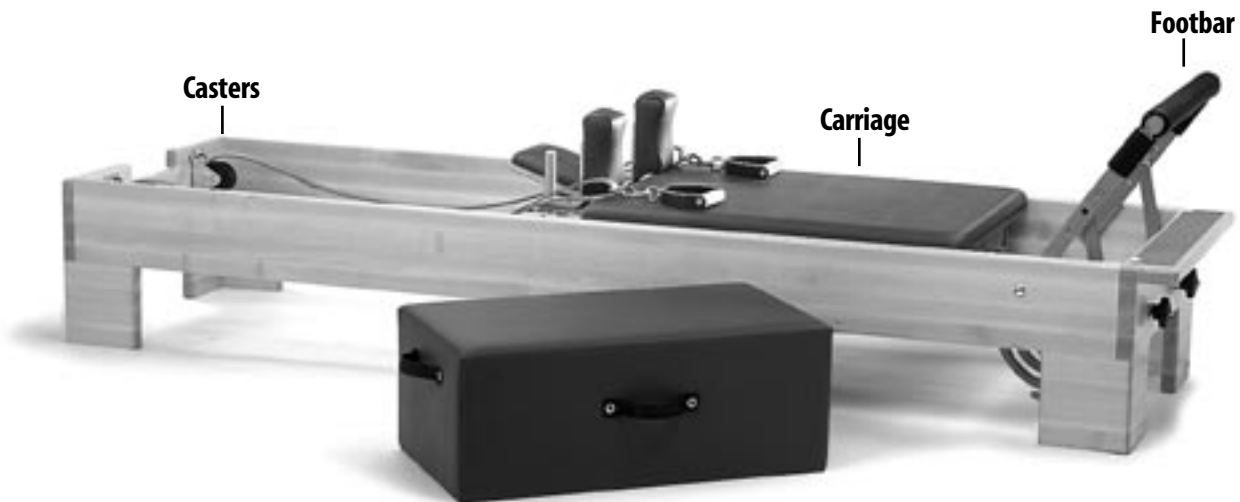


How to assemble your Legacy Reformer®



IMPORTANT!

INSPECT FOR FREIGHT DAMAGE

If you see any obvious crate damage, bring it to the attention of the freight company driver immediately so that you can open it in his presence to verify any possible damage to the contents. This would include holes in the crate, damaged corners or any evidence that the crate has been mishandled.

IN CASE OF FREIGHT DAMAGE

If there is freight damage, make certain you keep all packaging material. Please call Balanced Body as soon as possible.

Uncrating

Choose a convenient place where there is room to work all around the crate. It is often easier to unpack the crate outside and move the individual parts inside one at a time. Also, it is a good idea to have a helper in the unpacking and moving of this equipment. It can be both heavy and awkward to move.

Gently pry off the crate lid. Insert a pry bar or a flat screwdriver under the plywood lid and gently push the tool downward to lift the lid up. Work your way around the crate, prying and lifting until the lid comes loose. It is a good idea to have your helper lift up on a corner of the plywood as you pry along the sides. This allows for easy entry of the pry tool; it also controls the lid when it comes free.

Remember, there are upholstered parts within, so go easy. The lid will have exposed nails, so use care when handling it. Set the lid aside with nails facing down to avoid accidentally stepping on them.

Lift the frame out of the crate

Remove the protective cardboard layer. Remove the cardboard box containing the upholstered sitting box. Inside the sitting box you'll find the hardware and fittings needed to complete the setup of your new Legacy Reformer.

Lift the frame from the crate. Remove the shipping screws or straps that hold the carriage to the bottom of the crate. Lift out the carriage and carefully set it aside. Inspect each item for shipping damage. Wipe down all parts of the frame, carriage and upholstery with a damp cloth. This is a good time to inspect further for freight damage. Carry the frame to its permanent location.

Install the carriage

Turn the carriage over and clean all the wheels of shipping dust, etc. Clean 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

The Legacy Reformer comes with five springs. Take the open (hooked) end of the springs and attach them to the eyebolts on the underside of the carriage. The hooks on the springs should be facing down. Move the carriage toward the footbar and attach the circular end of the springs to the hooks at the foot-end of the frame. Each spring that is attached will increase the resistance you will encounter when moving the carriage.



Legacy Reformer springs attached to the hooks at the foot-end of the frame

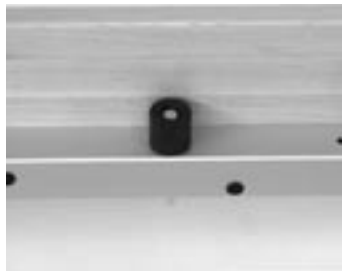


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Install carriage bumper

The Legacy Reformer includes a carriage bumper that determines the length of carriage movement within the frame. This is easily installed by taking the doweled end of the bumper and placing it through the desired hole above the carriage on the top of the frame's right rail.



Carriage bumper installed on the rail



Strap going through the footman ring and into the buckle

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.

Adjusting and removing shoulder rests

Your Legacy Reformer comes with adjustable/removable shoulder rests. The wider shoulder rest position is 1" wider than the narrower position.

If your equipment was ordered without twin mats, your shoulders will be locked in place with a bolt-and-knob system.

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



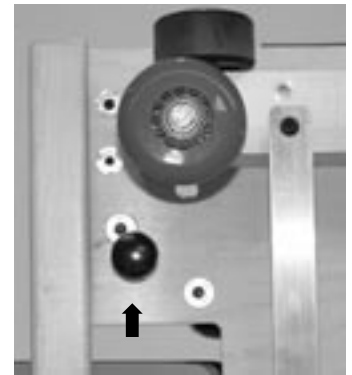
Proper strap alignment on the Legacy Reformer

When to use the removable locking pin option

Use the locking pin option when you want the ability to remove the shoulder rests for installation of the mat conversion, or when you want the option of adjusting wider/narrower shoulder rests for different clients.

To install the locking pins, remove the bolts, washers and knobs from the shoulders. First, unscrew the black knob directly underneath each shoulder rest. Then, carefully gather the washer and knob as they come off the bolt. Pull the bolt up out of the hole. Set the parts aside.

Insert the locking pins into the holes from which you removed the black bolts. The plastic tethers provided with each locking pin can be affixed to any of the screw heads on top of the carriage that hold the chromed rope guides. With a Phillips screwdriver, unscrew the inside metal rope guide screw. Thread the eyelet on the end of the pin tether through the screw. Replace the screw and tighten with the screwdriver. Insert the pin into the bolt hole. Set the hardware aside, but save it in case you want to use it in the future.



Knob under carriage for loosening shoulder rest



Shoulder rests removed



Locking pins and tethers

To remove the shoulder rests, pull the pins and slide the shoulder rests toward the carriage until they come off. To adjust to a wider shoulder rest width, switch the shoulder rests and re-insert the locking pins.

When to use the permanent bolt-and-knob option

If you don't have a mat conversion and don't need to adjust your shoulder rests for wider/narrower widths, then the permanent bolt-and-knob option is suggested. The bolt-and-knob hold the shoulder rests firmly in place. If you are using the locking pin option and feel there is too much movement in the shoulder rests, use the bolt-and-knob option instead.

NOTE: If you prefer wider shoulder rests using the bolt-and-knob option, remove the bolts, washers, and knobs from the shoulders, slide the shoulder rests off, switch the shoulder rests, and replace the hardware.



Locking pin installed. Tether attached to rope guide screw

How to install the padded foot plate

To install the footplate (regular or Jumpus Maximus) on equipment with a Legacy Revo design, first loosen the two black knobs located beneath the standing platform at the foot end of the frame. Place the support bar into the low (bottom) slot. Position the foot plate with the padded side facing the carriage and lower the tongue of the foot plate into the bracket on the inside of the frame. The foot plate will stop with the lower block of the outer plate (wooden side) resting on the frame. The upper block will be resting against the raised footbar. Finally, tighten the two black knobs on the outside of the frame to lock the foot plate into position.



Proper Positioning of Foot Plate on the Legacy Reformer

How to use the Revo adjustment system

The Revo is an efficient and versatile adjustment system for Balanced Body Studio Reformers and Legacy Reformers. With the Revo, you can quickly and easily change the distance between the shoulder rests and the footbar, creating the ergonomically correct position for each client.



To move the carriage, grasp the cam handle and pull up, then move the carriage backward or forward. You'll hear a solid "click" when you have reached the next position.

Moving the Revo springbar and carriage

The Revo springbar moves to one of five indexed stop positions. The springbar is integrated with the carriage – when you move the springbar, the carriage automatically moves with it.

To move the springbar and carriage:

- Attach one spring to the springbar. You can attach more than one spring, but additional springs increase the tension and make the springbar more difficult to move.
- Position yourself at the side of the Reformer. (If you are using the Reformer yourself, you can make the adjustment from a seated or straddle position.) Pull one of the cam handles upward. The cam hook must fully engage the metal plate on the bottom of the carriage.
- Keeping the cam hook engaged, use your other hand to move the carriage into the desired position. The springbar will move with the carriage. When you reach a carriage stop position, you'll hear a "click."

There are index markers along the rail that you can use as a visual reference.

- Release the cam handle so that it drops completely into an indexed position.



Sliding the lock into the footbar support bracket to lock the footbar.

Locking the Revo footbar

The Revo footbar features a sliding lock that keeps the footbar securely in place.

To lock the Revo footbar:

- Slide the locks away from the footbar support.
- Pull the footbar slightly upward and move the footbar support into the desired position.
- Slide the locks into the support brackets as far as they will go to secure the footbar.

Pre-loading springs

You can pre-load springs by attaching them on the posts on top of the springbar.

The Revo allows you to adjust the distance between the shoulder rests and the footbar, creating the ergonomically correct position for clients of all heights.

For short to average height clients, use positions #1 or #2. For taller clients, or those with a limited range of motion, use positions #3 - #5.

You can also raise the footbar to create an even shorter distance between the shoulder rests and footbar. Conversely, you can lower the footbar to further lengthen the distance between the shoulder rests and footbar.



Cleaning and Maintenance

Cleaning

You can extend the life of your upholstery by keeping it clean and free of dirt, oil and perspiration. After each use, wipe down the upholstery with a solution of mild soap and water. Then wipe down with a damp rag and allow to dry.

Boltaflex® upholstery is coated with PreFixx Protective Finish, which offers antimicrobial/antibacterial protection. If you want additional disinfection, use any common, off-the-shelf disinfectant spray or solution, such as Pine Sol® or Lysol® disinfecting spray. Since these disinfectants will leave a fragrance residue buildup with repeated use, we recommend wiping down the disinfected area with clean water on a sponge or soft rag.

Aluminum wheel tracks and wheels should be wiped down weekly. If you feel a “bump” in the ride, chances are that debris has become stuck to the wheels and needs to be removed. If hair becomes wrapped around the wheel axles, use tweezers to remove it. Regular cleaning will minimize “bumps” and ensure that your equipment tracks smoothly.

Lubrication

Most Reformers never need silicone, but occasionally a sidewheel may squeak. If this happens, lightly spray dry silicone on a rag and wipe the rail with it. “Dry” silicone does not have an oil base. Oil-based (“wet”) silicones and WD40 attract dirt and should not be used. If silicone is needed, apply it lightly and wipe off any excess. Never spray silicone inside the wheels - this can wash the oil out of the bearings and ruin the wheels. You can purchase dry silicone at most hardware and auto stores.

Footbar Support

The Legacy footbar will loosen with use. It is important to remember to tighten the bolts that attach the footbar assembly to the frame regularly. Frequency will depend on use.

**If you have any questions, please call Balanced Body at
1-800-PILATES (1-800-745-2837) or 916-388-2838.**