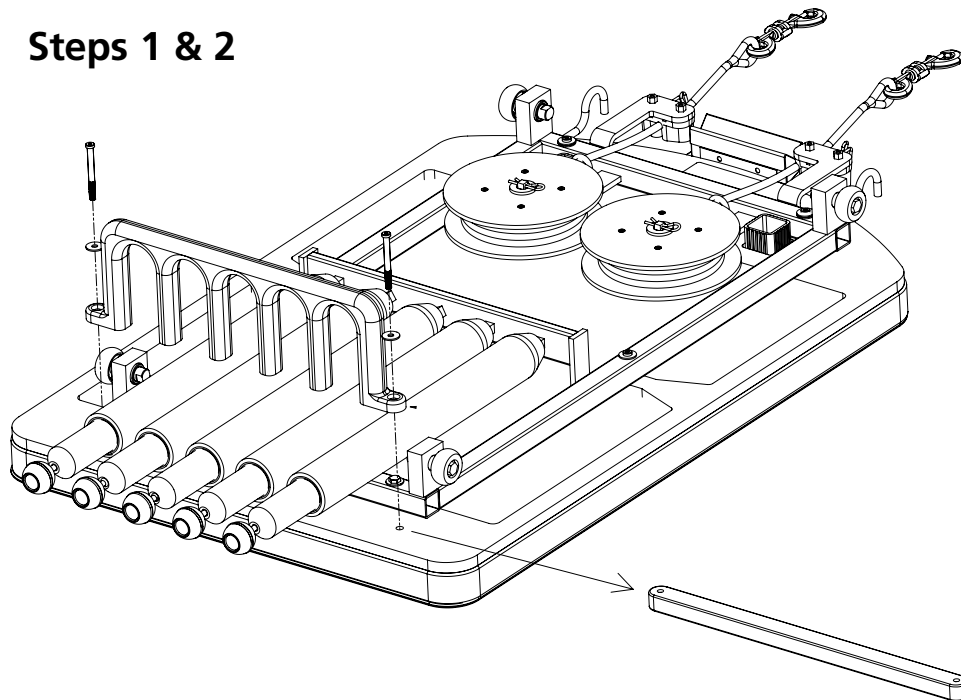


# How to...

## Replace Spring Holder – from Moulded to Metal

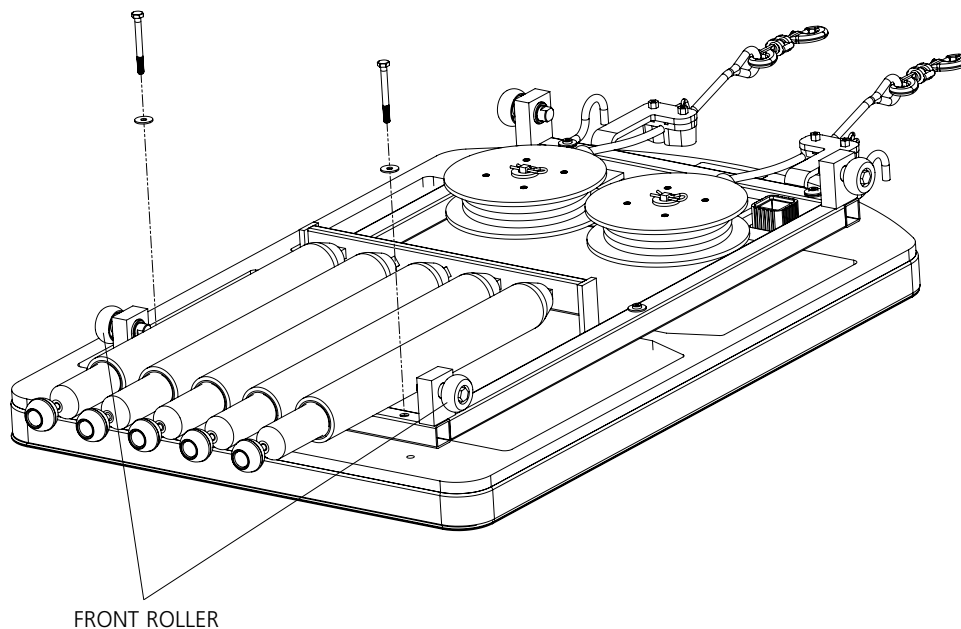
### Steps 1 & 2



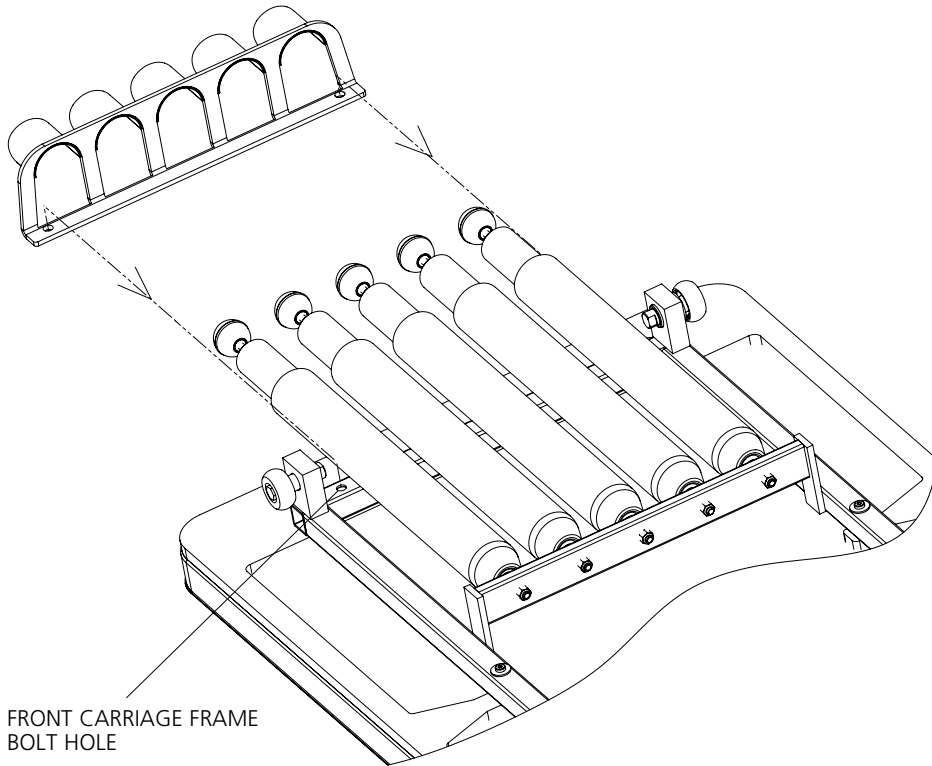
### Removal

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.*

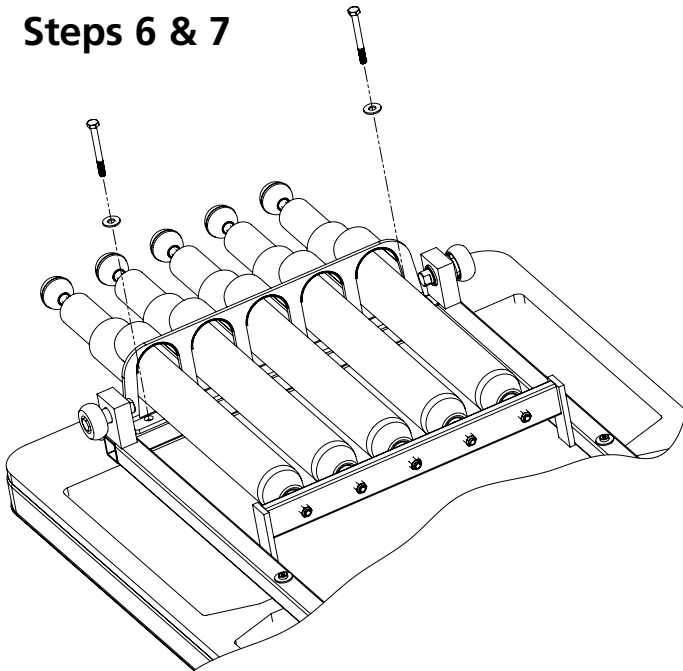
### Step 3



## Steps 4 & 5



## Steps 6 & 7



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

For more information contact our Customer Service

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