Installing the Ladder to the Balanced Body® Avalon Chair

PLEASE READ BEFORE STARTING:

1. Installation of the ladder should be done on a flat surface (no carpeted or uneven surfaces). Failure to do so may result in ladder misalignment.

2. This procedure requires using a drill and hammer. If you are uncomfortable with this we recommend that you enlist someone with hardware installation experience. Balanced Body is not responsible for equipment damages resulting from improper installation.

TOOLS REQUIRED

» Drill
» #2 Philips Screw Driver
» Hammer

PARTS LIST

Please examine all "loose" hardware contained in plastic bags before starting. If you feel you are missing any part please contact Balanced Body Technical Support. Please see Figure A for proper part orientation.

<table>
<thead>
<tr>
<th>Part</th>
<th>Part Number</th>
<th>Qty.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wooden Dowel</td>
<td>607-128</td>
<td>1</td>
</tr>
<tr>
<td>Wooden Runners</td>
<td>607-353</td>
<td>2</td>
</tr>
<tr>
<td>Flat Head Philips #6 x 1 ¼&quot; wood screw</td>
<td>200-250</td>
<td>8</td>
</tr>
<tr>
<td>Flat Head Philips #10 x 1 ¼&quot; wood screw</td>
<td>GEN9274</td>
<td>2</td>
</tr>
<tr>
<td>5/16&quot; Drill Bit</td>
<td>TOL1059</td>
<td>1</td>
</tr>
<tr>
<td>Propeller nuts</td>
<td>GEN9187</td>
<td>8</td>
</tr>
<tr>
<td>Flat Head Philips 2 ¼&quot; metal screw</td>
<td>GEN9368</td>
<td>4</td>
</tr>
<tr>
<td>Flat Head Philips 4&quot; metal screw</td>
<td>GEN9898</td>
<td>4</td>
</tr>
</tbody>
</table>

TO INSTALL

1. Place chair on a solid or firm flat surface before starting install. Remove storage box if applicable.

2. Install runners on inside of chair screwing the eight # 6 x 1 ¼" wood screws through the predrilled holes on runners as shown in Figure B.

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pilates.com | info@pilates.com
3. Slide ladder assembly up tightly against back side of chair with pre-attached sliders lined up with side of chair as shown in Figure C.

4. Using the four predrilled holes as guide, drill four holes on the side of the sliders as shown in Figure D. Make sure holes are drilled as straight as possible and that top slider is positioned as shown in picture. Repeat on the other side.

5. Using a hammer, insert four propeller nuts per side to the inside of the chair in the holes that were drilled in the last step as shown in Figure E. Be careful not to damage the wood.

6. Install two long and two short screws per side from outside of ladder slider into propeller nuts and tighten as shown in Figure F.

7. Install top dowel into top rung on the ladder section and install 2 # 10 x 1 ¼" screws into predrilled holes in ladder as shown in Figure G. Make sure to line them up with predrilled holes in dowel.

8. The installed ladder should look like Figure H.

QUESTIONS?
Call Balanced Body Technical Support at 1-800-PILATES or +1-916-388-2838