

Replacing the Allegro® 2 Guide Wheel O-rings

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.**

TOOLS REQUIRED (NOT INCLUDED):

- » Small Flat head screw driver (recommended)

PARTS LIST (INCLUDED):

ITEM	PART NO.	QTY
O-rings, 2" OD	GEN9978	8
Frame Wrench	617-060	1

Remove loops and pull ropes back through the risers or tower pullies. Remove shoulder rests and set aside. The ropes may be wrapped around the headrest.

1. If you have a Tower you need to remove it. Unscrew the retaining knobs and lift the tower out of the mounts.
2. Attach one carriage spring to a spring post to keep the carriage in the "home" position.
3. Lift the head-end of the Reformer, and slide a sitting box or similar sized object under the frame as shown in Figure A. (TIP: This is easier with two people). You may want to lay a towel on the sitting box to protect the vinyl.

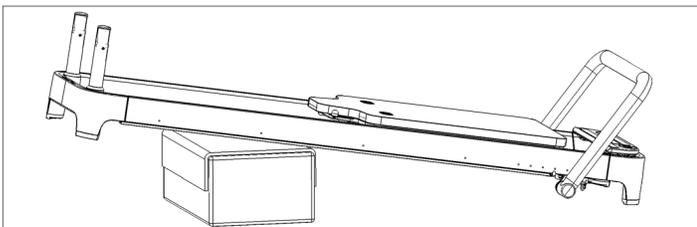


Figure A

4. Remove all carriage springs and set aside.
5. Remove frame nuts (circled) with included wrench as shown in Figure B.

Tips:

6. 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 Figure B.

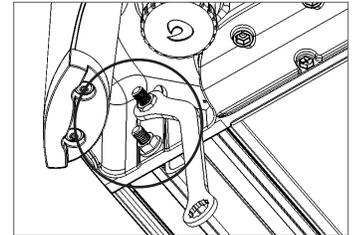


Figure B

- B. It is easier if you remove the top nut first!

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

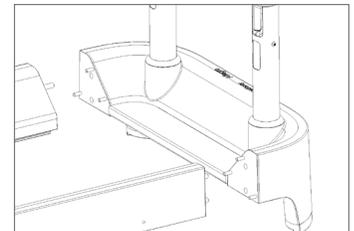


Figure C

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. Remove the current O-rings from one of the guide wheels. You can peel these off with fingers or use a small flat head screw driver or a paperclip to help remove the old O-rings. Set these aside, these will not longer be used. See Figure D.

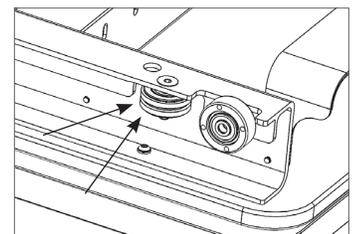


Figure D

10. Using the provided bigger O-rings, work the O-ring into the first open groove, then stretch and move it into the second groove. Install another new O-ring into the open groove. Note: Spin the wheel and the outside of the O-ring will look uniform. If it varies, one side of the O-ring is not seated correctly in the groove and needs to be fixed.

11. Repeat steps 9 and 10 for the other three guide wheels.

12. Before installing the carriage into the rails, 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 E.
14. Gently slide the carriage into the rail, being careful not to hit the wheels into the exposed edges.

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

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.

16. Reattach the end casting to the Reformer frame and tighten the nuts on the four bolts. If you have a Tower of Power, slide the tower mounts back over the threaded studs.

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, tower and shoulders.

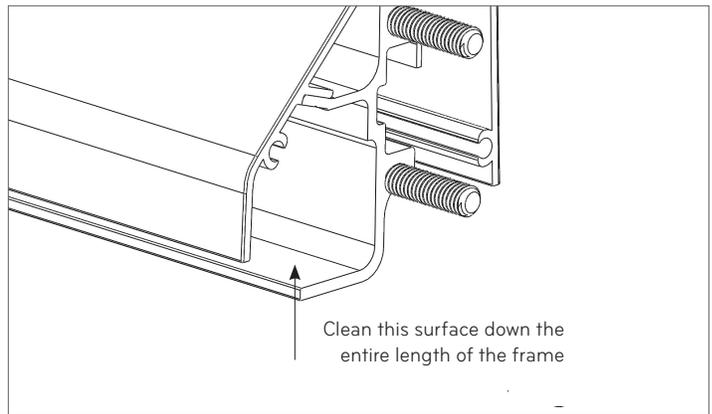


Figure E