

# Align-Pilates®

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## Pro Rope Adjusters Assembly & User Guide

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### Introduction

Thank you for purchasing these Pro Rope Adjusters - the latest aftermarket evolution for our popular A and C Series Pilates Reformers.

The Pro rope adjusters allow you to easily & quickly change the rope length of an individual rope, or both together, to offer maximum versatility and convenience. This assembly and user guide will show you how to install these onto a A or C Series Align-Pilates reformer. Please ensure you read it fully before modifying your equipment.



#### Step 1

In a safe, clear area follow the below instructions for standing your reformer depending on the model of the reformer:

**For a C2-Pro reformer without leg extensions** - you will require assistance when standing the reformer upright as it will be required to be held in place while the T-bar is removed and replaced.

**For a C2-Pro reformer with leg extensions** - if you are comfortable to do so by yourself, stand the reformer vertically, if you are unsure we recommend asking for assistance.

**For an A series reformer with any height leg** - Kneeling beside the reformer, unscrew the T-bar knob and remove the T-bar. Remove the ropes and proceed to **Step 3**.

### Step 2

To remove the rope T-bar: untie the knots of the ropes and pull the ropes out. Next, loosen and remove the T-bar knob then slide the T-bar completely out from the holder on the reformer.

### Step 3

Place the T-bar in a clear and clean area, then using an allen key, undo the silver grub screw (Fig. 1). Once both of the grub screws are undone, the silver inner tubes can be removed by sliding them out (Fig. 2).



Fig. 1



Fig. 2

### Step 4

Insert both of the rope adjusters ensuring the levers are pointed toward the floor (Fig. 3). Then re-insert and fully tighten both of the grub screws using the allen key.



Fig. 3

### Step 5

Re-insert the T-bar, with the newly fitted rope adjusters, into the T-bar holder. We advise you insert the T-bar so the knob engages in the first hole, this will give you the maximum range of rope movement (Fig. 4).



Fig. 4

### Step 6

Ensuring the rope handles are over the shoulder rests, thread the ropes through the rope adjuster tubes then fully open the rope adjuster handle and feed the rope through until it is taut (Fig. 5)

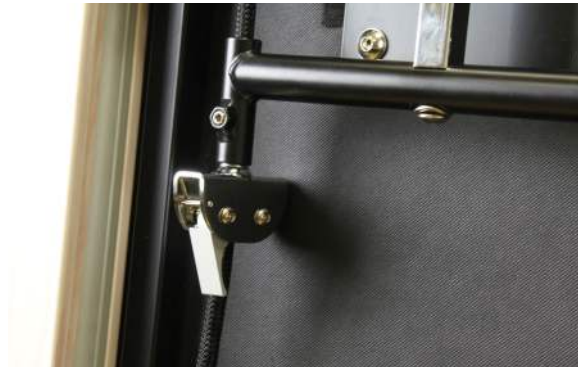


Fig. 5

### Step 7

Check both ropes are the same length and then tie two knots, approximately 2 inches down the rope (Fig. 6). Then ensure both of the rope adjuster handles are fully tight and engaged by squeezing the handles closed. Next, keep the knots behind the rope adjusters (towards the underside of the carriage bed to avoid the handles being unlocked). Wrap any excess rope around the cross bar of the T-Bar (Fig. 7).



Fig. 6

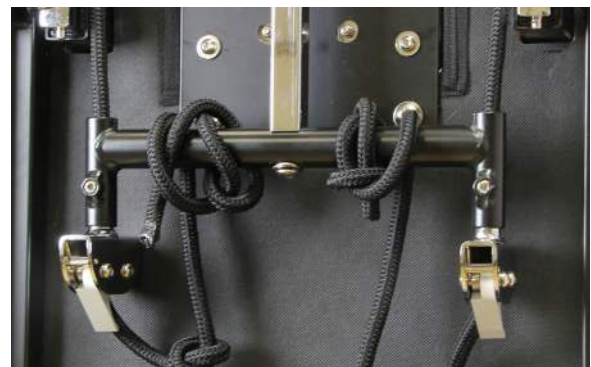


Fig. 7

### Step 8

Test moving the ropes individually and together using the rope adjusters and the T-bar to get familiarized with the system. When confident, lower the reformer on to its feet and again practice changing the ropes and the T-Bar. *Note: If your reformer does not have leg extensions, it may be easier to practice adjusting the ropes with the reformer when placed back on the floor.*

### Final Step

Ensure you add the Pro Rope Adjusters to your Routine Safety and Maintenance Log Sheet. If you do not have a copy of the Safety Maintenance Log Sheet you can download a copy from the Resources section of our website:

[www.align-pilates.com/pilates-equipment-resources/](http://www.align-pilates.com/pilates-equipment-resources/)

If you have any further questions or queries, please feel free to contact the team at Align-Pilates on [01386 425 923](tel:01386425923) or alternatively at [customercare@mad-hq.com](mailto:customercare@mad-hq.com).

