

Side Wheel Replacement Instructions for the Contrology Reformer

TOOLS REQUIRED (INCLUDED):

ITEM	PART NO.	QTY
5/32" Allen wrench	212-001	1

PARTS LIST:

ITEM	PART NO.	QTY
Side Wheel	623-523	4

1. Remove the leather straps from the carriage.
2. Place a towel or rag over both side rails to cover the rolling surface.
3. Flip the carriage over onto the towels inside the frame and let it rest on the rolling surface of the rails. The vinyl should be facing down as shown in Figure A.

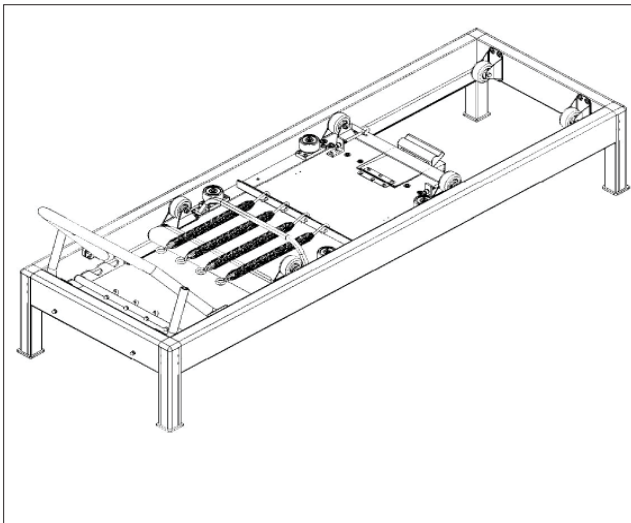


Figure A

4. Remove the bolt from the side wheel using the provided Allen wrench. Be sure to keep all 3 washers.

5. Replace the wheel and re-install the bolt and washers. Keep the bolt loose so the wheels can slide back and forth. Be sure to keep the same assembly order as shown in Figure B.

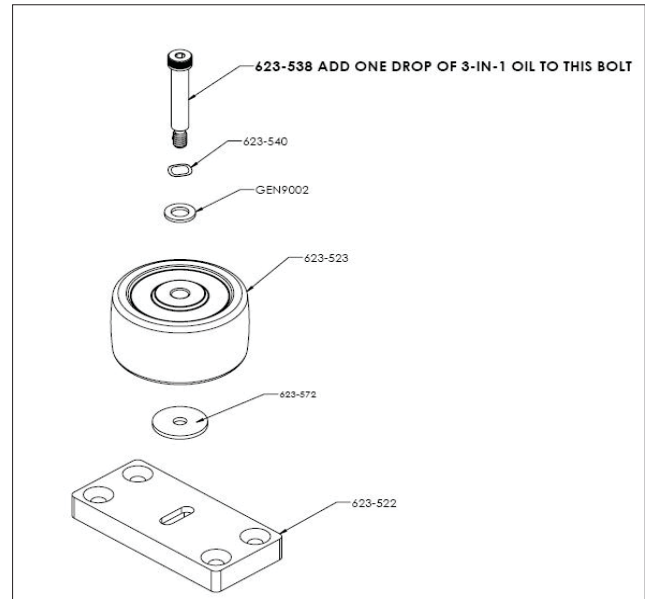


Figure B

6. Repeat for all other side wheels, keeping wheels loose.
7. Center the carriage between the two side rails.
8. Place two business cards between a side wheel and the closest side rail. Push the side wheel up against the side rail and business cards. Tighten the bolt very snug.
9. Repeat for each wheel.
10. Place the carriage back into usage position. Test side wheels by rolling carriage back and forth a few times. Re-adjust as necessary.
11. Re-attach the leather straps and at least one spring.