Bar: Middle or High

Head rest: Up

Focus

- » Breathing – exhale out/inhale in, or inhale out/exhale in
- » Neutral spine
- » Pelvic stability
- » Hip, leg and ankle alignment
- » Hip, leg and ankle strengthening
- » Circulation
- » Isolation – release unnecessary tension in the upper body and hips

Precautions

Sensitive to ankle, knee, hip flexion, spinal compression

Starting position

Supine on carriage, feet on foot bar, legs hip width apart

Heels

Heels on foot bar, push back and return

Toes

Ball of foot on bar, heels slightly raised, push back and return

Prehensile

Ball of foot wrapped around the bar, push back and return

Pilates V

Ball of foot on bar, turned out, low releve, heels together, push back and return

Flex/Releve

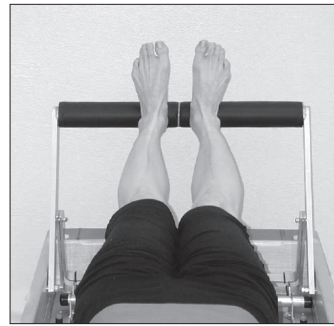
Ball of foot on bar, parallel, legs straight, plantar flex ankle, dorsiflex ankle, plantar flex ankle, bend knees, push back to starting position

2nd position

Heels at ends of bar, slight turn out, push back and return

Running in place

Ball of foot on bar, dorsiflex one heel, bend the other knee, alternate legs 20-50 times



Heels



Toes



Prehensile



Pilates V



Installing the Tower on the Allegro[®] 2

PARTS LIST

Description	Part Number	Qty.
Tower frame	617-061	1
Tower receiver brackets (1 pair)	950-171	1
Lower spring mounts (1 pair)	950-170	1
Push-through bar	617-064	1
T-pins	GEN9892	2
SoftTouch Single Loops	101-033	1 pair
Roll Down Bar	701-010	1
Square Bumper	206-002	3

Springs:

Long Yellow Trap Spring	SPR9006	2
Long Purple Trap Spring	SPR9461	2
Short Yellow Trap Spring	SPR9002	2
Short Blue Trap Spring	SPR9004	2
Safety Strap w/ Carabiner	210-023	1

TOOLS

Wrench	617-060	1
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1. REMOVE HEAD-END OF FRAME

Note: Two people are recommended for this process.

- » Lift the head-end (the end with the risers on it) of the Reformer and place a sitting box or some other solid object underneath the frame rails so that the head-end is off the ground. This will support the rest of the Reformer when the frame end is removed.
- » Remove the two nuts at the head-end of the frame rails with the included wrench as shown in Figure A.

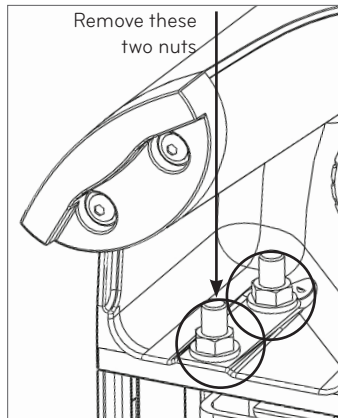


Figure A (shown from underside of Reformer)

» Repeat on other side.

- » Grab a riser and a leg casting and pull the head-end off the frame as shown in Figure B. TIP: Some effort will be required and rocking the head-end from side to side may help to loosen it up.

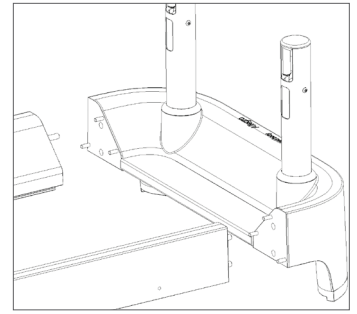


Figure B

- » Remove the two black bumpers near the bolt holes on the end casting and discard. If your reformer does not have them, proceed to the next step.

2. INSTALL TOWER RECEIVERS

Take the Tower receiver brackets (they are attached to the Tower for shipping purposes) and align them with the bolts at the end of the frame rails. The bracket will be sandwiched between the end of the frame rails and the head-end of the frame that was just removed, as shown in Figure C.

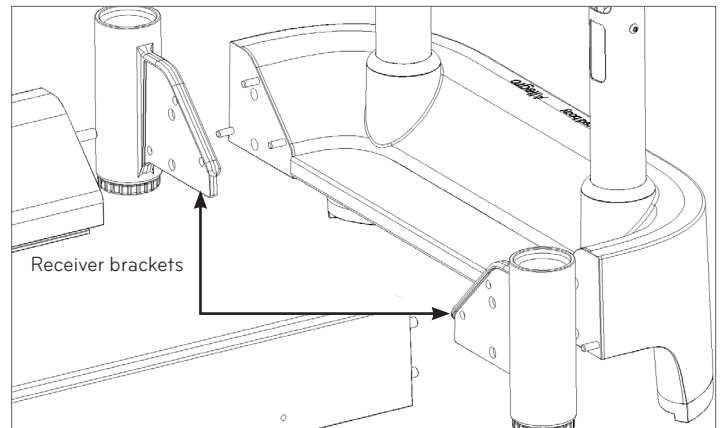


Figure C

Loosely re-install the four nuts removed in step 1. Receivers should look as shown in Figure D.

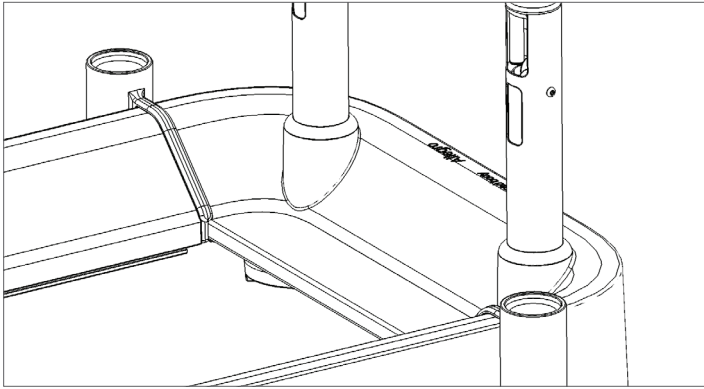


Figure D

3. INSTALL TOWER FRAME

Install Tower into receivers on either side of Reformer frame. The spring storage eyebolts on the top of the frame should be facing away from the Reformer. Tighten the knobs under the tower receivers to secure and align tower. Tighten the four nuts attaching the head-end to the frame.

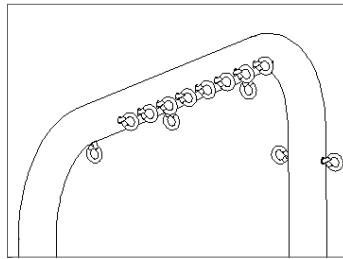


Figure E: Spring storage eyebolts face away from Reformer

4. INSTALL CARRIAGE BUMPERS

If you had square bumpers to remove in step 1, install the new carriage bumpers as shown in figure F. Once in place, push on them firmly to adhere correctly. If your reformer did not have the square black bumpers on the end casting, skip this step.

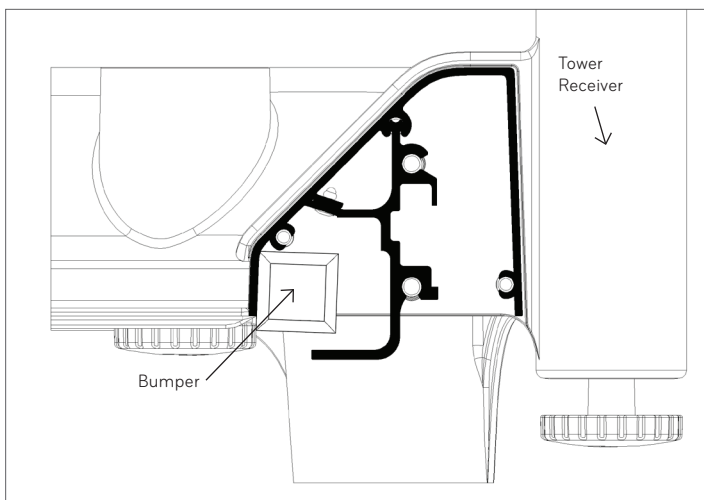


Figure F

5. INSTALL LOWER SPRING MOUNT

If required, remove existing risers. Insert the lower spring mount into the riser socket as shown in Figure G. Make sure the knobs underneath the Reformer have engaged with the spring mount and then hand tighten the knobs.

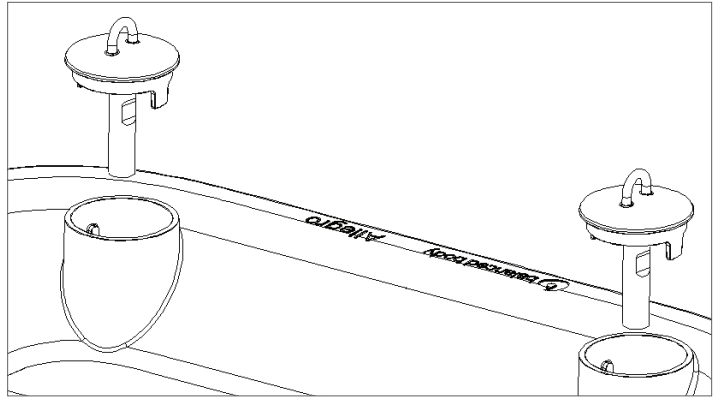


Figure G

6. INSTALL PUSH-THROUGH BAR (PTB)

Use the included t-pins to attach the PTB as shown in Figure H. On the outside of the Reformer frame depress the button on the t-pin, push it through the tower frame and into the connecting hole on the PTB.

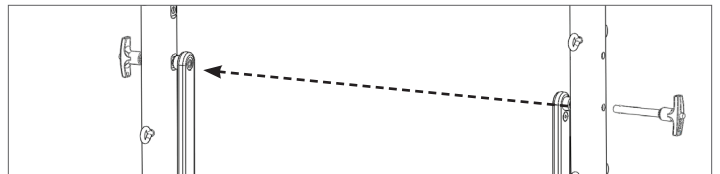


Figure H

7. USING THE PRE-INSTALLED PUSH-THROUGH BAR (PTB) SAFETY STRAP

- » Use only with qualified instructor supervision. The PTB safety strap is used only for bottom-sprung PTB exercises.
- » The photo at right shows the safety strap correctly positioned to secure the push through bar. The strap includes numerous loops or "contact points" so that you can adjust the "stopping point" of the PTB if it is released during exercise.



Note: Use the velcro portion of the safety strap oriented at the top of the tower frame to secure the PTB upright when not in use.

8. OPTIONAL FOURTH-SIDE PTB

A fourth side for the PTB can be ordered separately. To install, take the PTB off the frame by removing the T-pins. Insert the included screws into the holes as shown in Figure I. Repeat on the other side then re-attach the PTB to the frame using the T-pins.

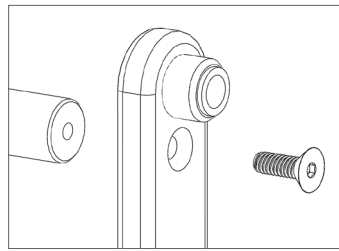


Figure I

9. OPTIONAL MAT CONVERSION

To install the mat on the frame disengage the springs and move the carriage all the way to the head end of the Reformer. Place the mat (upholstered side up) into the frame and slide the wooden tongue of the mat under the standing platform on the foot-end of the frame.

10. SAFETY AND MAINTENANCE

Safety

- » To reduce the risk of serious injury, read the following important precautions before using the Allegro 2 Tower System.
- » Read all instructions in this manual before using the Allegro 2 Tower System.
- » Use the Allegro 2 Tower System only as described in these instructions and the video.
- » It is the responsibility of the owner to ensure that all users of the Allegro 2 Tower System are adequately informed of all precautions.
- » Use the Allegro 2 Tower System only on a level surface.
- » Keep hands and feet away from all moving parts. When the Allegro 2 Tower System is not in use, leave at least two springs connected to the carriage frame and make sure the PTB is secured or removed
- » Keep children under the age of 12 and pets away from the Allegro 2 Tower System at all times.
- » If you feel pain, dizziness, or shortness of breath, stop exercising immediately.
- » Before beginning any exercise program, consult your physician.

Maintenance

- » Depending on frequency of use, the springs should be safe to use for one to two years (3000 hours). Replace any spring that is kinked, bent or shows separations while at rest.
- » Remove hair and debris from the axles of the wheels. Debris can create pressure on the bearings, causing them to wear. If you hear noise from the bearings, replace them. Otherwise, no maintenance on the bearings is required.
- » Repair any tears in the upholstery with an upholstery repair kit available at auto parts stores, or have the repair done locally.
- » Call Balanced Body for other upholstery and re-upholstery options.
- » Replacement upholstery is available from Balanced Body
- » Replace any missing screws, retention pins, T-pins or other parts.
- » Tighten tower knobs monthly to ensure they are always tight.

Cleaning

- » Wipe the carriage pad, headrest, footbar and shoulder rests with a soft cloth and a mild, non-abrasive mixutre of soap and water after each use.
- » Keep the Tower, PTB, carriage track free from dust and dirt.
- » Clean the frame with a mild, non-abrasive cleaner.
- » Keep the ropes and springs clear of dust.
- » Cotton loops can be machine-washed. Hang to dry.

Questions? Call Balanced Body Technical Support at 1-800-PILATES or +1-916-388-2838 or info@pilates.com.

Allegro Tower Exercises

DEFINITION OF EXERCISE SET-UP TERMS

- » **Level:** The level of expertise needed to undertake exercise.
- » **Reps:** How many times the exercise is performed.
- » **Springs:** Number and location of springs on the Allegro Tower.
- » **Loops:** Which loops should be used during exercise.*
- » **Focus:** What should be emphasized during exercise.
- » **Precautions:** Physical conditions that may limit or exclude a participant. Exercises may need to be modified for people with these conditions.
- » **Prerequisites:** Specific exercises that must be mastered before undertaking a new exercise.
- » **Starting Position:** Where to begin the exercise on the Allegro Tower.

*If applicable

ROLLBACKS, LEVEL 1

Springs: 2 long yellow or 2 short yellow springs from high position

Reps: 6-10

Rollback Bar or handles

Focus

- » Breathing – exhale roll down, inhale at the bottom, exhale to roll up
- » Balance between abdominals and lumbar extensors
- » Soft neck and shoulders
- » Maintain C-curve
- » Soft hip flexors

Precautions

Shoulder and neck problems, some low back problems, osteoporosis

Starting position

Sit facing Tower, holding on to bar or handles, knees soft, feet on metal bars.

Standard Exercise

Hold bar with arms straight, roll down, curving back and staying lifted, roll back up maintaining slight flexion in spine

Oblique Variations

- » Wooden bar (Water skiing)
- » Sit diagonally on table, place left foot against pole, cross right foot over ankle, place left hand on bar and reach right arm open while rotating torso to the right.
- » Roll down and up maintaining rotation, then switch sides.



Roll Backs



FEET IN STRAPS, LEVEL 1

Springs: Long springs from middle or high position

Reps: 6-10

Loops around arches

Focus

- » Breath - exhale out/inhale in or inhale out/exhale in
- » Neutral spine
- » Hollow abdominals
- » Pelvic stability
- » Hamstring, adductor and gluteal strength
- » Hamstring and adductor flexibility
- » Leg alignment

Precautions

Back injuries, some knee injuries and hamstring strains

Starting Position

Lie supine with head toward Tower loops around arches

Leg Lowers

- » Both legs loops and inner thighs together, lower legs toward the table and maintain pelvic stability.
- » Variations: Parallel, turned-out, turned-in, holding a ball or magic circle between the legs

Circles

- » With both legs in loops circle the legs in both directions, maintaining pelvic stability.
- » Variations: parallel, turned-out, turned-in

Scissors

- » With both legs in loops, lower legs toward table then open and close legs and maintain pelvic stability.
- » Variations: parallel, turned-out, turned-in

Walking

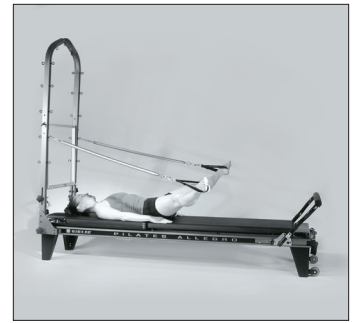
- » With both legs loops alternately bring one leg down toward the table and then the other, while maintaining pelvic stability.
- » Variations: parallel, turned-out, turned-in



Leg Lowers



Circles



Walking (springs middle position)



FEET IN STRAPS SIDELYING – ADDUCTOR PULL, LEVEL 1-3

Springs: Long springs from middle position

Loops: Around arches

Reps: 10

Focus

- » Breath - exhale down/inhale up
- » Correct side-lying position (waist up, hips and shoulders in line)
- » Hollow abdominals
- » Pelvic stability and isolation of the leg from the pelvis
- » Adductor, medial hamstring and external rotation strengthening

Precautions

Some back injuries, knee injuries, and unstable sacroiliac joints

Starting Position

- » Lie on your side on Allegro Tower with back of body in line with back edge of mat and legs slightly forward.
- » Support body by bracing the bottom arm against upright pole or resting head on arm.
- » Place loop around arch

Standard Exercise

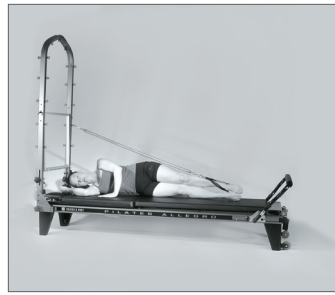
- » Pull top leg down toward bottom leg.
- » Maintain correct side-lying position.
- » Variations: parallel, turned-out (larger range of motion), turned-in.

Ovals

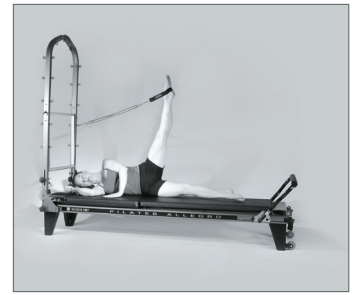
- » Maintaining correct alignment, move top leg in a small circle in both directions.
- » Variations: parallel, turned-out, turned-in

Front-Back Kick

- » Maintaining correct alignment, swing top leg forward and back (as in the Side Kick on the mat).
- » Variations: parallel, turned-out, turned-in



Adductor Pull



Front-Back Kick



FOOT AND LEGWORK, LEVEL 1

Springs: 2 long purple springs from the bottom on Push-through Bar

Reps: 10

Safety Strap: On

Focus

- » Breath – inhale push, exhale return
- » Spine to mat or neutral spine
- » Leg, ankle and foot alignment
- » Calf and hamstring flexibility
- » Foot, ankle and lower leg strength

Precautions

Back injuries, knee injuries

Starting Position

Supine on Allegro Tower with feet on Push-through Bar, and springs attached from low position onto the Push-through Bar.

Plies

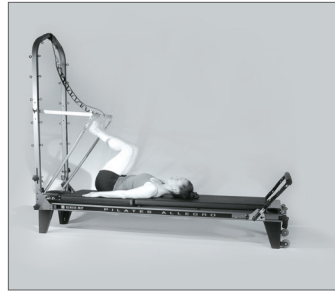
- » Lie supine with the Push-through Bar in line with anterior hip crease, flex knees, flex hips, with metatarsals or heels on the bar, and straighten legs and return.
- » Foot position variations: Heels, Toes
- » Leg variations: parallel, turned out, v-feet, wide 2nd position, single leg

Plie/Releve

- » Lie supine with the Push-through Bar in line with anterior hip crease, hips flexed, knees bent, metatarsals or toes on the bar.
- » Push the bar up toward the ceiling straightening the knee, plantarflex the ankle, dorsiflex the ankle and return.
- » Variations: parallel, turned out, single leg

Plantarflexion

- » Lie supine with Push-through Bar in line with anterior hip crease, legs straight, metatarsals or toes are on bar, plantarflex and dorsiflex the ankles.
- » Variations: parallel, turned out, single leg, running in place



Plies



Plantarflexion - 2 legs



Plantarflexion - alternating legs

CAT, LEVEL 3

Springs: 2 short springs from above on Push-through Bar

Reps: 4

Focus

- » Breath – exhale roll down, inhale to extend out, exhale pull back, inhale uncurl.
- » Spinal flexibility
- » Scapula stability/mobility
- » Abdominal hollowing and lift
- » Coordination of breath with full spinal mobility

Precautions

Back injuries, shoulder injuries, knee injuries, and osteoporosis

Prerequisites

Mat – Cat/camel stretch

Starting Position

Kneeling on table, hands on Push-through Bar with the bar close to the body.

Standard Exercise

- » Press bar down and roll the spine down beginning with top of head.
- » Reach bar away as spine elongates into extension.
- » Return by pulling abdominals in and curling spine back into flexion before stacking vertebra one on top of the other to return to the starting position. (Keep the hips pressed forward over the knees as much as possible.)

