

# Carriage Pad Replacement for the Contrology® Reformer

## TOOLS REQUIRED:

- » Phillips screwdriver

## PARTS LIST:

| ITEM                      | PART NO. | QTY |
|---------------------------|----------|-----|
| Upholstered Carriage Base | 16725    | 1   |
| Allen Head Tool           | 212-001  | 1   |
| Allen Head Tool           | 13780    | 1   |
| Wrench                    | 616-113  | 1   |
| Screw                     | 14074    | 3   |

1. Unhook leather straps from the carriage.
2. Unhook springs from the spring bar.
3. Lift old carriage out of frame and lay upside down onto reformer rails. See Figure 1.

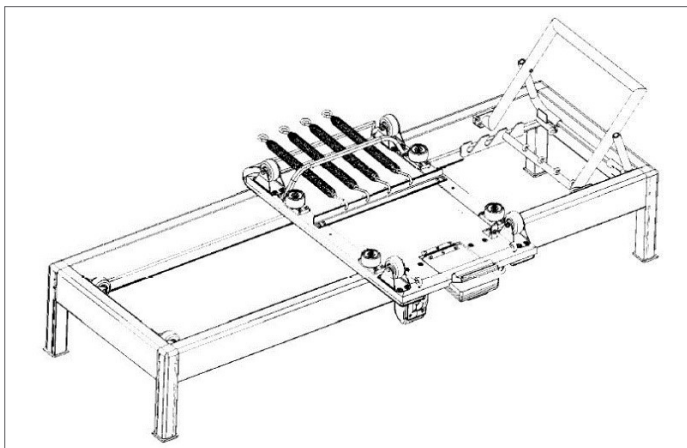


Figure 1

4. Lay new carriage upside down next to the old carriage in the same orientation
5. Unhook all springs and set aside.

### **Note - Start all screws by hand and do not force the screws!**

Once the screws have been started and are half way in, then a power tool can be used to finish installation or more force can be applied by hand.

6. Starting with the rolling wheels, remove all 4 screws from the metal housing. Move this housing to the new carriage frame, keeping the same position and orientation as with the old carriage. The nuts on the axle bolt should face in towards the center. Install the screws back into the metal housing and tighten. Repeat for all rolling wheels. See Figure 2.

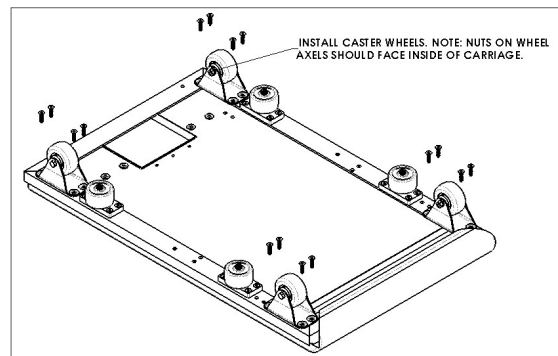


Figure 2

7. Remove side wheels by removing all 4 screws in the metal base. Do not remove the bolt in the center of the wheel. Move to the new carriage keeping the base in the same orientation and position.
8. Continue to move all remaining parts from the bottom of the old carriage to the bottom of the new carriage, keeping each part in the same position and orientation as before. See Figure 3.

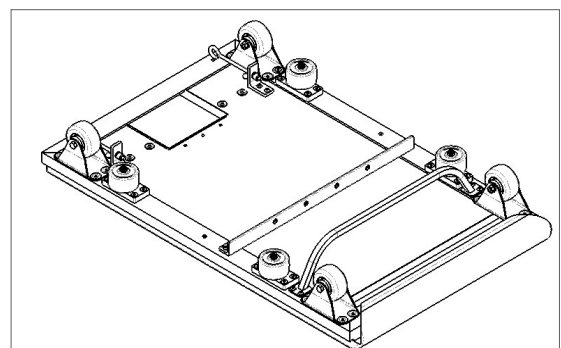


Figure 3

9. To move the headrest assembly, remove the 3 screws from the carriage side of the hinge and discard as shown in Figure 4. Move the headrest assembly to new carriage and install provided screws into new carriage.

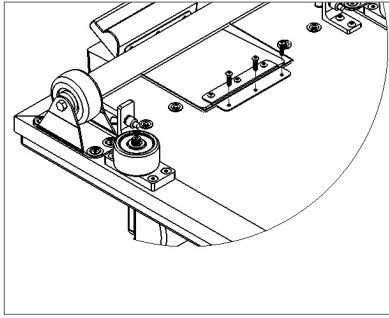


Figure 4

10. Move the carriages to the floor and flip right side up.
11. Remove screws and wood blocks from the new carriage. Discard the removed screws and wood blocks. See Figure 5.

12. Unscrew the screws that hold the shoulder pads to the shoulder supports, keep the screws. See Figure 6.

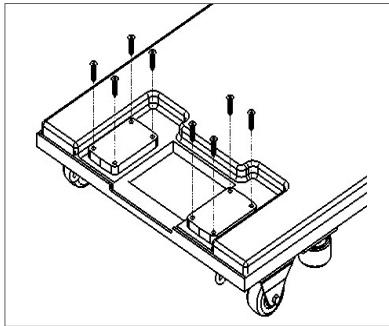


Figure 5

13. Remove the screws that hold the shoulder supports to the carriage. Move the shoulder support from the old carriage to the new carriage as shown keeping it in the same orientation and position. Tighten all screws once on the plate, then repeat. Ensure the eyebolts end up in the same orientation as shown in Figure 6. Note: Shoulder pads must be removed first and re-installed last to allow access to the screws in the shoulder supports.

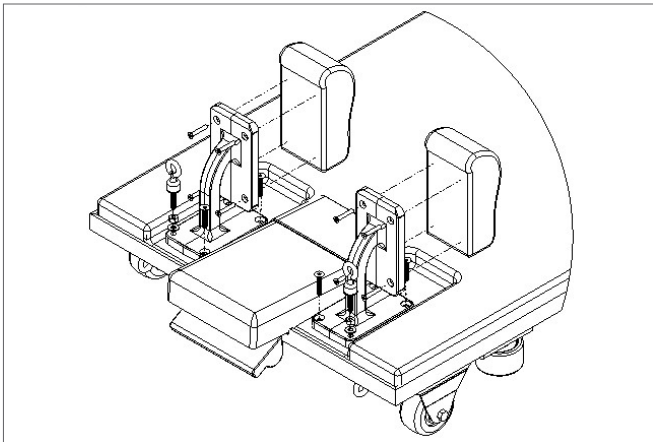


Figure 6

14. Place a rag or towels on the carriage rolling rails surface.

15. Place the new carriage into the frame but vinyl side down (wheels facing up) on the towels. See Figure 7.

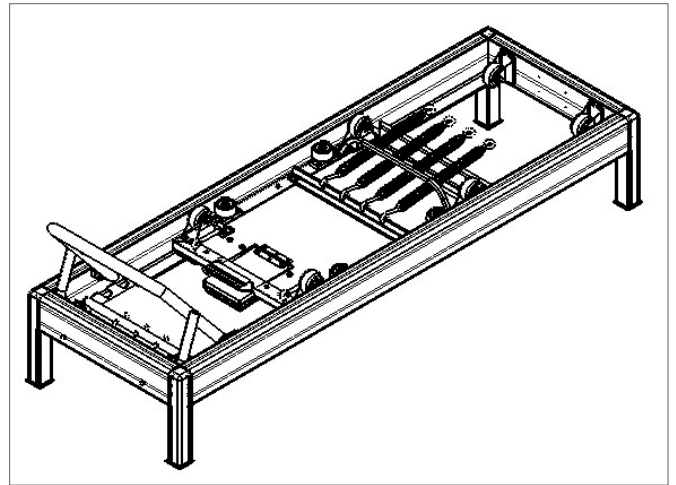


Figure 7

16. Center the carriage in the rails, then loosen the center bolt that holds the side wheel, adjust the wheel as necessary and retighten the bolt. Typical gap is the thickness of a business card between the wheel and side wall. Repeat for other side wheels.

17. Remove the carriage and any material on the rails, place the carriage wheels side down into the rails, reattaching at least (1) spring to the spring bar and attach the leather straps.

Questions? Call Balanced Body Technical Support at 1-800-PILATES (US and Canada), or +1-916-388-2838 (all other countries).