

How to assemble your Pilates Springboard

Before you start assembly

Please read these instructions completely prior to assembling your Springboard. The Pilates Springboard is designed to mount to walls with standard 16" wood stud spacing. If you have a different type of wall construction, it may require specific equipment and fasteners. See the instructions below for more details.

Tools required:

7/16" wrench

Drill with 1/8" bit (for mounting the Springboard to the wall)

Parts list

Use this list below 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).

- a) 60" Wallboard (1) with T-nuts installed on back
- b) Purple (medium) leg springs with snaps (2) (SPR9461)
- c) Yellow (very light) roll-down springs (2) (SPR9002)
- d) Neoprene handles (2) (101-016)
- e) Cotton Loops (2) (101-005)
- f) Roll down bar (1) (710-010)
- g) Maple dowel (1) with dowel brackets (2) (720-010, 211-000)
- h) Eyebolt assemblies, including hex nuts, flat washers (20) and finish washers (20) (GEN9089, GEN9206, GEN9239)
- i) Allen bolts (4), for securing dowel brackets to Springboard. Requires use of the included Allen key (GEN9016)
- j) Washers for mounting to wall (6) (GEN9204)
- k) Lag bolts for mounting to wall (6) (PED0003)
- l) 5/32" Allen key (1)

Lay out all your parts

Double-check to make sure you have all the components listed above. If your wall is NOT constructed with wood studs spaced 16" apart, make sure you have acquired the hardware necessary to attach the equipment to the wall.

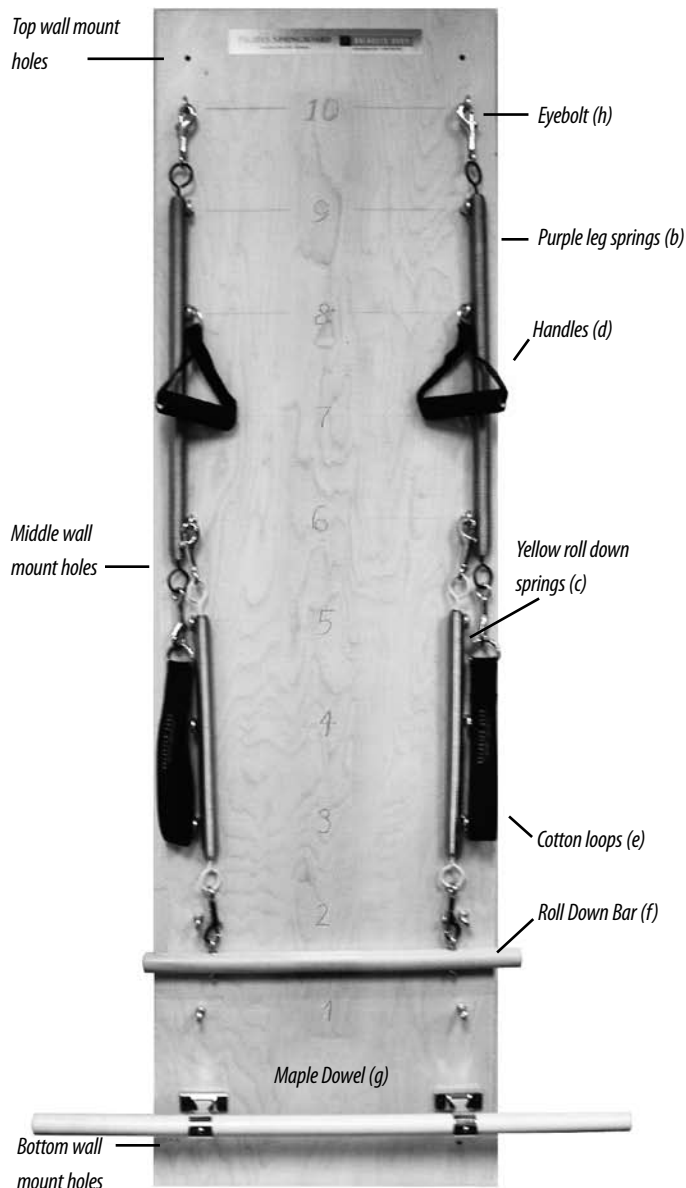
Install the eyebolts

Make sure the eyebolt assemblies are oriented as shown. The hex nuts will already be installed on the eyebolt.

To install:

- Install the washers on the eyebolt, as shown above.
- Insert the eyebolts into the holes on either side of the numeric index lines on the Springboard. Tighten by hand.
- Tighten the hex nut with a 7/16" wrench until it is lightly pushing in on the trim washer. You may want to thread a screwdriver through the eyebolt so it won't spin while tightening the hex nut.

NOTE: Do not overtighten the screws – this can damage the parts. Check the eyebolts once a month to make sure they are tight.



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Install the dowel

The bottom dowel comes with the 2 metal brackets already installed.

To install the dowel on the Springboard:

- Using your Allen key and Allen bolts, secure the brackets to the bottom of the Springboard as shown at right.

Mount the Springboard to the wall

The Pilates Springboard is designed to work with the standard 16" stud spacing. If you do not have the standard spacing or if you need to have the Springboard set up in a specific location where the screw holes do not line up with the studs, you will need to obtain three header pieces (long enough to span at least three studs). You can purchase these from a hardware or do-it-yourself store. Again, different wall constructions may require specific hardware and equipment.

Before you mount the Springboard to the wall, measure the desired height of the bottom dowel to the floor before mounting. The center of the dowel's diameter should be 6" above the floor.

To secure the Springboard to the wall:

- Using a drill and a 1/8" bit, drill pilot holes into the studs.
- Insert the lag bolts and washers into the proper wall mount holes as shown at right. (Refer to full Springboard photo on page 1 for all six mounting locations).
- Using a 7/16" wrench, tighten the lag bolts into the studs.

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 or 916-388-2838.



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