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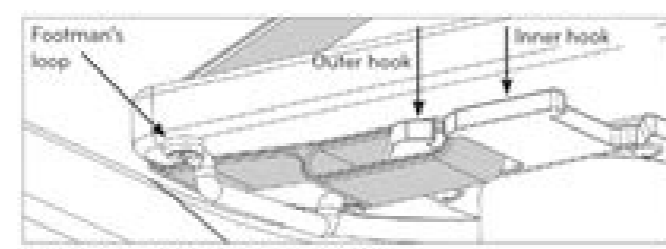
Instructions for Allegro® 2 Reformer Options and Accessories

INCLUDES INSTRUCTIONS FOR ALLEGRO 2:

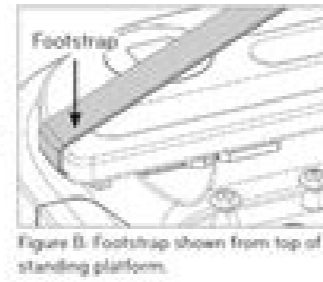
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- Wheel Kit Page 3
- Wall Security Strap Page 4
- 4th Side for Tower Push-thru Bar Page 4
- Tower Mat Conversion Page 4

I. INSTALLING THE ALLEGRO 2 FOOT STRAP

Feed the loops of the footstrap between the frame and standing platform, through the footman's loops, and then around the hook plates on the underside of the standing platform as shown in Figure A.



For a long footstrap, place the loops around the outer hooks.
For a short footstrap, place the loops around the inner hooks.
For a medium length footstrap, place one loop around the outer hook and the other loop around the inner hook. See Figure A.

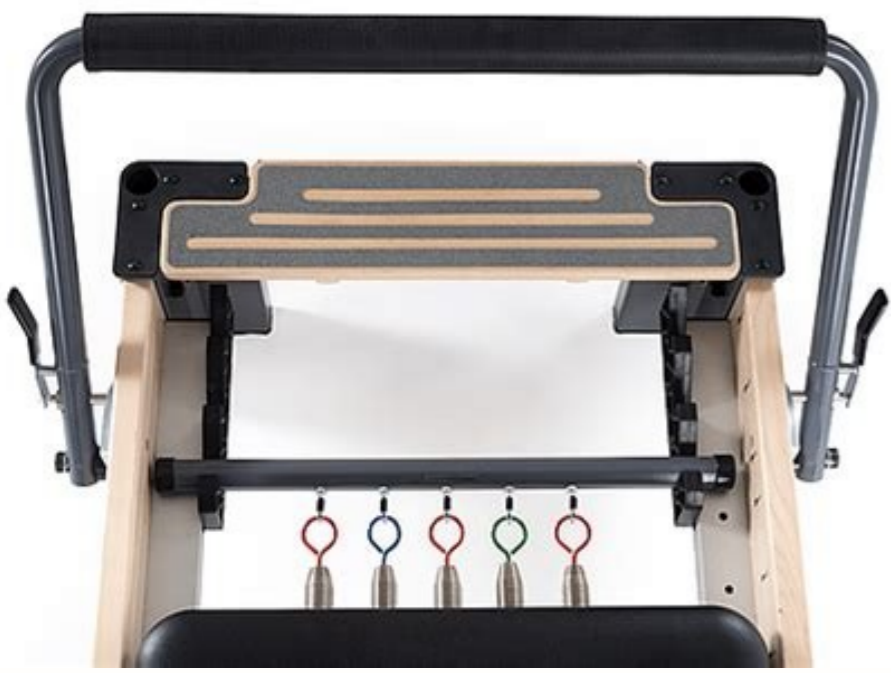


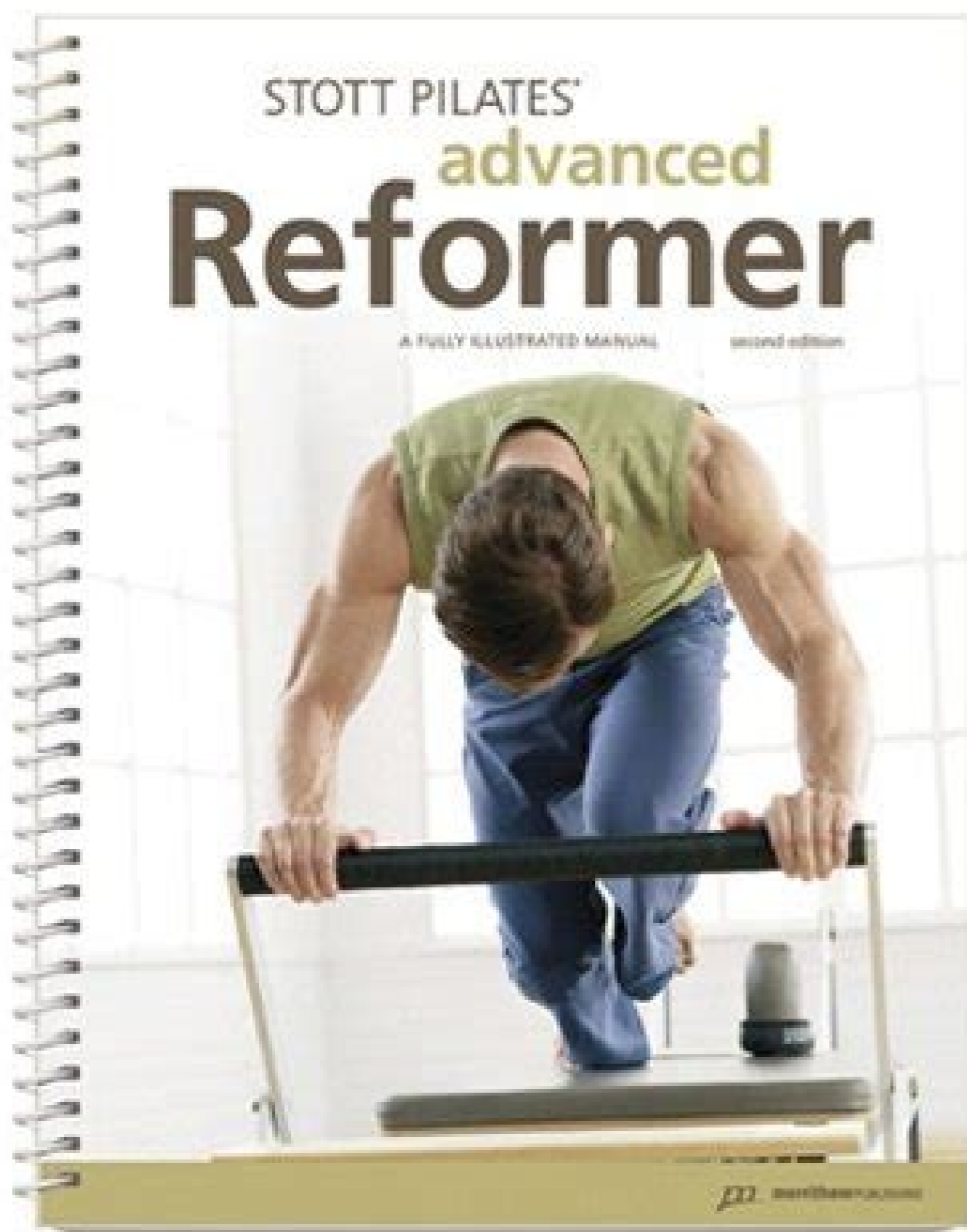
IMPORTANT SAFETY TIP:

The foot strap must be checked for proper installation before each use. An improperly installed foot strap can lead to serious injury.



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Balanced body allegro reformer manual. Balanced body reformer weight limit. How much is a balanced body reformer. Balanced body reformer manual pdf. Balanced body reformer assembly instructions.

Pilates reformer provides abundant photos of each exercise, and the photos make verbal descriptions already clearly come alive. It includes the names of the graphics together with the names that have been commonly evolved throughout the years. Then this two-piece book is exactly for you! While both parties are designed as training manuals for pilates instructors and fanatics, "Pilates reformer - Part 1" focuses on Joseph Pilates' almost 100 traditional reformer exercises. The compilation of Reiner reformer is a reference obligation in its Pilates reference library. "Nora Gomez-dearo: The owner Atelier Pilates LLC, Naples coach Floridateacher for Pilates Standard® and Buff Bonsá® Brett Miller and Reiner in Pilates-Powers & ã, ~ ã" Igloras to call Reiner My friend and colleague. It was great to see the inclusion of the sequencing of traditional basic to traditional advanced supervision, as well as the names of Joseph Pilates' exercises compared with the names of Pilates Elder Carola Trier for the same exercises or variations. Its dedication to high quality pilates is an inspiration for many thousands of people. It is a responsible working body. I went to look for information, but never before I would have found a book as extensive and beautiful like this. He enjoyed the addition of Kung's concepts Fu (you should read the manual to understand the aforementioned of the concepts of Kung Fu here). Joseph Pilates made simple graphics with photographs and the names of the reformer exercises for his est Udio. The designer of the page with the information information is clear and concise. Pilates is not just to strengthen and stretch the physical body, it is also to detoxify the body and improve the immune function. I'm impressed with the level of detail given, all while you have a That can attract the various origins of workouts and beliefs in the Pilates community. The images are numbered, which allows the reader to follow the movement. movement. The manual is easy to use, and helps aspirant and more seasoned teachers, also oriented in each exercise. This manual examines the original exercise graphics and adds the configuration, instruction, the purpose and execution of each movement. Everything is explained step by step, but also the frequent errors that should definitely pay attention to. I am extremely happy with this book. In addition, the manual provides a sequence of recommended exercise for each of the four different levels: Basic, Intermediate, Advanced and Super Advanced. The Reiner's Handbook gives us the original exercises in an updated format for anyone who explores the extensive programming for the reformer. Describe everything, from the configuration and objectives, contraindications, variations and modifications for problems and injury, where to build the strength for preparation and what to look for common errors. & ç ã, ~ "Reiner Grootenhuis gives us an in-depth perspective for the original reformer. If he is seeing some of these patterns of movement for the first time, or reflecting when he learned them, the courage to have them gathered, he offers us a vital experience and a connection to our history. "Kathy Corey - Kathy Corey Pilates, Pilates at any time, US UU" In my opinion, Reiner, "is a reformer's manual, such as its other manuals, it is supremely informative, easily understandable with clear photos of everything, from the basic fundamental part of an exercise through each step until each step. The most advanced end, of each unique exercise! That's many photos. If I was teaching a program of Certification, the Reiner manuals would be the read / study guides required for my program, oriented to the details and very cozy, which will attract you to learn more. "Almond Suni - Studio S Pilates Pilates Instructor / Owner and of the forum and the resource guide, going more Joe, Brett Howard and Reiner in Pilates-Powers & ç ã, ~ "I have" I have Reenifes for many years and has always been impressed by his thirst for knowledge, dedication to industry and strong work. In addition, common errors, possible modifications or variations, and contraindications and risks are detailed. Did you have had a well-structured general vision of almost all exercises? I'm so happy with that. The design of the exercise is multifoted and in the most challenging order. Since the introduction, the discussion of the concepts of Pilates, the detail of the components of the reformer (and the mention of different reformers available) the history of the reformer, the aspects of security, the exercise established and the execution, to the images Wonderfully detailed, this is a complete and complete manual. That's your gift. Reiner, thank you very much for your help! "The owner of Sandra Te Poel Pilates-San Joseph Pilates reformer reformer exercises (including variations) - 103 Totalpilates exercises and additional concepts Components of the reformer The history of the risks of reformer at work with the first specific risks of the reform of How to use the manual for its reformer to be more traditional traditional. Rapoport Born Quarter Controlling reformapilates Design (formerly Pilates Design by basil) is an integral set of Joseph Pilates' exercises. It simply compiles the mountain of Information and classifies it significantly and easier to understand. A version updated in English will be available in the second half of 2021) here is what you will find in part 1 with more detail: after of an introduction to the history of the reformer, the various components of the reformer are described, along with a number of important topics to take into account the US AR A reformer. It is not a manual. Encourage this It is what Reiner and his co-authors do. There is even an inclusion of the story of your photo photo of photo by I.C. Raport towards the end. Reiner is a true idid master and student in progress, and the manuals of him are a deep reflection of his continuous study and representation of Pilates' work. This is a must read for anyone who studies the work of Joe Pilates and will be highly suggested. Read all Pilates instructors that I trained as a supplementary reading. "Patricia Massey Welter - Body Body Pilates Pilates Master Instructor and owner of Suncoast Pilates Kirk James Smith in his studio & ç ã, ã" Reiner Grootenhuis& ç ã, ~ Reformer's Manual is well organized, exhaustive and rich in detail. (Part 2 is so far available in German. Reiner has provided the Pilates community a manual showing the broad spectrum of Joseph Pilates movement. Have you ever wondered why the reformer is one of the most popular pilates devices? If it is not the most popular? This manual is the best manual of the reformer I have found, and I highly recommend it. "" Kirk Owner James Smith, Classical Pilates Center Macclesfield, United Kingdom "Pilates on the Mat, I wanted to learn all about the reformer. As a special feature, the original names used by Joseph Pilates are mentioned together with the names Usad & ç

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