Installing the spring arm and springs on your Balanced Body Avalon products

Your Avalon Arm Chair, Step Barrel and Box each come with one pair of spring arms that are easily attached to the arm sockets on the equipment. Please note that the spring arm installation process is the same for all three products.

TO INSTALL THE SPRING ARM

1. Pull the knob on the arm socket as shown in figure 1.
2. Insert the spring arm into the socket with the hole on the spring arm as shown in figure 1.
3. Align the knob pin inside the arm socket with the hole on the spring arm as shown in figure 1.
4. Release the knob to secure.
5. Repeat on the other sockets where necessary.

INSTALLING THE SPRINGS

6. Open the carabiner at the end of the spring and attach it onto the spring arm as shown in figure 2.
7. Repeat with other springs.
Installing the spring arm retrofit for the Balanced Body Pilates Contour Step Barrel™ or Avalon™ Arm Chair

NOTE: THIS INSTALLATION PROCEDURE WORKS FOR BOTH PRODUCTS. IF YOU ALREADY HAVE SOCKETS INSTALLED ON YOUR EQUIPMENT, FOLLOW THE DIRECTIONS ON THE OTHER SIDE OF THIS SHEET.

TOOLS NEEDED:
» 3/16” Allen Wrench (included)

RETROFIT INCLUDES:
» (2) spring arms
» (2) arm sockets as shown in figure 1b.

TO INSTALL SOCKET
» Unscrew the (4) bolts in the socket cover using the Allen Key as shown in figure 2b.
» Removed washers under the socket cover as shown in figure 3b. Keep the (4) bolts and washers as they will be used later.
» Discard the socket cover
» Install the arm socket over the socket hole. Attach the washers to the bolts and screw the bolts into arm socket as shown in figure 4b.