The Balanced Body Allegro® Reformer Allegro® Tower System

Instructions in document subject to change. Please consult pilates.com/instructions for most current version.

balanced body®

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IMPORTANT:

This manual is intended for medical and fitness professionals, or persons with experience in the use of this equipment. If there is a question regarding appropriateness of a particular movement, please consult a licensed health professional.

Safety Note: Warning – The Allegro contains flammable materials, please keep away from direct heat/exposed flame.

INTRODUCTION

The Allegro system is designed to combine the functions of the Allegro Reformer and the Tower or Half Trapeze into one compact and portable piece of Pilates equipment . The Allegro Tower can be installed on any Allegro and allows additional exercises to be performed without increasing the footprint of the apparatus. The following manual outlines the features of the Allegro Reformer and Allegro Tower as well as suggested exercises.

Balanced Body is the world's leading resource for Pilates equipment, education and information. The Balanced Body Studio Reformer is the biggest selling Reformer on the planet, and its Allegro Reformer now sets the Pilates standard for health and fitness clubs around the globe.

SET-UP TIPS (READ FIRST)

» If you are setting up an Allegro Reformer with no Leg Kit, proceed with these Reformer instructions beginning on page 9.

» If you are setting up an Allegro Reformer with with Leg Kit, install the legs first, see page 13, then set up the Reformer beginning on page 9.

» If you are setting up an Allegro Reformer with a Tower System but no Leg Kit follow these instructions for the Reformer on page 9 and then continue to the Tower System section on page 17.

» If you are setting up an Allegro Reformer with a Tower System and Leg Kit, install the Leg Kit first, see page 13, followed by the Tower on page 17, then the Reformer on page 9. To save time, do not re-install the head end rail cover plates as described at the end of the Leg Kit install instructions. You will need them off to install the Tower.

Features of the Balanced Body® Allegro® System

HEADREST

The headrest is used to optimally support the user's head, neck and shoulders while lying in a supine position. The Allegro has three headrest positions that are adjusted by a support block underneath the headrest:

» **Low (flat) –** The support block is folded toward the top of the headrest. Used for clients with relatively flat thoracic spines and shallow ribcages for leg and footwork, and for any supine exercise.

» **Safety Note: The flat headrest position is used for all clients in exercises where they will be rolling up on to their shoulders. A flat headrest will keep the client from over flexing the cervical spine and injuring the neck.**

» **Medium –** The support block rests on the notch in the middle of the support block.

» **High (up) –** The bottom of the support block rests on the carriage. Used for clients with a forward head or a deep rib cage to facilitate correct alignment.

Instructor Note: A towel can also be used in addition to or instead of the headrest to adjust the height of the head.

HORIZONTAL FOOTBAR ADJUSTMENTS

The Allegro is equipped with an adjustable footbar that can be moved in order to accomodate users of different heights. To move the footbar, pull the round black knobs on the bottom of the footbar out and turn 90 degrees to lock out. Slide the footbar forward or backward until it is lined up with the desired hole on the track. Turn knob until the pin engages into a hole. Make sure the pin is fully engaged.

» **Hole 1** is closest to the footbar end of the Reformer and creates the longest distance between the shoulder rests and the footbar. It is used for taller users (over 6' or where decreased knee and hip flexion is desired.

» **Hole 2** is for users between 5'9" and 6'

» **Hole 3** is for users between 5'5" and 5'9"

» **Hole 4** is for users between 4'10" and 5'5"

The heights given here are suggestions. The footbar adjustment should allow the user to have slightly less than 90° of hip flexion when the carriage is all the way in for leg and footwork.

VERTICAL FOOTBAR ADJUSTMENTS

To adjust the footbar vertically, squeeze the handle at the bottom of the footbar until the pin disengages from the plate. Move the footbar to the desired height and release the pin into the hole.

» **High Bar –** Move the pin into the highest hole and release the handle. The high bar position shortens the space between the shoulder rests and the footbar. This position is used for foot and legwork with shorter users, and with users who have difficulty keeping their back placement due to increased lumbar lordosis or a tight back.

» **Middle Bar –** Place the pin in the 2nd hole from the top on the plate. The middle bar position lengthens the space between the shoulder rests and the footbar. This decreases the flexion of the knees in foot and legwork and places the torso in a neutral standing position.

» **Low Bar –** Place the pin in the 3rd hole on the plate. The low bar position increases the space between the shoulder rests and the footbar to its maximum length. This decreases the flexion of the knees in foot and legwork, decreases the flexion of the torso and hips in elephant and can be useful for taller or more flexible users.

» **No Bar –** Place the pin in the lowest hole on the plate. This position is used to move the bar out of the way for standing exercises and for exercises where the user is lying on the box.

SPRING ADJUSTMENTS

Springs are used to adjust the resistance for different exercises. There are at least 30 different resistance settings that can be used on the Allegro. Suggested weight ranges are noted under each exercise.

CHANGING THE SPRING ATTACHMENT POINTS

On the Allegro, spring tension is adjusted by attaching different combinations of springs to the pegs under the standing platform. To safely adjust the springs make sure the carriage is in the home position.

» **Normal position –** Place the spring on the peg directly in front of it. In this position the springs are under no tension to start with. This is designated as "B" position. There are five B positions.

» **Pre-loaded position –** Place the spring on the peg just to the left of right, under the standing platform. This position will put the springs under a small amount of tension and will increase the resistance of the springs. This is designated as "A" position. There are six A positions.

SPRING WEIGHT

Spring resistance is indicated by the approximate number of springs suggested for a specific exercise. The spring weight indicated is a recommended starting position. Individual adjustments can be made depending on user needs and the exercise.

» 1 spring (light): Primarily used for arm work or where the carriage is providing light support

» 2 springs (light to moderate): Used for arm work, legwork and exercises where the carriage is providing support to the user.

» 2 – 4 springs (moderate to heavy): Primarily used for legwork and to increase resistance for stronger users.

» All springs: Used to maximize resistance or to stabilize the carriage for the short box abdominal series.

» No spring**s:** Used for added difficulty in exercises where the user needs to control the carriage (kneeling abdominals, elephant, long stretch series).

SPRING PROGRESSIONS FOR THE ALLEGRO

Please note that these spring combinations represent the usual progression for a standard new machine and may vary slightly depending on the age and specific strength of your springs. The best way to find the optimal progressions for your machine is to test it yourself.

SPRING COLOR-CODING

These color codes are standard for Balanced Body Machines

Yellow – Very light

Blue – Light

Red – Medium

Green – Heavy

ROPES AND LOOPS

Ropes are adjusted according to specific exercise demands and user size. To minimize rope adjustments, double loop straps allow the user to grip the ropes at two different lengths without having to adjust them.

The rope adjustments used in the manual are:

» Regular loops: Resistance of loop or handle is somewhat taut on shoulder rests. With the double loop straps, the user will hold the longer loop. Standard for most exercises.

» Short loops: Resistance of loop or handle is somewhat taut on the black pegs pegs. With double loop handles the user holds the smaller loop. Used for rowing and some arm work exercises.

» Very short loops: Loop or handle is approximately 5 inches shorter than the headrest. Used for kneeling arm work facing the straps such as chest expansion or thigh stretch.

» Long loops: Loop or handle is longer than shoulder rest by a length of one cotton loop. Used for long spine stretch or for feet in the straps for users with tighter hamstrings.

RISERS

Risers can be adjusted by loosening the knob that holds the pulley in the slot on the Tower and moving the pulley up or down.

THE ALLEGRO TOWER

The Allegro Tower consists of a metal frame that attaches to the head of the Allegro Reformer. Eyebolts in the frame provide attachment points for the springs. Loops, handles or a wooden Roll-down Bar can be attached to the springs creating a wide variety of exercises. The Allegro Tower also has a Push-through Bar.

SPRING ATTACHMENT POINTS

The Allegro Tower has 24 spring attachment points creating a variety of possible exercises and a limitless amount of adjustability. Each upright has 5 eyebolts on the front and 5 on the back allowing users to perform exercises from either side of the Tower. Two eyebolts are attached to the Allegro frame to create a low position, two eyebolts are attached to the sides of the arch of the Tower and one is attached at the highest point in the center. This single eyebolt is to hold the security strap in position. Do NO attach springs to this eyebolt. Common spring attachment points are listed below and in each exercise description.

In order to adjust the tension of the springs for a particular client, move the attachment point further away from the client to make the spring heavier, move it closer to the client to make it lighter.

Low: Springs are attached from eyebolts at the bottom of the Allegro frame. These springs are used to hold the Push-through Bar in position.

Middle: Springs are attached to the 3rd eye hook from the bottom.

High: Springs are attached to the high points on either side of the arch at the top of the Tower.

ALLEGRO TOWER SPRINGS

The Allegro Tower comes with 4 sets of springs as follows:

2 Sets - Short springs

Yellow – Very light Blue – Light

2 sets - Long springs

Yellow – Very light Purple – Medium

PUSH-THROUGH BAR ADJUSTMENTS

The Push-through Bar has two possible pivot points on the Tower frame. To adjust the Push-through Bar, push the button on the top of the T-pin in order to free the pin. Pull the pins out of the uprights, move the bar to the appropriate hole and re-insert the pins. Always return the Push-through Bar to a safe height if it has been moved.

SAFETY NOTE:

It is very important that the instructor be present and spotting the client whenever the Push-through Bar is in use. It is very important that the pivot point be high enough to clear the users head when they are lying under it. If a client has an especially large head, excessive thoracic kyphosis or a large nose, the bar can hit them when they are doing exercises. The Push-through Bar should never be adjusted low enough to hit a client who is lying under it. The safety strap must always be used when the Push-through Bar is sprung from below. The safety strap must be adjusted so that the angle of the Push-through Bar, when viewed from the side, is no lower than the four or eight o'clock position and will not hit the client should their feet slip off the bar.

UPHOLSTERY CLEANING AND DISINFECTING.

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 it down with clean water and dry with a rag.

Safety First: A guide to proper maintenance and safe use of your Pilates equipment.

For over 35 years, Balanced Body has been introducing safety-related innovations to Pilates equipment. Many of our improvements are now industry standards, resulting in Pilates equipment that's safer today than ever before.

Safety depends on proper maintenance and safe use, in addition to the quality of the equipment. This guide was created to help you use and maintain your equipment for optimum safety. Please read it through carefully and keep for future reference. If you have any questions, give us a call. **Failure to follow these instructions may result in serious injury.**

ALL EQUIPMENT

Springs
Spring inspections are critical to maintain your equipment in safe operating condition. All Balanced Body springs should be replaced at least every two years. Certain environments and usages can shorten the expected life of the springs and you may need to replace the springs more frequently. Therefore, it is very important to inspect springs on a regular basis since worn or old springs lose resilience and may break during use. Injury may result if a spring breaks during use.

During use, do not allow springs to recoil in an uncontrolled manner. This will damage the spring and shorten its expected life.

Inspect springs for gaps and kinks (weekly or monthly, depending on frequency of use). Look for gaps and kinks between the coils when the spring is at rest. It is not unusual for the spring to have a very small gap on the tapered end (a gap is sometimes created during the manufacturing process). However, there should be no gaps in the body of the spring. If you see any gaps or kinks in the body of the spring, discontinue use and replace the springs immediately. See Figure 1. Additionally, corrosion anywhere on the coils will shorten the life of the spring. Discontinue using the spring immediately if you see any rust or oxidation during inspection.

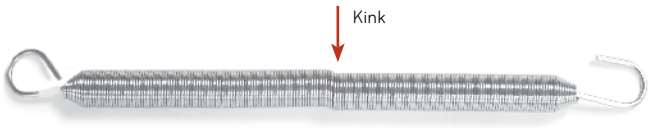


Figure 1

Snaps
Inspect snaps for wear (monthly). First, verify that the snap hook is working properly. If the snap hook does not retract and return properly, discontinue using the spring immediately and replace the snap. Eyebolts can cause excessive wear on snap hooks. If the hook shows a lot of wear, discontinue using the spring immediately and call Balanced Body to replace spring or snap. See Figure 2.

Figure 2: Good snap: no wear on hook. Bad snap: excessive wear on hook.

EYEBOLTS, NUTS AND BOLTS

Tighten all equipment bolts and screws (monthly). Verify that all eyebolts, nuts and bolts are tight. See the section titled "How to inspect and tighten nuts and bolts."

ROPES AND STRAPS

Rope and strap wear (quarterly). Ropes should be replaced if you can see the core of the rope through the outer lining, or if the ropes are flattened. Straps should be replaced as soon as any fraying is noticed. Be sure to check the sections of rope or straps that attach to the clips and run through the pulleys.

REFORMERS

Check springbar hooks or eyebolts (quarterly). Balanced Body makes two different springbar systems:

» Revo Springbar. Make sure springbar hooks and handle are tight.

Standard Springbar. Verify that the nuts securing the springbar hooks are tight. See section titled "How to inspect and tighten nuts and bolts."

Spring rotation (quarterly). You can prolong Reformer spring life by rotating springs of the same weight each quarter. Unhook and move to another position on the springbar. Rotating springs helps them wear more evenly.

Risers on the outside. Wood risers must be installed on the outside of the frame. Risers can loosen over time, so always make sure they are tight.

Springs hooked downward under carriage. Make sure springs are hooked in a downward position. See Figure 3.


Figure 3: Springs hooked downward

Secure the carriage. When your Reformer is not in use, be sure that at least two springs secure the carriage to the springbar.

Default settings. Many users have a "default setting" for Reformers. At the end of a session, the user connects a prescribed number of springs in neutral tension, sets the footbar at a pre-determined height, and sets the ropes at a specified length. This ensures that the equipment is ready for the next use, and that the carriage is secured by the springs.

Footstrap under tension in box work. When using the box and footstrap, be sure the footstrap is under tension (with snaps pulling from the top of the eyebolt) before beginning the exercise. See Figure 4.

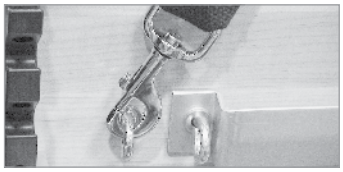


Figure 4: Foot strap under tension

REFORMER WHEEL AND TRACK MAINTENANCE

Clean the tracks and wheels (weekly). For smooth carriage travel and to maintain the longevity of the wheels, we recommend that you wipe down the tracks once a week.

Disconnect the springs and clean the entire length of the tracks with a soft cloth and a mild commercial cleaner such as Simple Green®, Fantastik® or 409®. Do not use abrasive cleansers or pads, as they can damage the anodizing on the rails. To clean the wheels, hold the cloth against the wheels while you move the carriage. If you feel a bump in the ride, dirt has adhered to the surface of the rails or wheels. Clean hair and debris out of the rails. Hair can wrap around the wheel axles and eventually build up and cause wheel failure. Use tweezers to remove hair from the wheels.

Lubrication. Never spray silicone near or inside the wheels – this can wash the lubricant out of the bearings and ruin the bearings. You can purchase dry silicone at most hardware and auto parts stores. Pulleys sometimes require lubrication to stop a squeak. Direct a very quick spray of dry silicone or Teflon spray into the pulley. "Dry" silicone does not have an oil base. Oil-based ("wet") silicone and WD40 should not be used as they attract dirt. Be careful not to over spray. You may want to remove ropes to avoid getting silicone on them.

Footbar supports (quarterly). For all Balanced Body footbars with footbar support brackets, verify that the pivot screw attaching the footbar support bracket to footbar is tight, but not so tight that it prevents the support from rotating freely. For Legacy Reformers, tighten the pivot bolt to secure footbar support.

Headrest (monthly). Make sure the hinge screws and bolts on your headrest are tight.

Under the Reformer (monthly). Move Reformers and make sure you clean the floor space underneath.

Standing Platform Footbar Bumpers (wood Reformers only). If your standing platform footbar bumpers (the small plastic pieces that protect the standing platform from the footbar) are broken or damaged, please call Balanced Body to replace.

TRAPEZE TABLE (CADILLAC)

Cotter pins removed. These pins are located in the vertical tubes that align the canopy to the frame and should be removed as soon as installation is complete. Unremoved cotter pins can tear clothing and lacerate the skin. Use pliers to remove the pins.

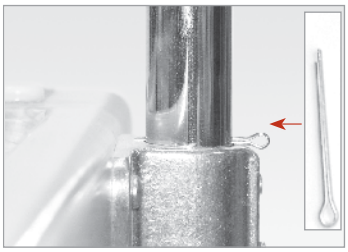


Figure 5: Cotter pin before and after removal from Trap Table.

Save the pins in case you need to disassemble and reassemble the table for transportation purposes. See Figure 5.

Push-Through Bar (PTB) control. Make sure you have enough room around the trap table to safely use the PTB without fear of hitting other people. The PTB can be dangerous if not properly used. Only trained, experienced users should use the PTB. A spotter should always maintain control of the bar with one hand. If the user should lose control of the bar, the spotter can maintain control of it.

T-pins. Balanced Body PTBs move vertically to accommodate different users and exercises. The T-pins within the bar allow for this vertical movement. Make sure these T-pins are clean and that they are easy to remove. If the T-pin is binding, make sure the frame tubes are properly aligned with the PTB holes. If you notice wear on the T-pins, please call Balanced Body to replace. If the T-pin is squeaking, remove the T-pin by depressing the button on the head of the T-pin and place a drop of 3-in-1 oil on the section of the pin that passes through the tube and PTB. Then re-insert the T-pin. Make sure the bushings on the PTB (where the T-pins are inserted in to the PTB) are clean.

Push-Through Bar (PTB)
T-pin setting. For bottom-sprung exercises, if your client's head is below the PTB, use the T-pin setting in addition to the safety strap or chain. Spotting your client is highly recommended. This is important for safety.

Figure 6: Safety strap holding the push-through bar at 4 o'clock. The strap is secured to the PTB and canopy frame, not the eyebolts.

Correct safety strap attachment. For bottom-sprung exercises, the safety strap or chain should always secure the bar.

The safety strap or chain should wrap around the PTB and the canopy frame, not the eyebolts. The strap or chain is only as strong as the weakest link, and the frame and bar are a great deal stronger than eyebolts. **Figure 6**.

Seting the PTB for bottom-sprung exercises. For bottom-sprung exercises, the safety strap should be attached so that the angle of the push-through bar is at no lower than the 4 o'clock position. This limits the range of the bar and prevents it from potentially coming into contact with the user.

CHAIRS

Dismount with control. When dismounting the chair, release the pedals slowly, with control. Don't let the pedal snap back.

Spot users. When a user is standing, sitting or lying on top of the chair, there is increased risk of falling. Standing exercises, in particular, can be unstable. Spotting users will make these exercises safer.

Hourglass spring mounts. If your chair has hourglass spring mounts and the mounts do not successfully retain the springs, replace the fiber washers (they are reddish-brown in color).

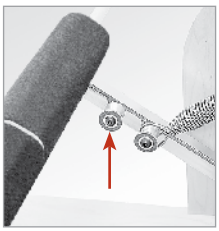


Figure 7: Fiber washer

Figure 7. If your chair is a Balanced Body Split-step Pedal Chair (Combo Chair), please consider upgrading to the Cactus Springtree).

UPHOLSTERY CLEANING & MAINTENANCE

Cleaning. You can extend the life of 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 it down with clean water and dry with a soft towel.

Disinfecting. Equipment upholstery is coated with BeautyGard®, which offers antibacterial protection. If you want additional disinfection, Balanced Body offers Balanced Body Clean™ disinfecting solution. Use of any other solution (especially those containing essential oils) will shorten the life of some equipment and is not recommended.

HOW TO INSPECT AND TIGHTEN NUTS AND BOLTS.

Use your fingers to check nuts and bolts for tightness. If you can turn the nut or bolt with your fingers, it's too loose and should be tightened. To tighten, first tighten using your fingers. Rotate nuts and bolts clockwise to tighten. Then use a small wrench to tighten further. Insert a screwdriver through eyebolts to hold them steady while you tighten the nuts. Use your forefinger and middle finger on the handle of the wrench to tighten, (as opposed to using your entire hand).

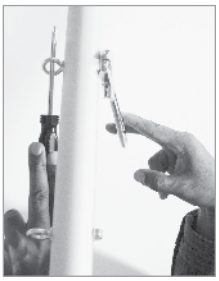


Figure 8: Use two fingers to tighten bolts

This technique will help prevent over tightening, which can damage metal parts. **Figure 8**.

EQUIPMENT INSPECTION AND MAINTENANCE LOG

We suggest that you keep a maintenance log for each piece of equipment. The log should include:

1. A description of the machine including the serial number, the date and place of purchase, and the manufacturer. All of this information should appear on the invoice.

2. Date and description of all required maintenance and inspections performed.

3. Date and description of each repair, including name and contact information for person or company performing the repair.

MAINTENANCE SCHEDULE

All Equipment	Day	Wk.	Mo.	Qtr.
Inspect springs for gaps & kinks		✓	✓	
Inspect snaps for wear			✓	
Inspect nuts & bolts for tightness			✓	
Reformers				
Clean wheels and tracks		✓		
Inspect springbar hooks/eyebolts				✓
Rotate springs				✓
Inspect ropes/straps				✓
Inspect footbar supports				✓
Inspect One-Step springbars				✓

REPLACEMENT PARTS

To order replacement parts, or if you have any questions, please call:

From U.S. and Canada: 1-800-PILATES (1-800-745-2837)
From United Kingdom and South Africa: 00 800 7220 0008
From Israel: + 800 7220 0008
From other locations: +1 916-388-2838
Fax: 916-379-9277
Email: info@pilates.com
www.pilates.com
5909 88th Street, Sacramento, CA 95828 USA

How to assemble the Allegro® Reformer

PARTS LIST

Part number	Description	Qty
950-002	Complete footbar	1
950-020	Pivot bolts and washers	1 kit
950-228	Shoulder rest with brackets	1 pair
616-400	Locking shoulder post	2
GEN8000	Twist lock plunger knobs	2
210-070	Soft Touch Ropes	1 pair
210-064	Double loops (Soft Touch)	1 pair
950-225	Allegro riser with pulley	2
GEN9050	5/16" Allen wrench	1
ALL0060	Allegro wrench	1
SPR9070	Red spring	3
SPR9071	Blue spring	1
SPR9241	Yellow spring	1
DVD8413	Introductory DVD	1

IMPORTANT PRECAUTIONS:
PLEASE READ WARNING

To reduce the risk of serious injury, read the following important precautions before using the Allegro.

» Read all instructions in this manual before using the Allegro. Review the Setup and Safety video included with the Allegro before using the equipment. Use the Allegro only as described in these instructions and the video.

» It is the responsibility of the owner to ensure that all users of the Allegro are adequately informed of all precautions.

» Use the Allegro only on a level surface. Keep hands and feet away from all moving parts. When the Allegro is not in use, leave at least two springs connected to the carriage. Keep children under the age of 12 and pets away from the Allegro at all times.

» If you feel pain, dizziness, or shortness of breath, stop exercising immediately.

» Before beginning any exercise program, consult your physician.

INSTALL THE SHOULDER RESTS

1. Note the two protruding studs on the bottom of the shoulder rests. Lower the shoulder rest studs into the keyholes and slide away from the carriage pad. See Figure A.

   Note: The shoulder rests can be installed in two positions. One position is wider, and more comfortable for broad shoulders. Swap the left and right shoulder rests to change between standard and wide configurations.

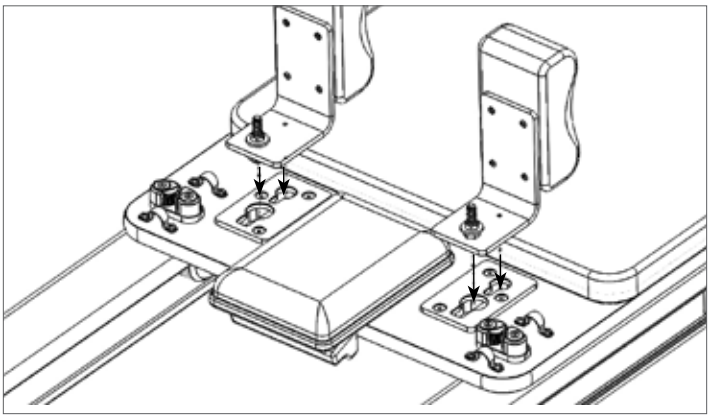


Figure A

2. Now screw the locking shoulder posts onto the exposed bolt on each shoulder rest. See Figure B.

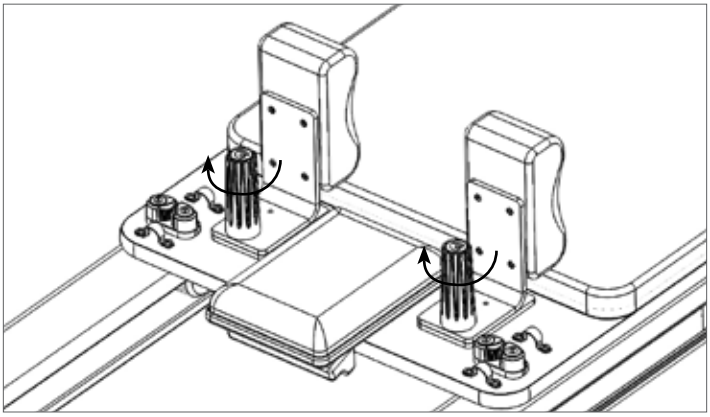


Figure B

Using the Locking Shoulder Posts:
Turn the posts clockwise to tighten them and lock the shoulder rests into position. Over tightening the posts will make them difficult to remove, they should be snug but not too tight. To remove the shoulder rests, turn the post counter clockwise 1-2 turns and gently slide the shoulder rests toward the carriage.

Figure C shows the storage position for the shoulder rests. Note the key hole slots at the head end of the Allegro frame.

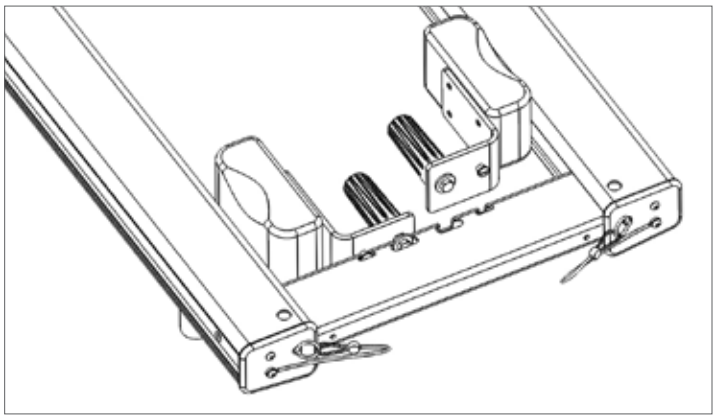


Figure C

INSTALL THE BLACK PLUNGER KNOBS

3. Look through the large threaded hole in the trunnion and line it up with one of the holes in the frame.Screw the plunger knob into the large hole until it is completely threaded in.See Figure D.

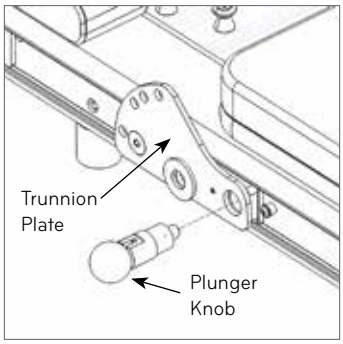


Figure D

4. Repeat on other side. Tighten both plunger knobs securely with the included open end wrench.

   To move the trunnions, pull the ball of the plunger knobs away from the frame and turn 90° to lock out. To re-engage the plunger turn the knob until it snaps into one of the holes in the side of frame.

Note: Make sure both trunnion plates are locked in the same horizontal position before moving on.

INSTALL THE FOOTBAR

5. Pick up the footbar so the seam of the footbar cover is away from the carriage pad.

6. While squeezing the footbar plunger levers, guide the footbar over the outsides of the trunnion plates. Align each footbar pin with the top hole in the trunnion plate.
   While continuing to support the footbar, release the footbar plunger levers to engage the trunnion plate. Be sure the pins on both sides are engaged. See Figure E.

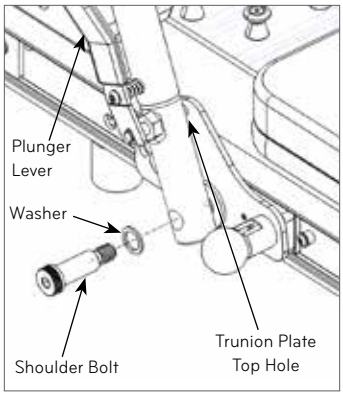


Figure E

7. Pivot the footbar slightly until the large hole at the bottom of the footbar aligns with the remaining hole in the trunnion plate.

8. Slide the shoulder bolt with one washer through the large footbar hole. Then screw the shoulder bolt into the trunnion plate as tightly as possible with the large allen wrench. Repeat on the other side. See Figure E.

INSTALL THE RISERS

9. Remove locking pins from the frame. Insert the risers through the holes on the top of the frame. Turn the risers until the attached pulleys point straight down the frame toward the footbar. See Figure F.

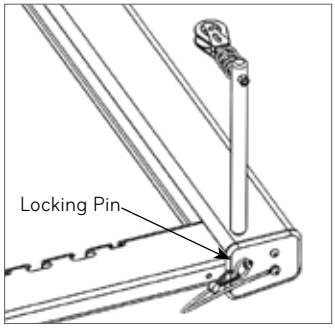


Figure F

10. Reinsert locking pins until the metal ring touches the frame. You may need to jiggle or slightly lift or rotate the riser to get the locking pins in all the way.

ATTACH THE ROPES

11. To attach the ropes, first engage at least one spring from the carriage to the frame to keep the carriage in the home position. Unroll the ropes and separate them.

12. The Allegro now comes with Soft Touch Ropes that do not have the dog-clips to attach the loops. The clip will no longer drag on or bang into the frame! Follow the images below to install your loops. See Figure G.

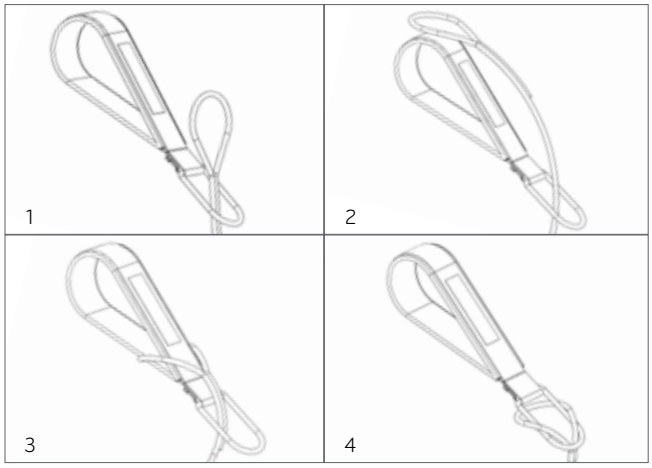


Figure G

13. Rest the loops over the shoulder rests. Thread the other end of each rope through a riser pulley and back into the cam cleats on the carriage to adjust the length. Be sure to go through the chrome eyestraps on both sides of the cam cleats. Always push the rope firmly down into the cleats to ensure a good grip.

STORING THE ALLEGRO REFORMER

Stacking

To see a demonstration of how to stack the Allegro, watch the Setup and Safety portion of the Allegro Introductory/Level 1 DVD. Attach the springs to keep the carriage from moving. Move the footbar to the "down" position. Remove the shoulder rests and store in the slots at the head of the frame. Put the head rest down. Remove the risers and store in the holes on the sides of the frame. Place the ropes and loops inside the Allegro frame not on the carriage. Alternate the orientation of the Allegros as you stack them. Place the head end feet onto the standing platform of the Allegro below, and so on. Stack a maximum of 5 reformers with no legs (3 with legs). Do not stack Reformer with Towers.

Standing

It is absolutely critical that the Allegro footbar be set and locked in the correct position for standing storage. Move and lock the footbar into the position closest to the foot-end of the Reformer frame. Raise the footbar to its highest position. Lift the head-end of the Allegro frame to waist height. Then raise the frame to vertical. Use your foot to steady the wheeled end of the frame as you lift to vertical. The vertical Allegro will come to rest on the footbar and the transport wheels. See Figure H.


Figure H

CLEANING & MAINTENANCE

Cleaning

Wipe the carriage pad, headrest, footbar and shoulder rests with a soft cloth and a mild, non-abrasive cleaner after each use. Keep the carriage track and wheels clean from dust and dirt. Wipe the entire track with a towel regularly. Clean the footbar trunnion track weekly. Clean the frame with a mild, non-abrasive cleaner. Keep the ropes and springs clear of dust. Cotton loops can be machine-washed. Hang to dry.

Lubrication

The foot bar trunnion C-channel can be lubricated with dry silicone spray.

MAINTENANCE

» See the included Safety First Guide.

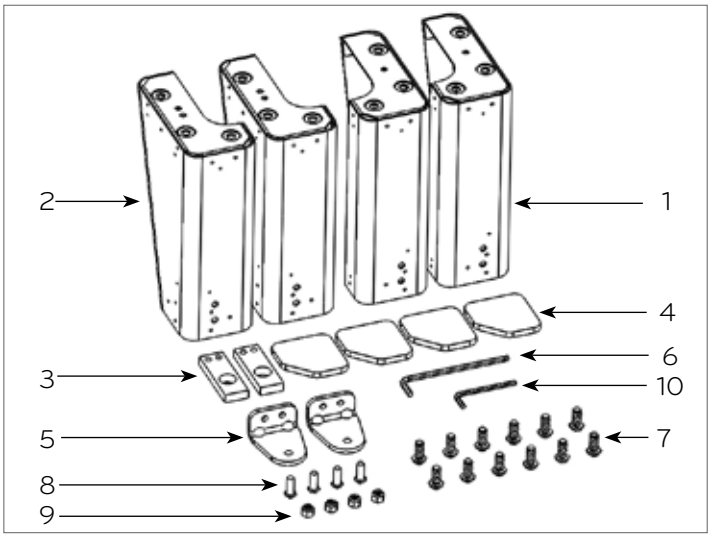
QUESTIONS?

Call Balanced Body technical support at 1-800-745-2838 (US and Canada), or +1-916-388-2838.

How to Install the Allegro® Legs Kit

PARTS INCLUDED:

Item No.	Part Number	Description	Qty
1	618-030	Allegro Leg, A	2
2	618-031	Allegro Leg, B	2
3	618-021	Leg Nut Plate	2
4	ALL0091	Rubber Pad, Leg, Allegro	4
5	614-020	Wheel Bracket, Allegro Ext Leg	2
6	GEN8320	Allen Key, 3/16" Ball Point	1
7	GEN9222	Screw, Button Head, 5/16-18 x 3/4"	12
8	GEN9472	Screw, 1/4-20 x 3/4"	4
9	GEN9021	Nut, Nylock, 1/4-20	4
10	GEN9282	Allen Key 5/32" Short Arm	1



TOOLS NEEDED (NOT INCLUDED):

» Two 1/2" or adjustable wrenches

» One 7/16" wrench

1. If you have a Tower Of Power installed, remove the ropes, loosen the 4 tower knobs, and remove the tower.

2. Using the included shorter allen wrench, remove the 4 screws holding the head end cover plates and riser pins in place. Set them aside to be re-installed later. See Figure A.

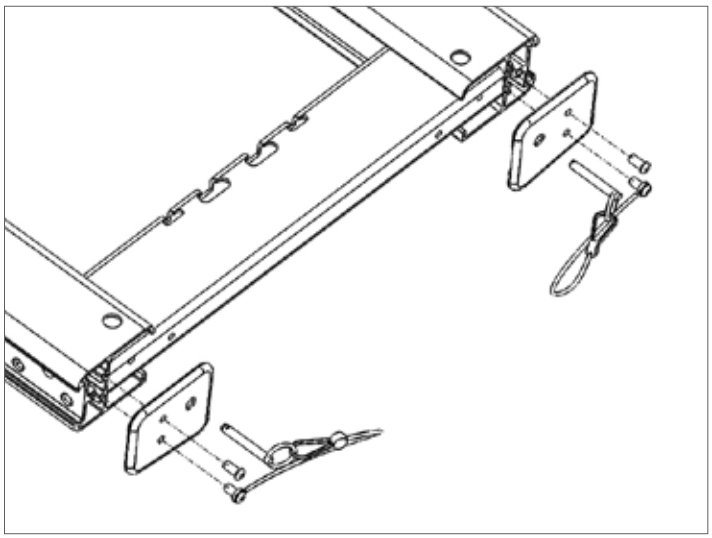


Figure A

3. Attach all springs to keep the carriage stationary. Remove ropes, shoulder rests, and risers. Place the footbar (if installed) in its lowest position and check that all pins are locked so that the footbar is secure. Then, with the help of a friend, lift the Allegro from both ends and carefully turn it upside down and set it on the floor. You may want to place a pad or other floor protection beneath the Reformer.

4. Remove the 4 rubber feet from the bottom of the Reformer frame by grasping them firmly with your hand and turning counter-clockwise. You can discard the feet unless you may want to convert back to a flat Allegro configuration.

5. Remove the legs and other materials from the packaging and lay the legs on the floor with the bottom of the leg facing up as in Figure B.

6. Then peel the adhesive backing from the 4 rubber feet, match up the profiles of the feet with the leg, and stick the foot to the leg as in Figure B.

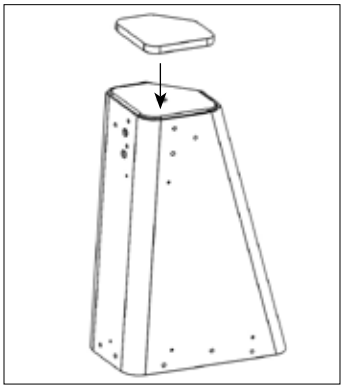


Figure B

7. Insert the leg nut plates shown in Figure C into the Reformer frame until the big hole lines up with the riser hole in the frame. When it does, drop your riser through the frame and the block to hold it in place. See Figure C and D.

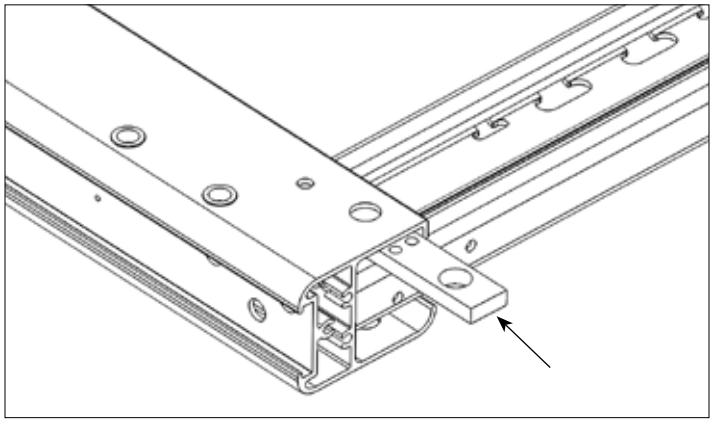


Figure C

8. Now maneuver the leg nut plate so that the holes in Figure D line up when you look down through the hole in the frame. This will be one of the screw holes you will use to attach the legs.

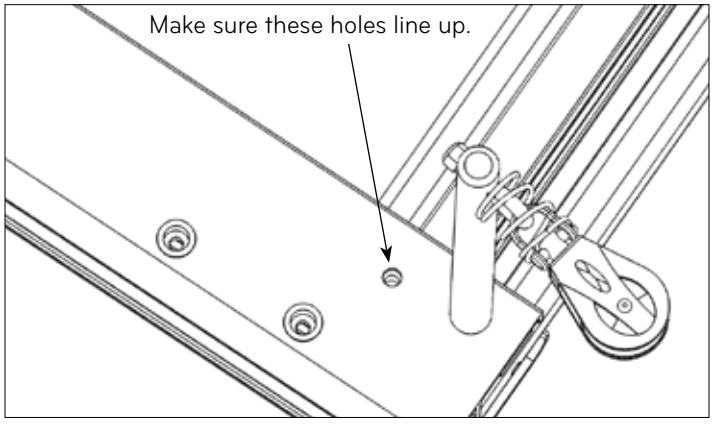


Figure D

9. With the risers still in place to locate the leg nut plates, place two of the legs onto the frame rail at the head end of the Reformer, lining up the holes in the leg with the three holes in the frame. The left and right legs are not the same so keep looking for one that matches the hole pattern in the frame. Now start threading all six of the 5/16-18 screws into the frame to secure the legs in place. Start with the screws that go into the block that is held in place by the risers and once they are all started, tighten them. See Figure E.

   Now you can remove the risers and set them aside.

   NOTE: the long end of the included 3/16" allen wrench is ball shaped to allow for more maneuverability when working in small areas. Once the screws are finger tight, use the short leg of the allen wrench to tighten the screws.

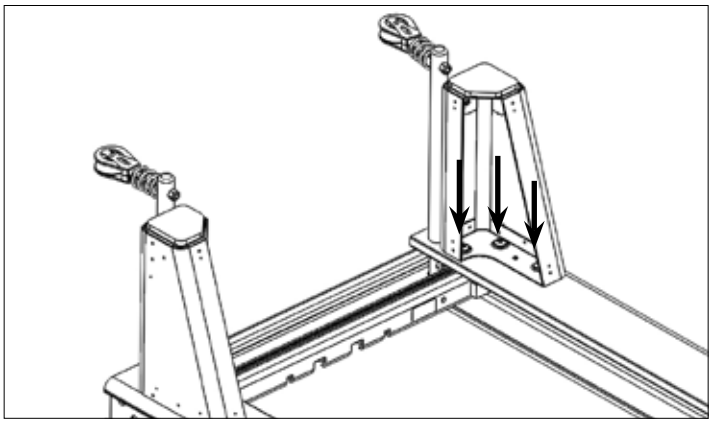


Figure E

10. Install the legs onto the foot end of the frame in the same way with the 6 screws. No leg nut plates are required at the foot end.

11. Using a 7/16" wrench and the included allen wrench, install the transport wheel brackets with the 1/4-20 screws and nuts as shown in Figure F. Make sure the brackets are oriented as shown. Typically these are installed at the foot end of the Reformer as shown in Figure F.

    NOTE: The transport wheels can also be installed at the head end which allows you to move the Reformer with Tower more easily. Just make sure the carriage is rolled to the head end of the Reformer before lifting the foot end of the machine in this configuration.

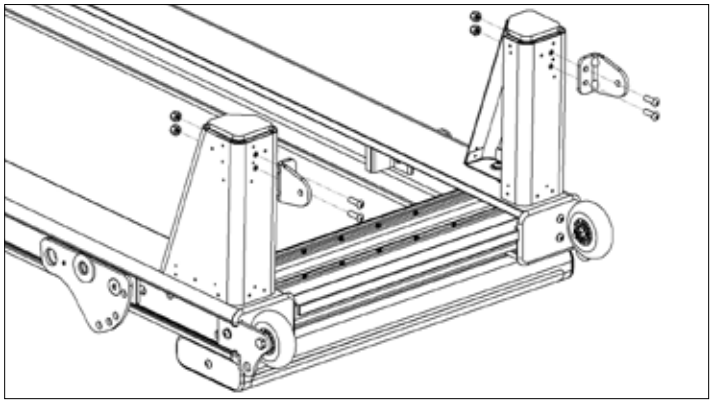


Figure F (Footbar not shown)

12. Using two 1/2" or adjustable wrenches, remove the transport wheels from their current location and install them onto the brackets you just installed. Leave the old transport wheel brackets in place, as that is where a footstrap can be attached. See Figure G.

NOTE: It is critical that the washers and wheel get installed in the same order and orientation as they were on the original brackets. Do one wheel at a time and if the wheel does not spin freely after you are done, double check against the other wheel to make sure everything is in the right order.

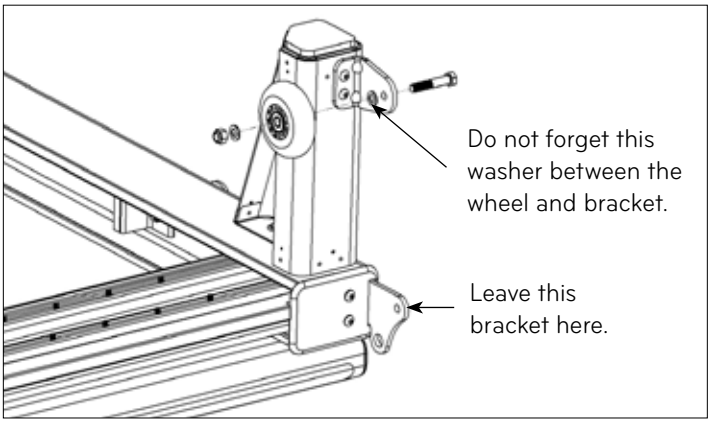


Figure G

13. Re-install the head end rail cover plates on the same side you removed them from.

    NOTE: If you will be installing a Tower System next, leave the head end rail cover plates off.

14. Your legs are installed and you may now carefully lift and turn your Allegro Reformer back over onto the legs. Re-install your shoulder rests, risers, and ropes.

How to Assemble the Allegro® Tower of Power™

Prior to assembly, check the parts and components received against the following list. If you are missing any parts, contact the Balanced Body customer service department at 1-800-PILATES (1-800-745-2837) in the U.S. and Canada, or +1-916-388-2838 (international).

PREPARE YOUR ALLEGRO REFORMER

If you have purchased an Allegro 14" leg set, we strongly recommend installing the legs before installing the Tower.

Remove all ropes and risers from the Allegro. If your Allegro was purchased before February 1, 2004, remove the labels and backing on the sides. You can order a new label free of charge by calling 1-800-PILATES (1-800-745-2837 in the U.S. and Canada, or +1-916-388-2838 (international).

PARTS LIST

Part Number	Description	Qty
618-024	Tower	1
TRP0047	Push-through bar (PTB)	1
GEN9892	T-pin	2
950-234	Tower Bracket, Right	1
950-235	Tower Bracket, Left	1
950-131	Adjustable pulley and knob assembly	2
212-001	5/32" Allen key, long	1
SPR9004	Blue trap spring	2
SPR9002	Yellow trap spring	2
SPR9461	Long spring, purple	2
SPR9006	Long spring, yellow	2
710-010	Roll down bar	1
101-005	Single cotton loops	1 pair
210-023	Safety strap with carabiner	1
DVD8205	Introductory DVD	1
ALL0004	Stopper	2
GEN9346	Self tapping screw	2
950-236	Tower lower spring mounts	1

TOOLS NEEDED (NOT INCLUDED):

» Phillips screw driver

NOTE: If you have an original version of the Allegro with the angled corner joints (Serial Number less than 36396), follow these instructions.

a. Using the provided 5/32" Allen wrench, loosen and remove the six screws (one on each side of the Reformer and 4 on the head end) that hold the head end of the frame on. Take note of how the plastic shims between the frame members are oriented and how they fit.

b. Install the Tower brackets as described in step number 3 below. Do not tighten the bracket screws.

c. Re-install the head end of your Reformer frame with the plastic shims and screws removed in step a. The two shorter bolts go in the sides of the frame and the 4 longer ones go in from the head end. Tighten the screws until they are snug, do not over tighten them.

d. Position the Tower brackets so they line up with the edge of the frame screws on the side of the frame. Then tighten the Tower bracket screws as described in step 4.

e. Follow the instructions from step 6 until the end.

1. Using the provided 5/32" allen wrench, remove the plastic rail caps and locking pins at the head end of the Allegro frame. They will need to go back on the same side, so keep track of which one goes where and keep the screws with them. See Figure A.

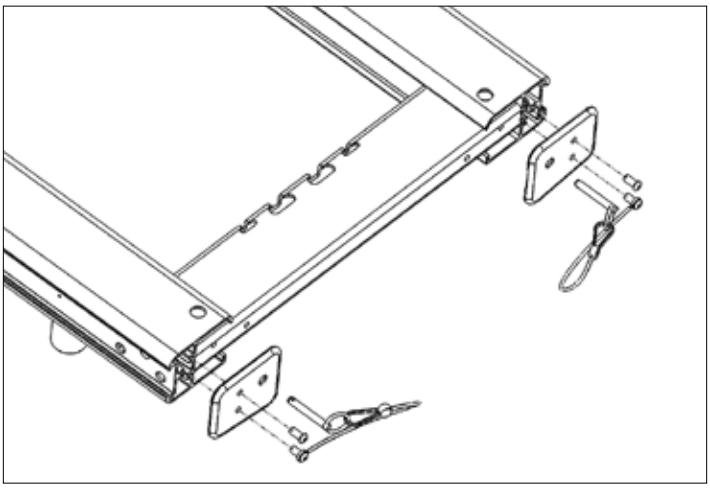


Figure A

2. Screw the spacer into the predrilled hole in the side of the frame. Repeat on the other side. See Figure B.

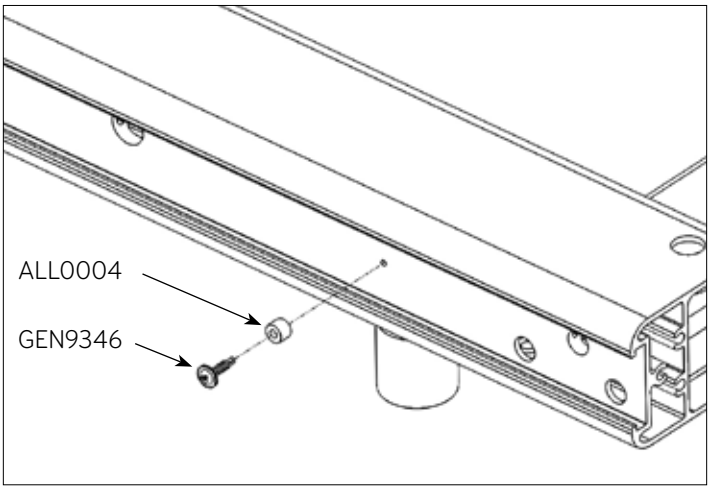


Figure B

3. Installing the Tower Mount Brackets:

   a. With the provided 5/32" allen wrench, loosen the 6 screws on each bracket 1-2 turns. Do not remove them, you just want some free play between the plates. See Figure C.

   b. Make sure the brackets are oriented as in Figure C (use the large grey knobs and screws as reference) and slide them into the C-channel of the frame until they touch the spacer you installed in step 2.

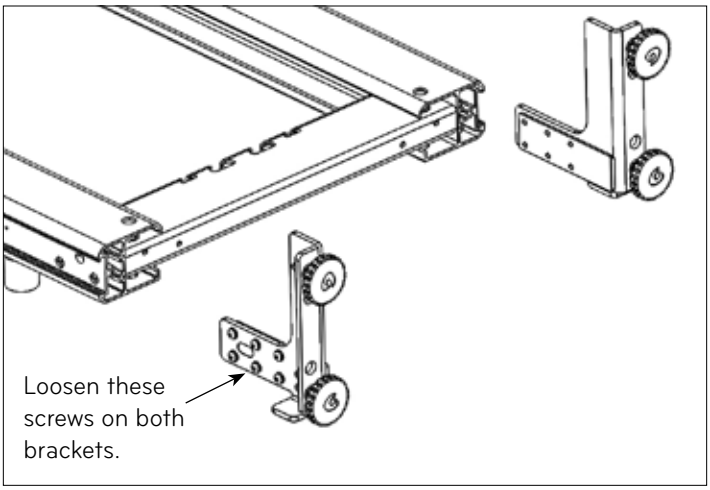


Figure C

4. Using the provided 5/32" allen wrench, tighten the 6 screws on both Tower brackets. Make sure the bracket is slid all the way up against the spacer you installed in step 2. See Figure D.

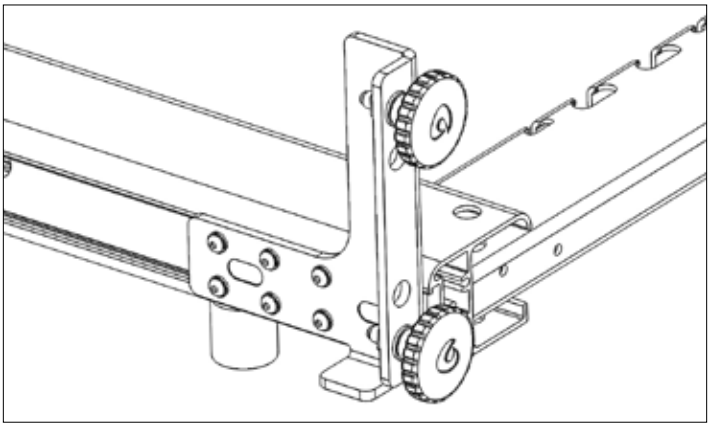


Figure D

5. Re-install the plastic rail end caps on the same side you removed them from. The lanyard and locking pins are no longer needed so they can be set aside with the risers. See Figure E.

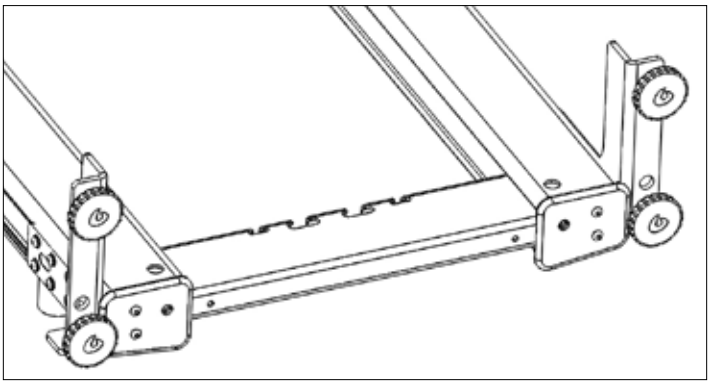


Figure E

6. Install the Tower frame onto the brackets.

   a. Orient the Tower frame so that the large threaded holes at the bottom face away from the carriage.

   b. Lift the Tower frame over the brackets and lower it around them so it rests on the ledge at the bottom of the brackets. See Figure F.

   c. Slide the frame toward the bracket until it is flush.

   d. With one arm or an assistant holding the Tower frame upright and in position, start threading the 4 large knobs into the Tower frame. You may have to push on the frame to get it into position with the knob, and if one is giving you trouble, just move onto the others and come back to it.

      IMPORTANT NOTE: Get all four knobs started 3-4 turns into the Tower frame before tightening any of them. It is also critical that the Tower is parallel and flush against the bracket with the knobs. You may have to push/pull/ twist the leg of the Tower to make it line up.

   e. Once all four knobs are started tighten them one by one.

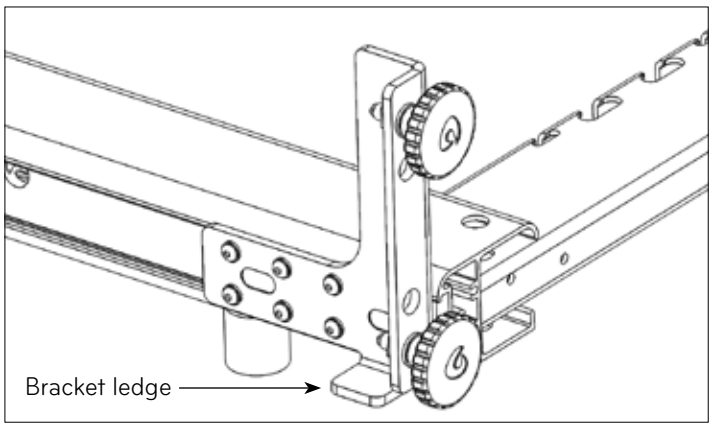


Figure F

7. Install the adjustable pulleys by assembling the components as shown in Figure G with the pulley on the inside of the frame. Tighten the knob when the eyebolt is horizontal as shown in Figure G. Repeat on the other side.

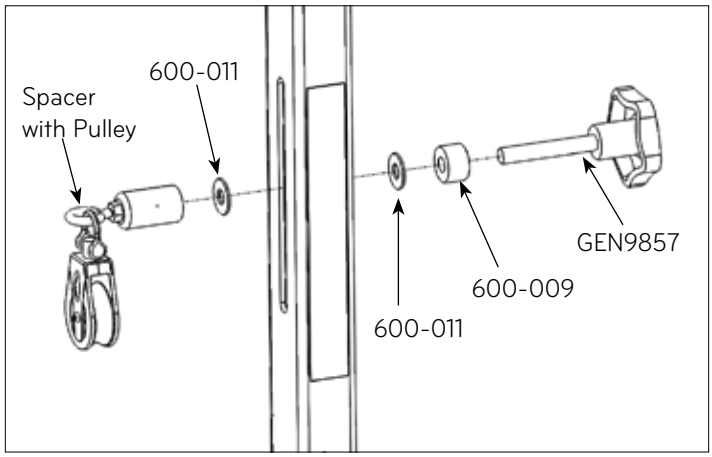


Figure G

8. Install the lower spring mounts in the head end of the frame with the long screw and the 5/32" allen wrench. Tighten the screw with the eyebolt oriented vertically as shown in Figure H.

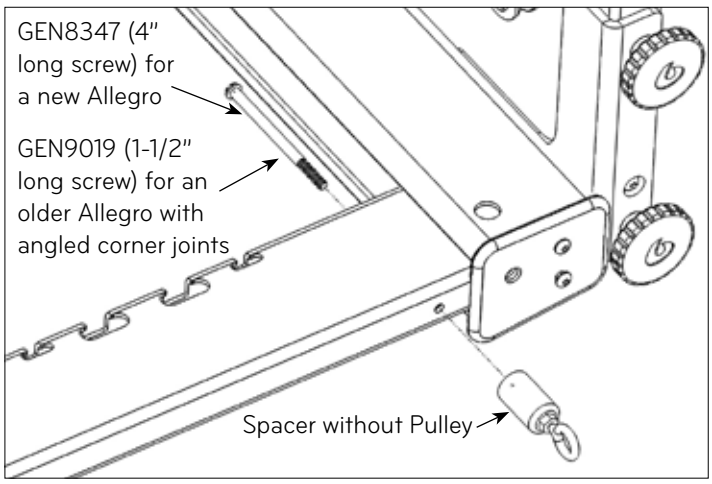


Figure H

9. Rethread your ropes through the new riser pulleys.

REPOSITION THE T-PIN

For shipping purposes, the Tower is packaged with the T-pins installed on the inside of the Tower frame.

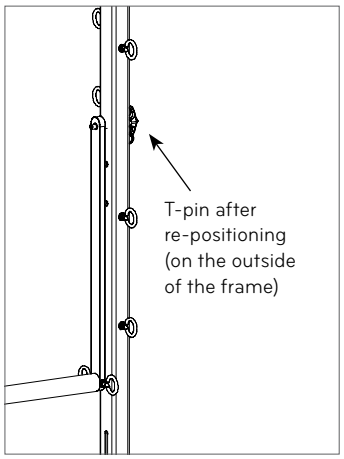


Figure I

10. The T-pin should be installed on the outside of the Tower frame for use. To remove the T-pin, push the button on the handle of the pin while holding the push through bar (PTB) securely. Pull the pin free of the PTB and Tower frame. Reinsert the pin from the outside of the Tower frame. See Figure I.

INSTALLING MAT CONVERSION

11. Disconnect all carriage springs

12. Move the carriage to the head end of the frame and clear the ropes out of the way.

13. Place the mat in the open space between the standing platform and the carriage.

14. Remove the shoulder rests from the carriage (optional).

USING THE PRE-INSTALLED PUSH-THROUGH BAR (PTB) SAFETY STRAP

Note: Always use the safety strap for bottom-sprung exercises.


Figure J

Use only with qualified instructor supervision. The PTB safety strap is used only for bottom-sprung exercises. The photo at right shows the safety strap correctly positioned to secure the push through bar. The strap includes numerous loops or "contact points" so that you can adjust the "stopping point" of the PTB if it is released during exercise.

Note: Use the Velcro portion of the safety strap at the top of the Tower frame to secure the PTB upright when not in use.

MOVING AND STANDING AN ALLEGRO WITH TOWER

Note: Always exercise caution when moving, lifting, or storing an Allegro or an Allegro with Tower. Use proper lifting technique to avoid injury.

TO MOVE:

To move a Reformer with Tower a short distance you may be able to lift the head end and roll it on the transport wheels as if you did not have a Tower. Be aware that you will be lifting the Tower and Reformer so it will be heavier than the Reformer by itself. The Tower will also be rising quite high so you will have to be careful if you do not have high ceilings.

If moving the Reformer and Tower is not possible, remove the Tower, then move the Reformer.

1. Pull the ropes back through the pulleys on the riser.

2. Loosen the four gray Tower knobs and remove the Tower from the Reformer frame. If this is too heavy, the springs and push thru bar can be removed first. If you do not remove the push thru bar or roll down bar, be aware that they can swing freely.

3. Now with the carriage held in the home position by at least 2 springs, lift the head end of the Reformer to roll.

Note: If you have the extended legs installed and have the transport wheels at the head end, you can leave the Tower installed and lift the foot end of the machine to roll it around. Make sure the carriage is at the head end of the frame before lifting. You will take up more room as you move around in this configuration but for some circumstances this is acceptable.

TO STAND:

4. Remove the Tower frame as explained in the "To Move" section. **The Tower must be removed before standing.**

5. It is absolutely critical that the Allegro footbar be set and locked in the correct position for standing storage. Move and lock the footbar into the position closest to the foot-end of the Reformer frame. Raise the footbar to its highest position. Lift the head-end of the Allegro frame to waist height. Then raise the frame to vertical. Use your foot to steady the wheeled end of the frame as you lift to vertical. The vertical Allegro will come to rest on the footbar and the transport wheels.

Note: It is absolutely critical that the Allegro footbar be set and locked in the correct position for standing storage.

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 or contractor.

Parts List (included)

» 1 adjustable belt strap

» 1 3-1/2" eye-bolt

Tools Needed (not included)

» Drill with 1/8" bit

» Phillips or flathead screwdriver

INSTALL THE EYE-BOLT

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

USING THE WALL SECURITY STRAP

2. Follow your Allegro or Allegro Tower instructions for proper standing procedure.
3. Move the Allegro near the wall with the footbar pointed away from the wall (perpendicular to the wall).
4. Wrap the strap ends around one rail and connect the ends like a belt, using the adjustable clip.
5. Adjust the strap to remove any slack.

NOTE: Do not try to wrap the strap ends around the entire frame - it will not fit.

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 (1-800-745-2837) in the U.S. and Canada, or +1-916-388-2838 (international).

HUNDRED, ALL LEVELS

Sets: 10
Springs: 1 – 3
Bar: None
Loops: Regular
Headrest: Up

Focus
» Percussive breathing - in for 5, out for 5

» Stable pelvis – imprinted or neutral

» Hollow abdominals

» Abdominal strength

» Shoulders down

» Neck long

Precautions
Back injuries, neck injuries, hip flexor injuries, osteoporosis

Prerequisites
Hundred on the mat

Starting Position
Lying supine on carriage, knees at 90 degrees, hands in loops, arms to ceiling

Level 1
Knees bent at 90 degrees, reach arms to sides as the head and upper body lift off the carriage, pulse arms with breath

Level 2
Legs straight up to ceiling, reach arms to sides as the head and upper body lift off the carriage, pulse arms with breath

Level 3
Reach arms to sides as the head and upper body lift off the carriage, straighten legs to ceiling then lower legs keeping low back on mat, pulse arms with breath

FEET IN STRAPS, LEVEL 1

Reps: 6
Set up: 2 springs
Bar: Any
Loops: Regular

Focus
» Breath - exhale out/inhale in or inhale out/exhale in

» Spine to mat or neutral spine

» Hollow abdominals

» Abdominal strength

» Pelvic Stability

» Hamstring, adductor and gluteal strength

» Hamstring and adductor flexibility

» Leg and hip alignment

» Hip range of motion

Precautions
Hip flexor injury, limited hamstring flexibility, back injuries, weak abdominals

Prerequisites
Adequate hamstring flexibility, ability to stabilize the back, Hundred

Starting Position
Supine on carriage, loops around arches

Leg lowers
Hips stable, begin with inner thighs together, lower and raise legs

Variations: Legs parallel, turned out or turned in Magic circle or ball between the legs

Scissors
Hips stable, begin with inner thighs together, open legs to sides and return

Variations: Legs stay over hips, legs move down toward the bar while carriage moves (V's)

Circles
Hips stable, begin with inner thighs together, moving legs down and around in circles or D's, reverse directions Variations: Legs parallel, turned out or turned in, or knees in straps.

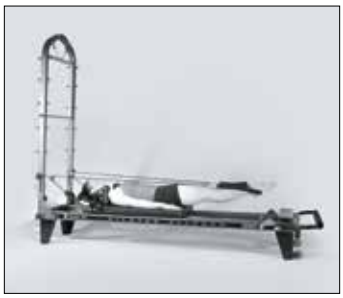

Starting Positions - Leg Lowers 1


Leg Lowers 2


Scissors 1 / Circles 1


Scissors 2


Circles 2


Circles 3

ARM WORK, LEVEL 1 - 2

4 - 10 reps
Springs: 1-2
Box: long, short or none
Loops: very short, short or regular

Focus
» Breath – inhale pull/exhale release

» Biceps, triceps, pectoralis and deltoid strengthening

» Scapular stabilization

» Torso stabilization

» Sitting posture

Precautions
Wrist, arm or shoulder problems, back problems with limited sitting ability

Sitting variations for all exercises
Sitting on carriage, cross-legged, legs straight or kneeling

Exercises Facing the Straps
Biceps
Holding very short loops in hands, bend elbows to pull straps to shoulders.

Triceps/Posterior Deltoid
Loops in hands, arms straight, pull straps back level with hips and pulse arms back

Exercises Facing Footbar
Serve a tray
Sitting facing footbar, regular loops in hands, elbows bent, reach forward, straighten arms, open arms to the side palm up and return

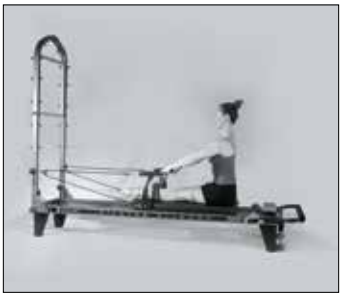
Hug a tree
Sitting facing footbar, regular loops in hands, arms out to sides, soft elbows, bring fingertips toward each other



Biceps



Serve a tray



Triceps



Hug a tree

FOOTWORK, ALL LEVELS

Reps: 10
Springs: 2—4 springs
Bar: Middle or High
Head rest: Up

Focus
» Breathing – exhale out/inhale in, or inhale out/exhale in

» Neutral spine

» Pelvic stability

» Hip, leg and ankle alignment

» Hip, leg and ankle strengthening

» Circulation

» Isolation – release unnecessary tension in the upper body and hips

Precautions
Sensitive to ankle, knee, hip flexion, spinal compression

Starting position
Supine on carriage, feet on foot bar, legs hip width apart

Heels
Heels on foot bar, push back and return

Toes
Ball of foot on bar, heels slightly raised, push back and return

Prehensile
Ball of foot wrapped around the bar, push back and return

Pilates V
Ball of foot on bar, turned out, low releve, heels together, push back and return

Flex/Releve
Ball of foot on bar, parallel, legs straight, plantar flex ankle, dorsiflex ankle, plantar flex ankle, bend knees, push back to starting position

2nd position
Heels at ends of bar, slight turn out, push back and return

Running in place
Ball of foot on bar, dorsiflex one heel, bend the other knee, alternate legs 20-50 times


Heels


Toes


Prehensile


Pilates V

Allegro® Tower Exercises

DEFINITION OF EXERCISE SET-UP TERMS

» **Level: The level of expertise needed to undertake exercise.**

» **Reps:** How many times the exercise is performed.

» **Springs:** Number and location of springs on the Allegro Tower.

» **Loops:** Which loops should be used during exercise.*

» **Focus:** What should be emphasized during exercise.

» **Precautions:** Physical conditions that may limit or exclude a participant. Exercises may need to be modified for people with these conditions.

» **Prerequisites:** Specific exercises that must be mastered before undertaking a new exercise.

» **Starting Position:** Where to begin the exercise on the Allegro Tower.
*If applicable

ROLLBACKS, LEVEL 1

Springs: 2 long yellow or 2 short yellow springs from high position
Reps: 6-10
Rollback Bar or handles

Focus
» Breathing – exhale roll down, inhale at the bottom, exhale to roll up

» Balance between abdominals and lumbar extensors

» Soft neck and shoulders

» Maintain C-curve

» Soft hip flexors

Precautions
Shoulder and neck problems, some low back problems, osteoporosis

Starting position
Sit facing Tower, holding on to bar or handles, knees soft, feet on metal bars.

Standard Exercise
Hold bar with arms straight, roll down, curving back and staying lifted, roll back up maintaining slight flexion in spine

Oblique Variations
» Wooden bar (Water skiing)

» Sit diagonally on table, place left foot against pole, cross right foot over ankle, place left hand on bar and reach right arm open while rotating torso to the right.

» Roll down and up maintaining rotation, then switch sides.




Roll Backs



Water skiing

FEET IN STRAPS, LEVEL 1

Springs: Long springs from middle or high position
Reps: 6-10
Loops around arches

Focus
» Breath - exhale out/inhale in or inhale out/exhale in

» Neutral spine

» Hollow abdominals

» Pelvic stability

» Hamstring, adductor and gluteal strength

» Hamstring and adductor flexibility

» Leg alignment

Precautions
Back injuries, some knee injuries and hamstring strains

Starting Position
Lie supine with head toward Tower loops around arches

Leg Lowers
Both legs loops and inner thighs together, lower legs toward the table and maintain pelvic stability.

Variations: Parallel, turned-out, turned-in, holding a ball or magic circle between the legs

Circles
With both legs in loops circle the legs in both directions, maintaining pelvic stability.

Variations: parallel, turned-out, turned-in

Scissors
With both legs in loops, lower legs toward table then open and close legs and maintain pelvic stability.

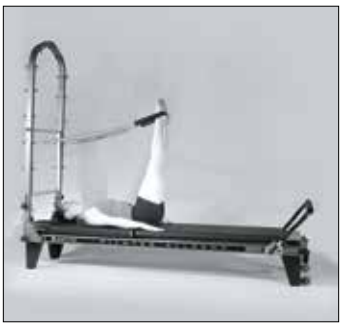
Variations: parallel, turned-out, turned-in

Walking
With both legs loops alternately bring one leg down toward the table and then the other, while maintaining pelvic stability.

Variations: parallel, turned-out, turned-in



Leg Lowers



Circles



Walking (springs middle position)

FEET IN STRAPS SIDELYING – ADDUCTOR PULL, LEVEL 1-3

Springs: Long springs from middle position
Loops: Around arches
Reps: 10

Focus
» Breath - exhale down/inhale up

» Correct side-lying position
(waist up, hips and shoulders in line)

» Hollow abdominals

» Pelvic stability and isolation of the leg from the pelvis

» Adductor, medial hamstring and external rotation strengthening

Precautions
Some back injuries, knee injuries, and unstable sacroiliac joints

Starting Position
Lie on your side on Allegro Tower with back of body in line with back edge of mat and legs slightly forward.

Support body by bracing the bottom arm against upright pole or resting head on arm.

Place loop around arch

Standard Exercise
Pull top leg down toward bottom leg.

Maintain correct side-lying position.

Variations: parallel, turned-out (larger range of motion), turned-in.

Ovals
Maintaining correct alignment, move top leg in a small circle in both directions.

Variations: parallel, turned-out, turned-in

Front-Back Kick
Maintaining correct alignment, swing top leg forward and back (as in the Side Kick on the mat).

Variations: parallel, turned-out, turned-in

Adductor Pull

Front-Back Kick

FOOT AND LEGWORK, LEVEL 1

Springs: 2 long purple springs from the bottom on Push-through Bar
Reps: 10
Safety Strap: On

Focus
» Breath – inhale push, exhale return

» Spine to mat or neutral spine

» Leg, ankle and foot alignment

» Calf and hamstring flexibility

» Foot, ankle and lower leg strength

Precautions
Back injuries, knee injuries

Starting Position
Supine on Allegro Tower with feet on Push-through Bar, and springs attached from low position onto the Push-through Bar

Plies
Lie supine with the Push-through Bar in line with anterior hip crease, flex knees, flex hips, with metatarsals or heels on the bar, and straighten legs and return.

Foot position variations: Heels, Toes

Leg variations: parallel, turned out, v-feet, wide 2nd position, single leg

Plie/Releve
Lie supine with the Push-through Bar in line with anterior hip crease, hips flexed, knees bent, metatarsals or toes on the bar.

Push the bar up toward the ceiling straightening the knee, plantarflex the ankle, dorsiflex the ankle and return.

Variations: parallel, turned out, single leg

Plantarflexion
Lie supine with Push-through Bar in line with anterior hip crease, legs straight, metatarsals or toes are on bar, plantarflex and dorsiflex the ankles.

Variations: parallel, turned out, single leg, running in place



Plies



Plantarflexion - 2 legs


Plantarflexion - alternating legs

balanced body®

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