

Installing the Allegro[®] 2 rolling wheel replacement kit

Please read each step before starting. While it is possible to do this assembly with one person, it is highly recommended that two people perform this install together. **The installation process is the same if you have extended legs or not. If you have a tower you must loosen the tower knobs and remove the tower prior to starting.**

PARTS LIST

Please refer to Figure A for the parts and tools in this kit.

A. Wheel Wrench	(1)	(11670)
B. Rolling Wheel Bolts (assembled)	(4)	(18549)
C. New Rolling Wheels (assembled)	(4)	(18281)
D. Nuts (assembled)	(4)	(11644)
E. Shims (assembled)	(4)	(18398)
F. Frame Wrench	(1)	(11851)
G. Wheel Allen Wrench	(1)	(11671)

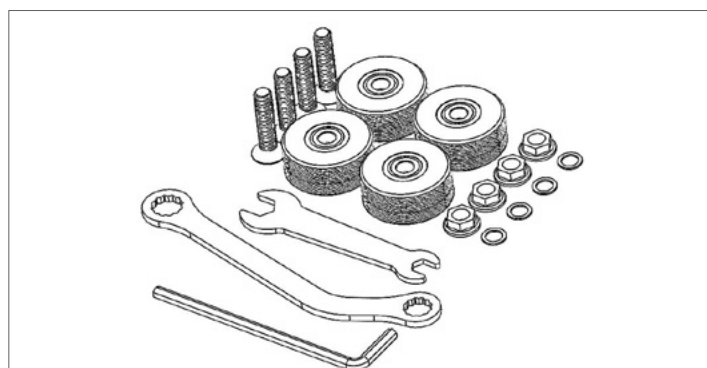


Figure A

1. Remove loops and pull ropes back through the risers. Remove shoulder rests and set aside. The ropes may be wrapped around the headrest.
2. If you have a Tower you need to remove it. Unscrew the retaining knobs and lift the Tower out of the mounts.
3. Attach one carriage spring to a spring post to keep the carriage in the "home" position.
4. Lift the head-end of the Reformer, and slide a sitting box or similar sized object under the frame as shown in Figure B. (TIP: This is easier with two people). You may want to lay a towel on the sitting box to protect the vinyl.

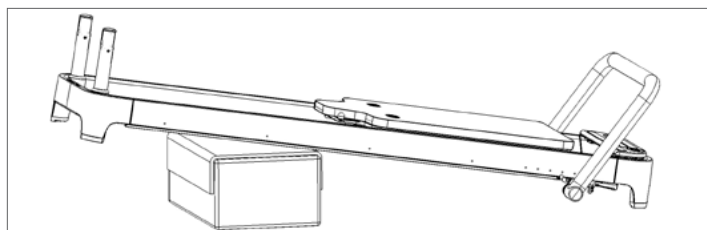


Figure B

5. Remove frame nuts (circled) with included wrench as shown in Fig. C.

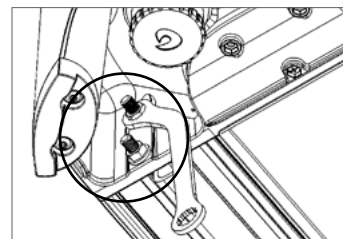


Figure C

TIPS:

- A. The curved end of the wrench is designed to fit in the end casting and reach around the bolts as shown in Fig. C.
- B. It is easier if you remove the top nut first!

6. Using the risers and legs for leverage, remove the end casting (Figure D) and set it aside on a soft surface. If you have a Tower of Power remove the tower mounts and set aside for now.

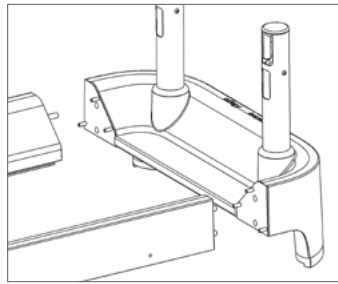


Figure D

7. Remove all carriage springs and set aside.

8. Gently and slowly roll the carriage out of the frame and set it vinyl side down on a soft clean surface such as a Pilates mat. Be sure to support the carriage until it is free from the frame. This is easiest with two people, one person on each side of the carriage.

9. With the tools provided, remove the rolling wheels one at a time (Fig. E).

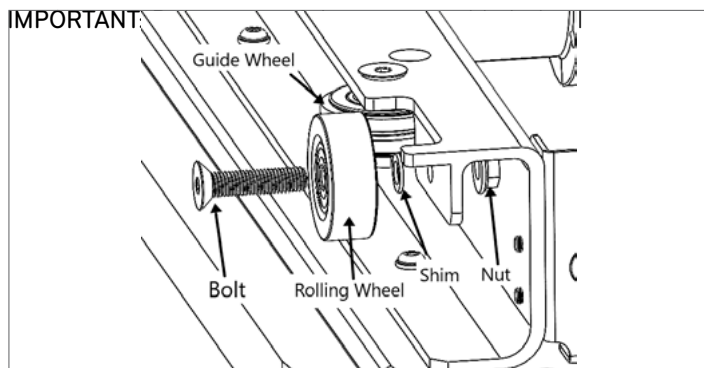


Figure E (VERY IMPORTANT)

10. Securely tighten with wheel wrench and Allen wrench. See Fig. F. Check that all 4 rolling wheels spin as smoothly as the guide wheels.

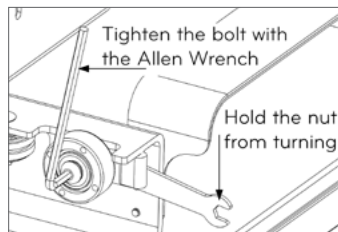


Figure F

11. Clean all 8 wheels with a clean cloth to ensure a smooth ride.

12. Clean the entire length of the rolling surface of both rails with a clean cloth to ensure a smooth ride.

13. When the carriage is fully inserted, slowly lower it to the foot end of the Reformer, and roll it back and forth a few times to make sure the ride is smooth and no contaminants were left on the wheels or rail. NOTE: If the ride is bumpy, remove the carriage to clean and inspect the rails and wheels again.

14. If you have a Tower of Power, slide the tower mounts back over the threaded studs.

15. Reattach the end casting to the Reformer frame and tighten the nuts on the four bolts.

16. Re-install the Reformer springs and attach at least one to a spring post to keep the carriage home.

17. Remove sitting box from under Reformer. TIP: This is best done with two people.

18. Re-install ropes through risers, loops and shoulder rests.