

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

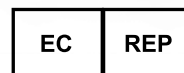
THIS IS A MEDICAL DEVICE

PARTS LIST

Description	Part Number	Qty.
Allegro 2 Reformer with carriage and ropes	N/A	1
Carbon Fiber Footbar Option*	17210	1
Standard Steel Footbar Option*	18101	1
Shoulder rest (1 pair)	12840	1
Riser**	12836	2
Soft Touch double loops (1 pair)	10046	1
Red spring	14285	3
Blue spring	14286	1
Yellow spring	14295	1
Spring collar (set of 5)	12833	1
Footbar bolt assemblies:		
Bolt	11835	2
Washer	17263	2
Square Slider	11833	2
Tools:		
Wrench	11851	1

*Footbar options are made at time of purchase

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



EMERGO EUROPE
Prinsessegracht 20
2514 AP The Hague
The Netherlands



STATEMENT OF INTENDED USE

The Allegro 2® 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 2® 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, signaler 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 2® 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 paziente.

DECLARACIÓN DE USO PREVISTO

El dispositivo Allegro 2® 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 2® 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.

REDOGÖRELSE FÖR AVSEDD ANVÄNDNING

Denna Allegro 2® Reformer är av tillverkaren avsedd för att användas av personer i syften för fysioterapi, rehabilitering, förebyggandet, behandlingen och lindringen av skador, stödjande funktionell terapi för ett funktionshinder eller för allmänt stärkande och förbättring av rörligheten i människokroppen. Sollten bei der Anwendung Verletzungen auftreten, Bericht und der zuständigen Behörde des Mitgliedstaats gemeldet, rapportera till tillverkaren och behörig myndighet i den medlemsstat där användaren och / eller patienten är etablerad

I. ASSEMBLING THE ALLEGRO 2 REFORMER

A. OPENING THE BOX:

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.

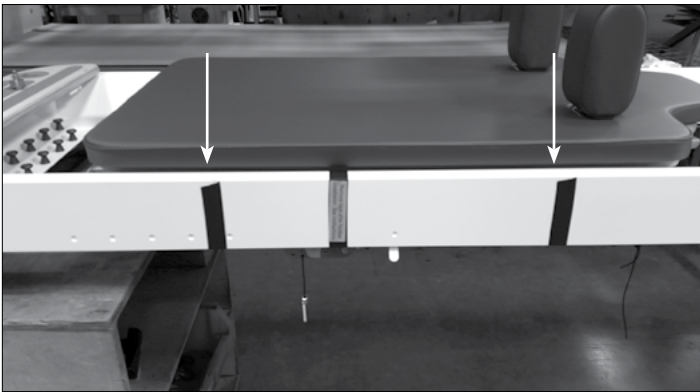


Figure A

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.**

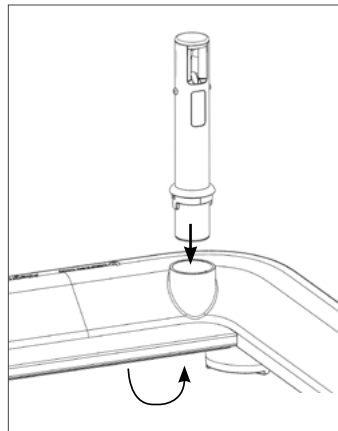


Figure B

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.

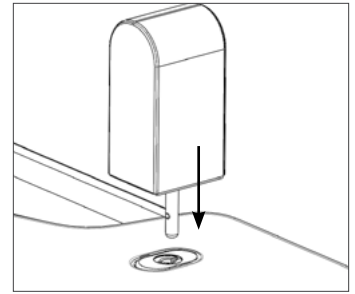


Figure C

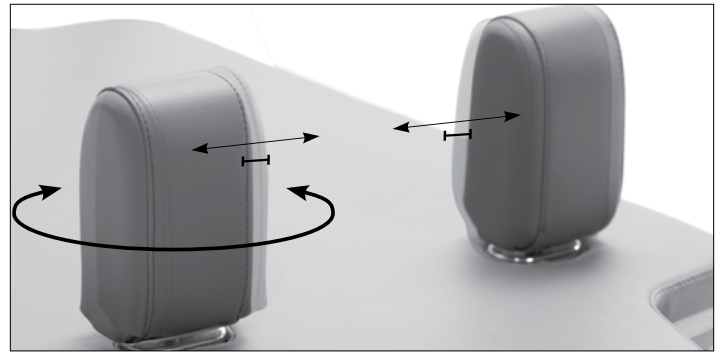


Figure Cb

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 G 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.

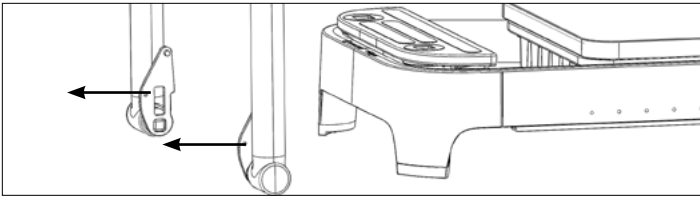


Figure D

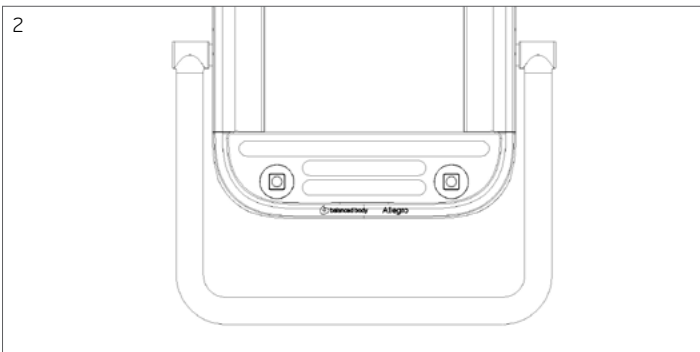
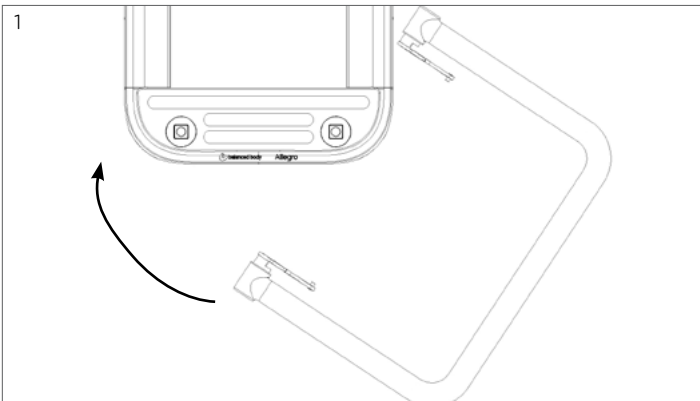


Figure E

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).

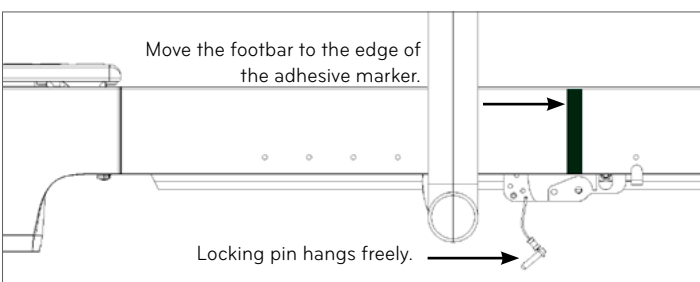


Figure F

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).

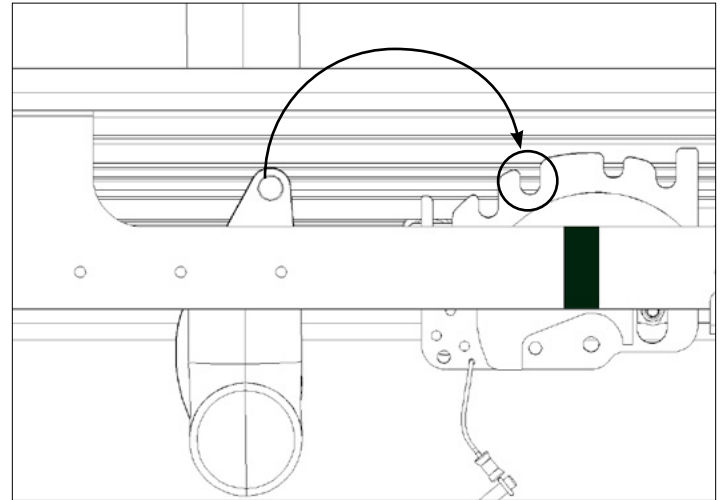


Figure G

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.

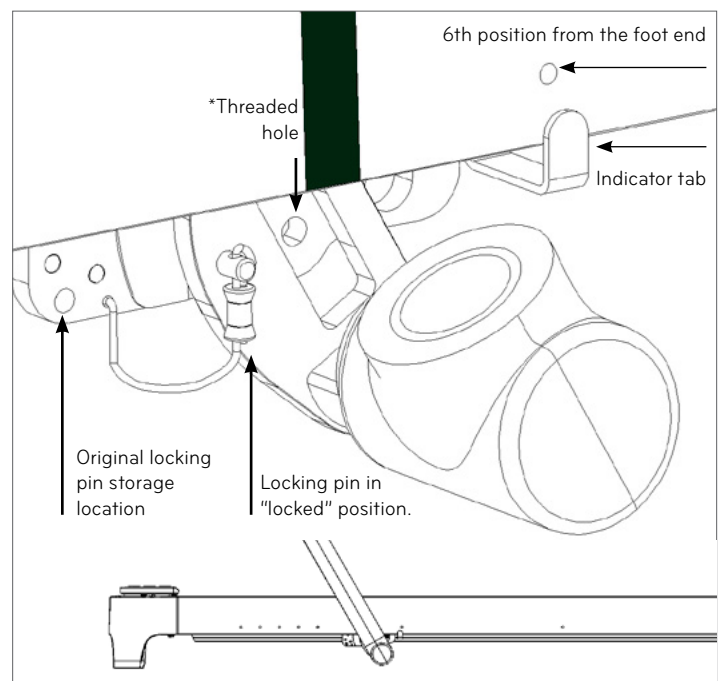


Figure H

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 footbar **without** the locking pin installed.

10. When installing the washer on the shoulder bolt, ensure the rounded edge of the washer is facing the square as shown in Figure I.

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**.

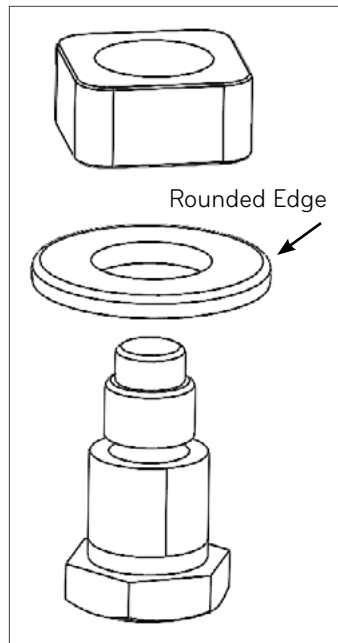


Figure I

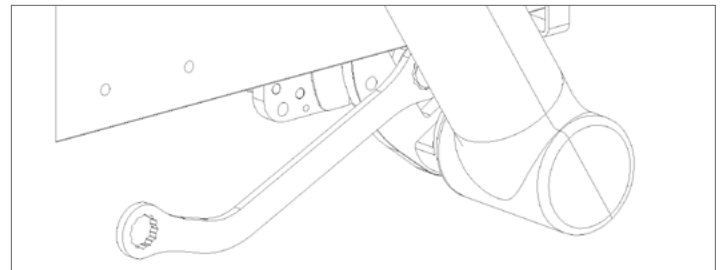
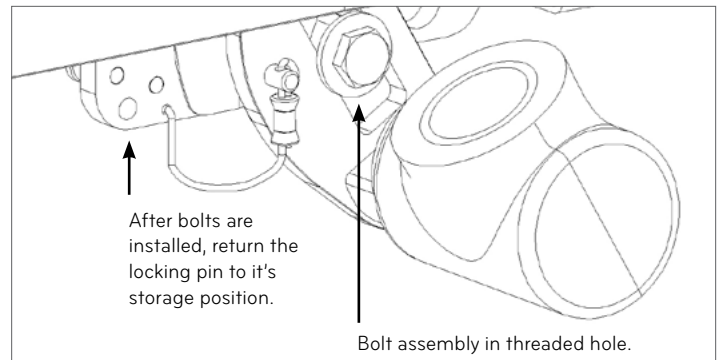


Figure J

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.

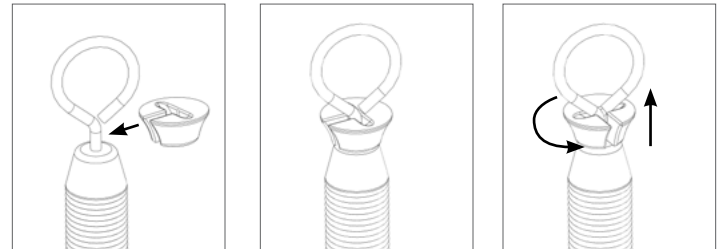


Figure K

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.

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.

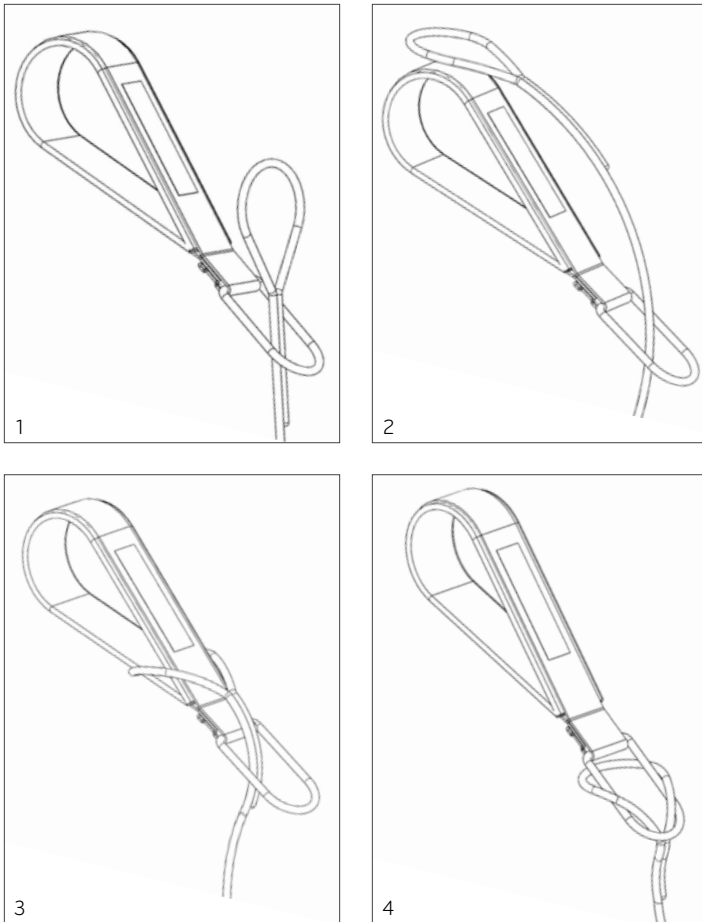


Figure L

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.

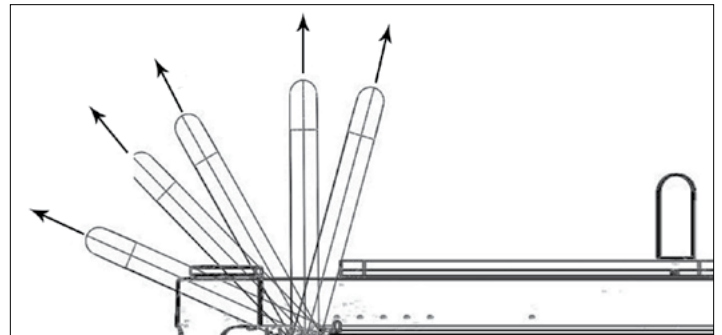


Figure M

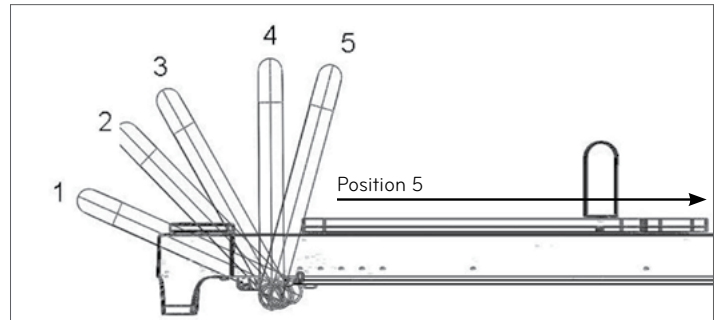


Figure N

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.

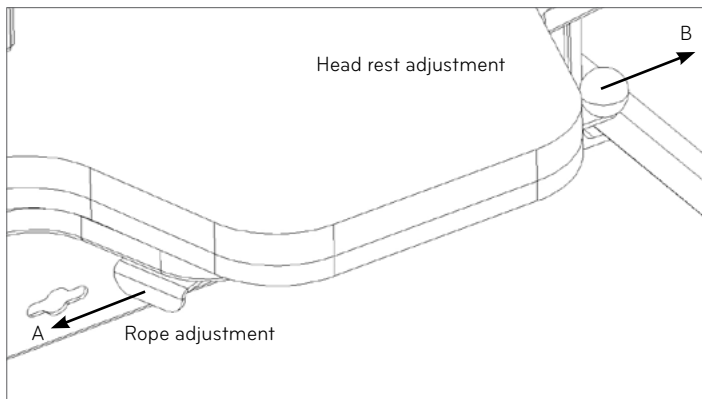


Figure O

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.**

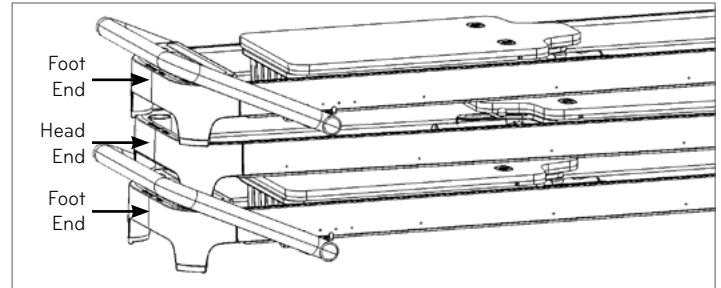


Figure P

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

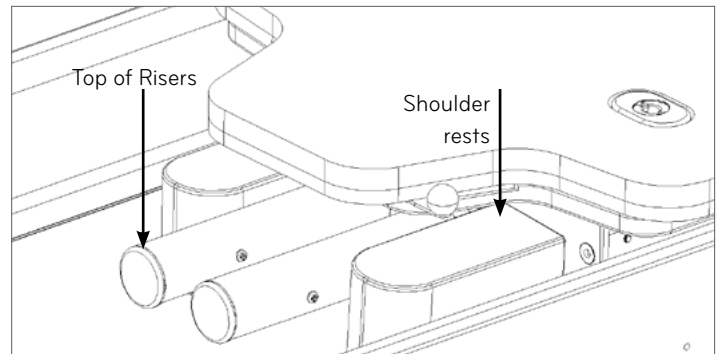


Figure Q

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.

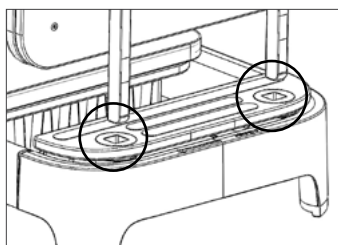


Figure B

I. 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.

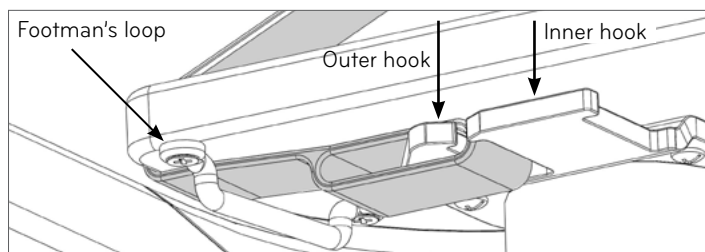


Figure C: Shown from under Standing Platform.

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.

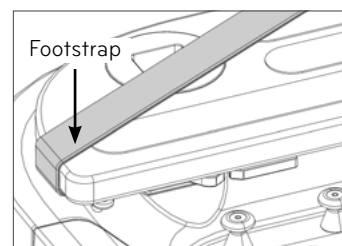


Figure D: Footstrap shown from top of standing platform.

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	14061	8
Extended Legs	11802	4
3/8 flat washers	14081	4
3/8 lock washers	14080	4
5" Bolts	14079	4
Feet for Extended Legs	11814	4
Carriage posts	11820	2
7/8" screws	14018	4
5/16" Allen wrench	14514	1
3/16" Allen wrench	13777	1
5/32" Allen wrench	13778	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, not the footbar, 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.

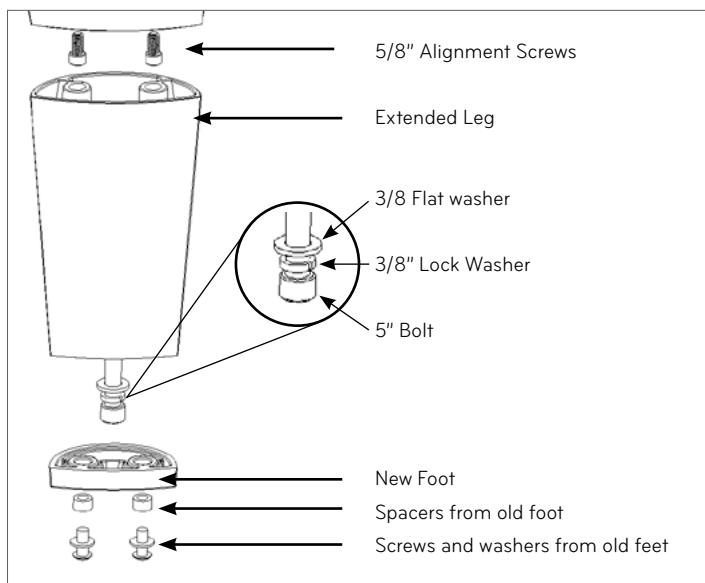


Figure E

B. INSTALL POST FOR LOOPS

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

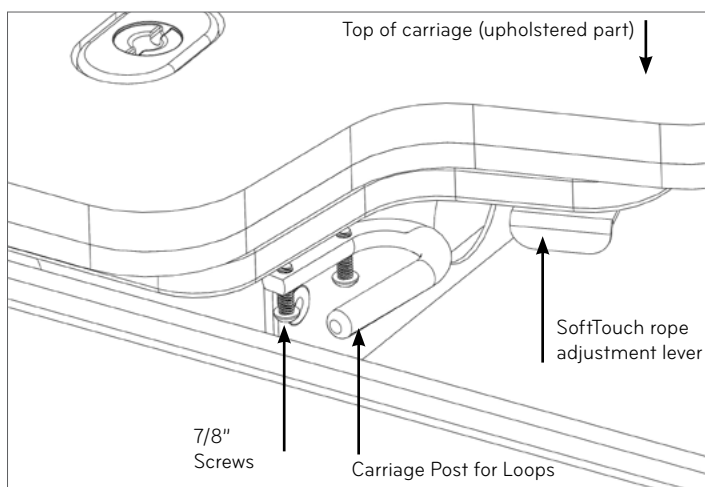


Figure F

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, not the foot bar, turn the Reformer on its side (on mat).
4. Remove the existing rubber foot using 5/32" 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.

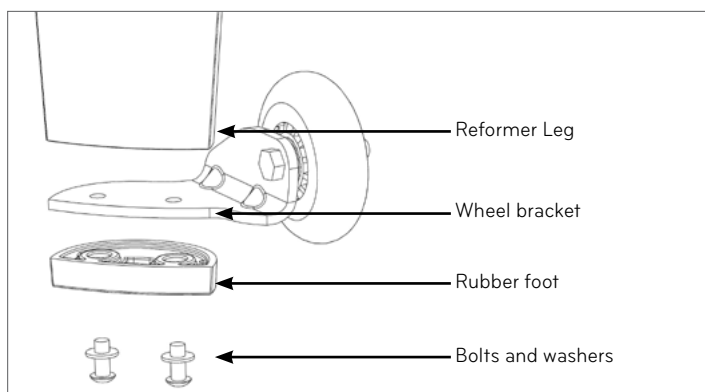


Figure G

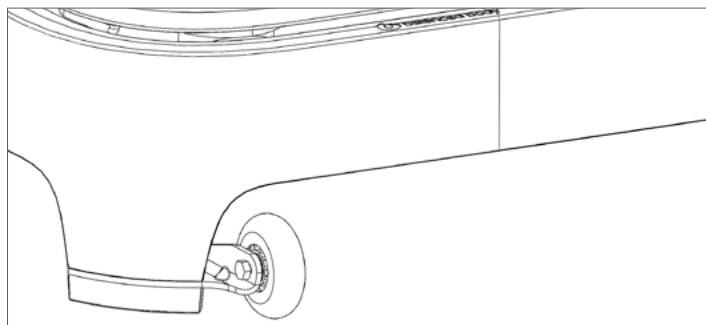


Figure H (standard wheel kit shown)

B. STANDING THE ALLEGRO 2 WITH THE WHEEL KITS

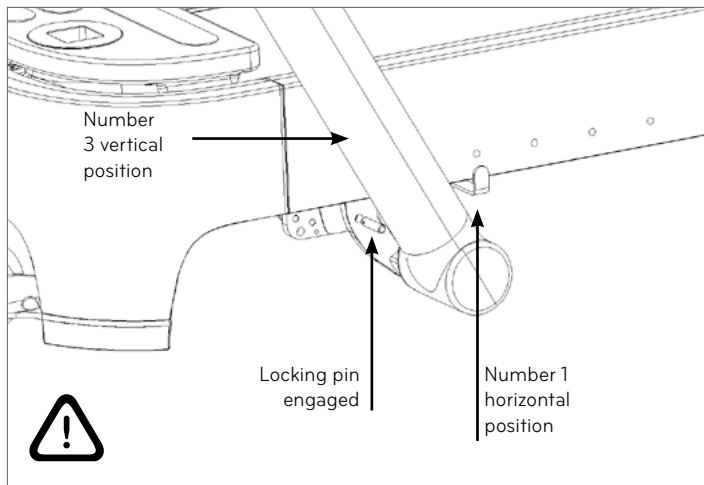


Figure I

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.

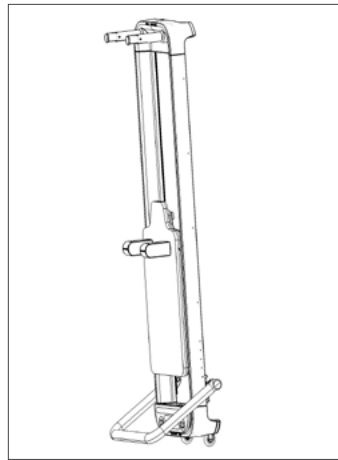


Figure J

SECURITY STRAP

For additional safety, Balanced Body offers a Vertical Storage Strap (part# 10017), 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# 12845) 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.

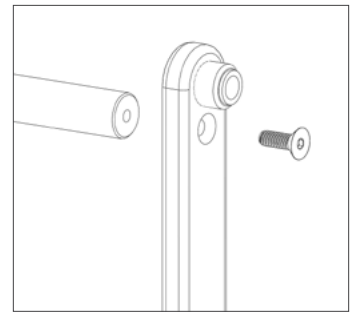


Figure K

VII. MAT CONVERSION

To install the mat (part# 12313) 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.

Installing the Tower on the Allegro® 2

PARTS LIST

Description	Part Number	Qty.
Tower frame	18362	1
Tower receiver brackets	12844	2
Lower spring mounts	12843	2
Push-through bar	11855	1
T-pins	14021	2
SoftTouch Single Loops	10045	1 pair
Roll Down Bar	12228	1
Square Bumper	18553	3

Springs:

Long Yellow Trap Spring	14279	2
Long Purple Trap Spring	14306	2
Short Yellow Trap Spring	14272	2
Short Blue Trap Spring	14275	2
Safety Strap w/ Carabiner	15447	1

TOOLS

Wrench	11851	1
--------	-------	---

» Remove the two nuts at the head-end of the frame rails with the included wrench as shown in Figure A.

» 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.

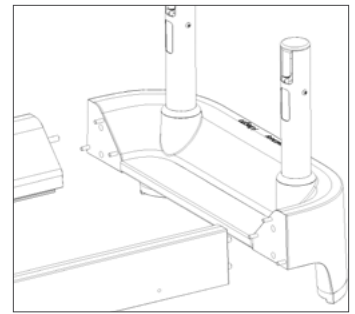


Figure B

» 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.

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.

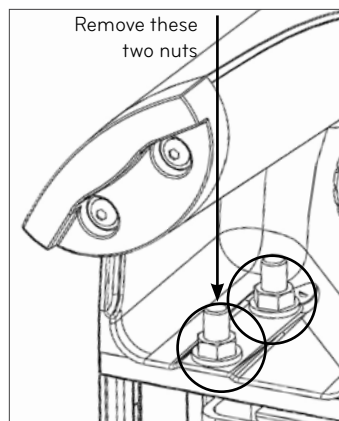


Figure A (shown from underside of Reformer)

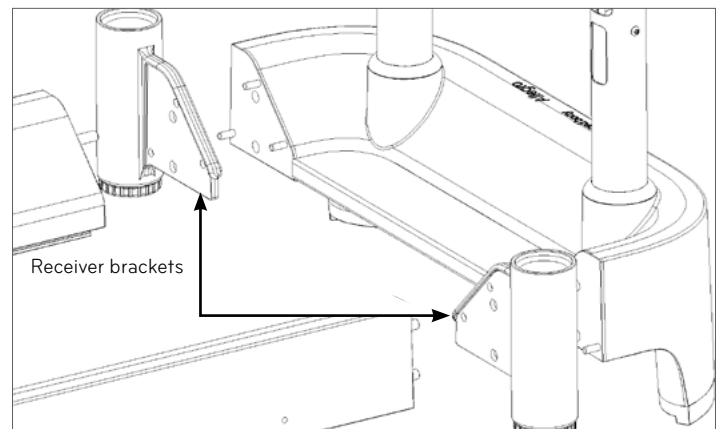


Figure C

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

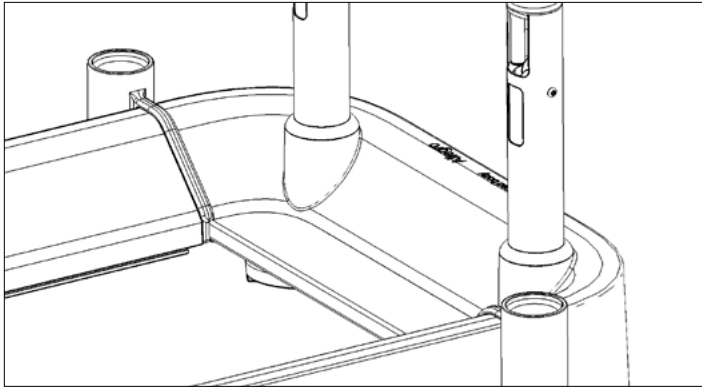


Figure D

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.

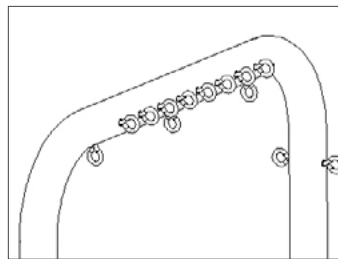


Figure E: Spring storage eyebolts face away from Reformer

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.

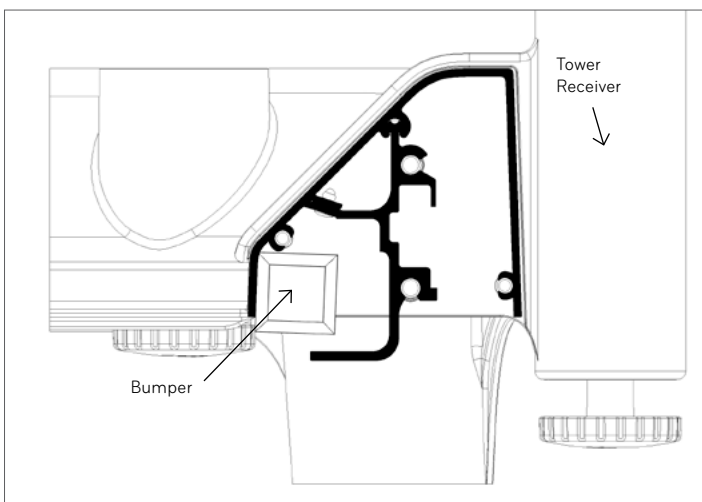


Figure F

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.

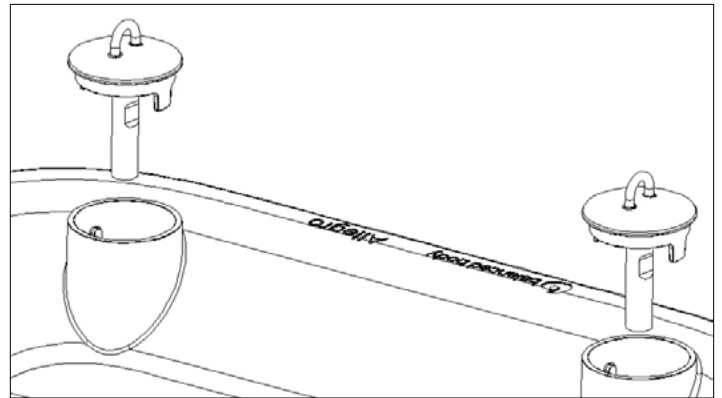


Figure G

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.

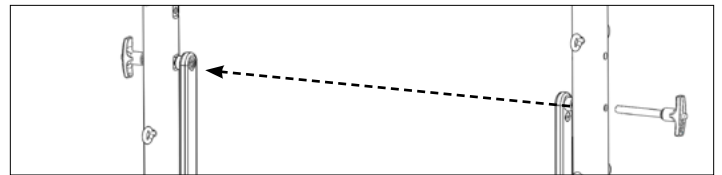


Figure H

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.

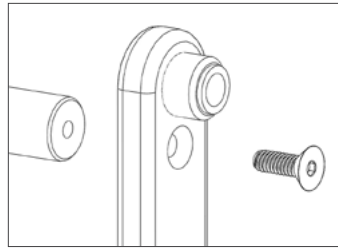


Figure I

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.

ADDITIONAL SAFETY AND USAGE

For additional usage and safety information or to view complete equipment manual translations (**USER GUIDE #10828**), 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 #10828**), 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 #10828**), 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 #10828**) 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 #10828**) 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).