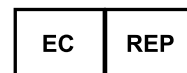


The Balanced Body® Rialto Reformer™ with Tower

THIS IS A MEDICAL DEVICE



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



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STATEMENT OF INTENDED USE

The Rialto 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 Rialto 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 Rialto 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 Rialto 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 Rialto 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.

PARTS LIST

DESCRIPTION	PART NO	QTY
Red Springs	14285	3
Blue Spring	14286	1
Green Spring	14302	1
Soft Touch Loops (pair)	10048	1
Ropes (pair)	10536	1
Carr Extension Stopper	10414	1
Sitting Box Lite	15844	1
Riser Tower	17270	1
No Roll Springbar	17969	1
Shoulder Rests Knobs	16032	2
Shoulder Rest Bracket	16021	2
Shoulder Rest Pad	15904	2
Foot Strap	16309	1
Pulley Assembly	16030	2
Footbar assembly	16592	1
Black Spacer	16028	2
Silver Washer	13720	2
Shoulder Bolt	16117	2
5/16" Allen Wrench	13629	1
5/32" Allen Wrench	13778	1

INSTALL THE CARRIAGE

1. Turn the carriage over and clean both the wheels and the full length of the rail surfaces inside the frame. With a soft dry cloth, carefully place the carriage into the frame with the headrest facing away from the standing platform end.

ATTACH THE SPRINGS TO THE UNDERSIDE OF THE CARRIAGE

2. Locate the bracket with five slotted holes beneath the carriage. Hook the springs onto the slots. The hook should be facing down. The springs should pass through the loops in the nylon strap. See Figure A.

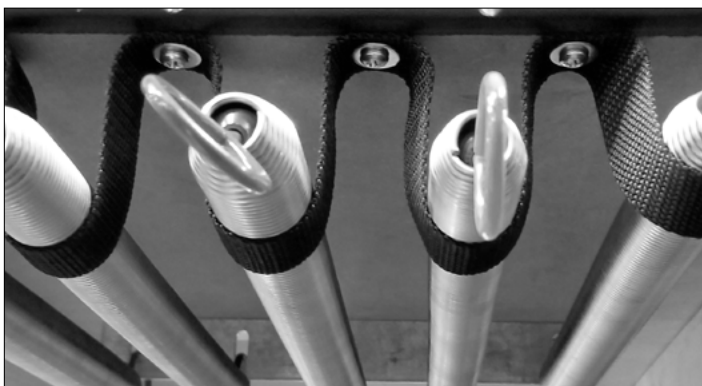


Fig A

INSTALL THE RISER TOWER

3. The riser tower comes with the pulleys preinstalled. Guide each end of the riser tower through the hole in the legs in the head end of the Reformer. The riser tower should go through the legs and stop at the predetermined height. Lock the riser tower by tightening the top set screw in each leg using the provided 5/32" allen wrench. See Figure B.

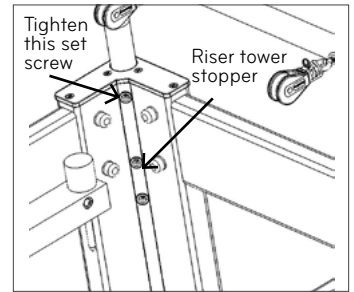


Fig B

INSTALL THE SHOULDER RESTS

4. Shoulder rests get installed with a threaded black knob. Place the shoulder rests onto the notch in the carriage head end and thread the black knob. See Figure C.

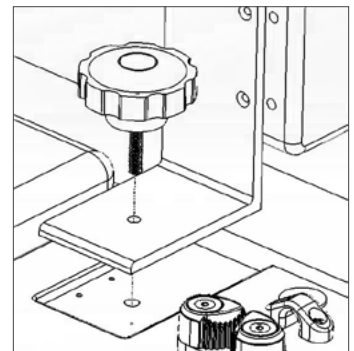


Fig C

Note: In order for the shoulder rests to be completely secure, the knob has to be tightly threaded.

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.

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. Install the loops onto the ropes as shown in Figure D. Hang the loops on the shoulder rests and 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 black eyestraps on both sides of the cam cleats, as shown in Figure E. Always push the rope firmly down into the cleats to ensure a good grip.

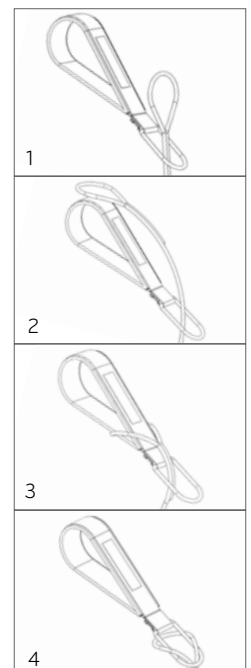


Fig D



Fig E

INSTALL THE FOOTBAR

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

6. Pick up the footbar with the seam of the footbar cover facing away from the carriage pad. While squeezing the footbar plungers levers, guide the footbar over the outside of the trunnion plates.
7. Align each footbar pin with the same hole in each trunnion plate. While still supporting the footbar, release the plunger levers to engage the trunnion plate. Be sure the pins on both sides are engaged. See Figure F for reference.
8. Pivot the footbar slightly until the large hole at the bottom of the footbar aligns with the remaining hole in the trunnion plate. Slide the shoulder bolt with one washer through the large footbar hole. The black spacer goes through the bolt and in between the footbar and the trunnion plate. The plastic side of the spacer should face the footbar. Then screw the shoulder bolt into the trunnion plate as tightly as possible with the large Allen wrench (5/16"). Repeat on the other side. See Figure E for reference.

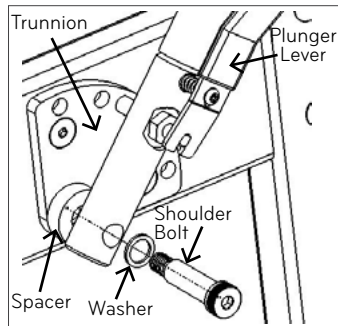


Fig F

INSTALL THE SPRINGBAR

9. The springbar comes with the appropriate hardware already installed. Install it into the gears under the footbar with its hooks facing up. See Figure G.

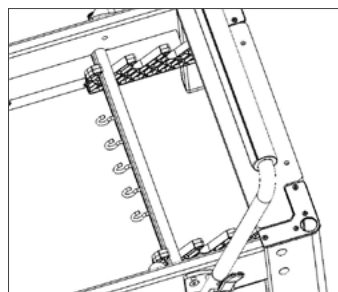


Fig G

SPRINGBAR STOPPER

10. The Rialto has a visual guide to indicate which position the spring bar and stopper reside. The stopper and spring bar position indicators should match. Please refer to Figure H below.

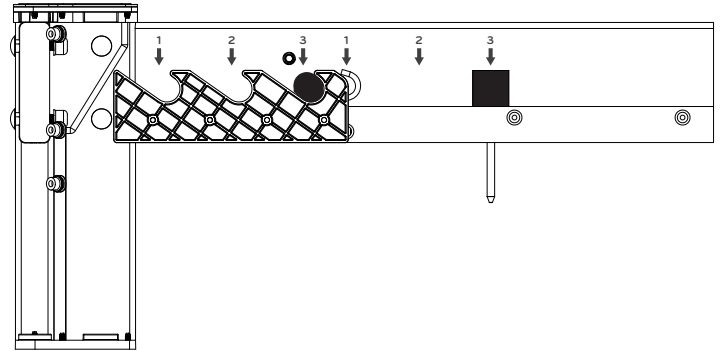


Fig H

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.

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.

QUESTIONS?

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

Reformer with Tower

IMPORTANT:

This manual is intended for medical and fitness professionals, or persons with experience in the use of this equipment. If there is a question regarding appropriateness of a particular movement, please consult a licensed health professional.

INTRODUCTION

The Tower is designed to include most of the functionality of a Trapeze Table in a smaller format and at a lower cost. It can be ordered as an option with new equipment or it is possible to order it afterward. The Tower is an ideal addition to a Reformer for small studios and clinics where the benefits of both a Reformer and a Tower are required. **The following manual outlines the features and exercises for both the Rialto Reformer and the Tower.**

FEATURES OF THE BALANCED BODY TOWER

The Tower attaches to the legs of the reformer. Eyebolts in the tower provide attachment points for springs. Loops, handles or a wooden Roll-down Bar can be attached to the springs creating a wide variety of exercises. The Tower also has an attached Push-through Bar as on the Trapeze Table.



Spring Attachment Points

The Tower has 29 spring attachment points creating a variety of possible exercises and a limitless amount of adjustability. Each upright has 6 eyebolts on the front and 6 on the back allowing users to perform exercises from either side of the Tower.

In addition, two eyebolts are attached to the tower below the pulleys to create a low position. Two eyebolts are attached at the sides of the cross piece of the Tower and one is attached in the middle of the cross piece. Common spring attachment points are listed below and in each exercise description.

In order to adjust the tension of the springs for a particular client, move the attachment point further away from the client to make the spring heavier, move it closer to the client to make it lighter.

- » **Low:** Springs are attached from eyebolts at the bottom of the tower.
- » **Middle:** Springs are attached to the 4th eyebolt from the bottom.
- » **High:** Springs are attached to the high points on either side of the cross bar at the top of the Tower.

Tower Springs

The Tower comes with 4 sets of springs as follows:

2 SETS - SHORT SPRINGS

- » Yellow – Light
- » Blue – Medium

2 SETS - LONG SPRINGS

- » Yellow – Light
- » Purple – Medium

SAFETY

It is very important that the instructor be present and spotting the client whenever the Push-through Bar is in use. The Push-through Bar should never be adjusted low enough to hit a client who is lying under it. The safety strap must always be used when the Push-through Bar is sprung from below. The safety strap must be adjusted so that the angle of the Push-through Bar, when viewed from the side, is no lower than the four or eight o'clock position and will not hit the client should their feet slip off the bar.

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).



REQUIRED TOOLS (INCLUDED)

- » 3/16" Allen Wrench (GEN 9280)
- » 5/32" Allen Wrench (GEN 9282)

PARTS FOR TOWER

DESCRIPTION	PART NO.	QTY
Tower Assy	16283	1
Single cotton loops (pair)	10022	1
Roll down bar	12228	1
UV Safety Strap	15447	1
Yellow trap short springs	14272	2
Blue trap light springs	14275	2
Yellow trap long springs	14279	2
Purple trap medium springs	14306	2
Optional Single Mat Conversion	17932	

1. On the head end of the Reformer, loosen the top set screws in each leg 3-4 turns using a 5/32" Allen wrench. Now, take off the riser tower assembly from the Reformer and set it aside.
2. Remove the set screw from the bottom hole in each leg on the head end of the Reformer using a 5/32" Allen wrench provided. Set these two set screws aside. They will be used to tighten the tower once it is installed. Remove the stopper screw from the middle position in each leg on the head end of the Reformer by using the provided 3/16" Allen wrench. Thread the stopper screw in to the bottom hole in each leg and tighten. See Figure A.

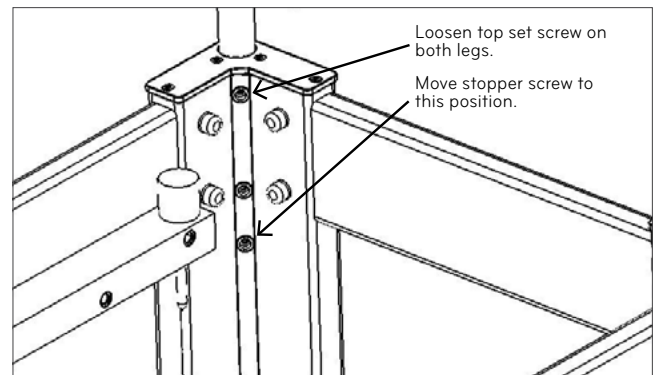


Fig A

3. The Rialto tower comes with the pulleys and the Push Thru Bar preinstalled. Remove the tower from the box and place it carefully into holes in the legs in the head end of the Reformer. Make sure that the loop on the tower is facing forward, towards the carriage. See Figure B. The tower sets on the stopper screw installed in Step 2.

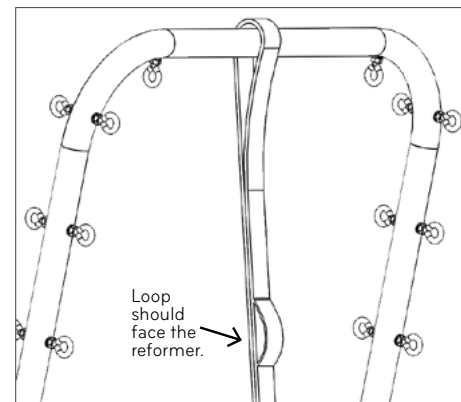
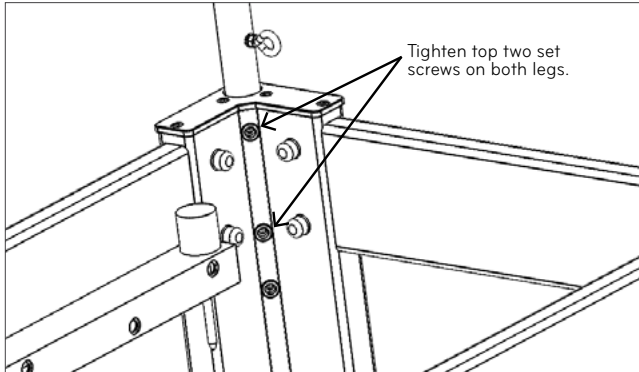


Fig B

- Now, install the set screws from Step 2 into the middle hole in each leg using the 5/32" Allen wrench. Tighten the two set screws in each leg. See Figure C.



- Your tower is now ready to use. Please make sure to read and follow all the safety procedures.

HOW TO INSTALL YOUR RIALTO MAT CONVERSION

- Unhook the springs from the carriage and move the carriage all the way to the head end of the machine.
- The springbar needs to be either in the first gear or the third gear.
- Place the mat conversion on the foot end of the machine. See Fig D.

Questions? Call Balanced Body Technical Support at +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 #16074**), 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 #16074**), 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 #16074**), 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 #16074**) 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 #16074**) 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.

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