

# How to replace your Chair springs

## COMBO CHAIRS

Your current Combo Chair spring configuration consists of one white (light) spring and one black (heavy) spring on both spring mounts. We recommend that you replace all of your springs, so that each will have a similar life expectancy and an equal length (some chair springs will elongate over time).

## TOOLS YOU WILL NEED

- » 1/2" wrench (not included)
- » 9/16" wrench (not included)
- » 3/16" Allen wrench (included)

## TO REPLACE SPRINGS

1. Remove the existing spring from the cactus spring mount on the backside of the chair and lower the pedal bar.
2. Remove cap nut from support bolt assembly under the pedal bar using the 9/16" wrench. Insert the Allen wrench at the opposite end of the support bolt and hold for leverage while loosening the cap nut. See Figure A for correct orientation of the support bolt assembly orientation and spring placement on the pedal bar.
3. Remove the hex nut from support bolt assembly using the 1/2" wrench. Use the Allen wrench for leverage if needed.
4. Pull the support bolt out of the assembly. Please note that the assembly contains eleven separate components and the Allen wrench. (Refer to Figure B)
5. Replace the existing springs and reassemble the support bolt assembly.
6. Re-attach the hex nut to the support bolt and tighten completely. Re-attach the cap nut to the support bolt and tighten completely.
7. Repeat on other side.

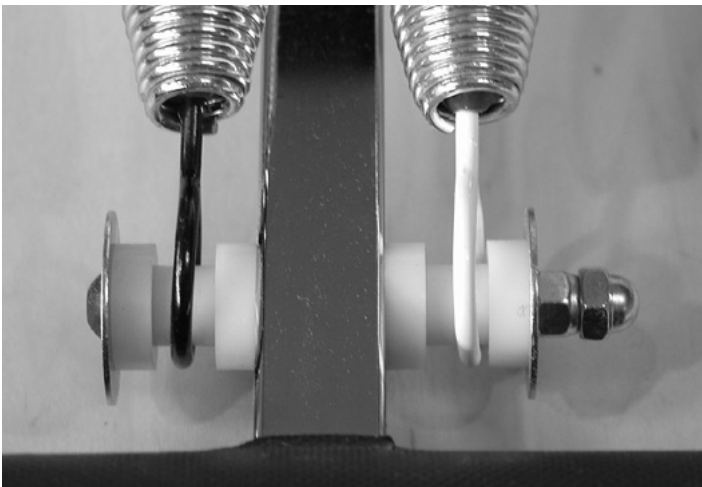


Figure A. Correct orientation of bolt assembly on Combo Chair pedal.

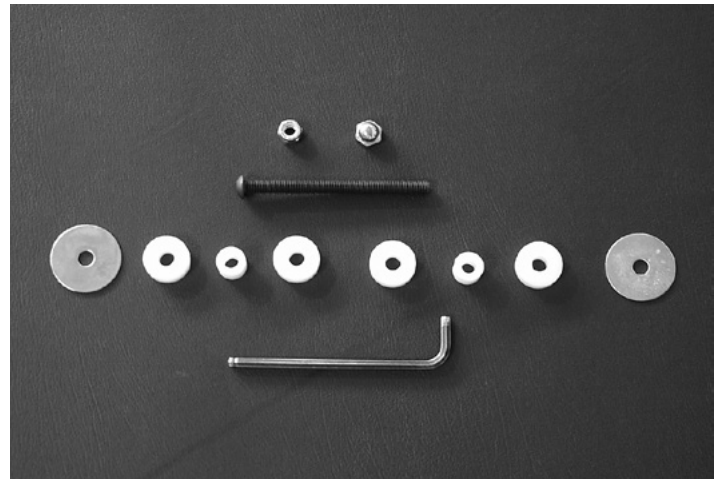


Figure B. Combo Chair bolt assembly components and Allen wrench.

## WUNDA CHAIRS

The replacement Wunda Chair spring configuration features two black (heavy) chair springs. The replacement springs come attached to pre-assembled eyebolts. We recommend that you replace both Wunda Chair springs at the same time so each spring has a similar life expectancy and an equal length (some chair springs will elongate over time).

### TOOLS YOU WILL NEED

7/16" wrench (not included)

### TO REPLACE SPRINGS

1. Remove the existing springs from the cactus spring mount on the backside of the chair and lower the pedal.
2. Remove the hex nut on the existing eyebolt/spring attachment from the pedal plate, using the 7/16" wrench.
3. Thread the new eyebolt/spring attachment completely into the hole on the plate, and then securely tighten the nut.
4. Repeat on other side.

## EXO CHAIRS

Your Exo Chair is configured to use two black springs. We recommend that you replace both of your springs at the same time so that each will have a similar life expectancy and equal length (some chair springs will elongate over time).

### TOOLS YOU WILL NEED

1/8" Allen wrench  
Flathead Screwdriver

### TO REPLACE SPRINGS

1. Unscrew the visible screw from the propeller nut (see Fig C).

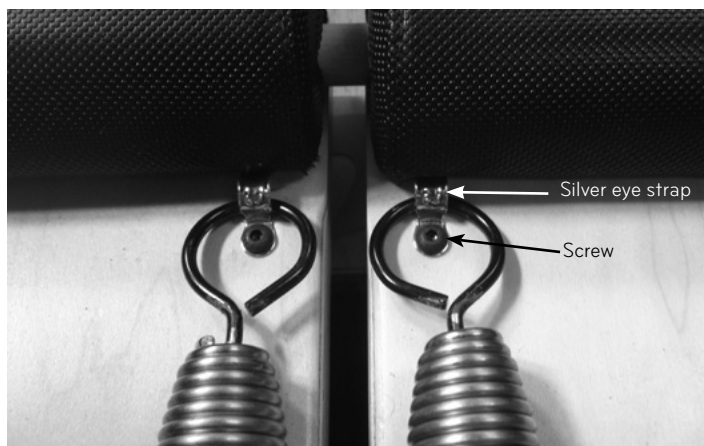


Figure C.

2. Using a flat head screwdriver, pry one end of the silver eye strap up so you can slide the spring out from under the hook.
3. Place the end of the new spring WITHOUT the cotton loop under each hoop under the silver eye strap.
4. Using the same screw, re-secure the silver hoops to the pedal.
5. Attach the end of the springs with the cotton loop to the cactus tree.

NOTE: DO NOT USE THE COTTON LOOP TO SECURE THE SPRING TO THE CACTUS TREE. INSTEAD, ATTACH THE SPRING BY THE METAL LOOP.

6. Repeat on the other side.

If you have any questions, please call Balanced Body at 1-800-PILATES (1-800-745-2587).