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Balanced Body Rialto Standard Reformer

Balanced Body Rialto Pilates Reformer - Standard Model Instruction Manual

Model: Rialto Standard Reformer | Brand: Balanced Body

1. INTRODUCTION AND OVERVIEW

The Balanced Body Rialto Pilates Reformer is designed to optimize your Pilates workout experience. This professional-grade equipment is suitable for both home use and studio environments, offering a blend of durable construction and user-friendly features. It is crafted with a solid maple frame and features sturdy extruded aluminum legs, complemented by black upholstery.

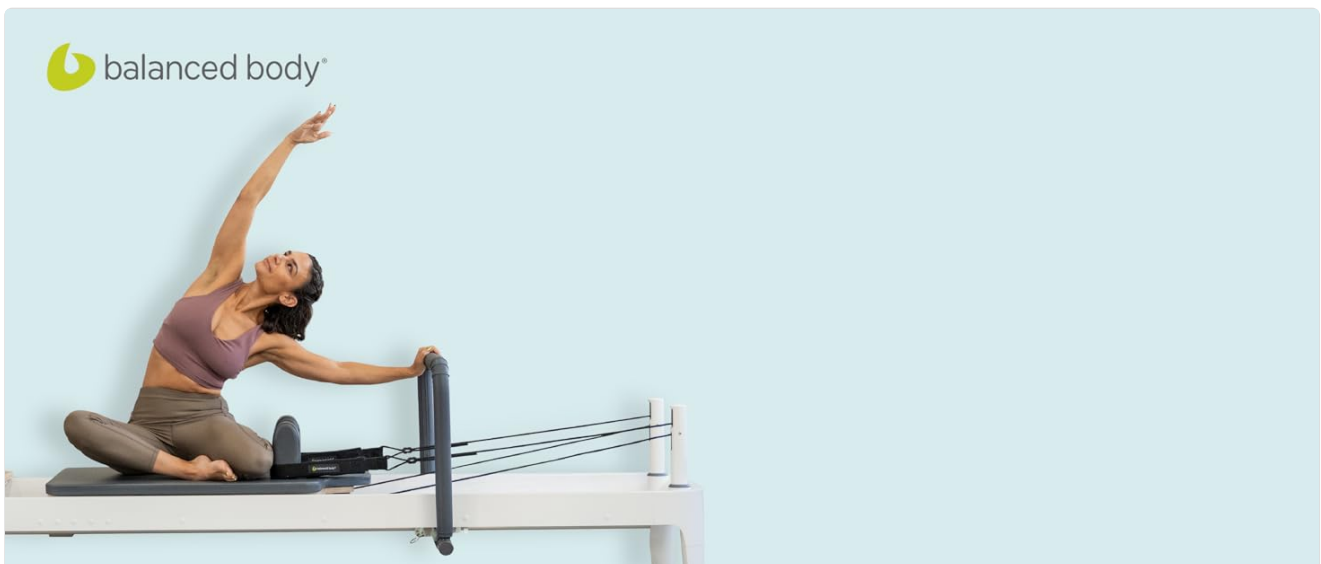


Image 1.1: Visual representation of the benefits of using a Pilates Reformer, including improved balance, muscle balance, full-body strength, posture, flexibility, and coordination.

The Rialto Reformer provides a smooth and quiet carriage ride, free from squeaks or bumps, ensuring a comfortable workout. It incorporates cushioned, over-molded padding on the carriage, headrest, and shoulder rests for enhanced user comfort during exercises.

2. PRODUCT FEATURES

The Rialto Reformer is equipped with several key features designed for a comprehensive Pilates workout:

- **Frame and Construction:** Handcrafted solid maple frame with sturdy extruded aluminum legs.
- **Upholstery:** Black upholstery with cushioned, over-molded padding on the carriage, headrest, and shoulder rests.
- **Spring System:** Includes 5 Signature Balanced Springs for varied resistance.
- **Shoulder Rests:** 3-position removable shoulder rests for customizable support.
- **Ropes:** Quick-adjustment ropes with locking cam cleats.
- **Standing Platform:** Extra-wide standing platform with a nonskid surface.
- **Footbar:** Secure 5-position footbar with easy vertical adjustments.
- **Springbar:** 3-position no-roll springbar.
- **Accessories:** Comes with a Sitting Box Lite and a footstrap to expand exercise options.



Image 2.1: Detailed diagram illustrating the main features and components of the Rialto Reformer.



Image 2.2: Close-up of the footbar and the five Signature Springs, demonstrating their attachment points and color-coding for resistance.

3. SETUP INSTRUCTIONS

The Rialto Reformer is designed for straightforward assembly. Upon receiving your reformer, carefully unbox all components and verify that all parts are present according to the packing list. Choose a flat, stable surface for placement, ensuring adequate space around the reformer for safe operation and movement.

While specific step-by-step assembly instructions are provided in the separate assembly guide included with your product, general steps involve attaching the legs to the frame and securing the footbar and shoulder rests. Ensure all connections are tight and secure before initial use.

4. OPERATING INSTRUCTIONS

Familiarize yourself with the reformer's adjustable components before beginning your workout.

4.1. Spring Adjustment

The Rialto Reformer includes 5 Signature Springs, each offering a different resistance level. These springs are color-coded for easy identification:

- **Blue Spring:** Light resistance (up to 30 lbs)
- **Red Spring:** Medium resistance (up to 48 lbs)
- **Green Spring:** Heavy resistance (up to 59 lbs)

To adjust resistance, simply hook or unhook the desired springs from the springbar located beneath 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

	Blue Spring	Red Spring	Green Spring
Resistance	Light	Medium	Heavy
Weight	Up to 30 lbs.	Up to 48 lbs.	Up to 59 lbs.
Inches of extension	0"–36"	0"–36"	0"–36"
Included in purchase	1	3	1

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



Image 4.1: Spring resistance guide for the 5 Signature Springs.

4.2. Footbar Adjustment

The 5-position footbar can be easily adjusted vertically to accommodate various exercises and user heights. To adjust, release the locking mechanism (if present) and move the footbar to the desired position, ensuring it locks securely into place before applying weight.

4.3. Shoulder Rest Adjustment

The 3-position removable shoulder rests can be adjusted or removed to provide optimal comfort and support for different exercises and body types. Simply lift and reposition or remove them as needed.

4.4. Exercise Demonstration Video

Video 4.2: A 30-second demonstration video showcasing various exercises performed on the Balanced Body Rialto Reformer, including plank variations, leg exercises, and stretches, highlighting the reformer's versatility.

5. MAINTENANCE

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

5.1. Cleaning

- Wipe down the upholstery and frame with a damp cloth after each use to remove sweat and debris.
- Use a mild, non-abrasive cleaner for deeper cleaning of the frame and metal components. Avoid harsh chemicals that may damage the finish.

5.2. Inspection

- Periodically check all nuts, bolts, and fasteners to ensure they are tight.
- Inspect the springs for any signs of wear, stretching, or damage. Replace worn springs immediately.
- Examine ropes and straps for fraying or damage. Replace as necessary.
- Ensure the carriage wheels are clean and free of obstructions to maintain a smooth ride.

6. TROUBLESHOOTING

If you encounter any issues with your Rialto Reformer, consider the following common solutions:

- **Squeaking or Bumpy Carriage Ride:** Check the carriage wheels for debris or hair. Clean the tracks and wheels thoroughly. Ensure all springs are properly attached and not damaged.
- **Loose Components:** Regularly inspect and tighten all bolts and fasteners. Refer to the assembly guide for proper torque specifications if available.
- **Rope Issues:** If ropes are not adjusting smoothly, check for tangles or obstructions in the cam cleats. Ensure ropes are not frayed and replace if damaged.

For persistent issues or concerns not addressed here, please contact Balanced Body customer support.

7. SPECIFICATIONS

Key specifications for the Balanced Body Rialto Pilates Reformer (Standard Model):

Dimensions



Image 7.1: Dimensional overview of the Rialto Reformer.

Attribute	Detail
Model Number	16088
UPC	810052140308
Product Dimensions (LxWxH)	95.5" x 34.5" x 15"
Item Weight	140 Pounds
Package Weight	204 Pounds
Material	Maple Wood, Aluminum
Color	Black Upholstery
Handle Type	Adjustable, Strap

8. WARRANTY AND SUPPORT

Balanced Body is committed to providing high-quality products and support.

8.1. Warranty Information

- The Rialto Reformer comes with a **5-Year Limited Warranty**.
- The Signature Springs are covered by a **2-Year Limited Warranty**.
- EU Spare Part Availability Duration: **5 Years**.

Please retain your proof of purchase for warranty claims. For detailed warranty terms and conditions, refer to the official Balanced Body website or contact customer support.

8.2. Customer Support

For any questions, technical assistance, or service requests, please contact Balanced Body customer support through their official website or the contact information provided with your product documentation.