

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.

Parts included

- 1 adjustable belt strap (101-000)
- 1 3 1/2" eye-fastener

Tools you will need

- Drill with 1/8" bit (not included)
- Phillips or flathead screwdriver (not included)

Install the eye-fastener

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-fastener into the pre-drilled hole with the screwdriver until the shaft of the fastener is completely within the wall.



Attach the Strap to the Fastener

Lengthen the strap by moving the adjustable belt clip to the end of the strap.

Drape the strap over your index finger so that the strap ends are hanging equally on both sides. Using your other hand, pinch the strap about six inches below your finger, creating a loop. Remove your index finger. Push the loop through the opening of the eye-fastener and out the other side. Feed both strap ends through the loop and then tighten, creating a knot around the opening of the eye-fastener.



Loop pushed through the opening of the eye-fastener.



Strap ends fed through the loop

Mount the Allegro to the Wall

Follow your Allegro or Allegro Tower instructions for proper standing procedure.

Move the Allegro against the wall with the footbar pointed away from the wall or perpendicular to the wall.

Wrap the strap ends around one rail and connect the ends like a belt, using the adjustable clip. (NOTE: Do not try to wrap the strap ends around the entire frame – it will not fit.) Pull the slack on the strap to tighten.

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 (1-800-745-2587).



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