

Assembly of the Balanced Body® CoreAlign®



PARTS LIST

Part	Description	Quantity
N/A	CoreAlign chassis/frame	1
950-221	CoreAlign cart	2
950-140	CoreAlign cart stopper	2
950-143	CoreAlign speed bumps	2
616-219	Foam pads for carts	2
UPH7019	Foam pads for standing platform	1
950-151	Straps and handles	1 pair each
950-218	Peach (light) resistance tubing kit (4 in each kit)	2
950-219	Blue (medium) resistance tubing kit (4 in each kit)	2
950-220	Gray (heavy) resistance tubing kit (4 in each kit)	2
616-252	Band handles	24
616-113	CoreAlign wrench	1
616-114	6mm Allen wrench	1
GEN9284	1/8" Allen wrench	1
GEN9282	5/32" Allen wrench	1

*Maintenance kit is used for minor adjustments on the CoreAlign, including wheel replacement if necessary.

The CoreAlign is an innovative exercise machine designed to develop strength, coordination and balance. Created by Jonathan Hoffman, PT, it can be used by personal trainers, Pilates instructors and physical therapists as a functional training tool for injured clients, people looking to improve their overall fitness, and athletic training for improved performance. If you are new to the CoreAlign, we recommend consulting a trained CoreAlign instructor in order to learn to use the unit safely and effectively.

Note: Take extra care when using the CoreAlign with heavy band loading or on uneven or slippery floors such as wood, tile or low pile carpeting. If you experience slipping or rocking of your CoreAlign and/or Freestanding Ladder, prevent this by adjusting the leveling feet on the ladder, using a non-slip pad under the rubber feet of the CoreAlign or modifying the resistance as necessary.



CoreAlign Main Components with Optional wall mounted Ladder

A. INSTALLING THE COREALIGN

Take the CoreAlign out of the box and place it on the floor with the narrow end in front of the ladder. Make sure the CoreAlign is on a level surface.

NOTE ON FURNITURE GLIDES: Several exercises require the CoreAlign to move closer or farther from the ladder. Furniture glides can be placed under the feet of the unit to make moving easier. Choose the kind of glides you need based on the floor surface the unit is installed on. Furniture glides for a variety of surfaces are available at your local hardware store. If you choose to use furniture glides be aware that they may cause the CoreAlign to slide in use.

B. INSTALLING THE COREALIGN RESISTANCE TUBING

1. Remove the CoreAlign cart top by pulling the round knob on one end and lifting the cart top up as shown in **Figure A**.

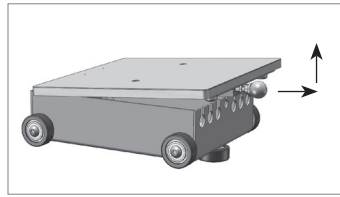


Figure A

2. Place the band handles in the notches on both sides of the cart as shown in **Figure B**. The standard arrangement for the tubes is to place the 2 light (peach) tubes in the outer positions, the 2 medium (blue) tubes in the center positions and 2 heavy (gray) tubes on the inside positions.

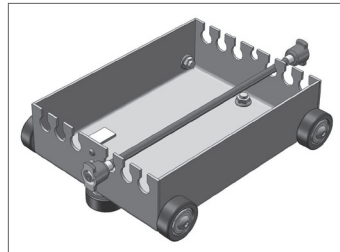


Figure B

3. Re-install the cart lid by sliding the lid into place (**Figure C**) and pulling the round knob out to let the lid drop into place. Release the knob to lock the lid in place.

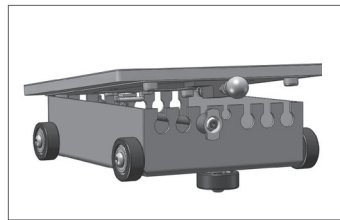


Figure C

Checking the resistance tubing for wear

The tubing must be replaced regularly in order to provide consistent resistance and a safe experience on the CoreAlign. Check the tubing weekly by opening the carts and looking for holes or thin spots. Replace any worn tubing immediately. To prolong the life of your stored tubes, keep them in a sealable bag away from direct sunlight and heat until needed.

C. USING THE COREALIGN

The CoreAlign is comprised of two independent carts traveling in two tracks, with standing platforms at each end of the unit. Cart resistance is achieved by connecting color-coded elastic bands between the carts and the notches on the ends of the frame. Resistance can be adjusted by changing the color and/or the number of elastic tubes used. Refer back to Figures A and B to see how to properly install tubes.

Cart starting positions

The structure of the CoreAlign allows you to create resistance on the cart in a number of different ways. Common configurations include:

Both carts attached to the ladder end of the frame (**Figure D**)

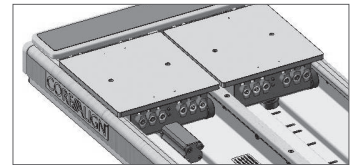


Figure D

Both carts attached to the open end of the frame (**Figure E**)

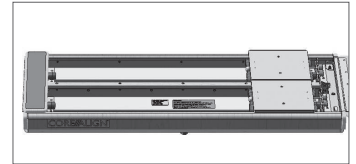


Figure E

One cart attached to the ladder end and the other to the open end of the frame (**Figure F**)

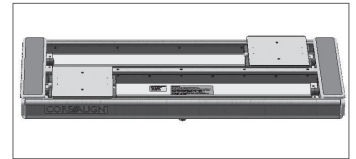


Figure F

Both carts in one track, with the tubing attached to either end of the frame (**Figure G**)



Figure G

Both carts in one track with the carts attached to each other (**Figure H**)

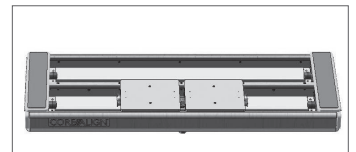


Figure H

Resistance tubing adjustments

To adjust the resistance, press down on the standing platform latch to release the platform lid and lift it up as shown in **Figure I**.

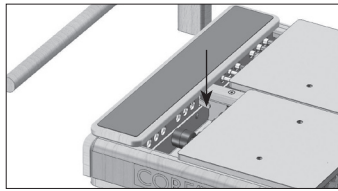


Figure I: Latch Lever

You will see several band notches under the lid, as shown in **Figure J**.

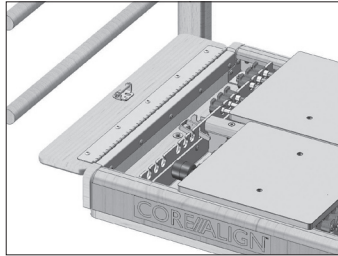


Figure J

- » Place the band handle securely in the notch that is directly in line with it.
- » When you have all the tubes you need in position, lower the lid and make sure you hear a click to indicate the standing platform is secured.
- » Each tube color represents a different level of resistance. Peach = Light, Blue = Medium, Gray = Heavy
- » The specific number and weight of tubes needed for each exercise is included in the exercise description. For safety, we recommend attaching 2 tubes when the cart is in use, to minimize the instability of the cart should a tube break.

Cart stopper and locking adjustments

To limit the travel of the cart, place a cart stopper block in the track by facing the 4 bumpers toward the cart and inserting the tab in the appropriate slot in the track as shown in **Figures K, L**.

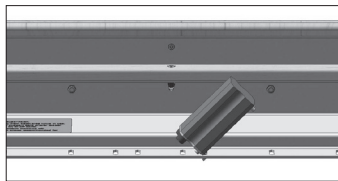


Figure K

To lock the cart at the end of the track, place the stopper block in the track with the 4 bumpers facing away from the cart and insert the tab in the slot that holds the cart secure as shown in **Figure M**.

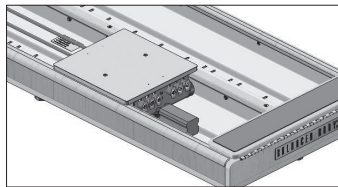


Figure L

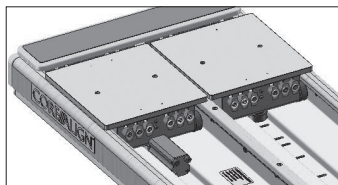


Figure M

CoreAlign Accessories

Many CoreAlign exercises require the following accessories:

- » A wall ladder
- » Straps with handles (included)
- » Cart stopper blocks (included)
- » Freestanding ladder

In addition to the standard CoreAlign unit, the following accessories may be added to the cart for specific exercises:

- » Cart pads for knees, elbows and forearms (included)
- » Rotator disks
- » Speed bumps for hands and feet (included)

Depending on the exercises and clientele you may also need the following:

- » A side bar for security while standing sideways on the cart or for additional stability for beginners
- » An exercise mat
- » A physioball

D. USING THE HANDLES AND STRAPS

Several CoreAlign exercises (included in your CoreAlign instructions) require optional handles and straps for support. To attach them to the ladder, place the loop-end around the outside end of a long dowel. Choose the desired height for the handles and wrap the rope around the ladder and/or dowel until desired length is reached. To adjust, simply move the looped end to a different dowel. Be certain they are secure before using.

E. USING THE SPEED BUMPS

The speed bumps are included to help support the hands and feet on the CoreAlign carts. To install place the two pins on the bottom of the speed bump into the holes on the top of the cart as shown in **Figure O**. If you will be pushing off the speed bumps, orient them so that you are pushing off from the edge furthest from the pins.

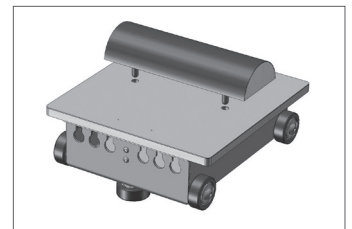


Figure O

WARNING: This machine is potentially dangerous, and Balanced Body Inc. assumes no liability towards use or misuse. If you are not fully aware of the safety issues and use of this machine, do not use it. Use only with qualified instructor supervision. Please refer to the Additional Usage and Safety section for more information.

ADVERTENCIA: Esta máquina es potencialmente peligrosa, y Balanced Body Inc. no asume ninguna responsabilidad por su uso o mal uso. Si no conoce completamente los asuntos relativos a la seguridad y el uso de este dispositivo, no lo utilice. Úselo solo bajo la supervisión de un instructor calificado. Consulte la sección Otros usos y seguridad para obtener más información.

AVERTISSEMENT : Cette machine est potentiellement dangereuse et Balanced Body Inc. n'assume aucune responsabilité quant à son utilisation ou sa mauvaise utilisation. Si vous ne vous êtes pas pleinement familiarisé avec les questions de sécurité et l'utilisation de cet appareil, ne l'utilisez pas. Utilisez cet appareil uniquement sous la supervision d'un instructeur qualifié. Pour plus d'informations, veuillez vous reporter à la section Utilisation et sécurité.

ATTENZIONE: questo macchinario è potenzialmente pericoloso e Balanced Body Inc. non si assume la responsabilità in caso di utilizzo o di utilizzo improprio. Se non siete ben informati sulla sicurezza e l'utilizzo di questo dispositivo, non utilizzatelo. Utilizzatelo solo sotto la supervisione di un istruttore qualificato. Per ulteriori informazioni fate riferimento all'utilizzo addizionale e alla sezione dedicata alla sicurezza.

ACHTUNG: Dieses Gerät ist potenziell gefährlich, und Balanced Body Inc. übernimmt keine Haftung für dessen Gebrauch oder Missbrauch. Wenn Sie mit den Sicherheitsrisiken und dem Gebrauch dieses Geräts nicht völlig vertraut sind, verwenden Sie es bitte nicht. Gebrauchen Sie es nur unter Aufsicht eines qualifizierten Trainers. Für zusätzliche Informationen lesen Sie bitte den Abschnitt Zusätzliche Gebrauchs- und Sicherheitshinweise.

警告: 本设备可能会有危险, Balanced Body有限公司对其使用或误用不负任何责任。如果您未充分了解本设备的安全问题和使用方法,切勿使用。仅在具有资质的教练监督下使用。请参考其它用途与安全章节,了解更多信息。

ADDITIONAL USAGE AND SAFETY

For additional usage and safety information on the CoreAlign, or to view complete manual translations in six languages, please visit the Balanced Body support page at pilates.com/store/faq-safety/

OTROS USOS Y SEGURIDAD

Para obtener más información sobre el uso y la seguridad del CoreAlign, o para ver las traducciones completas del manual en seis idiomas, visite la página de asistencia de pilates.com/store/faq-safety/

UTILISATION ET SÉCURITÉ

Pour plus d'informations sur l'utilisation du CoreAlign et les consignes de sécurité ou pour consulter le manuel intégral disponible en six langues, veuillez visiter la page d'assistance de Balanced Body à l'adresse suivante : pilates.com/store/faq-safety/

UTILIZZO ADDIZIONALE E SICUREZZA

Per ulteriori informazioni sull'uso e sulla sicurezza del CoreAlign, oppure per consultare le traduzioni complete del manuale in sei lingue, visita la pagina di assistenza dedicata a Balanced Body su pilates.com/store/faq-safety/

ZUSÄTZLICHE GEBRAUCHS- UND SICHERHEITSHINWEISE

Für zusätzliche Informationen zu Gebrauch und Sicherheit des CoreAlign oder vollständige Übersetzungen der Gebrauchsanweisung in sechs Sprachen besuchen Sie bitte die Balanced Body-Supportseite auf pilates.com/store/faq-safety/

其它用途与安全

关于CoreAlign凯迪拉克床的其他用法和安全信息,以及六种语言的完整手册翻译,请访问Balanced Body支持页面,网址为:
pilates.com/store/faq-safety/

QUESTIONS?

Call Balanced Body at 1-800-PILATES (1-800-745-2837) or +1 916-388-2828.