

Installing the Balanced Body® XSR Footbar Cover Replacement

INCLUDED PARTS:

- » Footbar Cover. See Figure 1.

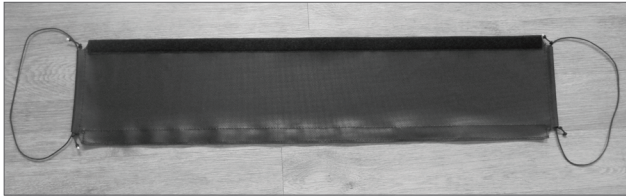


Figure 1

TOOLS NEEDED:

- » Scissors
- » 5/16 Allen Wrench (provided)
- » Something to wrap string around (e.g. screwdriver, pen, pencil) (qty 2)

REMOVE OLD FOOTBAR COVER

1. Standing at the foot side of the Reformer, raise the footbar to the highest position on the Trunnion Plate as shown in Figure 2.
2. Remove the old footbar cover by pulling apart the Velcro. Discard the old footbar cover.



Figure 2

REMOVE THE FOOTBAR

3. Using the provided allen wrench, loosen the shoulder bolt on both sides of the footbar. Save the shoulder bolt and the spacer for reuse. See Figure 3.
4. Remove the footbar assembly from the frame and set it on the ground with the seam in the foam facing down. See Figure 4.

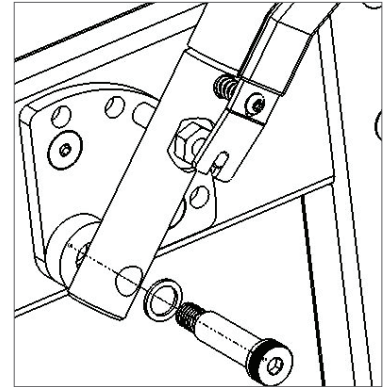


Figure 3

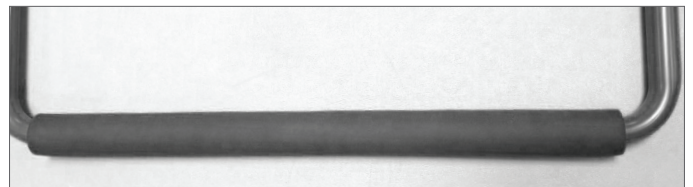


Figure 4

INSTALL THE NEW FOOTBAR COVER

5. Fold the new footbar cover as shown with both loops together and the texture on the outside as shown in Figure 5a. With the Velcro on the top side, slide both loops over one end of the footbar assembly as shown in Figure 5b.



Figure 5a

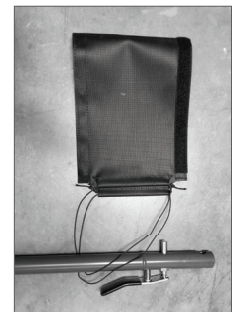


Figure 5b

- Unfold the new footbar cover as shown with the textured side up. The side of the cover with Velcro should face the bottom of the footbar. The cover should be on top of the foam and the string loops should be under either side of the footbar. See Figure 6.

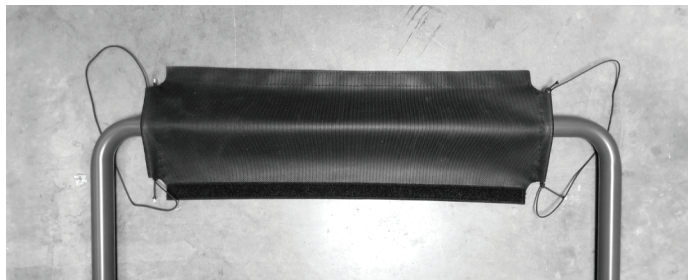


Figure 6

- Reattach the footbar assembly to the Reformer. Slide the shoulder bolt with one washer through the large footbar hole. The black spacer goes through the bolt and in between the footbar and trunnion plate. The plastic side of the spacer should face the footbar. Then screw the shoulder bolt into the trunnion plate with the allen wrench (5/16"). Repeat on the other side. Refer back to Figure 3.

SECURING THE NEW FOOTBAR COVER

- Center the new footbar cover over the foam on the footbar. It should barely cover the ends of the foam. See Figure 7.



Figure 7

- Secure the footbar cover by pushing both ends tightly together and attaching the Velcro as shown in Figure 8. Note: The side of the footbar cover with Velcro should be facing away from the Reformer and line up exactly with the seam in the foam on the footbar.



Figure 8

- Tighten each end of the footbar cover by tying a simple knot as shown in Figure 9. It helps to wrap each end of the string around something such as a pen or a pencil before pulling to get a better grip as shown in Figure 10. Slowly pull both ends of the string at the same time until the ends of the new footbar cover close around the foam as shown in Figure 11. **Warning: If the string is pulled with too much force it will cut through the footbar cover. Finish by tying another knot. Repeat for both sides.**

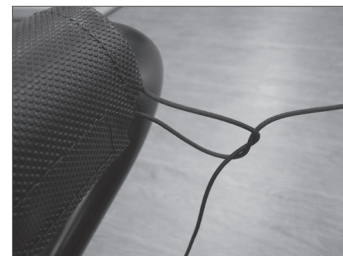


Figure 9

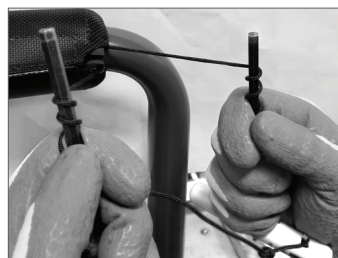


Figure 10



Figure 11

- Cut off half of the remaining string from each side. See Figure 12.
- Pull apart 4 inches of the Velcro on either side of the cover. Tuck the loose ends of the string under the cover and into the seam in the foam. Replace Velcro and smooth out any wrinkles. See Figure 13.



Figure 12



Figure 13

QUESTIONS?

Call Balanced Body Technical Support at 1-800-745-2837 (US and Canada), +1-916-388-2838, or email info@pilates.com