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> [Balanced Body Allegro Pilates Reformer, Pilates Exercise Equipment, Workout Equipment for Home or Studio Use Allegro Reformer with Leg Kit User Manual](#)

Balanced Body 12511

Balanced Body Allegro Pilates Reformer User Manual

Model: 12511

Brand: Balanced Body

1. PRODUCT OVERVIEW

The Balanced Body Allegro Pilates Reformer is a comprehensive piece of Pilates exercise equipment designed for both home and studio use. It features a durable, low-maintenance design with professional-grade components to optimize your Pilates workout experience.

Key features include:

- Smooth, quiet carriage ride for a peaceful workout.
- 5 Signature Balanced Springs for adjustable resistance.
- 3-position headrest and innovative TwistLock shoulder rests.
- Sturdy 36-inch adjustable footbar with 4 locking positions.
- Durable anodized aluminum frame with a built-in nonslip standing platform.
- 8-wheel suspension system with 4 vertical wheels and 4 adjustable side wheels.
- Integrated transport wheels for easy movement and storage.



Figure 1: The Balanced Body Allegro Pilates Reformer with Leg Kit.

Allegro[®] Reformer

5 secure locking positions for many sizes and abilities



Premium vinyl upholstery



Smooth, quiet carriage ride



Built-in transport wheels



5 Signature Springs



Innovative TwistLock™ shoulder rests



Store vertically with or without legs



Figure 2: Diagram highlighting key features of the Allegro Reformer, including secure locking positions, premium vinyl upholstery, smooth carriage ride, built-in transport wheels, 5 Signature Springs, and TwistLock shoulder rests.

2. SETUP AND ASSEMBLY

The Allegro Reformer with Leg Kit requires minimal assembly. It is recommended to have two people for safe handling and setup due to the equipment's weight.

2.1 Unboxing and Placement

1. Carefully remove all components from the packaging. Inspect for any shipping damage.
2. Choose a flat, stable surface for placement. Ensure adequate space around the reformer for safe operation and movement. The reformer dimensions are approximately 93"L x 36"W x 14.5"H.



Figure 3: Dimensions of the Allegro Reformer, showing its length, width, height, and weight.

2.2 Attaching the Leg Kit (if not pre-assembled)

1. Position the reformer on its side or upside down, ensuring it is stable.
2. Align the leg components with the designated attachment points on the reformer frame.
3. Secure the legs using the provided hardware (bolts, washers, nuts). Tighten all fasteners firmly but do not overtighten.

4. Carefully return the reformer to its upright position.

3. OPERATING INSTRUCTIONS

Familiarize yourself with the various adjustable components of your Allegro Reformer before beginning your workout.

3.1 Adjusting Resistance (Springs)

The Allegro Reformer comes with 5 Signature Balanced Springs, each offering different resistance levels. These springs are color-coded for easy identification:

Spring Color	Resistance Level	Approx. Weight Equivalent
Yellow	Very Light	Up to 19 lbs.
Blue	Light	Up to 30 lbs.
Red	Medium	Up to 48 lbs.

To change resistance, simply hook or unhook the desired springs from the carriage. Always ensure springs are securely attached before use.

Why Balanced Body® Springs?

Developed specifically for Pilates equipment, our patented springs deliver quiet, smooth performance, even under strenuous use.

5 Signature Springs

	Yellow Spring	Blue Spring	Red Spring
Resistance	Very Light	Light	Medium
Weight	Up to 19 lbs.	Up to 30 lbs.	Up to 48 lbs.
Inches of extension	0"–36"	0"–36"	0"–36"
Included in purchase	1	1	3

About the Springs:

- ✓ Come with a 2-year limited warranty
- ✓ Built with nickel-plated carbon steel for strength, resilience, and durability
- ✓ Feature long-lasting custom color-coded hooks
- ✓ Created in an innovative manufacturing process that minimizes microscopic damage for safer, longer use
- ✓ Manufactured in an ISO-9000 facility and continually tested for quality



Figure 4: Information about Balanced Body Signature Springs and their resistance levels.

3.2 Adjusting the Footbar

The 36-inch adjustable footbar has 4 locking positions. To adjust, lift the footbar slightly, disengage the locking pin, move to the desired position, and re-engage the pin. Ensure the footbar is securely locked before applying pressure.

3.3 Adjusting Headrest and Shoulder Rests

The headrest can be adjusted to 3 positions for comfort and cervical support. The TwistLock shoulder rests can be easily adjusted or removed to accommodate different body types and exercises.

3.4 Using Straps and Ropes

The SoftTouch rope system provides smooth movement. Adjust the rope length by pulling the rope through the cleat and securing it. Attach the hand/foot straps as needed for various exercises.



Figure 5: A man demonstrating an exercise on the Allegro Reformer, highlighting the use of the footbar and carriage.



Figure 6: A woman using a hand strap on the Allegro Reformer, illustrating the strap system.

For a visual guide on using the Allegro Reformer, please watch the official product video below:

Your browser does not support the video tag.

Video 1: An overview of the Balanced Body Allegro Reformer in use, demonstrating various exercises and features in a studio setting.

4. MAINTENANCE

Regular maintenance ensures the longevity and optimal performance of your Allegro Reformer.

4.1 Cleaning

- Wipe down the frame and upholstery with a damp cloth after each use to remove sweat and dust.
- For deeper cleaning, use a mild, non-abrasive cleaner. Avoid harsh chemicals that may damage the finish or upholstery.

4.2 Inspecting Components

- Periodically check all bolts and fasteners to ensure they are tight.
- Inspect the ropes and straps for any signs of fraying or wear. Replace if necessary.
- Examine the springs for any deformation or damage. Replace worn or damaged springs immediately.
- Check the wheels for smooth operation and cleanliness. Remove any debris that may hinder movement.

4.3 Lubrication

The carriage wheels and tracks may benefit from occasional lubrication with a silicone-based spray to maintain a smooth and quiet glide. Consult the manufacturer's recommendations for specific lubrication needs.

5. TROUBLESHOOTING

This section addresses common issues you might encounter with your Allegro Reformer.

5.1 Noisy Carriage Movement

- **Cause:** Dust or debris on the tracks, dry wheels, or loose wheel bearings.
- **Solution:** Clean the tracks thoroughly. Apply a silicone-based lubricant to the wheels and tracks. Check and tighten any loose wheel components.

5.2 Inconsistent Spring Resistance

- **Cause:** Damaged or worn springs, or improper spring attachment.
- **Solution:** Inspect all springs for signs of stretching, bending, or rust. Replace any compromised springs. Ensure springs are fully hooked onto their designated attachment points.

5.3 Footbar or Shoulder Rests Feel Uncomfortable

- **Cause:** Incorrect adjustment for body type or exercise, or personal preference for softer padding.
- **Solution:** Experiment with different headrest and shoulder rest positions. Ensure the footbar is locked securely in a comfortable position. For additional padding, consider aftermarket accessories or consult Balanced Body for compatible options.

6. SPECIFICATIONS

Feature	Detail
Brand	Balanced Body
Model	Allegro Reformer with Leg Kit
Model Number	12511
Dimensions (LxWxH)	93 x 36 x 14.5 inches
Item Weight	124 Pounds
Package Weight	148 Pounds
Material	Aluminum
Color	Black
Tension Level	Adjustable (via 5 Signature Springs)

Feature	Detail
Handle Type	Adjustable, Strap
Strap Type	Detachable

7. WARRANTY AND SUPPORT

Balanced Body is committed to providing high-quality Pilates equipment. For specific warranty details and customer support, please refer to the information below:

7.1 Warranty Information

The Balanced Body Signature Springs come with a 2-year limited warranty. For full warranty terms on the entire Allegro Reformer and its components, please visit the official Balanced Body website or contact their customer service directly.

7.2 Customer Support

For assistance with assembly, operation, maintenance, or troubleshooting, you can reach out to Balanced Body customer support. They are dedicated to helping you with your Pilates journey.

- **Manufacturer:** Balanced Body
- **Online Store:** [Visit the Balanced Body Store on Amazon](#)
- **Protection Plans:** Additional protection plans may be available for purchase, such as 2-Year Protection Plan or Complete Protect. Check product listing for current offers.