How to Assemble the Allegro™ Reformer

THIS IS A MEDICAL DEVICE

PARTS LIST

Part number	Description	Qty
950-002	Complete footbar	1
950-020	Shoulder bolts and washers	1 kit
950-228	Shoulder rest with brackets	1 pair
616-400	Locking shoulder post	2
GEN8000	Twist lock plunger knobs	2
210-070	Soft Touch Ropes	1 pair
210-064	Double loops (Soft Touch)	1 pair
950-225	Allegro riser with pulley	2
GEN9050	5/16" Allen wrench	1
ALL0060	Allegro wrench	1
SPR9070	Red spring	3
SPR9071	Blue spring	1
SPR9241	Yellow spring	1
UPH7040	Foam Pad for Standing Platform	1
GEN9282	5/32" Allen wrench	1
GEN9472	1/4"-20 Button head screw	2
GEN9054	Split washer	2
618-008	Transport bracket preinstalled with wheel	2

IMPORTANT PRECAUTIONS:
PLEASE READ WARNING

To reduce the risk of serious injury, read the following important precautions before using the Allegro.

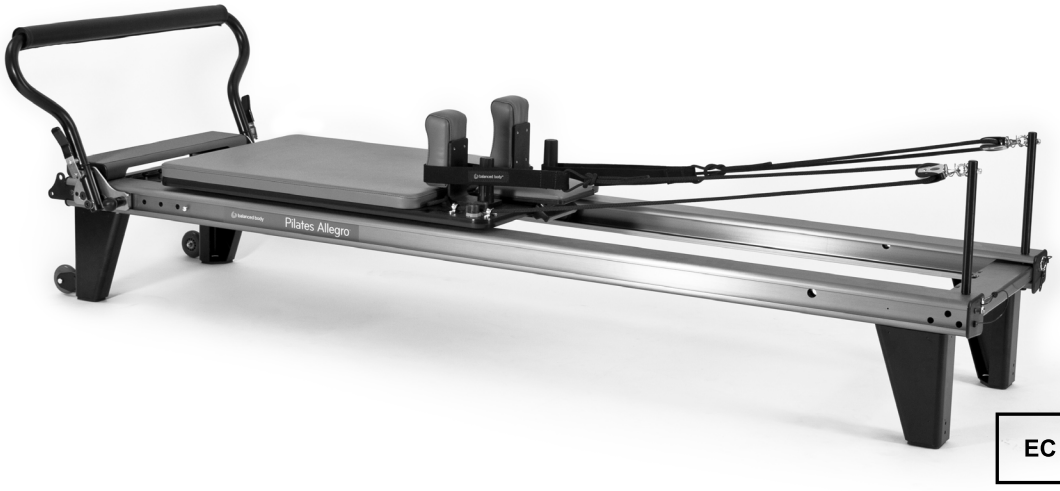
» Read all instructions in this manual before using the Allegro. Review the Setup and Safety video included with the Allegro before using the equipment. Use the Allegro only as described in these instructions and the video.

» It is the responsibility of the owner to ensure that all users of the Allegro are adequately informed of all precautions.

» Use the Allegro only on a level surface. Keep hands and feet away from all moving parts. When the Allegro is not in use, leave at least two springs connected to the carriage. Keep children under the age of 12 and pets away from the Allegro at all times.

» If you feel pain, dizziness, or shortness of breath, stop exercising immediately.

» Before beginning any exercise program, consult your physician.



EC REP EMERGO EUROPE
Prinsessegracht 20
2514 AP The Hague
The Netherlands

CE

balanced body®

Balanced Body, Inc.
5909 88th St,
Sacramento, CA 95828 USA

Contact Us
1-800-PILATES | +1-916-388-2838
pilates.com | info@pilates.com

17291-C | 2024-03

STATEMENT OF INTENDED USE

The Allegro® Reformer device is intended by the manufacturer to be used by people for the purposes of physiotherapy, rehabilitation, the prevention, treatment and relief of injuries, supportive, functional therapy for a disability or for general strengthening and improving the mobility of the human body. Should injury occur during usage please report to the manufacturer and competent authority of the Member State in which the user and/or patient is established.

Déclaration spécifiant l'usage prévu

L'appareil Allegro® Reformer a été conçu pour être utilisé à des fins de physiothérapie, de réhabilitation, de prévention, de traitement et de soulagement des blessures, de thérapie fonctionnelle et de soutien dans le cadre d'un handicap, ou de renforcement global et d'amélioration de la mobilité du corps humain. Si une blessure se produit au cours de l'utilisation, signalér au fabricant et à l'autorité compétente de l'État membre dans lequel l'utilisateur et / ou le patient est établi.

Dichiarazione di destinazione d'uso

Il dispositivo Allegro® Reformer è destinato dal produttore a essere utilizzato dalle persone per scopi di fisioterapia, di riabilitazione, di prevenzione, trattamento e sollievo da infortuni, di terapia di sostegno e funzionale per una disabilità o di rinforzo e miglioramento generali della mobilità del corpo umano. In caso di infortuni durante l'utilizzo, Rapporto al produttore e all'autorità competente dello Stato membro in cui è stabilito l'utilizzatore e / o il paz iente.

Declaración de uso previsto

El dispositivo Allegro® Reformer está diseñado con fines de fisioterapia, rehabilitación, prevención, tratamiento y alivio de lesiones, terapia de apoyo y funcional para una discapacidad o para el fortalecimiento general y la mejora de la movilidad del cuerpo humano. En caso de que se produzcan lesiones durante su uso, Reporte al fabricante y a la autoridad competente del Estado miembro en el que está establecido el usuario y / o paciente.

Angabe der bestimmungsgemäßen Verwendung

Das Gerät Allegro® Reformer wurde vom Hersteller für die Verwendung durch Personen zu Zwecken der Physiotherapie, der Rehabilitation, der Vorbeugung, Behandlung und Linderung von Verletzungen, der unterstützenden, funktionellen Therapie bei einer Behinderung oder zur allgemeinen Stärkung und Verbesserung der Mobilität des menschlichen Körpers vorgesehen. Sollten bei der Anwendung Verletzungen auftreten, Bericht und der zuständigen Behörde des Mitgliedstaats gemeldet, in dem der Benutzer und / oder Patient ansässig ist.

INSTALL THE SHOULDER RESTS

1. Note the two protruding studs on the bottom of the shoulder rests. Lower the shoulder rest studs into the keyholes and slide away from the carriage pad. See Figure A.

   Note: The shoulder rests can be installed in two positions. One position is wider, and more comfortable for broad shoulders. Swap the left and right shoulder rests to change between standard and wide configurations.

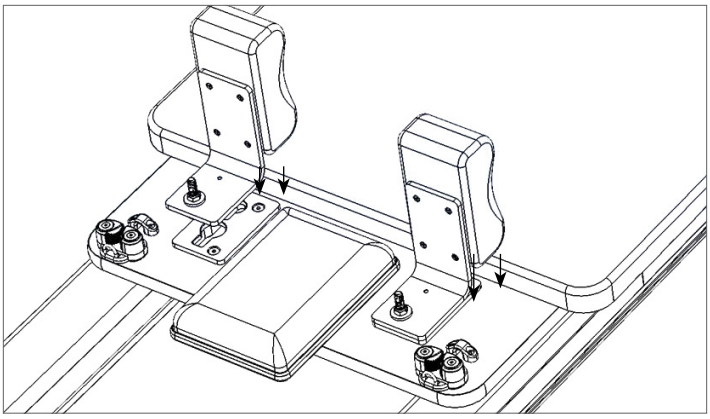


Figure A

2. Now screw the locking shoulder posts onto the exposed bolt on each shoulder rest. See Figure B.

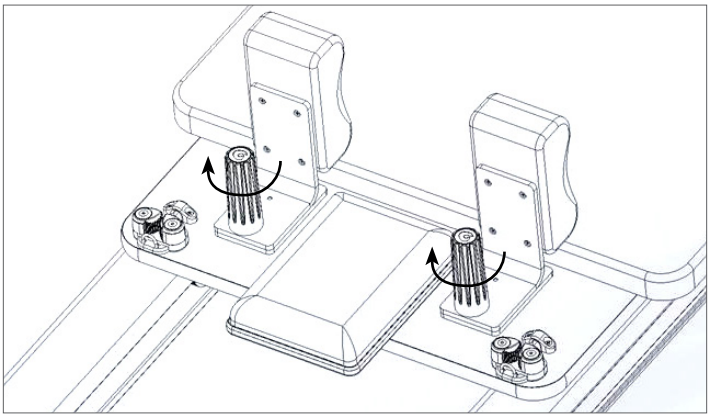


Figure B

Using the Locking Shoulder Posts:
Turn the posts clockwise to tighten them and lock the shoulder rests into position. Over tightening the posts will make them difficult to remove, they should be snug but not too tight. To remove the shoulder rests, turn the post counter clockwise 1-2 turns and gently slide the shoulder rests toward the carriage.

Figure C shows the storage position for the shoulder rests. Note the key hole slots at the head end of the Allegro frame.

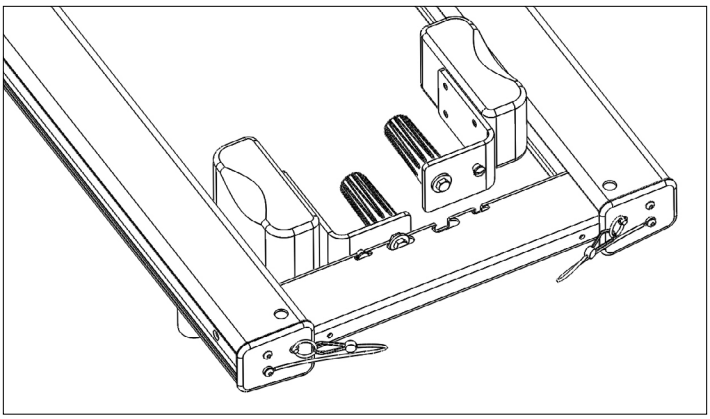


Figure C

INSTALL THE BLACK PLUNGER KNOBS

3. Look through the large threaded hole in the trunnion and line it up with one of the holes in the frame.Screw the plunger knob into the large hole until it is completely threaded in.See Figure D.

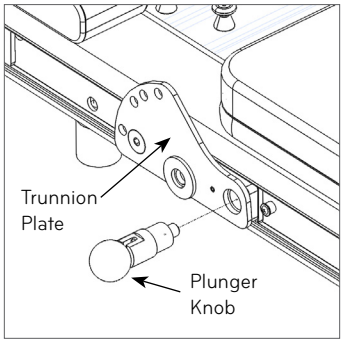


Figure D

4. Repeat on other side. Tighten both plunger knobs securely with the included open end wrench.

   To move the trunnions, pull the ball of the plunger knobs away from the frame and turn 90° to lock out. To re-engage the plunger turn the knob until it snaps into one of the holes in the side of frame.

Note: Make sure both trunnion plates are locked in the same horizontal position before moving on.

INSTALL THE FOOTBAR

5. Pick up the footbar so the seam of the footbar cover is away from the carriage pad.

6. While squeezing the footbar plunger levers, guide the footbar over the outsides of the trunnion plates. Align each footbar pin with the top hole in the trunnion plate. While continuing to support the footbar, release the footbar plunger levers to engage the trunnion plate. Be sure the pins on both sides are engaged. See Figure E.

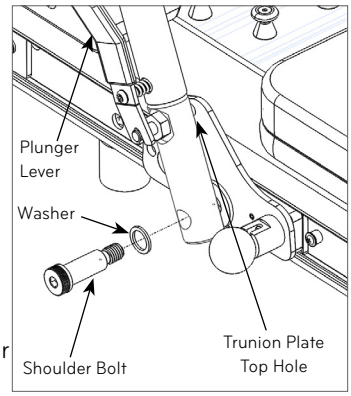


Figure E

7. Pivot the footbar slightly until the large hole at the bottom of the footbar aligns with the remaining hole in the trunnion plate.

8. Slide the shoulder bolt with one washer through the large footbar hole. Then screw the shoulder bolt into the trunnion plate as tightly as possible with the large Allen (GEN9050) wrench. Repeat on the other side. See Figure E.

INSTALL THE RISERS

9. Remove locking pins from the frame. Insert the risers through the holes on the top of the frame. Turn the risers until the attached pulleys point straight down the frame toward the footbar. See Figure F.

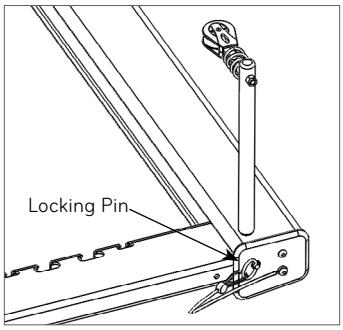


Figure F

10. Reinsert locking pins until the metal ring touches the frame. You may need to jiggle or slightly lift or rotate the riser to get the locking pins in all the way.

ATTACH THE ROPES

11. To attach the ropes, first engage at least one spring from the carriage to the frame to keep the carriage in the home position. Unroll the ropes and separate them.

12. The Allegro now comes with Soft Touch Ropes that do not have the dog-clips to attach the loops. The clip will no longer drag on or bang into the frame! Follow the images below to install your loops. See Figure G.

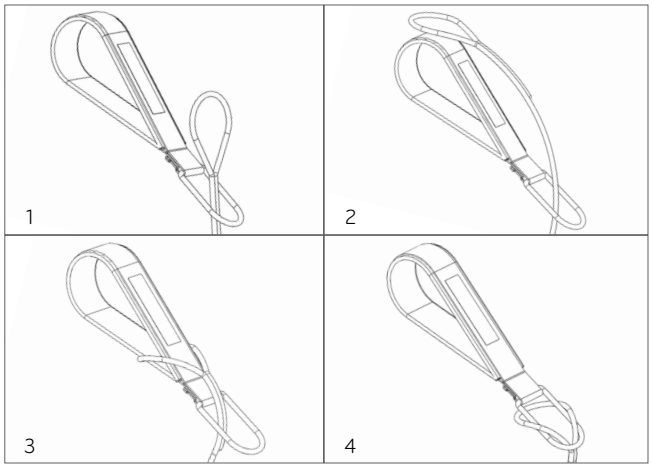


Figure G

13. Rest the loops over the shoulder rests. Thread the other end of each rope through a riser pulley and back into the cam cleats on the carriage to adjust the length. Be sure to go through the chrome eyestraps on both sides of the cam cleats. Always push the rope firmly down into the cleats to ensure a good grip.

INSTALL THE TRANSPORT WHEEL BRACKET

14. Remove the 1/4"-20 button head screw and the split washer attached to the last hole in the frame towards the footend of the reformer, as shown in Figure H, using the 5/32" Allen key. Slide the preassembled transport bracket into the channel in the rail at the foot end of the reformer. Line up the hole in the transport bracket with the hole in the frame rail. Use the 1/4"-20 button head screw and the split washer to attach the transport bracket on to the frame using the 5/32" Allen key. See Figure H for reference. Note: The wheel goes on the inside of the bracket (towards the frame) when it is mounted.

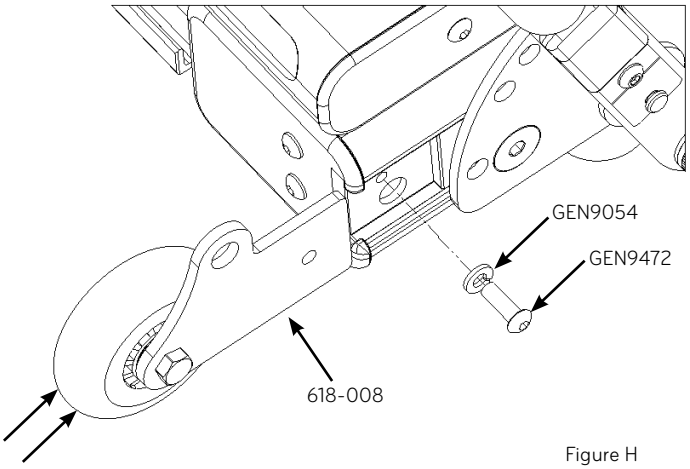


Figure H

15. Repeat this for the other side of the reformer.

STORING THE ALLEGRO REFORMER

Stacking
To see a demonstration of how to stack the Allegro, watch the Setup and Safety portion of the Allegro Introductory/Level 1 DVD. Attach the springs to keep the carriage from moving. Move the footbar to the "down" position. Remove the shoulder rests and store in the slots at the head of the frame. Put the head rest down. Remove the risers and store in the holes on the sides of the frame. Place the ropes and loops inside the Allegro frame not on the carriage. Alternate the orientation of the Allegros as you stack them. Place the head end feet onto the standing platform of the Allegro below, and so on. Stack a maximum of 5 reformers with no legs (3 with legs). Do not stack Reformer with Towers.

Standing
It is absolutely critical that the Allegro footbar be set and locked in the correct position for standing storage. Move and lock the footbar into the position closest to the foot-end of the Reformer frame. Raise the footbar to its highest position. Lift the head-end of the Allegro frame to waist height. Then raise the frame to vertical. Use your foot to steady the wheeled end of the frame as you lift to vertical. The vertical Allegro will come to rest on the footbar and the transport wheels. See Figure H.



Figure H

CLEANING & MAINTENANCE

Cleaning
Wipe the carriage pad, headrest, footbar and shoulder rests with a soft cloth and a mild, non-abrasive cleaner after each use. Keep the carriage track and wheels clean from dust and dirt. Wipe the entire track with a towel regularly. Clean the footbar trunnion track weekly. 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.

Lubrication
The foot bar trunnion C-channel can be lubricated with dry silicone spray.

MAINTENANCE

» See the included Safety First Guide.

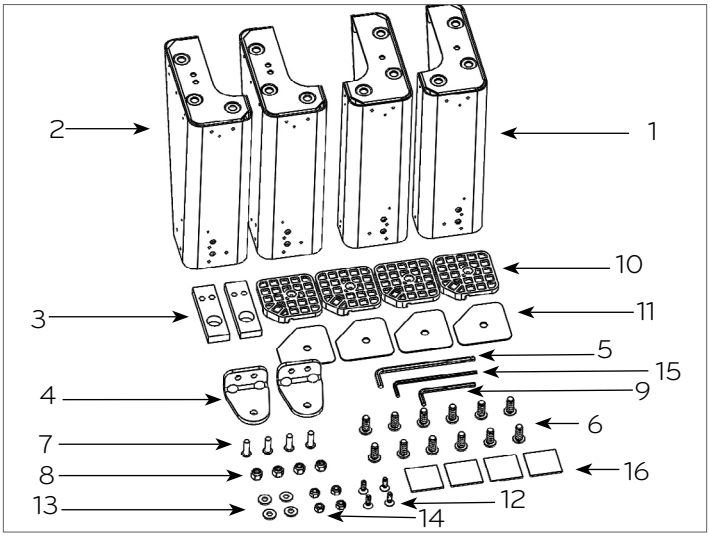
QUESTIONS?

Call Balanced Body technical support at 1-800-745-2838 (US and Canada), or +1-916-388-2838.

How to Install the Allegro® Legs Kit

PARTS INCLUDED:

Item No.	Part Number	Description	Qty
1	618-030	Allegro Leg, A	2
2	618-031	Allegro Leg, B	2
3	618-021	Leg Nut Plate	2
4	614-020	Wheel Bracket, Allegro Ext Leg	2
5	GEN8320	Allen Key, 3/16" Ball Point	1
6	GEN7321	Screw, Button Head, 5/16-18 x 3/4"	12
7	GEN7325	Screw, 1/4-20 x 3/4"	4
8	GEN9021	Nut, Nylock, 1/4-20	4
9	GEN9282	Allen Key 5/32" Short Arm	1
10	618-135	Polyurethane Foot Pads	4
11	GEN9600	Double Sided Tape	4
12	GEN6742	Flat Head Screw 10-24 x 5/8"	4
13	GEN9856	#10 Flat Washer	4
14	GEN9059	#10 Nylon Nut	4
15	GEN9284	1/8" Allen Wrench	1
16	FAK1000	Alcohol Wipe	4



TOOLS NEEDED (NOT INCLUDED):

» Two 1/2" or adjustable wrenches

» One 7/16" wrench

» 3/8" wrench or socket

PREPARE THE NEW PADS

1. Remove the legs and other materials from the packaging and lay the legs on the floor with the bottom of the leg facing up, so the "L" shape face with three holes are on the floor

2. Remove the (4) Polyurethane foot pads, and (1) Alcohol wipe from the packaging. Open one wipe and thoroughly wipe down the top side of each foot pad. This is the side opposite the ribbing. If the wipe is dirty or becomes too dry use another wipe for the remaining pads. Set the pads aside and let these dry.

3. Open an Alcohol wipe to clean the bottom of each metal foot on the reformer. If needed use a secondary wipe.

4. If you have a Tower Of Power installed, remove the ropes, loosen the 4 tower knobs, and remove the tower.

5. Using the included shorter allen wrench, remove the 4 screws holding the head end cover plates and riser pins in place. Set them aside to be re-installed later. See Figure A.

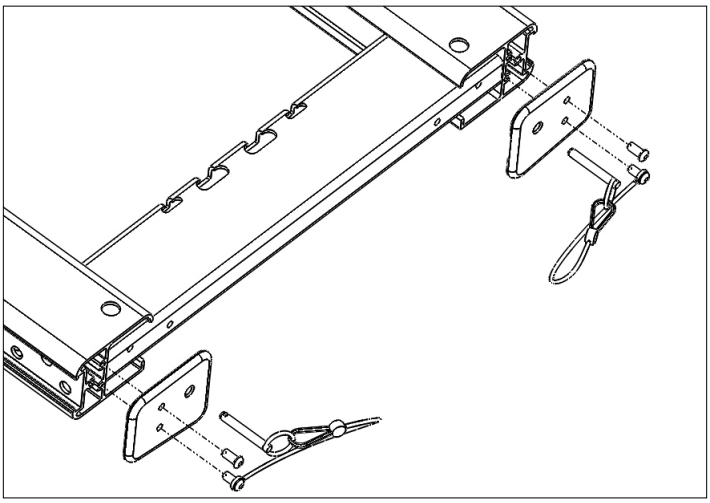
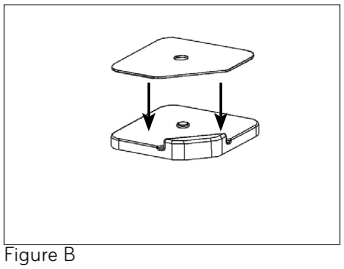


Figure A

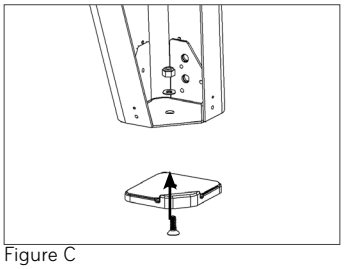
1. Attach all springs to keep the carriage stationary. Remove ropes, shoulder rests, and risers. Place the footbar (if installed) in its lowest position and check that all pins are locked so that the footbar is secure. Then, with the help of a friend, lift the Allegro from both ends and carefully turn it upside down and set it on the floor. You may want to place a pad or other floor protection beneath the Reformer.

2. Remove the 4 rubber feet from the bottom of the Reformer frame by grasping them firmly with your hand and turning counter-clockwise. You can discard the feet unless you may want to convert back to a flat Allegro configuration.

3. Before proceeding ensure the tops of the new pads from step 2 are completely dry and no more alcohol liquid remains on the part. If the pads are not dry, the pad and tape will not bond. Peel one side of tape off the sticker and install it on a pad. Align the 45 degree corner side of the tape with the stepped corner of the foot pad. The center hole will go over the raised center circle. See Figure B.


Figure B

4. Peel off the top side of the applied tape and install this pad assembly on the bottom of a cleaned leg. See Figure C.


Figure C

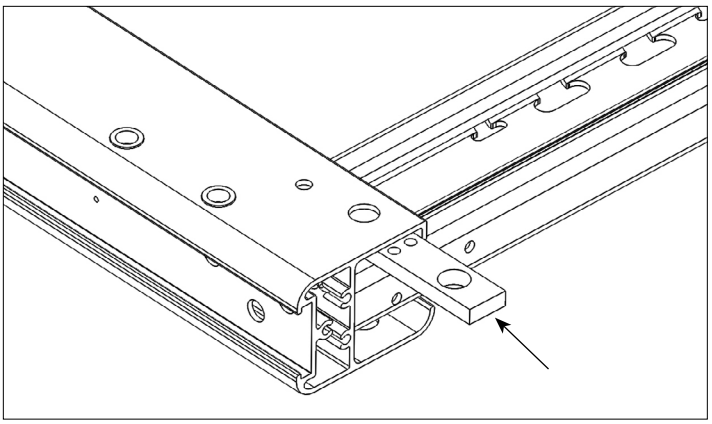
5. Use one of each: #10 screw, #10 washer, #10 nut and the provided Allen wrench, plus a socket or wrench; Align the stepped corner of the pad with the opening of the leg. The raised center will go inside the center hole in the leg. Again refer to Figure C. Tighten the screw until the end just barely sticks out the top of the nut. DO NOT OVER TIGHTEN.

6. Repeat steps 8-10 for all other legs.

7. Insert the leg nut plates shown in Figure D into the Reformer frame until the big hole lines up with the riser hole in the frame. When it does, drop your riser through the frame and the block to hold it in place. See Figure D and E.

8. Now maneuver the leg nut plate so that the holes in Figure E line up when you look down through the hole in the frame. This will be one of the screw holes you will use to attach the legs.

9. With the risers still in place to locate the leg nut plates, place two of the legs onto the frame rail at the head end of the Reformer, lining up the holes in the leg with the three holes in the frame. The left and right legs are not the same so keep looking for one that matches the hole pattern in the frame. Now start threading all six of the 5/16-18 screws into the


Figure D

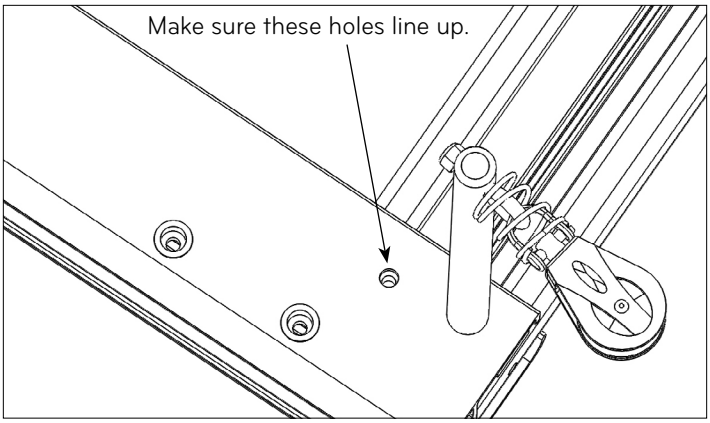
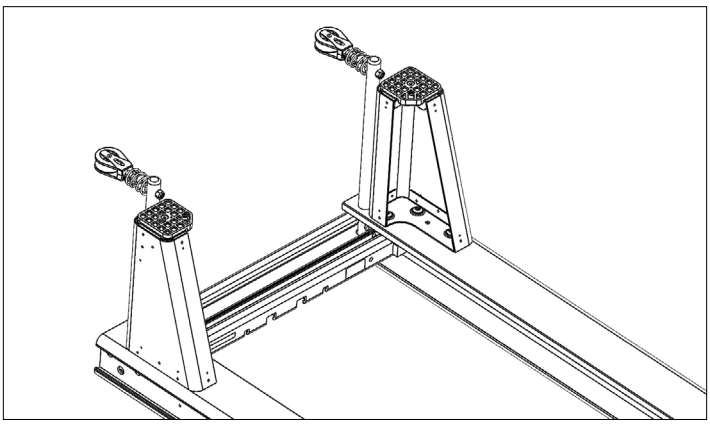


Figure E

frame to secure the legs in place. Start with the screws that go into the block that is held in place by the risers and once they are all started, tighten them. See Figure F.


Figure F

Now you can remove the risers and set them aside.

NOTE: the long end of the included 3/16" allen wrench is ball shaped to allow for more maneuverability when working in small areas. Once the screws are finger tight, use the short leg of the allen wrench to tighten the screws.

1. Install the legs onto the foot end of the frame in the same way with the 6 screws. No leg nut plates are required at the foot end.

2. Using a 7/16" wrench and the included allen wrench, install the transport wheel brackets with the 1/4-20 screws and nuts as shown in Figure G. Make sure the brackets are oriented as shown. Typically these are installed at the foot end of the Reformer as shown in Figure G.

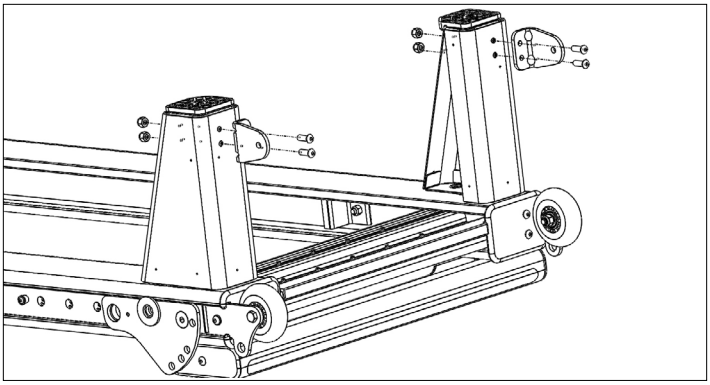


Figure G (Footbar not shown)

NOTE: The transport wheels can also be installed at the head end which allows you to move the Reformer with Tower more easily. Just make sure the carriage is rolled to the head end of the Reformer before lifting the foot end of the machine in this configuration.

3. Using two 1/2" or adjustable wrenches, remove the transport wheels from their current location and install them onto the brackets you just installed. Leave the old transport wheel brackets in place, as that is where a footstrap can be attached. See Figure H.

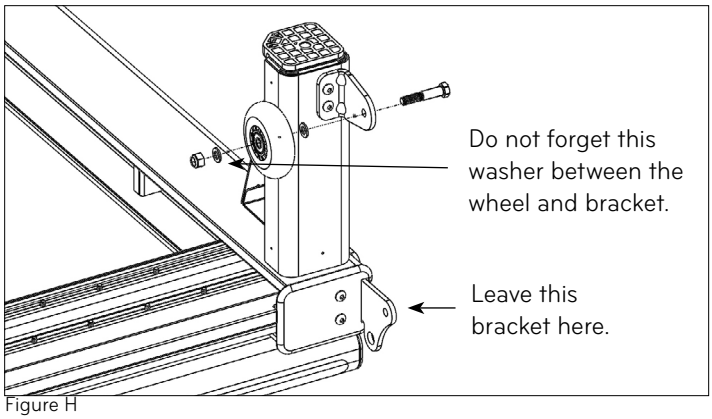


Figure H

NOTE: It is critical that the washers and wheel get installed in the same order and orientation as they were on the original brackets. Do one wheel at a time and if the wheel does not spin freely after you are done, double check against the other wheel to make sure everything is in the right order.

4. Re-install the head end rail cover plates on the same side you removed them from.

NOTE: If you will be installing a Tower System next, leave the head end rail cover plates off.

5. Your legs are installed and you may now carefully lift and turn your Allegro Reformer back over onto the legs. Re-install your shoulder rests, risers, and ropes.

How to Install and Use the Standing Platform Pad

Your Allegro Reformer comes with a standing platform pad. Place the pad directly on top of the standing platform to use. This pad will make the standing platform height the same as your carriage pad. See Figure A.

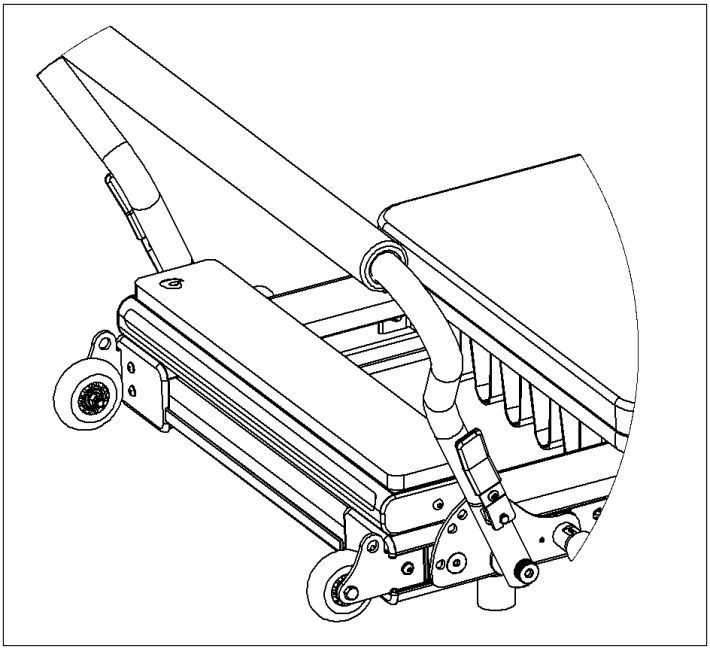


Figure A

Assembling the Allegro® Tower of Power™

Prior to assembly, check the parts and components received against the following list. If you are missing any parts, contact the Balanced Body customer service department at 1-800-PILATES (1-800-745-2837) in the U.S. and Canada, or +1-916-388-2838 (international).

PREPARE YOUR ALLEGRO REFORMER

If you have purchased an Allegro 14" leg set, we strongly recommend installing the legs before installing the Tower.

Remove all ropes and risers from the Allegro. If your Allegro was purchased before February 1, 2004, remove the labels and backing on the sides. You can order a new label free of charge by calling 1-800-PILATES (1-800-745-2837 in the U.S. and Canada, or +1-916-388-2838 (international).

PARTS LIST

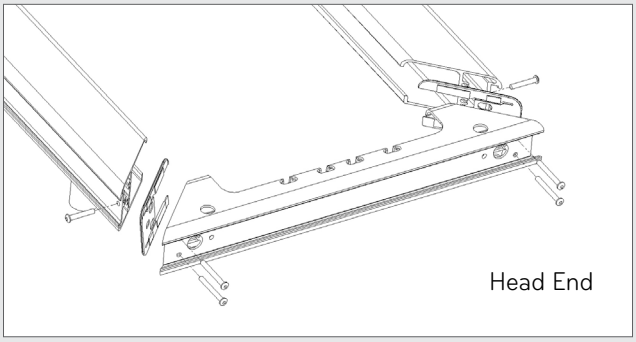
Description	Part Number	Qty
Tower	618-024	1
Push-through bar (PTB)	TRP0047	1
T-pin	GEN9892	2
Tower Bracket, Right	950-234	1
Tower Bracket, Left	950-235	1
Adjustable pulley and knob assembly	950-131	2
5/32" Allen key, long	212-001	1
Blue trap spring	SPR9004	2
Yellow trap spring	SPR9002	2
Long spring, purple	SPR9461	2
Long spring, yellow	SPR9006	2
Roll down bar	710-010	1
Single cotton loops	101-005	1 pair
Safety strap with carabiner	210-023	1
Tower lower spring mounts	950-236	1



IMPORTANT: READ FIRST

NOTE: If you have an original version of the Allegro with the angled corner joints (Serial Number less than 36396), follow these instructions.

a. Using the provided 5/32" Allen wrench, loosen and remove the six screws (one on each side of the Reformer and 4 on the head end) that hold the head end of the frame on. If you have legs installed you will have to remove the leg bolts that attach to the head end of the frame. Take note of how the plastic shims between the frame members are oriented and how they fit.



b. Install the Tower brackets as described in step number 3 below. Do not tighten the bracket screws.

c. Re-install the head end of your Reformer frame with the plastic shims and screws removed in step a. The two shorter bolts go in the sides of the frame and the 4 longer ones go in from the head end. Get all 6 screws started, then tighten the screws until they are snug; do not over tighten them. If you have legs, reinstall those bolts also.

d. Position the Tower brackets so they line up with the edge of the frame screws on the side of the frame. Then tighten the Tower bracket screws as described in step 4.

e. Follow the instructions from step 6 until the end.

1. Using the provided 5/32" allen wrench, remove the plastic rail caps and locking pins at the head end of the Allegro frame. They will need to go back on the same side, so keep track of which one goes where and keep the screws with them. See Figure A.

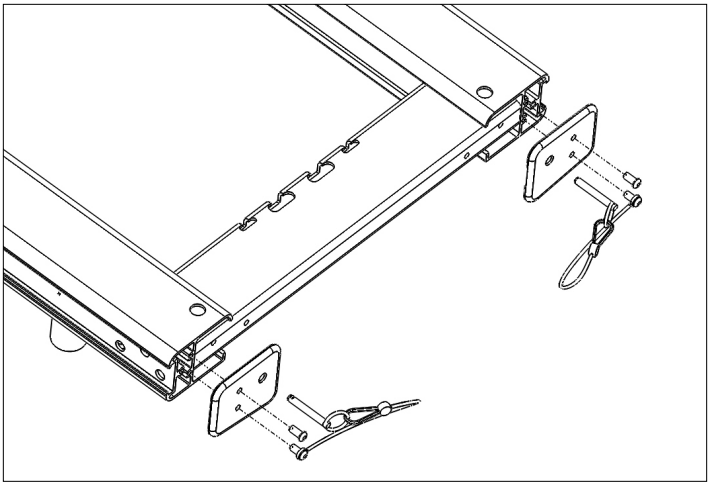


Figure A

2. Installing the Tower Mount Brackets:

   a. With the provided 5/32" allen wrench, loosen the 6 screws on each bracket 1-2 turns. Do not remove them, you just want some free play between the plates. See Figure B..

   b. Make sure the brackets are oriented as in Figure B (use the large grey knobs and screws as reference) and slide them into the C-channel of the frame.

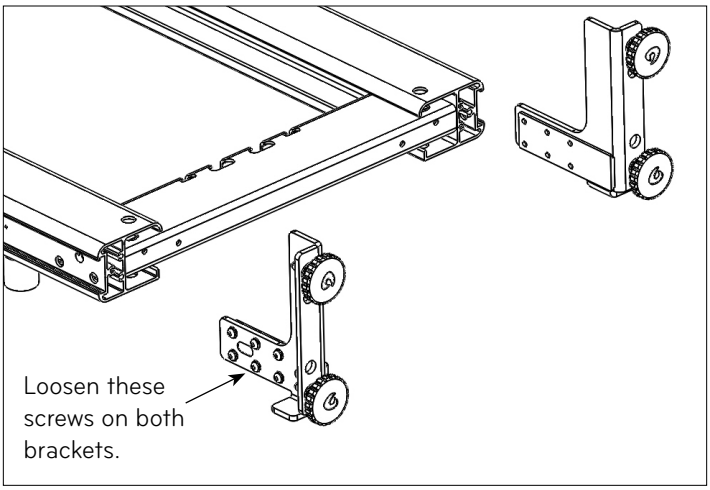


Figure B

3. Re-install the plastic rail end caps on the same side you removed them from. The lanyard and locking pins are no longer needed so they can be set aside with the risers. See Figure C.

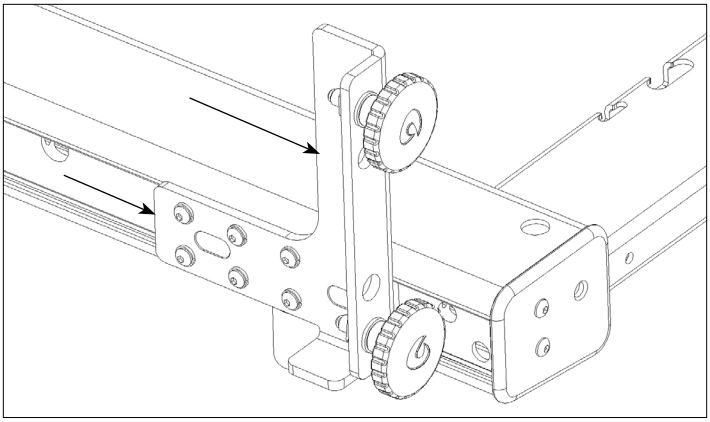


Figure C

4. Make sure both brackets are slid all the way up against the plastic rail caps. Using the provided 5/32" allen wrench, tighten the 6 screws on both Tower brackets. See Figures C and D.

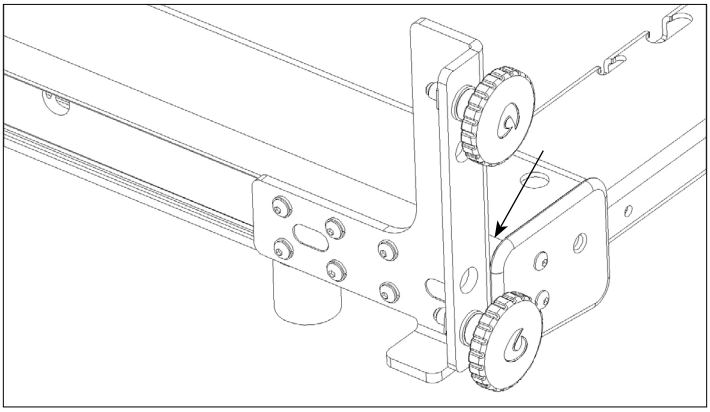


Figure D

5. Install the Tower frame onto the brackets.

   a. Orient the Tower frame so that the large threaded holes at the bottom face away from the carriage.

   b. Lift the Tower frame over the brackets and lower it around them so it rests on the ledge at the bottom of the brackets. See Figure E.

   c. Slide the frame toward the bracket until it is flush.

   d. With one arm or an assistant holding the Tower frame upright and in position, start threading the 4 large knobs into the Tower frame. You may have to push on the frame to get it into position with the knob, and if one is giving you trouble, just move onto the others and come back to it.

      IMPORTANT NOTE: Get all four knobs started 3-4 turns into the Tower frame before tightening any of them. It is also critical that the Tower is parallel and flush against the bracket with the knobs. You may have to push/pull/ twist the leg of the Tower to make it line up.

   e. Once all four knobs are started tighten them one by one.

6. Install the adjustable pulleys by assembling the components as shown in Figure F with the pulley on the inside of the frame. Tighten the knob when the eyebolt is horizontal as shown in Figure F. Repeat on the other side.

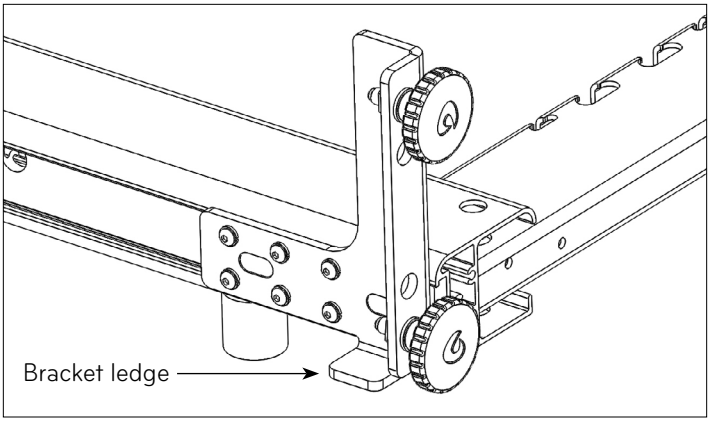


Figure E

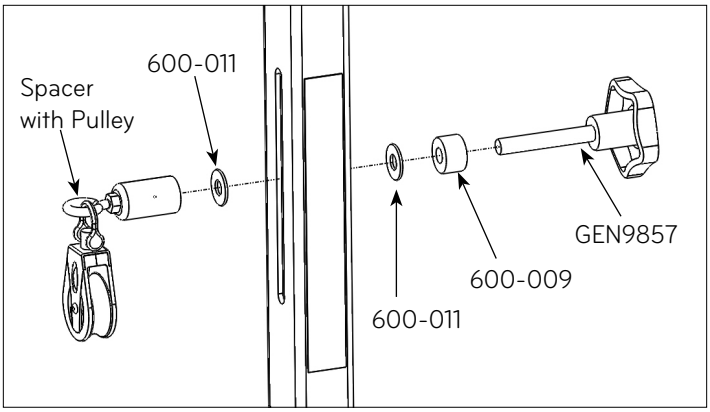


Figure F

7. Install the lower spring mounts in the head end of the frame with the long screw and the 5/32" allen wrench. Tighten the screw with the eyebolt oriented vertically as shown in Figure G.

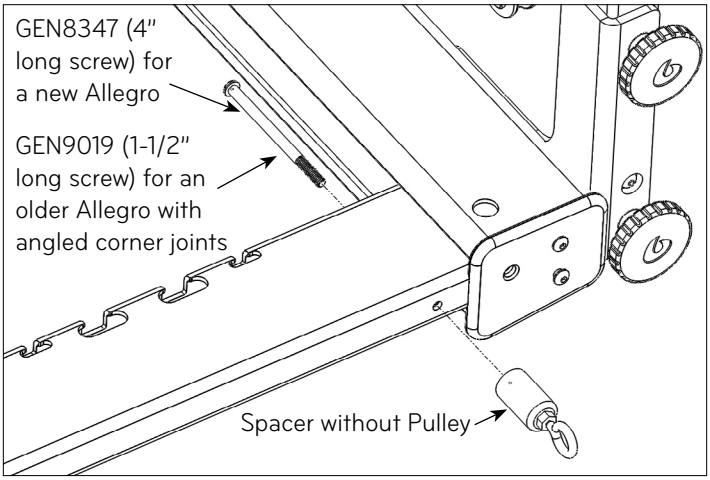


Figure G

8. Rethread your ropes through the new riser pulleys.

REPOSITION THE T-PIN

For shipping purposes, the Tower is packaged with the T-pins installed on the inside of the Tower frame. See Figure H.

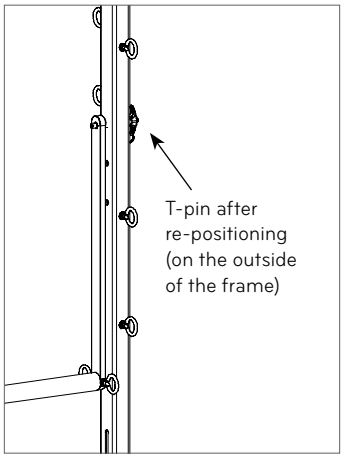


Figure H

9. The T-pin should be installed on the outside of the Tower frame for use. To remove the T-pin, push the button on the handle of the pin while holding the push through bar (PTB) securely. Pull the pin free of the PTB and Tower frame. Reinsert the pin from the outside of the Tower frame. See Figure H.

INSTALLING MAT CONVERSION

10. Disconnect all carriage springs

11. Move the carriage to the head end of the frame and clear the ropes out of the way.

12. Place the mat in the open space between the standing platform and the carriage.

13. Remove the shoulder rests from the carriage (optional).

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

Note: Always use the safety strap for bottom-sprung exercises.


Figure I

Use only with qualified instructor supervision. The PTB safety strap is used only for bottom-sprung 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 at the top of the Tower frame to secure the PTB upright when not in use.

MOVING AND STANDING AN ALLEGRO WITH TOWER

Note: Always exercise caution when moving, lifting, or storing an Allegro or an Allegro with Tower. Use proper lifting technique to avoid injury.

TO MOVE:

To move a Reformer with Tower a short distance you may be able to lift the head end and roll it on the transport wheels as if you did not have a Tower. Be aware that you will be lifting the Tower and Reformer so it will be heavier than the Reformer by itself. The Tower will also be rising quite high so you will have to be careful if you do not have high ceilings.

If moving the Reformer and Tower is not possible, remove the Tower, then move the Reformer.

1. Pull the ropes back through the pulleys on the riser.

2. Loosen the four gray Tower knobs and remove the Tower from the Reformer frame. If this is too heavy, the springs and push thru bar can be removed first. If you do not remove the push thru bar or roll down bar, be aware that they can swing freely.

3. Now with the carriage held in the home position by at least 2 springs, lift the head end of the Reformer to roll.

Note: If you have the extended legs installed and have the transport wheels at the head end, you can leave the Tower installed and lift the foot end of the machine to roll it around. Make sure the carriage is at the head end of the frame before lifting. You will take up more room as you move around in this configuration but for some circumstances this is acceptable.

TO STAND:

4. Remove the Tower frame as explained in the "To Move" section. **The Tower must be removed before standing.**

5. It is absolutely critical that the Allegro footbar be set and locked in the correct position for standing storage. Move and lock the footbar into the position closest to the foot-end of the Reformer frame. Raise the footbar to its highest position. Lift the head-end of the Allegro frame to waist height. Then raise the frame to vertical. Use your foot to steady the wheeled end of the frame as you lift to vertical. The vertical Allegro will come to rest on the footbar and the transport wheels.

Note: It is absolutely critical that the Allegro footbar be set and locked in the correct position for standing storage.

How to install your Allegro® Wall Security Strap

The Allegro Wall Security Strap is designed to mount on walls with standard wood framing. If you have a different type of wall construction (brick, concrete, etc.), it may require a different fastener. Check with your local hardware store or contractor.

Parts List (included)

» 1 adjustable belt strap

» 1 3-1/2" eye-bolt

Tools Needed (not included)

» Drill with 1/8" bit

» Phillips or flathead screwdriver

INSTALL THE EYE-BOLT

1. Find a stud in the wall where you would like to stand your Allegro. Make sure you have ample space on both sides of the stud as well as above for the Allegro. Using a 1/8" drill bit, pre-drill a hole into the stud. The hole should be positioned 5' to 5 1/2' above the floor. Secure the eye-bolt into the pre-drilled hole with the screwdriver until the shaft of the eyebolt is completely within the wall.

USING THE WALL SECURITY STRAP

2. Follow your Allegro or Allegro Tower instructions for proper standing procedure.
3. Move the Allegro near the wall with the footbar pointed away from the wall (perpendicular to the wall).
4. Wrap the strap ends around one rail and connect the ends like a belt, using the adjustable clip.
5. Adjust the strap to remove any slack.



NOTE: Do not try to wrap the strap ends around the entire frame - it will not fit.

IMPORTANT: Balanced Body is not responsible for any damage or injury caused by improper wall mount installation, or the use of incorrect or improper wall mounting equipment.

If you have any questions, please call Balanced Body at 1-800-PILATES (1-800-745-2837) in the U.S. and Canada, or +1-916-388-2838 (international).

How to Assemble the Allegro® Stretch Reformer

PARTS LIST

Part number	Description	Qty
950-002	Complete footbar	1
950-020	Pivot bolts and washers	1 kit
950-228	Shoulder rest with brackets	1 pair
616-400	Locking shoulder post	2
GEN8000	Twist lock plunger knobs	2
210-057	Soft Touch Ropes, Stretch	1 pair
210-064	Double loops (Soft Touch)	1 pair
950-225	Allegro riser with pulley	2
GEN9050	5/16" Allen wrench	1
ALL0060	Allegro wrench	1
SPR9082	Red Stretch Spring	3
SPR9080	Blue Stretch Spring	1
SPR9076	Yellow Stretch Spring	1
621-008	Oversized Standing Platform	1
UPH7040	Foam Pad - Standing Platform	1
UPH7041	Foam Pad - Oversized Standing Platform	1

IMPORTANT PRECAUTIONS:
PLEASE READ WARNING

To reduce the risk of serious injury, read the following important precautions before using the Allegro.

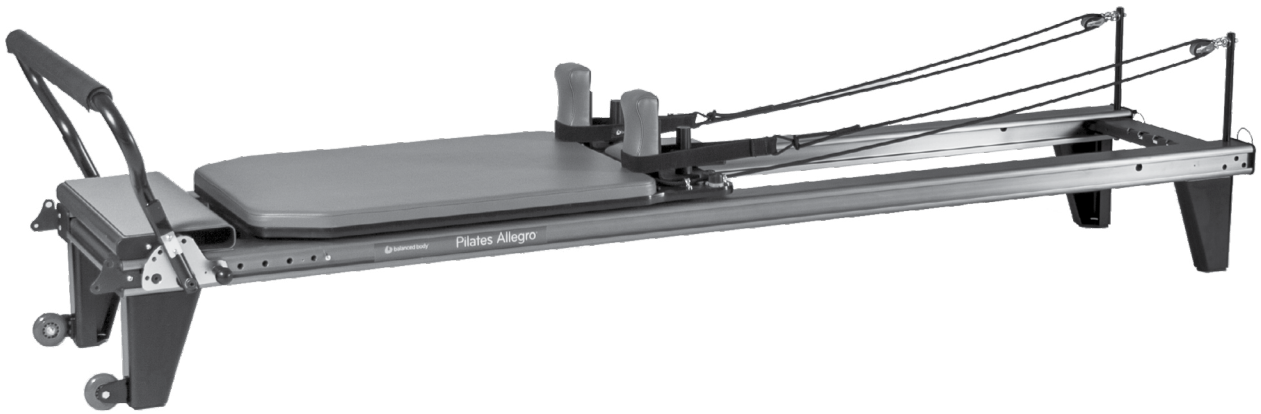
» Read all instructions in this manual before using the Allegro. Review the Setup and Safety video included with the Allegro before using the equipment. Use the Allegro only as described in these instructions and the video.

» It is the responsibility of the owner to ensure that all users of the Allegro are adequately informed of all precautions.

» Use the Allegro only on a level surface. Keep hands and feet away from all moving parts. When the Allegro is not in use, leave at least two springs connected to the carriage. Keep children under the age of 12 and pets away from the Allegro at all times.

» If you feel pain, dizziness, or shortness of breath, stop exercising immediately.

» Before beginning any exercise program, consult your physician.



INSTALL THE SHOULDER RESTS

The stretch reformer comes with eight different positions of shoulder rests. Shoulder rests can be adjusted based on narrow or broad shoulders. The left and right shoulder rests can be swapped to achieve these configurations.

1. Note the two protruding studs on the bottom of the shoulder rests. Lower the shoulder rest studs into the keyholes and slide away from the carriage pad. See Figure A.

   Note: One position is wider, and more comfortable for broad shoulders. Swap the left and right shoulder rests to change between standard and wide configurations.

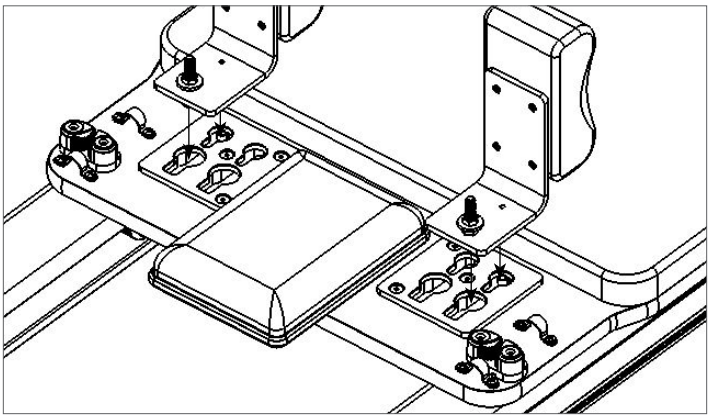


Figure A

2. Now screw the locking shoulder posts onto the exposed bolt on each shoulder rest. See Figure B.

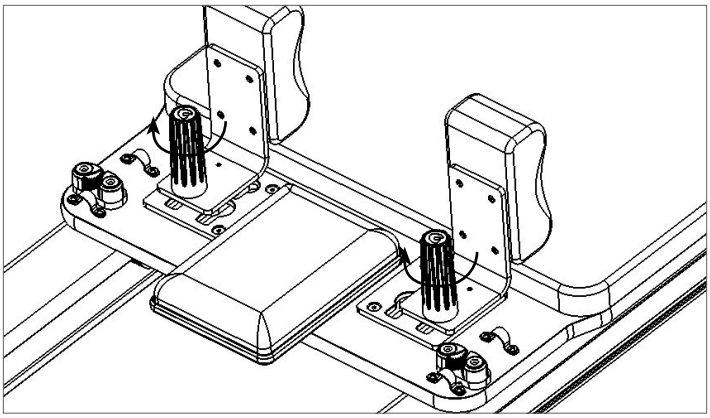


Figure B

Using the Locking Shoulder Posts:
Turn the posts clockwise to tighten them and lock the shoulder rests into position. Over tightening the posts will make them difficult to remove, they should be snug but not too tight. To remove the shoulder rests, turn the post counter clockwise 1-2 turns and gently slide the shoulder rests toward the carriage.

Figure C shows the storage position for the shoulder rests. Note the key hole slots at the head end of the Allegro frame.

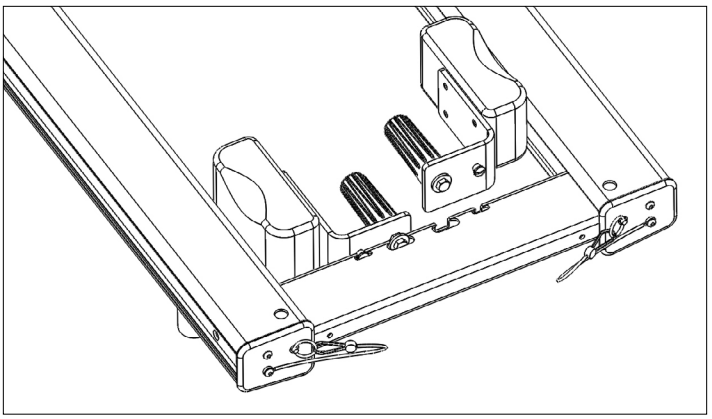


Figure C

INSTALL THE BLACK PLUNGER KNOBS

3. Look through the large threaded hole in the trunnion and line it up with one of the holes in the frame. Screw the plunger knob into the large hole until it is completely threaded in.See Figure D.

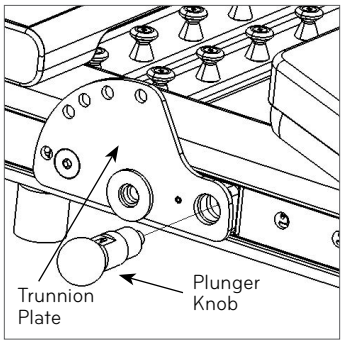


Figure D

4. Repeat on other side. Tighten both plunger knobs securely with the included open end wrench.

   To move the trunnions, pull the ball of the plunger knobs away from the frame and turn 90° to lock out. To re-engage the plunger turn the knob until it snaps into one of the holes in the side of frame.

Note: Make sure both trunnion plates are locked in the same horizontal position before moving on.

INSTALL THE FOOTBAR

5. Pick up the footbar so the seam of the footbar cover is away from the carriage pad.

6. While squeezing the footbar plunger levers, guide the footbar over the outsides of the trunnion plates. Align each footbar pin with the top hole in the trunnion plate. While continuing to support the footbar, release the footbar plunger levers to engage the trunnion plate. Be sure the pins on both sides are engaged. See Figure E.

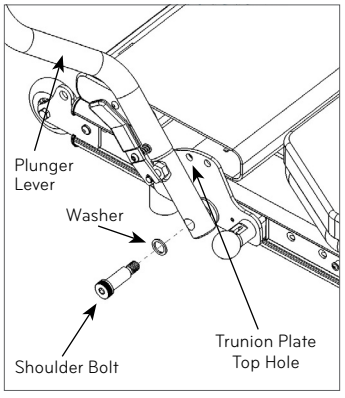


Figure E

7. Pivot the footbar slightly until the large hole at the bottom of the footbar aligns with the remaining hole in the trunnion plate.

8. Slide the shoulder bolt with one washer through the large footbar hole. Then screw the shoulder bolt into the trunnion plate as tightly as possible with the large allen wrench. Repeat on the other side. See Figure E.

INSTALL THE RISERS

9. Remove locking pins from the frame. Insert the risers through the holes on the top of the frame. Turn the risers until the attached pulleys point straight down the frame toward the footbar. See Figure F.

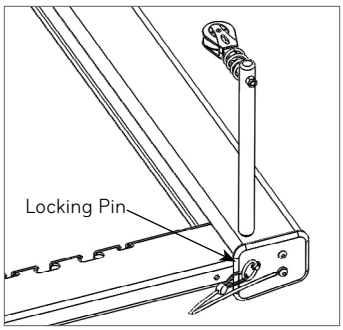


Figure F

10. Reinsert locking pins until the metal ring touches the frame. You may need to jiggle or slightly lift or rotate the riser to get the locking pins in all the way.

ATTACH THE ROPES

11. To attach the ropes, first engage at least one spring from the carriage to the frame to keep the carriage in the home position. Unroll the ropes and separate them.

12. The Allegro now comes with Soft Touch Ropes that do not have the dog-clips to attach the loops. The clip will no longer drag on or bang into the frame! Follow the images below to install your loops. See Figure G.

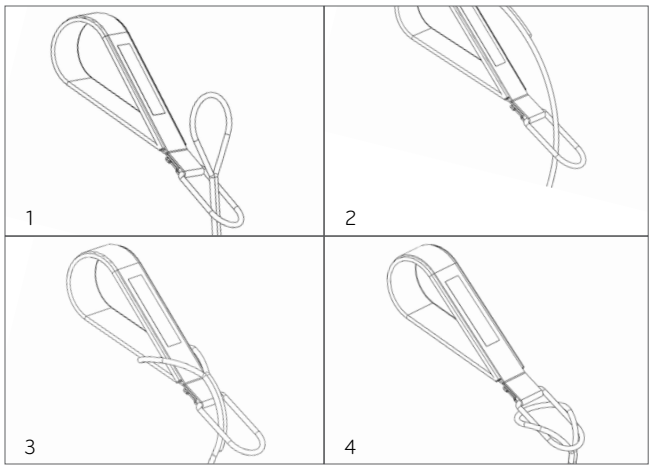


Figure G

13. Rest the loops over the shoulder rests. Thread the other end of each rope through a riser pulley and back into the cam cleats on the carriage to adjust the length. Be sure to go through the chrome eyestraps on both sides of the cam cleats. Always push the rope firmly down into the cleats to ensure a good grip.

STORING THE ALLEGRO REFORMER

Stacking

To see a demonstration of how to stack the Allegro, watch the Setup and Safety portion of the Allegro Introductory/Level 1 DVD. Attach the springs to keep the carriage from moving. Move the footbar to the "down" position. Remove the shoulder rests and store in the slots at the head of the frame. Put the head rest down. Remove the risers and store in the holes on the sides of the frame. Place the ropes and loops inside the Allegro frame not on the carriage. Alternate the orientation of the Allegros as you stack them. Place the head end feet onto the standing platform of the Allegro below, and so on. Stack a maximum of 5 reformers with no legs (3 with legs). Do not stack Reformer with Towers.

Standing

If equipped with oversize standing platform, please make sure to take it out before standing the reformer. It is absolutely critical that the Allegro footbar be set and locked in the correct position for standing storage. Move and lock the footbar into the position closest to the foot-end of the Reformer frame. Raise the footbar one down from highest position. Lift the head-end of the Allegro frame to waist height. Then raise the frame to vertical. Use your foot to steady the wheeled end of the frame as you lift to vertical. The vertical Allegro will come to rest on the footbar and the transport wheels. See Figure H.


Figure H

CLEANING & MAINTENANCE

Cleaning

Wipe the carriage pad, headrest, footbar and shoulder rests with a soft cloth and a mild, non-abrasive cleaner after each use. Keep the carriage track and wheels clean from dust and dirt. Wipe the entire track with a towel regularly. Clean the footbar trunnion track weekly. 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.

Lubrication

The foot bar trunnion C-channel can be lubricated with dry silicone spray.

MAINTENANCE

» See the included Safety First Guide.

ADDITIONAL SAFETY AND USAGE

For additional usage and safety information or to view complete equipment manual translations **(USER GUIDE #10896)**, please visit https://www.pilates.com/store/faq-safety/. For printed instructions, contact your seller.

Para obtener más información sobre el uso y la seguridad, o para ver las traducciones completas del manual **(GUIA DEL USUARIO #10896)**, visite https://www.pilates.com/store/faq-safety/. Para obtener instrucciones impresas, comuníquese con su vendedor.

Pour plus d'informations sur l'utilisation et les consignes de sécurité ou pour consulter le manuel integral disponible **(GUIDA UTENTE #10896)**, veuillez https://www.pilates.com/store/faq-safety/ . Per le istruzioni stampate contatta il tuo venditore.

Per ulteriori informazioni sull'uso e sulla sicurezza, oppure per consultare le traduzioni complete del manuale , **(MODE D'EMPLOI #10896)** visitare https://www.pilates.com/store/faq-safety/. Pour obtenir des instructions imprimées, contactez votre vendeur.

Für zusätzliche Informationen zu Gebrauch und Sicherheit oder vollständige Übersetzungen der Gebrauchsanweisung **(BE-NUTZERHANDBUCH #10896)** besuchen https://www.pilates.com/store/faq-safety/. Für gedruckte Anweisungen wenden Sie sich an Ihren Verkäufer.

WARNING: This machine is potentially dangerous, and Balanced Body Inc. assumes no liability towards use or misuse. If you are not fully aware of the safety issues and use of this machine, do not use it. Use only with qualified instructor supervision. Please refer to the Additional Usage and Safety section for more information.

ADVERTENCIA: Esta máquina es potencialmente peligrosa, y Balanced Body Inc. no asume ninguna responsabilidad por su uso o mal uso. Si no conoce completamente los asuntos relativos a la seguridad y el uso de este dispositivo, no lo utilice. Úselo solo bajo la supervisión de un instructor calificado. Consulte la sección Otros usos y seguridad para obtener más información.

AVERTISSEMENT : Cette machine est potentiellement dangereuse et Balanced Body Inc. n'assume aucune responsabilité quant à son utilisation ou sa mauvaise utilisation. Si vous ne vous êtes pas pleinement familiarisé avec les questions de sécurité et l'utilisation de cet appareil, ne l'utilisez pas. Utilisez cet appareil uniquement sous la supervision d'un instructeur qualifié. Pour plus d'informations, veuillez vous reporter à la section Utilisation et sécurité.

ATTENZIONE: questo macchinario è potenzialmente pericoloso e Balanced Body Inc. non si assume la responsabilità in caso di utilizzo o di utilizzo improprio. Se non siete ben informati sulla sicurezza e l'utilizzo di questo dispositivo, non utilizzatelo. Utilizzatelo solo sotto la supervisione di un istruttore qualificato. Per ulteriori informazioni fate riferimento all'utilizzo addizionale e alla sezione dedicata alla sicurezza.

ACHTUNG: Dieses Gerät ist potenziell gefährlich, und Balanced Body Inc. übernimmt keine Haftung für dessen Gebrauch oder Missbrauch. Wenn Sie mit den Sicherheitsrisiken und dem Gebrauch dieses Geräts nicht völlig vertraut sind, verwenden Sie es bitte nicht. Gebrauchen Sie es nur unter Aufsicht eines qualifizierten Trainers. Für zusätzliche Informationen lesen Sie bitte den Abschnitt Zusätzliche Gebrauchs- und Sicherheitshinweise.

Click here for **Balanced Body Patent Data**.

Clic aquí para obtener datos de patentes de **Balanced Body**.

Cliquez ici pour consulter les données de brevet du corps équilibré.

Fare clic qui per i dati sui brevetti di **Balanced Body**.

Klicken Sie hier für **Balanced Body Patent Data**.

Klicka här för **Balanced Body Patent Data**.

单击此处以获取平衡车身专利数据。

QUESTIONS?

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

balanced body®

Contact Us
1-800-PILATES | +1-916-388-2838
pilates.com | info@pilates.com
17291-B | 2024-03