

# Hardware Upgrade: Head Rest Screws on the Contrology<sup>®</sup> Reformer

WHY? Even after a product is released we continually look for ways to improve. Further testing on the Contrology Reformer led to this simple upgrade for the screws in your Contrology head rest. It is recommended for optimal performance, yet will not compromise its functionality. To see a video of this procedure please visit: <https://vimeo.com/317109382/0ea8e95cb9>

## Tools Provided:

- » Phillips Screwdriver

## Parts Provided:

- » 3 Wood Screws

Estimated time: 2-5 minutes.

## INSTRUCTIONS:

1. Unhook springs from the spring bar.
2. Lift carriage out of frame.
3. Lay carriage upside down onto Reformer rails.
4. Remove an existing screw and replace with a provided screw, one at a time as shown. Note: Only replace the 3 screws shown in Figure A.
5. When all screws are replaced, return carriage to the proper position in the frame and attach at least one spring to the spring bar.
6. Discard old screws.

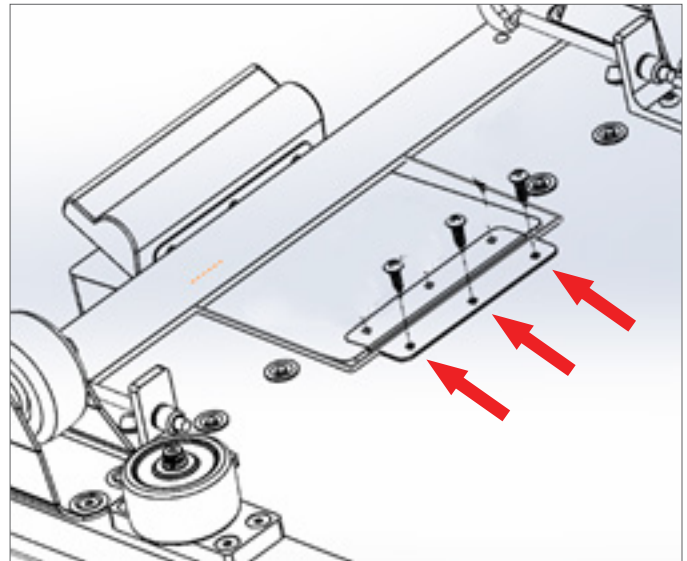


Figure A

**Questions?** Call Balanced Body Technical Support at 1-800-745-2837 (US and Canada), +1-916-388-2838 (all other countries), or email [info@pilates.com](mailto:info@pilates.com).