

# Assembling the Balanced Body® CenterLine® Pole System

## READ FIRST: IMPORTANT INSTALLATION NOTE

The CenterLine Pole System is designed to be mounted on a wall with wood studs spaced 16" apart. Be sure the lag bolts go into the studs. If your wood studs are not 16" apart, a 2x4 (stringer) may be horizontally mounted to the wall into at least 3 studs. The top of the Pole System can then be attached to the stringer using the included lag bolts.

If you do not have wood frame construction, consult a contractor.



## PARTS LIST

PART DESCRIPTION	PART NUMBER	QTY
Curved Pole System Tower top	15398	1
Pole System tube left	15399	1
Pole System tube right	15400	1
Pole System base plate	15397	1
Wooden push-through bar	15166	1
Maple roll-down bar	12146	1
Safety strap and carabiner	11498, 13691	1
Cotton loops	11490	2
Long red springs with snaps	SPR9246	2
Green springs with snaps	14268	1
Red springs with snaps	14270	1
Blue springs with snaps	14275	2
Grey springs with snaps	14299	2
21 mm x 1/2 " wrench	12981	1
Hardware package	(see Figures A and B)	

If you have ordered the complete Pole System package your shipment will include:

- » Mat (1)
- » Moon boxes (2)
- » Weighted metal roll-up bar (1)
- » 24" foot strap (1)

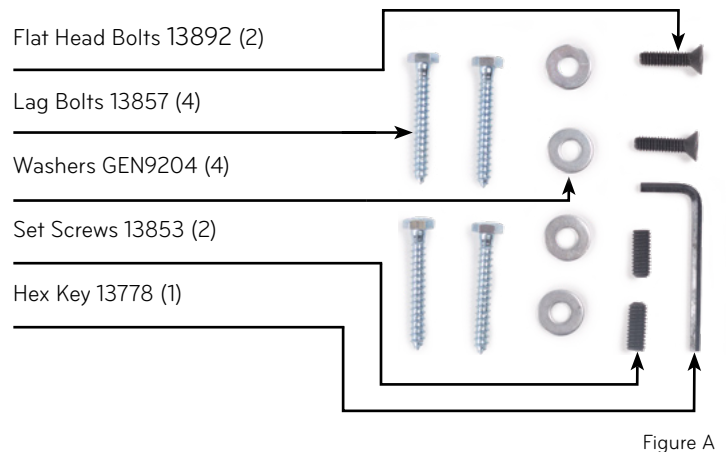


Figure A



Figure B:  
12 of each: Eyebolt (13657), nut 1/4"-20 (13635) and 1/4" washer (13722)

## TOOLS YOU WILL NEED (NOT INCLUDED)

- » 7/16 wrench
- » Screwdriver (to hold eyebolts in place while tightening)

## LAY OUT ALL THE PARTS.

1. Make sure you have all the components listed in the parts list. Also make sure you have acquired the hardware necessary to attach the equipment to your wall.

## ATTACHING TUBES TO THE CURVED TOP PIECE

2. Make sure there is enough room to lay the entire system on the floor without hitting any furniture in the room. Remove the tube assembly from the shipping box. Lay the tube assembly on the floor so the riv nuts (threaded inserts) face down on the floor.

## ATTACH TUBES TO BASE PLATE.

3. Insert the two flat-head bolts (in your hardware package) through the holes in the base plate and thread into the bottom of the tubes. Tighten the bolts using the hex key. Make sure the eyebolts in the base plate are facing toward the curved tubes. See Fig C.

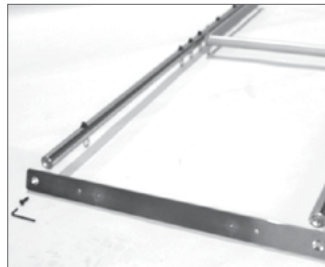


Figure C

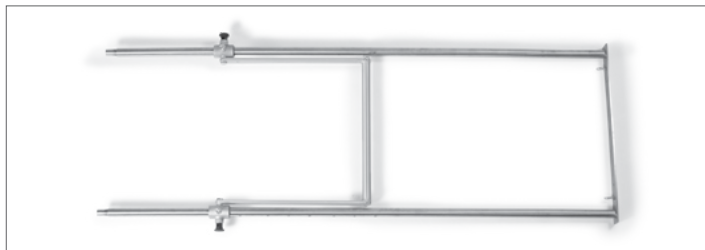


Figure D

4. Place the curved piece on the open end of the tubes by sliding the welded ends into the curved top piece. See Figure E for orientation and locations of set screws. Insert the set screws (located in your hardware package) and tighten using the provided hex key.

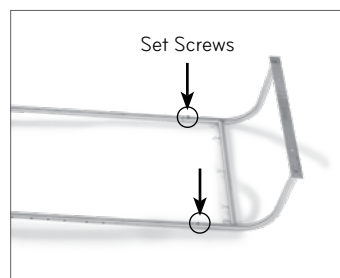


Figure E

## SECURE THE POLE SYSTEM TO THE WALL

5. Secure the Pole System to your wall using the appropriate method. See Important Installation Note on page 1.



Figure F

## SECURE THE POLE SYSTEM INTO THE FLOOR

6. There are two 1/4" holes in the base plate to secure the Pole System to the floor. See Figure G. If you have a wood floor, you can use the enclosed lag bolts. If you have a concrete floor, check with a contractor to obtain the necessary hardware and tools.

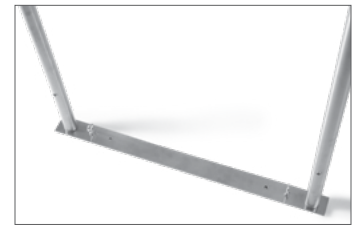


Figure G

## YOU MUST PROPERLY SECURE THE POLE SYSTEM TO THE WALL AND THE FLOOR.

## INSTALL EYE BOLTS INTO TUBES.

7. Install eyebolts and washers into the riv nuts (threaded inserts) that are inserted into the tubes. Using a screwdriver and a 7/16" wrench, tighten the eyebolts so they are in the line with the main tube. See Figure H.



Figure H

## HOW TO ADJUST YOUR SLIDING PUSH THROUGH BAR

Position your hands on the outside of each slider. Place your middle and/or ring fingers under the silver base of the knob; right where the black body of the knob threads into. Place your index finger and thumb around the knob itself. Pull each of the knobs outwards, away from the vertical tubes, until they stop. Using the same force on each arm, move the slider upwards or downwards to each new location. Once you near a new location slightly release the outward pull of the knobs. The pins will automatically fall into the next position when aligned.

### PUSH-THROUGH BAR CONTROL WARNING!

The push-through bar can be extremely dangerous to both the client and trainer if used improperly.

Always control the push-through bar securely through any movement, especially when the bar has springs attached to it. If the bar is released under spring tension, it will move forcefully in the direction of the spring connection point. Always be aware of the full arc area of the bar and keep that area clear of both the instructor's body and the client's body.

Note: Use only with qualified instructor supervision. When not in use, the push-through bar should be secured out of the way with the safety strap. Attach the safety strap by looping the strap around the top end tube and through the sewn end loop. Never attach the safety strap to any eye bolt on the frame.

## CLEANING AND MAINTENANCE

It is recommended to check to ensure the pins in the plunger knobs protrude and lock into the vertical tubes. First pull both knobs out and start moving the sliders to a different position. Release the knobs before the next hole and continue to slide the system. Once over a hole the pin of the knob will drop into the opening. Once each slider is in a new position apply a down force on the push-through bar directly downwards. The pins of the sliders should not come out of the holes. If the pins do not stay in the tube holes, the pull knobs need to be replaced; call Balanced Body for replacement parts.

### Cleaning

To clean wood and metal, use a damp cloth and mild soap. Wipe dry. Periodically check the machine for anything that might have become loose, such as the eyebolts where the springs attach.

If you have a mat or moon box please note that Balanced Body upholstery has built-in antimicrobial/antibacterial protection. For light soiling use a solution of 10% household liquid dish soap with warm water applied with a soft damp cloth (do not use paper towels). If necessary a solution of liquid cleanser and water applied with a soft bristle will also work. For heavier soiling please call Balanced Body Technical Support.

## IN CASE OF FREIGHT DAMAGE

If there is freight damage, make certain you keep all packaging material. You must call Balanced Body within 3 days.

## QUESTIONS?

Call Balanced Body Tech Support at +1 916-388-2838 or 1-800-PILATES

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