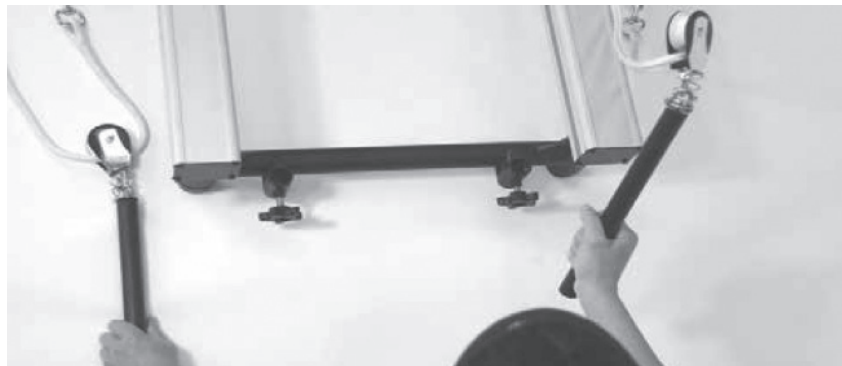


How to...

Remove and Replace Carriage on an At Home SPX Reformer

Step 1



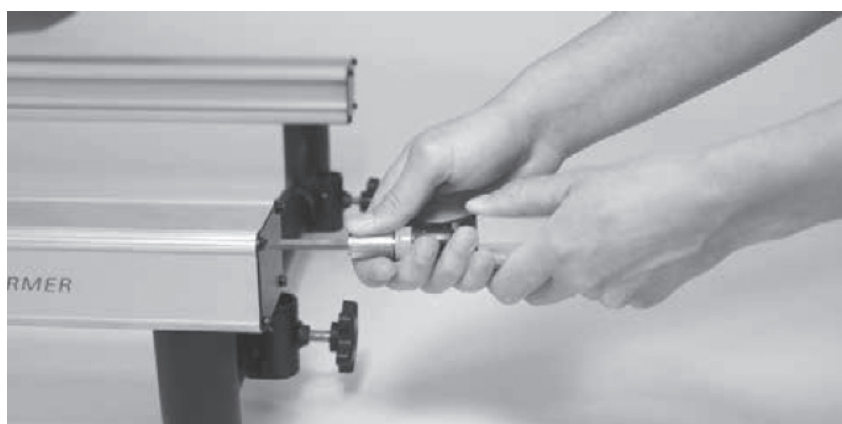
Required Tool: Phillips Screwdriver

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.

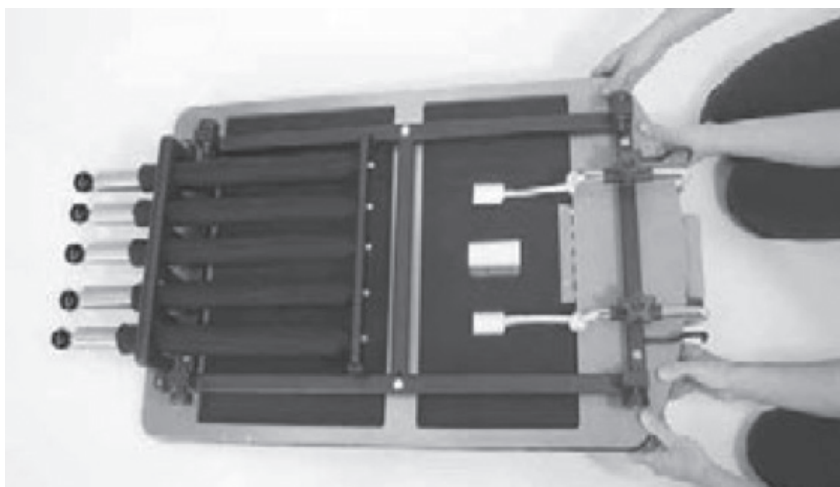
Step 2



Step 3



Step 4



Removal

4. Place carriage face-down on the ground.

NOTE: Ensure carriage is placed on a soft surface that will not damage the vinyl.

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

Step 1



NOTE: Requires two people.

Replacement

1. Remove carriage stopper.
2. Wipe inside of aluminum rail 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.

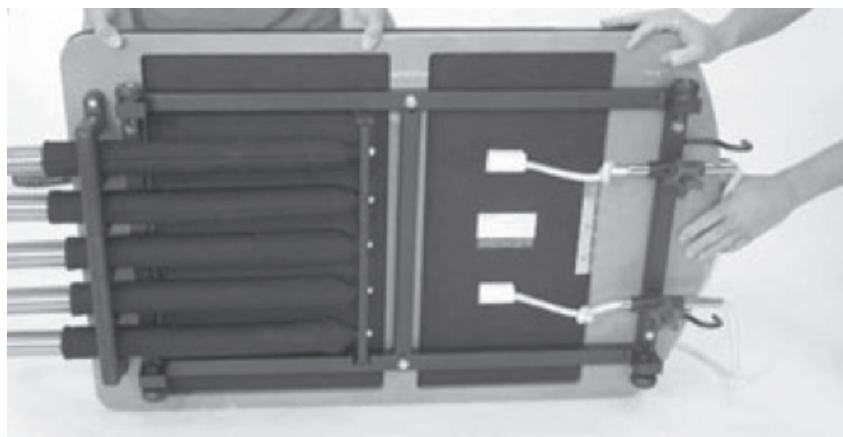
Wipe off the perimeter of the fixed and floating rollers as well prior to putting the carriage back in the rails.

Insert carriage stopper in one of six positions.

Step 2



Step 3



Step 4



Step 5



Replacement

3. Ensure pulleybars are still on the floor on either side of aluminum rails. Carefully turn carriage over making sure the rollers do not come in contact with the floor. Now, prepare for another person to take hold of opposite side of the carriage.
4. CAUTION: When guiding carriage straight into aluminum rails, move slowly and carefully as the rollers are sensitive. Once rollers are within rails they are protected.
5. Slide rollers into rail c-channels.

Take care to ensure the plastic spring holder clears the black metal cross bar on the back support end of the Reformer.

NOTE: To prevent damaging rollers, it is strongly advised two people hold carriage. One person guides rollers carefully into channels while the other supports opposite side of carriage. Once rollers are secured in channels, guide carriage into place.

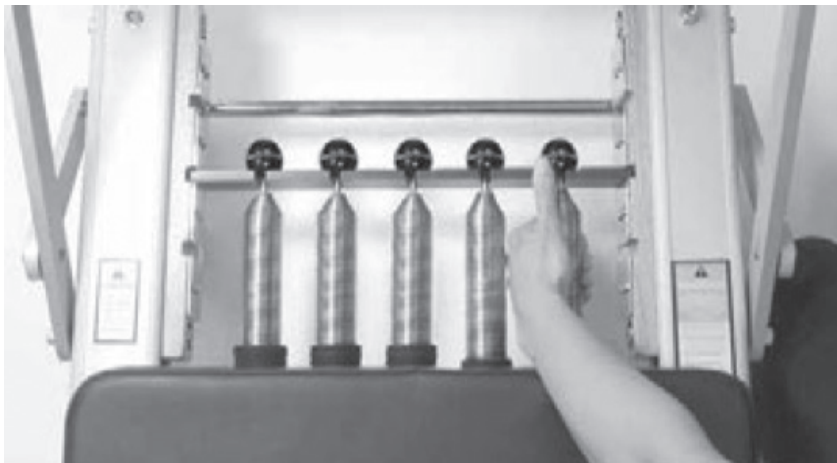
Step 6



Step 7



Step 8



Replacement

6. Using a Phillips screwdriver, replace stopper plates.
7. Insert pulleybars into receptacles at rear of Reformer and fully tighten star knobs so pulleybars are secure. Ensure eyehooks on top of pulleybars are parallel to aluminum rails.
8. Replace gearbar and engage springs before resuming use of the Reformer.



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