

How to...

Remove and Replace a Carriage

with or without a Vertical Frame

Step 1



Required Tool: Universal Assembly Tool or an adjustable wrench and 3/16" Allen Key

NOTE: Requires two people.

Vertical Frame Removal

1. Remove all springs from vertical frame, including roll-down bar and safety chain. Loosen all four fastener bolts at the base of receptacles. Secure push-thru bar in place by hand while removing vertical frame.

Removal of the carriage is essential prior to changing springs, rollers and ropes.

Carriage Removal

1. To remove carriage, remove pulley posts and place them on floor, on either side of aluminum rails.
2. Remove shoulder rests (if applicable).

Step 1



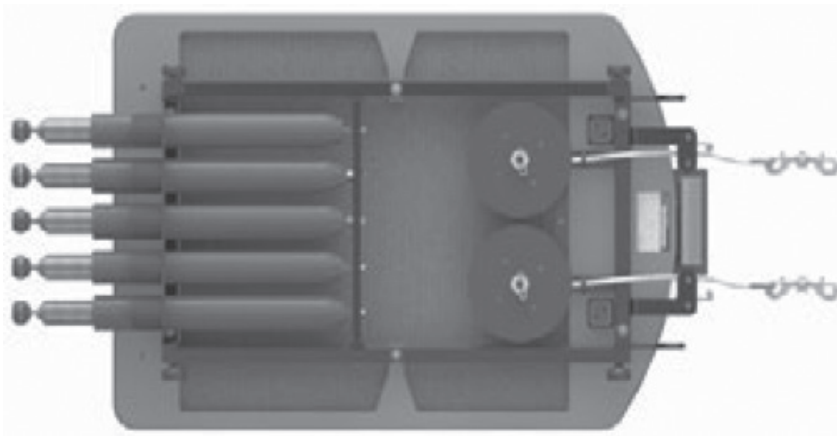
Step 2



Step 3



Step 4



Step 1



Carriage Removal cont'd

3. Detach all springs from gearbar. Carefully slide carriage out of 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.
4. Place carriage face down on a blanket or soft surface.

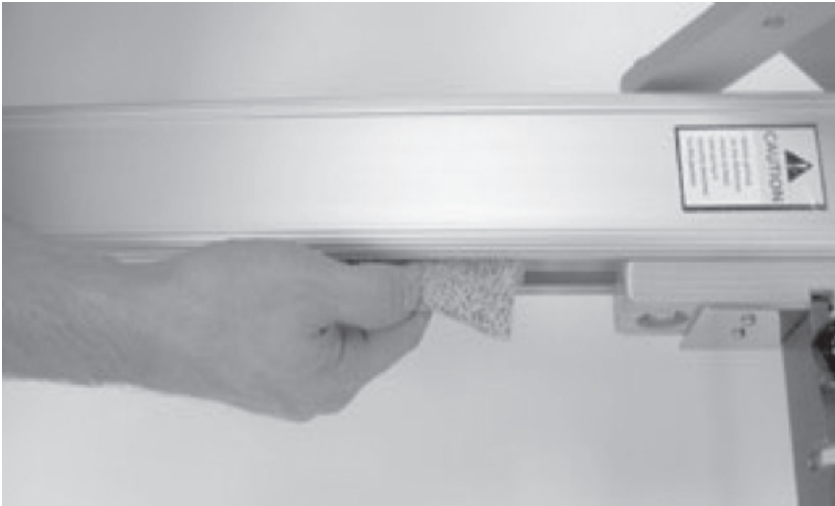
Proceed with task at hand, replacing springs, rollers carriage frame, carriage bolts etc.

NOTE: Requires two people.

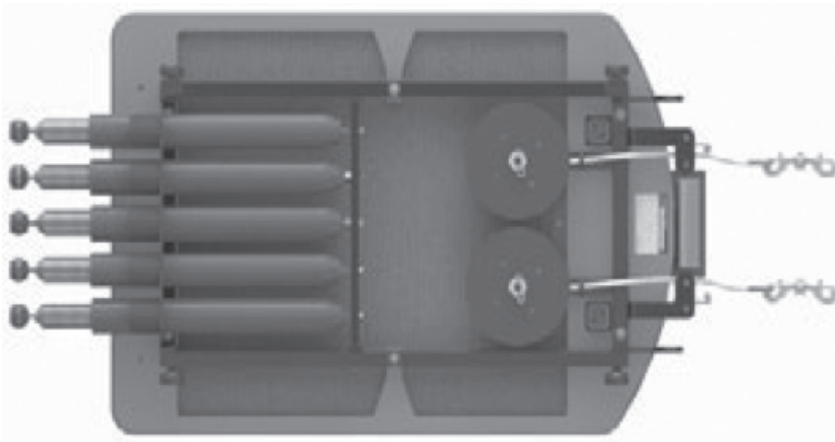
Carriage Replacement

1. Remove carriage stopper.

Step 2



Step 3



Step 4



Carriage Replacement cont'd

2. Wipe inside of aluminum rails c-channels with a damp cloth using water only to remove dust or dirt. Spray onto cloth first. Avoid spraying liquid directly onto surfaces, rollers or rails.

Wipe off the perimeter of the fixed and floating rollers as well prior to putting the carriage back in the rails.

Insert carriage stopper in one of six positions.

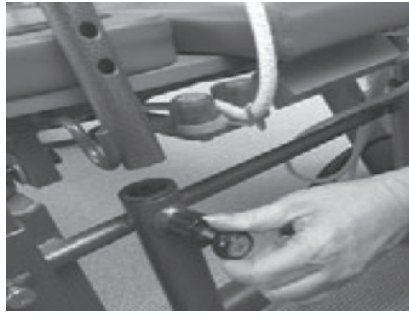
3. Ensuring pulley posts are still removed, carefully turn carriage over. Make certain rollers are secure and do not come in contact with the floor.
4. Align fixed rollers with c-channel, then adjust floating rollers as necessary before guiding carriage into rails.

CAUTION: We strongly advise that two people perform this operation to prevent damaging rollers or the spring holder. Ensure the carriage is raised above the pulley post receptacle before attempting to set carriage into the rails.

Step 5a



Step 5b



Carriage Replacement cont'd

- 5a.** SPX MAX: Insert pulley posts into receptacles at back of Reformer and tighten star knobs. Ensure eyehooks on top of pulley posts are parallel to rails.
- 5b.** V2 MAX & V2 MAX REHAB: Pull out plunger button and adjust pulley posts to desired height. Release the button and lock the pulley post in place. Ensure the plunger has reset fully into the slot. Align top of pulleys with top of shoulder rests.

Step 1



NOTE: Requires two people.

Vertical Frame Replacement

- 1.** Slide vertical frame into receptacles. For Max Plus models, position pulley system facing carriage. For traditional models, position highest eyehooks facing carriage. Tighten all four fastener bolts at back of receptacles. Attach springs, roll-down bar and safety chain.

CAUTION: We strongly advise that two people perform this step to ensure the legs of the frame are level and fit evenly and securely into the receptacle to allow for proper alignment.

For more information contact our Customer Service

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