

# How to...

## Remove and Replace an At Home SPX Reformer Carriage

### Step 1



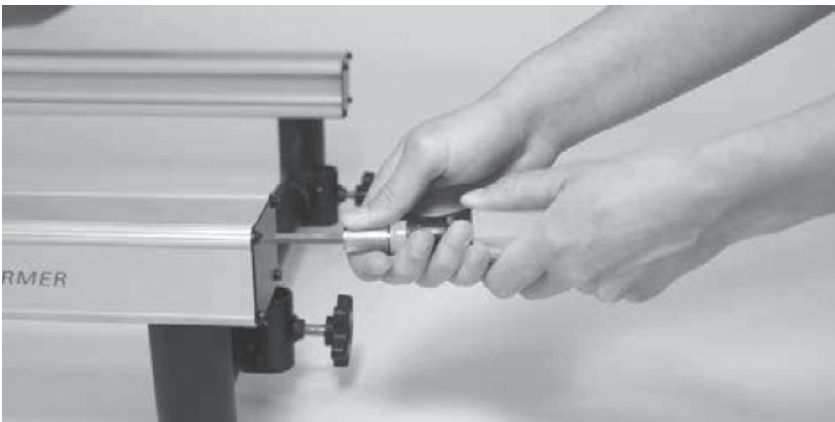
**Required Tool:** Phillips Screwdriver

**NOTE:** Requires two people.

### Removal

1. To remove carriage, remove pulleybars and place on the floor, on either side of the aluminum rails.
2. Using a Phillips screwdriver, remove stopper plates.
3. Carefully slide carriage out of the aluminum rails keeping carriage level until completely free of rails. Turn carriage over ensuring floating rollers are secure and do not come in contact with the floor.

### Step 2



### Step 3

