

How to remove and replace your Revo Springbar

TOOLS YOU WILL NEED:

- » Phillips-head screwdriver (cross-tip) for wood screws (not included)
- » Allen wrench for Allen bolt (not included)

To remove your Revo springbar (see **photo 1**) you will first need to remove the bar's safety "stopper" located on both inner rails of your Reformer (see **photo 2**). The stopper keeps the springbar in its track and facilitates maintenance. Your Reformer is equipped with one of two types of stoppers on each rail. One is a Phillips-head wood screw with a washer and spacer (see **photo 3**) that goes through the inner rail and into the side of the Reformer frame. The other is an Allen bolt and washer encased in rubber tubing that comes up from the bottom of the rail into the rail itself (see **photo 4**). Both are located in the same proximity inside the rail (see **photo 2**).

To remove the wood screws:

- » Detach all springs from the bar.
- » Using a Phillips head screwdriver, the screw, washer and spacer located inside the inner frame rail (see **photo 2** for location). You will need to feel inside the rail to find the exact location. **Please take caution when doing so as the rail edges can be sharp.**
- » Repeat on the other rail.

To remove Allen bolt and rubber tubing:

- » Detach all springs from the bar.
- » Using the Allen wrench remove the bolt located on the bottom of the frame rail (see **photo 2** for location).
- » Repeat on the other rail.

To remove the springbar:

Once the bolts or screws are removed, move the spring bar to the last position on the rail (away from the foot-end of the frame) and remove (see **photo 5**).

Be aware that there is a ball and spring located at each end of the springbar that allows the bar to move smoothly inside the rail. Once disengaged, the ball and spring will come loose (see **photo 6**).

To install new springbar:

- » To install the new springbar follow the above procedure in reverse.
- » Once the spring bar is securely in place with stoppers reinserted, reattach the springs.

NOTE: The balls and springs on each side of the springbar will need to be held in place and depressed when placing the bar inside the rail. Having a second person available to help you will make it easier to keep the assembly intact. The new springbar has been properly attached when you can hear it click as it moves it between positions on the rail.

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



Photo 1
Revo Springbar

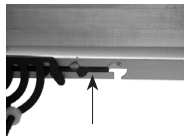


Photo 2 - Approximate location of stopper on inside rail



Photo 3



Photo 4



Photo 5



Photo 6