How to…
Replace Spring Holder – from Moulded to Metal

Steps 1 & 2

1. Remove the carriage from your Reformer.

   NOTE: Two people are required to remove and reinstall the carriage.

2. Unscrew the two bolts and remove the spring holder (including the spacer if your Reformer has one).

   NOTE: These instructions apply to all versions of Spring Holders.

3. Unscrew and remove the two carriage hex bolts and their associated washers.

   NOTE: Discard original bolts and washers.

Step 3

FRONT ROLLER
Replacement

4. Insert springs through the Spring Holder arches, aligning it over the front carriage frame bolt holes.

5. Select the correct bolts from the Spring Holder kit.

   NOTE: Use the longer bolts (2-1/2" / 63.5 mm) for the professional series of Reformers. If your Reformer is the SPX series choose the shorter bolts (2-1/4" / 57.15 mm).

6. Place new washers over the metal spring holder bolt holes. Screw the bolts down through the holder and carriage frame until it is firmly secured using a 7/16" (11.1125 mm) wrench.

7. Replace the carriage.