

How to Assemble the Balanced Body® CoreAlign® Brackets for Cadillac Mount

PLEASE NOTE:

Ladder sold separately. Ladder assembly must be complete before beginning.

PARTS LIST

- (1) Narrow Ladder Adapter 707-236
- (2) Standard Ladder Adapter 707-237
- (2) Long Bracket 616-133
- (6) 12 x 3/4 Screw GEN9033

Tools you will need (not included):

- » Drill and 1/8" drill bit
- » Large head Phillips screwdriver (#3 tip)

Note: Assembled ladder is 91" (231 cm) tall. Contact Balanced Body if your ceiling is lower than 91".

TO START:

STEP 1

Using a screwdriver, remove bottom brackets from the ladder. (Fig A). If center brackets were not originally included on your ladder, move the bottom brackets to the middle location. If center brackets were included, discard the lower brackets.

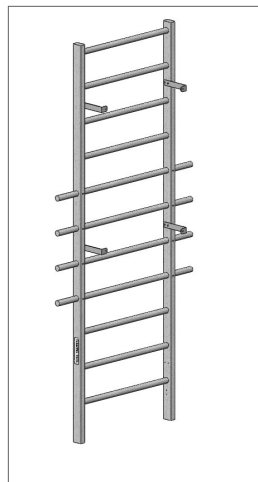


Fig A: Bottom brackets removed.

STEP 2

Identify long brackets. (Fig B)

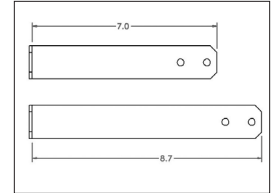


Fig B: Short and long brackets.

STEP 3

Align the bottom edge of the long brackets 6 inches from the ladder bottom. Drill two 1/8" diameter hole for the two screws. See Fig C (side view).

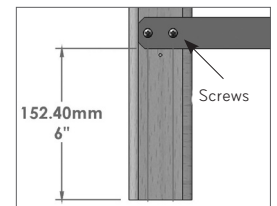


Fig C

STEP 4

The flanges must point inward. The newly installed brackets will look like Fig. D

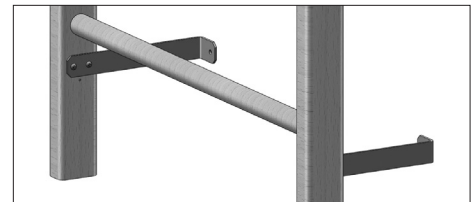


Fig D

STEP 5

Identify long clamps versus short clamps. (Fig E).

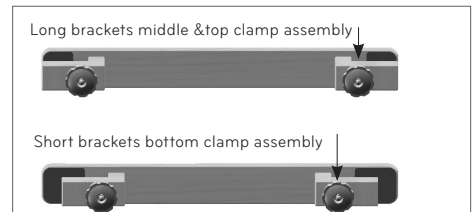


Fig E

STEP 6

Using two screws (GEN9033) install long clamp on the top bracket. Repeat on middle brackets with remaining long clamp. (Fig F).

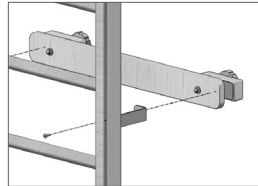


Fig F

STEP 7

Using remaining screws (GEN9033) install the short clamp to the bottom brackets. (Fig G).

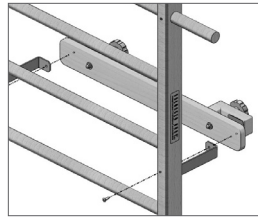


Fig G

STEP 8

Double check clamp installation for correct placement before attaching ladder to the Cadillac. (Fig H).

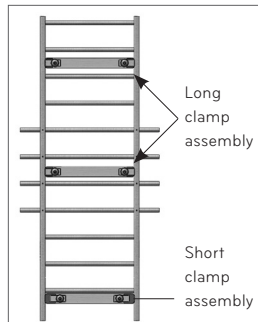


Fig H

STEP 9

Attach the ladder to the Roll-down bar end of the Cadillac uprights by rotating the clamps. Secure the clamps by turning the black knobs. (Fig I).

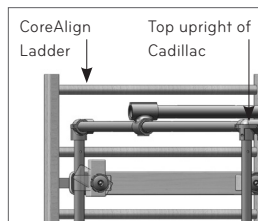


Fig I

STEP 10

Attach the bottom brackets to the Cadillac legs. Rotate the clamps. Secure the clamps by turning the black knobs. (Fig J).

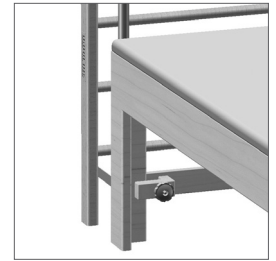


Fig J

Completed. (Fig K).



Fig K

VERTICAL STORAGE OPTION USING THE HANDLES AND STRAPS

To store your CoreAlign vertically, move the carts to the end nearest the ladder and attach all resistance bands. Move the unit about 8-10" away from the ladder. On each side of the ladder, place the loop-end of the ropes on the long dowel, second from the bottom. Tip the unit until it is on its end. Note: A mat may be used underneath to prevent any scratches to the floor. Diagonally wrap each rope around the unit and secure the handle on the top long dowel. See Fig L.

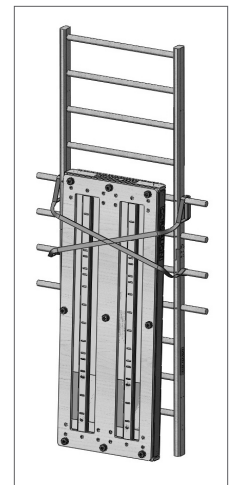


Fig L

QUESTIONS?

Please call Balanced Body Technical Support at 1-800-PILATES (U.S.) or +1-916-388-2838 (International)