

Installing the Allegro® 2 Guide 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)	(616-113)
B. Wheel Bolts (assembled)	(4)	(GEN9948)
C. New Guide Wheels (assembled)	(4)	N/A
D. Nuts (assembled)	(4)	(616-079)
E. Large Washers (assembled)	(4)	(616-080)
F. Wheel Protector Strip	(4)	N/A
G. Frame Wrench	(1)	(617-060)
H. Wheel Allen Wrench	(1)	(616-114)
I. Steel Shims (assembled)	(12)	(GEN8301)

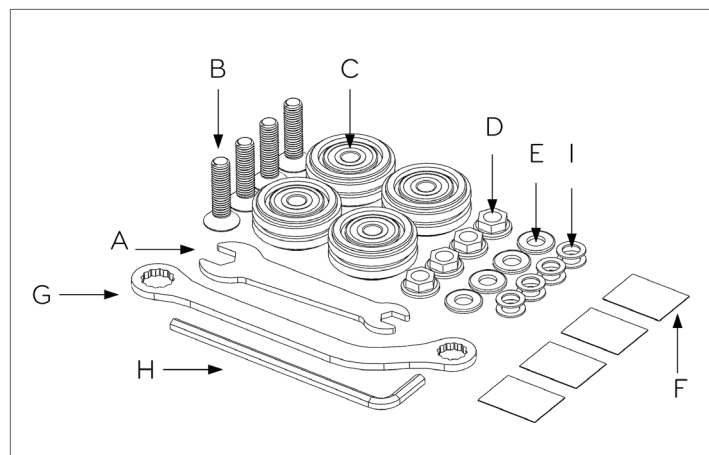


Figure A

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.

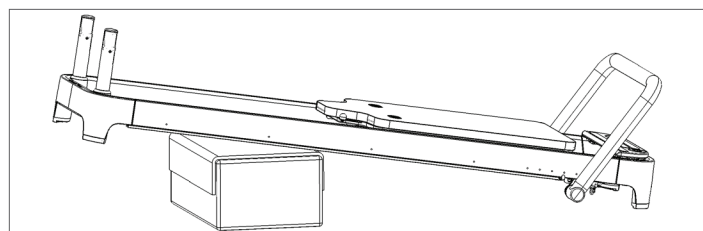


Figure B

5. Remove all carriage springs and set aside.
6. Remove frame nuts (circled) with included wrench as shown in Fig. C.

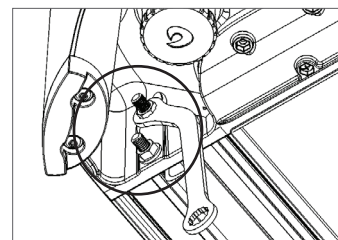


Figure C

Tips:

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

7. Using the risers and legs for leverage, remove the end casting (Fig. 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.

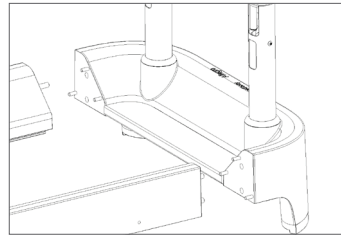


Figure D

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

9. With the tools provided, remove the guide wheels (Fig. E). Discard the washers, nut, screw, and the guide wheel. Leave the 4 rolling wheels in place.

10. Pick up one of the pre-assembled wheel assemblies. Unscrew the nut and slide the wheel and washers off the bolt, being careful to keep them in the same order. Install onto the carriage rail as shown in Fig. E. If the assembly is dropped, pay close attention to the diagram to make sure everything goes together in the correct order. NOTE: There is one shim between the bearings.

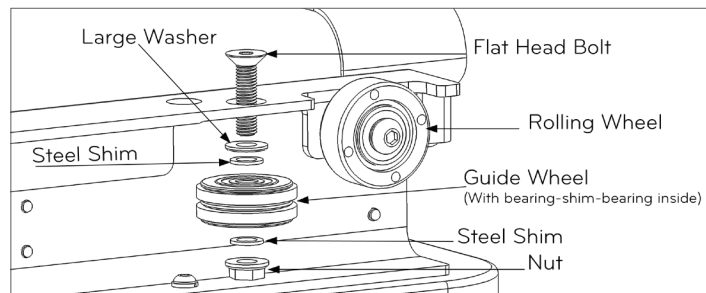


Figure E (VERY IMPORTANT)

11. Securely tighten with wheel and Allen wrenches and check that all 4 guide wheels roll as smoothly and gently as the rolling wheels.

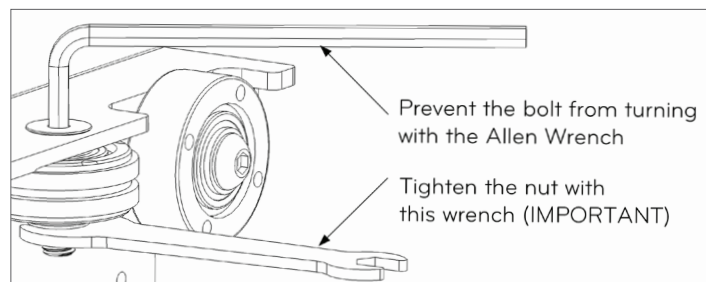


Figure F

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

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

14. Apply Wheel Protector Strips to the edges to protect the wheels during carriage installation as shown in Figure G. Gently slide the carriage into the rail, being careful not to hit the wheels into the taped edges.

TIP: This is easiest with two people, one person on each side of the carriage.

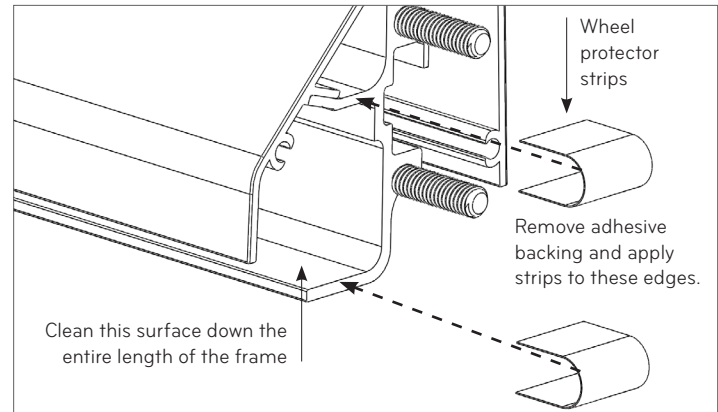


Figure G

15. 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. If ride is smooth, you must remove the Wheel Protector Strips from the end of the rail. If you have a Tower of Power, slide the tower mounts back over the threaded studs.

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

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

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

19. Re-install the rope, risers, and shoulders.