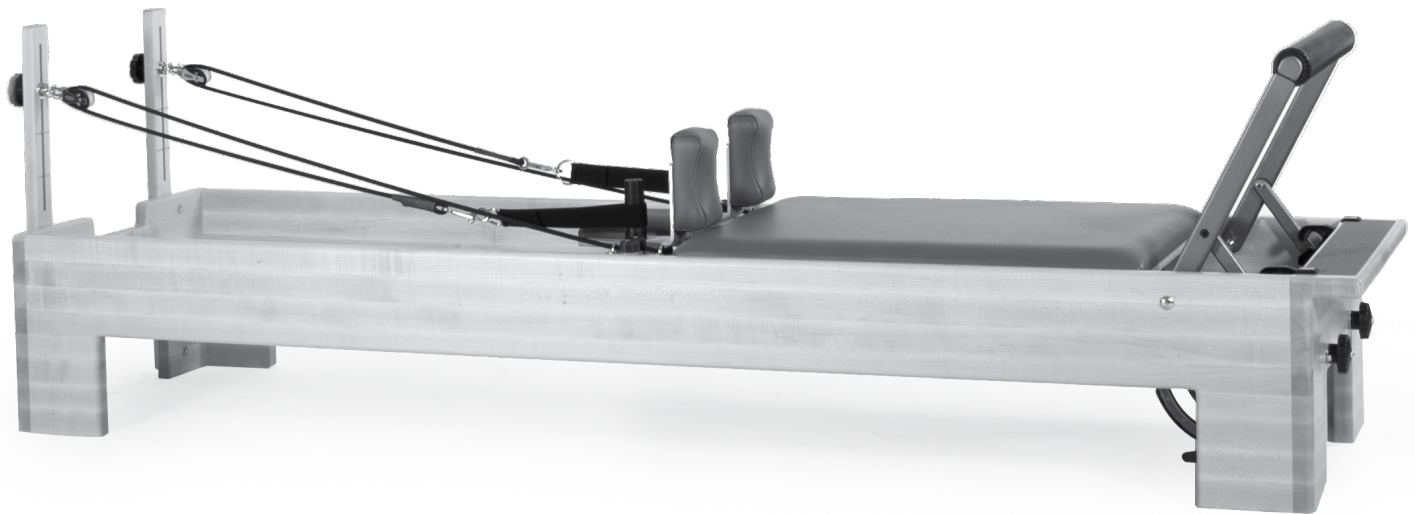
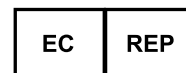


Assembling the Balanced Body® Studio Reformer®

THIS IS A MEDICAL DEVICE



Assembly video : <https://video.pilates.com/programs/how-to-unbox-a-studio-reformer>



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17293-A | 2021-09

STATEMENT OF INTENDED USE

The Studio 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 Studio 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 Studio 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 Studio 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 Studio 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 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. Skulle skada uppstå under användning, rapportera till tillverkaren och behörig myndighet i den medlemsstat där användaren och / eller patienten är etablerad.

PARTS LIST

DESCRIPTION	PART NO	QTY
Studio Reformer		
Red Springs	SPR9070	3
Blue Spring	SPR7071	1
Green Spring	SPR9293	1
Cotton Loops (pair)	101-005	1
Neoprene Handles (pair)	101-016	1
Ropes (pair)	210-026	1
Carriage Extension Stopper	200-211	1
Sitting Box	721-002	1
Wooden Risers (pair)	950-034	1
Riser Bolts	GEN7314	4
Pully Assembly (pair)	GEN9039	1
Shoulder Rest Kit TwistLock	950-251	1
TwistLock Post	616-400	2
5/32 Allen wrench	13778	1
with Classic Footbar		
Short Foot Strap	101-011	1
No-roll Springbar	950-053	1
with Revo Footbar		
Revo Foot Strap	210-030	1
with Infinity Footbar		
Revo Foot Strap	210-030	1
Complete Infinity footbar with Trunnions Attached	N/A	1
Footbar Stoppers	REF0702	2
Footbar Stopper Screws	GEN9027	2
Plunger Knob Wrench	ALL0060	1
with XSR Footbar		
Footbar Assy	-	1
Shoulder Bolt	GEN7316	2
Spacer	16889	2
Shim	GEN9203	2

INSTALL THE CARRIAGE

1. Turn the carriage over and clean both the wheels and the full length of the rail surfaces inside the frame. Carefully place the carriage into the frame with the headrest facing away from the footbar.

ATTACH THE SPRINGS TO THE UNDERSIDE OF THE CARRIAGE

2. Locate the bracket with five eye-bolts attached beneath the carriage. Hook the springs onto the eyebolts. The hook opening should be facing down. The bodies of the springs should rest on the flat, padded brace under the carriage (Fig A).



Fig A

INSTALL THE STANDARD WOODEN RISERS

3. The adjustable riser blocks come with four screws and a 5/32" Allen wrench provided in a hardware package. Install the riser blocks to the outside of the frame at the head end. The long slots in the risers go to the top with the fully rounded edges facing out as shown in Figure B. Start threading both screws by hand in one riser block before tightening.



Fig B

When both screws are engaged, tighten them with the Allen wrench. Repeat with the other riser.

ATTACH THE PULLEYS TO THE WOODEN RISERS

4. The hardware package contains two pulleys with black knobs. Unscrew the black knobs and remove. Take off one of the large washers from the exposed bolt on a pulley and install the bolt through the slot on a riser.



Fig C

- Place the washer back onto the bolt on the backside of the riser and add the black knob.
- Do this to both risers, making sure the pulleys are facing the carriage. See Figure C for proper orientation.
- Raise and lower the pulleys by loosening the black knob and sliding the pulley up or down in the slot, then tighten the black knob. Be careful to not over tighten the knob.

ATTACH THE ROPES

5. To attach the ropes, first engage at least one carriage spring to the springbar to hold the carriage in place. Unroll and separate the ropes.

- Clip a cotton loop onto the end of each rope and hang the loops on the shoulder rests. (Figure D). Thread the other end of each rope through a 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.



Fig D Optional double loop shown

Always push the rope firmly down into the cleats to ensure a good grip.

INSTALL THE SHOULDER RESTS

- Note the two protruding studs on the bottom of the shoulder rests. Lower the shoulder rest studs into the key holes and slide shoulder rests away from the carriage pad. See Figure E. 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.

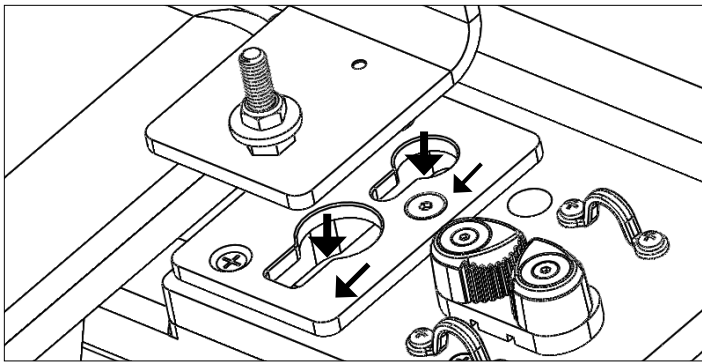


Fig E

INSTALL THE LOCKING SHOULDER POSTS

- Screw the locking shoulder posts onto the exposed bolt on each shoulder rest. Turn the posts clockwise to tighten them and lock the shoulder rests into position. See Figure F. 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 towards the carriage, then lift them up and out.

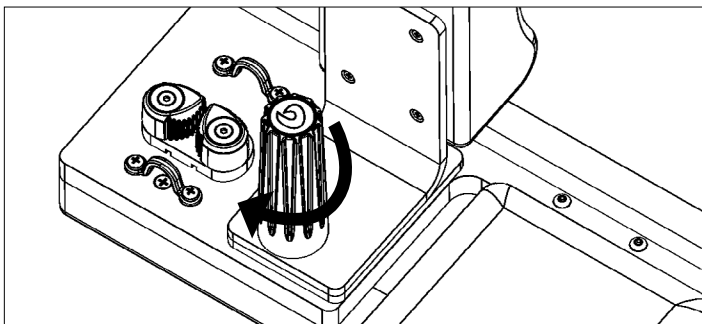


Fig F

FOOTBAR

Follow the instructions below for the footbar configuration of your Reformer.

Classic Footbar

For Reformers with a classic footbar, the springbar can be found in the sitting box with the appropriate hardware. Install it into the gears under the footbar with its hooks facing up.

Revo Footbar

There is no installation required for the Revo Footbar

Infinity Footbar

Installation can be done by one person, but it is easier and safer to have a person hold each side.

- Pull the plunger knob straight out so that the recessed cross-pin comes out of the slots. Then turn the knob so that the cross-pin rests on the bolt head. Repeat on the other side (Fig G).

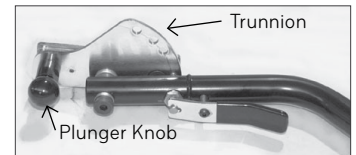


Fig G

- Slide the trunnion into the aluminum C-channels that run down both sides of the Reformer frame (Figure H).
- Twist the plunger knob until it locks into the desired position.
- Attach the black stops to the end of the channels with provided wood screws (Figure I).

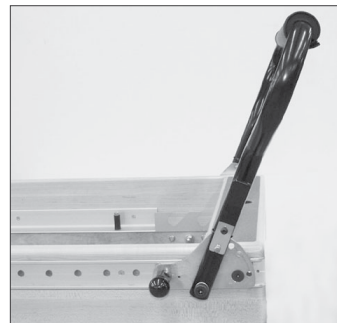


Fig H



Fig I

XSR Footbar

- Place the spacer onto the threaded insert on the trunnion plate. The plastic side of the spacer should face away from the trunnion plate. Repeat on other side.
- Press and hold the plunger levers on the footbar, to retract the pins, and place it over the frame. The seam of the cover on the footbar should face away from the carriage. Align the pins of the footbar with the same hole in the trunnion on both sides. Easiest to use the top most hole. Release the plunger levers to allow the footbar pins to lock in the trunnion.

3. Pivot the footbar slightly until the large hole at the bottom of the footbar aligns with the spacer on the trunnion plate. Slide the shoulder bolt through the large footbar hole. The shoulder bolt goes through the footbar pivot hole and the black spacer then threads into the trunnion plate. Screw the shoulder bolt into the trunnion plate by hand. Repeat on the other side. Once both shoulder bolts are tightened by hand Use the provided large Allen wrench (5/32") to tighten. See Figure J for reference.
4. Note- You may or may not need the shim. If the footbar feels too loose, add the shim as shown in Figure J.

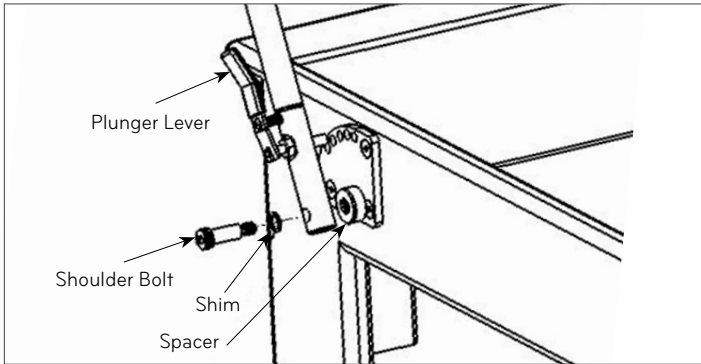


Figure J

CARRIAGE EXTENSION STOPPER

The carriage extension stopper drops into the metal frame rail to decrease the distance the carriage can travel from its resting point at the foot end. It is most commonly used for clients who have a limited range of motion or to stop the carriage from traveling too far for whatever reason may be necessary. See Figure K.



Fig K

OPTIONS

Adjustable Metal Risers

Just slide the metal risers into the receivers at the head-end of the Reformer frame and lock with the tethered pin. This Studio Reformer configuration comes with pulleys pre-installed.

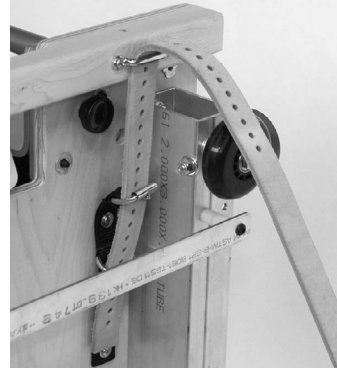
ATTACH THE STRAPS

Detach all springs from the carriage. Flip the carriage up so that the underside of the carriage is facing the head-end of the frame. If possible, have another person hold the carriage in place on the rails while adjusting the strap (NOTE: Do not try and rest the carriage on the rails by itself – it may fall over.)

Take one of the leather straps and feed the "holed" end up and around the caster at the head end of the frame, through the footman ring at the top of the carriage and, finally, through the buckle on the underside of the carriage.(NOTE: The person holding the carriage may need to lean the carriage closer to the head end of the frame for easier adjustment.)

Use the holes on the strap to adjust to the desired length and then buckle. Pull the excess strap end through the metal ring below the buckle. Repeat with the other strap. Place the carriage back into the frame.

Take the loop at the other end of the strap and put it around the headrest or the post behind the shoulder rest. Repeat the procedure on the other side with the other strap.



Strap going through the footman ring and into the buckle



Proper strap alignment on the Legacy Reformer

CLEANING AND MAINTENANCE

Cleaning

Clean all skin-contact parts after each use, including carriage, shoulder rests, head rest, and footbar. Use a solution of mild soap and water. Dry thoroughly.

BB upholstery has built-in antimicrobial/antibacterial protection. For light soiling, use a solution of 10% household liquid dish soap with warm water applied with a soft damp cloth. BB Cleaner is a great alternative to clean your machine. For heavier soiling, please call Balanced Body Technical Support. Wheel tracks and wheels should be cleaned regularly with a lightly damp cloth to ensure that the carriage rides smoothly and quietly.

Wash hand and foot straps regularly. Place in pillowcase, wash on gentle cycle, air dry.

If you have any questions on cleaning, please call Balanced Body Technical Support.

Lubrication and Adjustment

Periodically lubricate pulleys with silicone spray. Be careful of overspray. Never use "wet" lubricants like WD40 or oil.

IN CASE OF FREIGHT DAMAGE

If there is freight damage, make certain you keep all packaging material. Please call Balanced Body within 3 days.

How to install your Reformer with Tower

BEFORE BEGINNING ASSEMBLY

These instructions include a parts list. Please use this list to make sure you have all the parts necessary for installation. If you are missing a part, please contact our customer service department at 1-800-PILATES (1-800-745-2837).

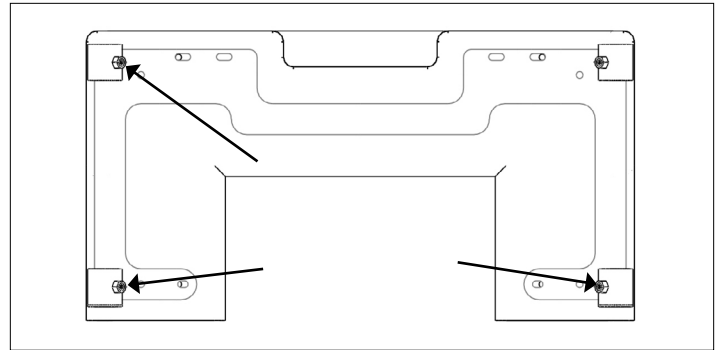
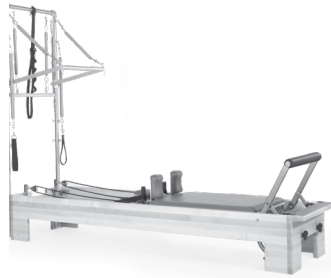


Figure A: Loosen set-screws here.

REQUIRED TOOLS

- » 3/16" Allen Wrench (Included. GEN9280)
- » 21mm x 1/2 inch wrench (Included. ALL0060)

PARTS FOR TOWER

DESCRIPTION	PART NO.	QTY
Vertical tubes with eyebolts installed	TRP0105	2
Horizontal tube with eyebolts, safety strap, and corner connectors	TRP0100	1
Push Through Bar for slider assembly	707-287	1
Yellow trap springs	SPR9002	2
Blue trap springs	SPR9004	2
Roll down bar	710-010	1
Yellow long springs	SPR9006	2
Purple long springs	SPR9461	2
Single cotton loops (pair)	101-005	1
Push Through Bar slider assembly	N/A	2
Push Through Bar slider shoulder bolt	619-202	2

2. Remove the vertical tower poles from the box and place them into the receiver bracket on the end of the Reformer. The knobs of the sliders will be facing outward as shown in Figure B.

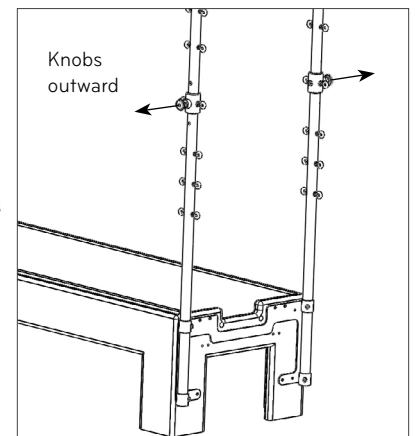


Figure B

3. Place the top horizontal tube onto the two vertical tubes which go into the corner brackets. Make sure when you place the tubes into the receiver that the loop is facing forward, towards the carriage, see Figure C.

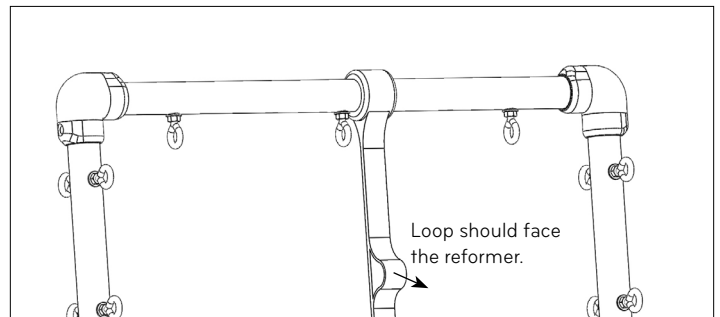


Figure C

1. Loosen the setscrews in the circular tube receivers with included Allen wrench (see Figure A).

4. Move the sliders on the tubes to the same hole on each tube. There are three positions. Make sure they are both in the same position by pulling the knobs outward and moving the slider. Otherwise, the PTB (Push Through Bar) will not be able to connect to the sliders. Install the PTB onto the sliders using the shoulder bolts. See Figure D for details. Use the wrench to tighten the shoulder bolt to the slider housing. See Figure E.

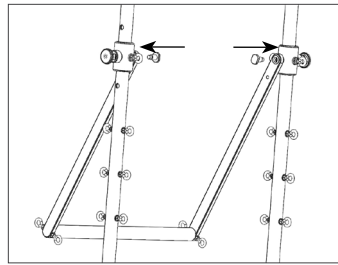


Figure D

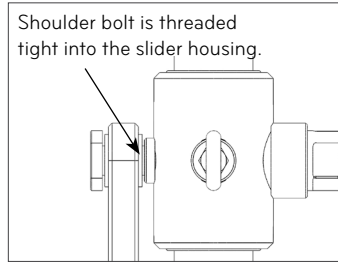


Figure E

CAUTION: Fully tighten the shoulder bolts. If not, serious injury can occur.

5. Now tighten all set screws on the bracket receivers and corner elbows. If Push Through Bar sliders do not move easily, the vertical tube set screws must be loosened and the vertical tubes rotated into alignment. Then re-tighten set screws.

HOW TO ADJUST YOUR SLIDING PUSH THROUGH BAR

Position your hands on the outside of each slider. Place your middle and/or ring fingers under the silver base of the knob; right where the black body of the knob threads into. Place your index finger and thumb around the knob itself. Pull each of the knobs outwards, away from the vertical tubes, until they stop. Using the same force on each arm, move the slider upwards or downwards to each new location. Once you near a new location slightly release the outward pull of the knobs. The pins will automatically fall into the next position when aligned.

OPTION: INSTALLING THE TWIN MATS

1. Pull pins and lower risers.
2. Detach all springs from springbar and move the carriage toward the head end of the frame.
3. Rotate the footbar support up to the padded section of the footbar and then lay the footbar down onto the frame rails. It should now be inside the frame and lower than the top of the frame.

4. Remove shoulder rests from the carriage. If the shoulder rests are not detachable, the carriage will need to be turned upside down. (See the Appendix.)

Vinyl flaps are installed inside the mat for shipping purposes. Detach, rotate, and reinstall flaps so they hang down from the edge of the mat aligned with eye bolts.

5. Place the mat with vinyl flaps at the head-end of the Reformer with flaps facing the tower. The Vinyl flaps should hang over the head-end of frame. They are designed to protect the Reformer frame when using the Push Through Bar with a bottom spring.
6. Place the remaining mat on the foot-end of the Reformer. Make sure the end of the mat with the feet further from the edge is installed over the standing platform.

APPENDIX - TURNING THE CARRIAGE UPSIDE DOWN (USE ONLY IF THE SHOULDER RESTS ARE NOT DETACHABLE).

Note: To protect upholstery, make sure Reformer rails are clean before beginning.

1. Detach the springs from springbar.
2. Carriage should be positioned at the riser end of the frame.
3. Rest loops and ropes on the floor under the Reformer.
4. Lifting the head end of the carriage, turn it upside down so the upholstery is resting on the metal rails.



ADDITIONAL SAFETY AND USAGE

For additional usage and safety information or to view complete equipment manual translations (**USER GUIDE #15458**), 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 #15458**), 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 #15458**), 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 #15458**) 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 #15458**) besuchen <https://www.pilates.com/store/faq-safety/>. Für gedruckte Anweisungen wenden Sie sich an Ihren Verkäufer.

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QUESTIONS?

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