		NOTE: THIS SERVICE CHECK IS BEST TO BE PERFORMED BY A TRADESPERSON	Document Date: 27/10/2023, Every year, check for new service document updates
P		<b>Eg: Mechanic, engineer, builder, etc</b> If you don't understand an instruction, please contact Pilatesequip™ for a clarification	at www.pilatesequip.com/instructions  Document number: EVO 27102023
erio	۵	EVOLUTON REFORMER One (use for Pilatesequip™ equipment only)	Daily
Service Period	Checked	List below: starts from the front/Foot Bar end of the Reformer, and moves through to the back.	Weekly Monthly
Ser	2	Moving Foot Bar Version - Date: 2012 to May 2017	Quarterly How to fix
1 Q		Check that Foot Bar adjust smoothly up and down the track.	Clean any dirt from track. Use dry silicone spray to lubricate and slide Foot Bar back and
2 Q	1	On each side of Track Adjustment Castings, check that all 4 dome nuts, on each side, are tight	forwards to spread the lubricate Tighten bolts, re-apply Loctite
3 M	Н	Check that the black Foot Bar Indexing Knobs are springing back into place	Replace
4 M		Check that the Foot Bar Levers works and the Foot Bar rotates freely when adjusting the	Lubricate ball bearings seen in-between Foot Bar Casting and Track Adjustment Casting with
5 Q	H	angle/height. Check Foot Bar Rubber doesn't rotate	Inox MX3, not WD40 Use Sikaflex 291
		Stationary Foot Bar Version (S-Series) - Height Adjustment Bar adjusts up and down,	<u>.                                    </u>
		with a Slotted Bracket inside Front Leg Date: June 2017 to present date	
6 Q		Foot Bar adjusts smoothly and sits evenly in height adjustment slots. Press forward on each side of the Main Foot Bar (from user's position), to check there's minimal movement. Check both "main foot bar" and "Height Adjustment Bar" aren't bent/twisted	Bend/twist Foot Bar and/or Height Adjustment Bar, back into shape
7 Q	H	Check that all 6 bolts, that fastens the Foot Bar and Height Adjustment Bar together, and to the	Tighten bolts, re-apply Loctite
8 Q		Reformer, are still tight Foot Bar Rubber doesn't rotate	Use Sikaflex 291
		Front/Spring Area - Pre Feb 2023 - with Spring Bar with hooks	1
9 Q	Г	Check Foot Strap Clips pivot point. Check that the swivel/pivot head isn't worn, where the clip's	Replace Reformer Foot Strap
10 Q	L	body attaches itself to the ring.  Check Foot Strap Clips hook. Check that the hook area isn't worn, where the clip attaches itself	Replace Reformer Foot Strap
		to the reformer.	
11 Q 12 Q	-	Check Foot Strap Clips gate. Check that the gate isn't broken where it clips.  Foot Strap sewing isn't coming undone	Replace Reformer Foot Strap Replace Evolution Reformer Foot Strap
	L		
13 Q 14 M		Foot Strap eyebolts are secure Check Spring Bar Hooks and Top Spring Bar Attachments are secure	Tighten bolts, re-apply Loctite Tighten hooks or replace Spring Bar
15 Q		Check Spring Bar is secured to U Brackets	Tighten
		Front/Spring Area - Post March 2023 - with Spring Bar Plate and Button Attachments	1
16 Q		Foot Strap sewing isn't coming undone	Replace Reformer Foot Strap
17 Q	-	Foot Strap Eyenuts are secure Check Spring Attachment Buttons on the Spring Bar Plate are secure and not damaged	Tighten nuts Tighten hooks or re replace if damaged
10 0			Ingrice nooks of the replace in damaged
19 D	1	Carriage Clean all vinyl upholstery daily, as a minimum. Make sure you clean Shoulder Pads, Head Rest	See equipment instructions
		and Bed. Use a mixture of water and some ordinary mild "Sunlight Pure Soap", cut into little	
		flakes and placed in a spray bottle. Clean with a towel, cloth or paper towel. NOTE: Don't use other products such as chemicals, bleach, tea tree or eucalyptus oils, alcohol wipes or	
		methylated spirits, or detergents- as they deteriorate vinyl. Human sweat also causes vinyl	
20 Q	H	deterioration. The vinyl has an antibacterial coating and doesn't need harsh cleaners.  Check Bed upholstery for damage	Recover - Call local upholsterer
21 Q	_	Shoulder Pad upholstery for damage	Replace through Pilatesequip™ or recover by calling local upholsterer
	_		
22 Q		Headrest upholstery for damage	Replace through Pilatesequip™ or recover by calling local upholsterer
22 Q 23 Q 24 Q		Headrest upholstery for damage Check Cleats are returning to the close position Cleats are secured to Base	Replace through Pilatesequip™ or recover by calling local upholsterer Replace Tighten bolts, re-apply Loctite
22 Q 23 Q 24 Q 25 Q		Headrest upholstery for damage Check Cleats are returning to the close position Cleats are secured to Base Head Rest is secure and hinge isn't damaged	Replace through Pilatesequip™ or recover by calling local upholsterer Replace Tighten bolts, re-apply Loctite Tighten bolts, re-apply Loctite. Replace hinge
22 Q 23 Q 24 Q 25 Q 26 Q 27 Q		Headrest upholstery for damage Check Cleats are returning to the close position Cleats are secured to Base Head Rest is secure and hinge isn't damaged Chassis is secured to ply base - you should see 4 bolt heads in each chassis bracket Spring Bar under Carriage is secured to Base.	Replace through Pilatesequip™ or recover by calling local upholsterer Replace Tighten bolts, re-apply Loctite Tighten bolts, re-apply Loctite Righten bolts, re-apply Loctite Tighten bolts, re-apply Loctite Tighten bolts, re-apply Loctite
22 Q 23 Q 24 Q 25 Q 26 Q		Headrest upholstery for damage Check Cleats are returning to the close position Cleats are secured to Base Head Rest is secure and hinge isn't damaged Chassis is secured to ply base - you should see 4 bolt heads in each chassis bracket Spring Bar under Carriage is secured to Base. Check that the Wheel Bearings aren't noisy. Lift up the Carriage and spin each Running Wheel with your finger and compare them to the noise that the Guide Wheels makes. They shouldn't	Replace through Pilatesequip™ or recover by calling local upholsterer Replace Tighten bolts, re-apply Loctite Tighten bolts, re-apply Loctite. Replace hinge Tighten bolts, re-apply Loctite
22 Q 23 Q 24 Q 25 Q 26 Q 27 Q		Headrest upholstery for damage Check Cleats are returning to the close position Cleats are secured to Base Head Rest is secure and hinge isn't damaged Chassis is secured to ply base - you should see 4 bolt heads in each chassis bracket Spring Bar under Carriage is secured to Base. Check that the Wheel Bearings aren't noisy. Lift up the Carriage and spin each Running Wheel	Replace through Pilatesequip™ or recover by calling local upholsterer Replace Tighten bolts, re-apply Loctite Tighten bolts, re-apply Loctite Righten bolts, re-apply Loctite Tighten bolts, re-apply Loctite Tighten bolts, re-apply Loctite
22 Q 23 Q 24 Q 25 Q 26 Q 27 Q 28 Q		Headrest upholstery for damage Check Cleats are returning to the close position Cleats are secured to Base Head Rest is secure and hinge isn't damaged Chassis is secured to ply base - you should see 4 bolt heads in each chassis bracket Spring Bar under Carriage is secured to Base. Check that the Wheel Bearings aren't noisy. Lift up the Carriage and spin each Running Wheel with your finger and compare them to the noise that the Guide Wheels makes. They shouldn't sound gritty.  Springs	Replace through Pilatesequip™ or recover by calling local upholsterer Replace Tighten bolts, re-apply Loctite Tighten bolts, re-apply Loctite, Replace hinge Tighten bolts, re-apply Loctite Tighten bolts, re-apply Loctite Tighten bolts, re-apply Loctite Replace bearings
22 Q 23 Q 24 Q 25 Q 26 Q 27 Q		Headrest upholstery for damage Check Cleats are returning to the close position Cleats are secured to Base Head Rest is secure and hinge isn't damaged Chassis is secured to ply base - you should see 4 bolt heads in each chassis bracket Spring Bar under Carriage is secured to Base. Check that the Wheel Bearings aren't noisy. Lift up the Carriage and spin each Running Wheel with your finger and compare them to the noise that the Guide Wheels makes. They shouldn't sound gritty.  Springs Check all springs by slightly stretching the spring from the spring's loop at the end of the spring,	Replace through Pilatesequip™ or recover by calling local upholsterer Replace Tighten bolts, re-apply Loctite Tighten bolts, re-apply Loctite Righten bolts, re-apply Loctite Tighten bolts, re-apply Loctite Tighten bolts, re-apply Loctite
22 Q 23 Q 24 Q 25 Q 26 Q 27 Q 28 Q		Headrest upholstery for damage Check Cleats are returning to the close position Cleats are secured to Base Head Rest is secure and hinge isn't damaged Chassis is secured to ply base - you should see 4 bolt heads in each chassis bracket Spring Bar under Carriage is secured to Base. Check that the Wheel Bearings aren't noisy. Lift up the Carriage and spin each Running Wheel with your finger and compare them to the noise that the Guide Wheels makes. They shouldn't sound gritty.  Springs Check all springs by slightly stretching the spring from the spring's loop at the end of the spring, until the coils just start to open. If a small section of the spring barrel separates while the rest of the coils remain close, the spring is faulty. Also look for obvious bends/kinks in the spring's	Replace through Pilatesequip™ or recover by calling local upholsterer Replace Tighten bolts, re-apply Loctite Tighten bolts, re-apply Loctite, Replace hinge Tighten bolts, re-apply Loctite Tighten bolts, re-apply Loctite Tighten bolts, re-apply Loctite Replace bearings
22 Q 23 Q 24 Q 25 Q 26 Q 27 Q 28 Q		Headrest upholstery for damage Check Cleats are returning to the close position Cleats are secured to Base Head Rest is secured and hinge isn't damaged Chassis is secured to ply base - you should see 4 bolt heads in each chassis bracket Spring Bar under Carriage is secured to Base. Check that the Wheel Bearings aren't noisy. Lift up the Carriage and spin each Running Wheel with your finger and compare them to the noise that the Guide Wheels makes. They shouldn't sound gritty.  Springs Check all springs by slightly stretching the spring from the spring's loop at the end of the spring, until the coils just start to open. If a small section of the spring barrel separates while the rest of the coils remain close, the spring is faulty. Also look for obvious bends/kinks in the spring's barrel. Make sure that spring's loops haven't travelled up the spring's coned coils	Replace through Pilatesequip™ or recover by calling local upholsterer Replace Tighten bolts, re-apply Loctite Tighten bolts, re-apply Loctite. Replace hinge Tighten bolts, re-apply Loctite Tighten bolts, re-apply Loctite Tighten bolts, re-apply Loctite Replace bearings  If any springs show these issues, replace spring
22 Q 23 Q 24 Q 25 Q 26 Q 27 Q 28 Q		Headrest upholstery for damage Check Cleats are returning to the close position Cleats are secured to Base Head Rest is secure and hinge isn't damaged Chassis is secured to ply base - you should see 4 bolt heads in each chassis bracket Spring Bar under Carriage is secured to Base. Check that the Wheel Bearings aren't noisy. Lift up the Carriage and spin each Running Wheel with your finger and compare them to the noise that the Guide Wheels makes. They shouldn't sound gritty.  Springs Check all springs by slightly stretching the spring from the spring's loop at the end of the spring, until the coils just start to open. If a small section of the spring barrel separates while the rest of the coils remain close, the spring is faulty. Also look for obvious bends/kinks in the spring's	Replace through Pilatesequip™ or recover by calling local upholsterer Replace Tighten bolts, re-apply Loctite Tighten bolts, re-apply Loctite. Replace hinge Tighten bolts, re-apply Loctite Tighten bolts, re-apply Loctite Replace bearings  If any springs show these issues, replace spring Tighten
22 Q 23 Q 24 Q 25 Q 26 Q 27 Q 28 Q		Headrest upholstery for damage Check Cleats are returning to the close position Cleats are secured to Base Head Rest is secure and hinge isn't damaged Chassis is secured to ply base - you should see 4 bolt heads in each chassis bracket Spring Bar under Carriage is secured to Base. Check that the Wheel Bearings aren't noisy. Lift up the Carriage and spin each Running Wheel with your finger and compare them to the noise that the Guide Wheels makes. They shouldn't sound gritty.  Springs Check all springs by slightly stretching the spring from the spring's loop at the end of the spring, until the coils just start to open. If a small section of the spring barrel separates while the rest of the coils remain close, the spring is faulty. Also look for obvious bends/kinks in the spring's barrel. Make sure that spring's loops haven't travelled up the spring's coned coils Springs are secure- nyloc nut are engaged/thread should be coming through the nyloc nut Check age of springs. It's recommended to replace Reformer Springs that are older than 8 years	Replace through Pilatesequip™ or recover by calling local upholsterer Replace Tighten bolts, re-apply Loctite Tighten bolts, re-apply Loctite. Replace hinge Tighten bolts, re-apply Loctite Tighten bolts, re-apply Loctite Replace bearings  If any springs show these issues, replace spring Tighten
22 Q Q 23 Q 24 Q 25 Q Q 25 Q Q 27 Q Q 28 Q Q 29 W 29 W 29 W 29 Q 331 Q Q		Headrest upholstery for damage Check Cleats are returning to the close position Cleats are secured to Base Head Rest is secure and hinge isn't damaged Chassis is secured to ply base - you should see 4 bolt heads in each chassis bracket Spring Bar under Carriage is secured to Base. Check that the Wheel Bearings aren't noisy. Lift up the Carriage and spin each Running Wheel with your finger and compare them to the noise that the Guide Wheels makes. They shouldn't sound gritty.  Springs Check all springs by slightly stretching the spring from the spring's loop at the end of the spring, until the coils just start to open. If a small section of the spring barrel separates while the rest of the coils remain close, the spring is faulty. Also look for obvious bends/kinks in the spring's barrel. Make sure that spring's loops haven't travelled up the spring's coned coils Springs are secure- nyloc nut are engaged/thread should be coming through the nyloc nut Check age of springs. It's recommended to replace Reformer Springs that are older than 8 years  Back of Reformer	Replace Replace Tighten bolts, re-apply Loctite Replace bearings  If any springs show these issues, replace spring  Tighten Replace springs
22 Q 23 Q 24 Q 25 Q 26 Q 27 Q 28 Q		Headrest upholstery for damage Check Cleats are returning to the close position Cleats are secured to Base Head Rest is secure and hinge isn't damaged Chassis is secured to ply base - you should see 4 bolt heads in each chassis bracket Spring Bar under Carriage is secured to Base. Check that the Wheel Bearings aren't noisy. Lift up the Carriage and spin each Running Wheel with your finger and compare them to the noise that the Guide Wheels makes. They shouldn't sound gritty.  Springs Check all springs by slightly stretching the spring from the spring's loop at the end of the spring, until the coils just start to open. If a small section of the spring barrel separates while the rest of the coils remain close, the spring is faulty. Also look for obvious bends/kinks in the spring's barrel. Make sure that spring's loops haven't travelled up the spring's coned coils Springs are secure- nyloc nut are engaged/thread should be coming through the nyloc nut Check age of springs. It's recommended to replace Reformer Springs that are older than 8 years  Back of Reformer Check the outer layer of the rope isn't worn to the core Rope clips. Check the Rope Clips pivot point. Check that the swivel/pivot head isn't worn, where	Replace through Pilatesequip™ or recover by calling local upholsterer Replace Tighten bolts, re-apply Loctite Replace bearings  If any springs show these issues, replace spring  Tighten Replace springs
22 Q Q 23 Q 24 Q Q 25 Q Q Q 27 Q Q 28 Q Q 27 Q Q 28 Q Q 29 W 29 W 29 W 29 W 29 Q 29 Q		Headrest upholstery for damage Check Cleats are returning to the close position Cleats are secured to Base Head Rest is secure and hinge isn't damaged Chassis is secured to ply base - you should see 4 bolt heads in each chassis bracket Spring Bar under Carriage is secured to Base. Check that the Wheel Bearings aren't noisy. Lift up the Carriage and spin each Running Wheel with your finger and compare them to the noise that the Guide Wheels makes. They shouldn't sound gritty.  Springs Check all springs by slightly stretching the spring from the spring's loop at the end of the spring, until the coils just start to open. If a small section of the spring barrel separates while the rest of the coils remain close, the spring is faulty. Also look for obvious bends/kinks in the spring's barrel. Make sure that spring's loops haven't travelled up the spring's coned coils Springs are secure- nyloc nut are engaged/thread should be coming through the nyloc nut Check age of springs. It's recommended to replace Reformer Springs that are older than 8 years  Back of Reformer Check the outer layer of the rope isn't worn to the core Rope dips. Check the Rope Clips pivot point. Check that the swivel/pivot head isn't worn, where the clip's body attaches itself to the ring.	Replace Replace Tighten bolts, re-apply Loctite Replace bearings  If any springs show these issues, replace spring  Tighten Replace springs
22 Q Q Q Q Q Q Q Q Q Q Q Q Q Q Q Q Q Q		Headrest upholstery for damage Check Cleats are returning to the close position Cleats are secured to Base Head Rest is secure and hinge isn't damaged Chassis is secured to ply base - you should see 4 bolt heads in each chassis bracket Spring Bar under Carriage is secured to Base. Check that the Wheel Bearings aren't noisy. Lift up the Carriage and spin each Running Wheel with your finger and compare them to the noise that the Guide Wheels makes. They shouldn't sound gritty.  Springs Check all springs by slightly stretching the spring from the spring's loop at the end of the spring, until the coils just start to open. If a small section of the spring barrel separates while the rest of the coils remain close, the spring is faulty. Also look for obvious bends/kinks in the spring's barrel. Make sure that spring's loops haven't travelled up the spring's coned coils Springs are secure- nyloc nut are engaged/thread should be coming through the nyloc nut Check age of springs. It's recommended to replace Reformer Springs that are older than 8 years  Back of Reformer Check the outer layer of the rope isn't worn to the core Rope clips. Check the Rope Clips pivot point. Check that the swivel/pivot head isn't worn, where the clip's body attaches itself to the ring. Hand strap sewing isn't coming undone	Replace through Pilatesequip™ or recover by calling local upholsterer Replace Tighten bolts, re-apply Loctite Replace bearings  If any springs show these issues, replace spring  Tighten Replace springs  Replace springs
22 Q Q 23 Q 24 Q Q 25 Q Q Q 27 Q Q 28 Q Q 27 Q Q 28 Q Q 29 W 29 W 29 W 29 W 29 Q 29 Q		Headrest upholstery for damage Check Cleats are returning to the close position Cleats are secured to Base Head Rest is secure and hinge isn't damaged Chassis is secured to ply base - you should see 4 bolt heads in each chassis bracket Spring Bar under Carriage is secured to Base. Check that the Wheel Bearings aren't noisy. Lift up the Carriage and spin each Running Wheel with your finger and compare them to the noise that the Guide Wheels makes. They shouldn't sound gritty.  Springs Check all springs by slightly stretching the spring from the spring's loop at the end of the spring, until the coils just start to open. If a small section of the spring barrel separates while the rest of the coils remain close, the spring is faulty. Also look for obvious bends/kinks in the spring's barrel. Make sure that spring's loops haven't travelled up the spring's coned coils Springs are secure- nyloc nut are engaged/thread should be coming through the nyloc nut Check age of springs. It's recommended to replace Reformer Springs that are older than 8 years  Back of Reformer Check the outer layer of the rope isn't worn to the core Rope dips. Check the Rope Clips pivot point. Check that the swivel/pivot head isn't worn, where the clip's body attaches itself to the ring.	Replace Replace Tighten bolts, re-apply Loctite Replace bearings  If any springs show these issues, replace spring  Tighten Replace springs
22 Q Q Q Q Q Q Q Q Q Q Q Q Q Q Q Q Q Q		Headrest upholstery for damage Check Cleats are returning to the close position Cleats are secured to Base Head Rest is secure and hinge isn't damaged Chassis is secured to ply base - you should see 4 bolt heads in each chassis bracket Spring Bar under Carriage is secured to Base. Check that the Wheel Bearings aren't noisy. Lift up the Carriage and spin each Running Wheel with your finger and compare them to the noise that the Guide Wheels makes. They shouldn't sound gritty.  Springs Check all springs by slightly stretching the spring from the spring's loop at the end of the spring, until the coils just start to open. If a small section of the spring barrel separates while the rest of the coils remain close, the spring is faulty. Also look for obvious bends/kinks in the spring's barrel. Make sure that spring's loops haven't travelled up the spring's coned coils Springs are secure- nyloc nut are engaged/thread should be coming through the nyloc nut Check age of springs. It's recommended to replace Reformer Springs that are older than 8 years  Back of Reformer Check the outer layer of the rope isn't worn to the core Rope clips. Check the Rope Clips pivot point. Check that the swivel/pivot head isn't worn, where the clip's body attaches itself to the ring. Hand strap sewing isn't coming undone  Check Pulleys not noisy. Pull either side of the rope to make the Pulley run and listen for a	Replace through Pilatesequip™ or recover by calling local upholsterer Replace Tighten bolts, re-apply Loctite Replace bearings  If any springs show these issues, replace spring  Tighten Replace springs  Replace Replace Replace Replace
222 Q Q Q Q Q Q Q Q Q Q Q Q Q Q Q Q Q Q		Headrest upholstery for damage Check Cleats are returning to the close position Cleats are secured to Base Head Rest is secure and hinge isn't damaged Chassis is secured to ply base - you should see 4 bolt heads in each chassis bracket Spring Bar under Carriage is secured to Base. Check that the Wheel Bearings aren't noisy. Lift up the Carriage and spin each Running Wheel with your finger and compare them to the noise that the Guide Wheels makes. They shouldn't sound gritty.  Springs Check all springs by slightly stretching the spring from the spring's loop at the end of the spring, until the coils just start to open. If a small section of the spring barrel separates while the rest of the coils remain close, the spring is faulty. Also look for obvious bends/kinks in the spring's barrel. Make sure that spring's loops haven't travelled up the spring's coned coils Springs are secure- nyloc nut are engaged/thread should be coming through the nyloc nut Check age of springs. It's recommended to replace Reformer Springs that are older than 8 years  Back of Reformer Check the outer layer of the rope isn't worn to the core Rope clips. Check the Rope Clips pivot point. Check that the swivel/pivot head isn't worn, where the clip's body attaches itself to the ring. Hand strap sewing isn't coming undone  Check Pulleys not noisy. Pull either side of the rope to make the Pulley run and listen for a rough noise Check pulley uprights are not bent	Replace through Pilatesequip™ or recover by calling local upholsterer Replace Tighten bolts, re-apply Loctite Replace bearings  If any springs show these issues, replace spring  Tighten Replace springs  Replace springs  Replace Replace Replace Replace Replace Replace Replace Replace
22 Q Q Q Q Q Q Q Q Q Q Q Q Q Q Q Q Q Q		Headrest upholstery for damage Check Cleats are returning to the close position Cleats are secured to Base Head Rest is secure and hinge isn't damaged Chassis is secured to ply base - you should see 4 bolt heads in each chassis bracket Spring Bar under Carriage is secured to Base. Check that the Wheel Bearings aren't noisy. Lift up the Carriage and spin each Running Wheel with your finger and compare them to the noise that the Guide Wheels makes. They shouldn't sound gritty.  Springs Check all springs by slightly stretching the spring from the spring's loop at the end of the spring, until the coils just start to open. If a small section of the spring barrel separates while the rest of the coils remain close, the spring is faulty. Also look for obvious bends/kinks in the spring's barrel. Make sure that spring's loops haven't travelled up the spring's coned coils Springs are secure- nyloc nut are engaged/thread should be coming through the nyloc nut Check age of springs. It's recommended to replace Reformer Springs that are older than 8 years  Back of Reformer Check the outer layer of the rope isn't worn to the core Rope clips. Check the Rope Clips pivot point. Check that the swivel/pivot head isn't worn, where the clip's body attaches itself to the ring. Hand strap sewing isn't coming undone  Check Pulleys not noisy. Pull either side of the rope to make the Pulley run and listen for a rough noise Check pulley uprights are not bent	Replace Replace Tighten bolts, re-apply Loctite Replace bearings  If any springs show these issues, replace spring  If any springs show these issues, replace spring  Replace springs  Replace Pulley Replace Clean Wheels by wiping with damp rag. Place rag on Wheel and move the Carriage back and
222 Q Q Q Q Q Q Q Q Q Q Q Q Q Q Q Q Q Q		Headrest upholstery for damage Check Cleats are returning to the close position Cleats are secured to Base Head Rest is secure and hinge isn't damaged Chassis is secured to ply base - you should see 4 bolt heads in each chassis bracket Spring Bar under Carriage is secured to Base. Check that the Wheel Bearings aren't noisy. Lift up the Carriage and spin each Running Wheel with your finger and compare them to the noise that the Guide Wheels makes. They shouldn't sound gritty.  Springs Check all springs by slightly stretching the spring from the spring's loop at the end of the spring, until the coils just start to open. If a small section of the spring barrel separates while the rest of the coils remain close, the spring is faulty. Also look for obvious bends/kinks in the spring's barrel. Make sure that spring's loops haven't travelled up the spring's coned coils Springs are secure- nyloc nut are engaged/thread should be coming through the nyloc nut Check age of springs. It's recommended to replace Reformer Springs that are older than 8 years  Back of Reformer Check the outer layer of the rope isn't worn to the core Rope clips. Check the Rope Clips pivot point. Check that the swivel/pivot head isn't worn, where the clip's body attaches itself to the ring. Hand strap sewing isn't coming undone  Check Pulleys not noisy. Pull either side of the rope to make the Pulley run and listen for a rough noise Check pulley uprights are not bent	Replace through Pilatesequip™ or recover by calling local upholsterer Replace Tighten bolts, re-apply Loctite Replace bearings  If any springs show these issues, replace spring  If any springs show these issues, replace spring  Replace springs  Replace Serings  Replace Replace Replace Replace Replace Replace Replace Replace Replace Pulley Replace Clean Wheels by wiping with damp rag. Place rag on Wheel and move the Carriage back and forth. If there's built-up dirt, lightly rub with a fine green Scotch-Brite pad Clean Tracks by wiping with damp rag. Wipe the front and the back of the Tracks, by moving
222 Q Q Q Q Q Q Q Q Q Q Q Q Q Q Q Q Q Q		Headrest upholstery for damage Check Cleats are returning to the close position Cleats are secured to Base Head Rest is secure and hinge isn't damaged Chassis is secured to ply base - you should see 4 bolt heads in each chassis bracket Spring Bar under Carriage is secured to Base. Check that the Wheel Bearings aren't noisy. Lift up the Carriage and spin each Running Wheel with your finger and compare them to the noise that the Guide Wheels makes. They shouldn't sound gritty.  Springs Check all springs by slightly stretching the spring from the spring's loop at the end of the spring, until the coils just start to open. If a small section of the spring barrel separates while the rest of the coils remain close, the spring is faulty. Also look for obvious bends/kinks in the spring's barrel. Make sure that spring's loops haven't travelled up the spring's coned coils Springs are secure- nyloc nut are engaged/thread should be coming through the nyloc nut Check age of springs. It's recommended to replace Reformer Springs that are older than 8 years  Back of Reformer Check the outer layer of the rope isn't worn to the core Rope clips. Check the Rope Clips pivot point. Check that the swivel/pivot head isn't worn, where the clip's body attaches itself to the ring. Hand strap sewing isn't coming undone  Check Pulleys not noisy. Pull either side of the rope to make the Pulley run and listen for a rough noise Check pulley uprights are not bent  Frame and Tracks  Clean wheels to reduce dirt build up.	Replace Replace Replace Replace Tighten bolts, re-apply Loctite Replace bearings  If any springs show these issues, replace spring  Tighten Replace springs  Replace
222 Q Q Q Q Q Q Q Q Q Q Q Q Q Q Q Q Q Q		Headrest upholstery for damage Check Cleats are returning to the close position Cleats are secured to Base Head Rest is secure and hinge isn't damaged Chassis is secured to ply base - you should see 4 bolt heads in each chassis bracket Spring Bar under Carriage is secured to Base. Check that the Wheel Bearings aren't noisy. Lift up the Carriage and spin each Running Wheel with your finger and compare them to the noise that the Guide Wheels makes. They shouldn't sound gritty.  Springs Check all springs by slightly stretching the spring from the spring's loop at the end of the spring, until the coils just start to open. If a small section of the spring barrel separates while the rest of the coils remain close, the spring is faulty. Also look for obvious bends/kinks in the spring's barrel. Make sure that spring's loops haven't travelled up the spring's coned coils Springs are secure- nyloc nut are engaged/thread should be coming through the nyloc nut Check age of springs. It's recommended to replace Reformer Springs that are older than 8 years  Back of Reformer Check the outer layer of the rope isn't worn to the core Rope clips. Check the Rope Clips pivot point. Check that the swivel/pivot head isn't worn, where the clip's body attaches itself to the ring. Hand strap sewing isn't coming undone  Check Pulleys not noisy. Pull either side of the rope to make the Pulley run and listen for a rough noise Check pulley uprights are not bent  Frame and Tracks  Clean wheels to reduce dirt build up.  Clean tracks to reduce dirt build up.	Replace Replace Tighten bolts, re-apply Loctite Replace bearings  If any springs show these issues, replace spring  If any springs show these issues, replace spring  Replace springs  Replace Replace Replace Replace  Replace Clean Wheels by wiping with damp rag. Place rag on Wheel and move the Carriage back and forth. If there's built-up dirt, lightly rub with a fine green Scotch-Brite pad Clean Tracks by wiping with damp rag. Wipe the front and the back of the Tracks, by moving the Carriage back and forth. If there's built-up dirt, lightly rub dirt balls, lightly rub with a fine green Scotch-Brite pad Use dry silicone spray only and it's follow instructions
222 Q Q Q Q Q Q Q Q Q Q Q Q Q Q Q Q Q Q		Headrest upholstery for damage Check Cleats are returning to the close position Cleats are secured to Base Head Rest is secure and hinge isn't damaged Chassis is secured to ply base - you should see 4 bolt heads in each chassis bracket Spring Bar under Carriage is secured to Base. Check that the Wheel Bearings aren't noisy. Lift up the Carriage and spin each Running Wheel with your finger and compare them to the noise that the Guide Wheels makes. They shouldn't sound gritty.  Springs Check all springs by slightly stretching the spring from the spring's loop at the end of the spring, until the coils just start to open. If a small section of the spring barrel separates while the rest of the coils remain close, the spring is faulty. Also look for obvious bends/kinks in the spring's barrel. Make sure that spring's loops haven't travelled up the spring's coned coils Springs are secure- nyloc nut are engaged/thread should be coming through the nyloc nut Check age of springs. It's recommended to replace Reformer Springs that are older than 8 years  Back of Reformer Check the outer layer of the rope isn't worn to the core Rope clips. Check the Rope Clips pivot point. Check that the swivel/pivot head isn't worn, where the clip's body attaches itself to the ring. Hand strap sewing isn't coming undone  Check Pulleys not noisy. Pull either side of the rope to make the Pulley run and listen for a rough noise Check pulley uprights are not bent  Frame and Tracks Clean wheels to reduce dirt build up.  Lubricate running surface of the Tracks after cleaning Check Warning Sticker isn't worn or removed	Replace Tighten bolts, re-apply Loctite Replace bearings  If any springs show these issues, replace spring  If any springs show these issues, replace spring  Replace springs  Replace Pulley Replace Clean Wheels by wiping with damp rag. Place rag on Wheel and move the Carriage back and forth. If there's built-up dirt, lightly rub with a fine green Scotch-Brite pad Clean Tracks by wiping with damp rag. Wipe the front and the back of the Tracks, by moving the Carriage back and forth. If there's built-up dirt balls, lightly rub with a fine green Scotch-Brite pad Use dy silicone spray only and it's follow instructions Replace
222 Q Q Q Q Q Q Q Q Q Q Q Q Q Q Q Q Q Q		Headrest upholstery for damage Check Cleats are returning to the close position Cleats are secured to Base Head Rest is secure and hinge isn't damaged Chassis is secured to ply base - you should see 4 bolt heads in each chassis bracket Spring Bar under Carriage is secured to Base. Check that the Wheel Bearings aren't noisy. Lift up the Carriage and spin each Running Wheel with your finger and compare them to the noise that the Guide Wheels makes. They shouldn't sound gritty.  Springs Check all springs by slightly stretching the spring from the spring's loop at the end of the spring, until the coils just start to open. If a small section of the spring parrie separates while the rest of the coils remain close, the spring is faulty. Also look for obvious bends/kinks in the spring's barrel. Make sure that spring's loops haven't travelled up the spring's coned coils Springs are secure- nyloc nut are engaged/thread should be coming through the nyloc nut Check age of springs. It's recommended to replace Reformer Springs that are older than 8 years  Back of Reformer Check the outer layer of the rope isn't worn to the core Rope clips. Check the Rope Clips pivot point. Check that the swivel/pivot head isn't worn, where the clip's body attaches itself to the ring. Hand strap sewing isn't coming undone  Check Pulleys not noisy. Pull either side of the rope to make the Pulley run and listen for a rough noise Check Ulleys not noisy. Pull either side of the rope to make the Pulley run and listen for a rough noise Check Ulleys not noisy. Pull either side of the rope to make the Pulley run and listen for a rough noise Check Warning Sticker isn't worn or removed Check Warning Sticker isn't worn or removed Check Foot Platform Rubber is secured Check Foot Platform Rubber is secured Check Foot Platform Rubber is secured	Replace Tighten bolts, re-apply Loctite Replace bearings  If any springs show these issues, replace spring  If any springs show these issues, replace spring  Replace springs  Replace Replace Replace Replace Replace Replace Clean Tracks by wiping with damp rag. Place rag on Wheel and move the Carriage back and forth. If there's built-up dirt, lightly rub with a fine green Scotch-Brite pad Clean Tracks by wiping with damp rag. Wipe the front and the back of the Tracks, by moving the Carriage back and forth. If there's built-up dirt balls, lightly rub with a fine green Scotch-Brite pad Use dry silicone spray only and it's follow instructions Replace Glue with contact adhesive Replace or push pin back in
222 QQ 223 QQ 225 QQ 228 QQ 228 QQ 233 QQ 23		Headrest upholstery for damage Check Cleats are returning to the close position Cleats are secured to Base Head Rest is secure and hinge isn't damaged Chassis is secured to ply base - you should see 4 bolt heads in each chassis bracket Spring Bar under Carriage is secured to Base. Check that the Wheel Bearings aren't noisy. Lift up the Carriage and spin each Running Wheel with your finger and compare them to the noise that the Guide Wheels makes. They shouldn't sound gritty.  Springs Check all springs by slightly stretching the spring from the spring's loop at the end of the spring, until the coils just start to open. If a small section of the spring barrel separates while the rest of the coils remain close, the spring is faulty. Also look for obvious bends/kinks in the spring's barrel. Make sure that spring's loops haven't travelled up the spring's coned coils Springs are secure- nylor unt are engaged/thread should be coming through the nylor nut Check age of springs. It's recommended to replace Reformer Springs that are older than 8 years  Back of Reformer Check the outer layer of the rope isn't worn to the core Rope clips. Check the Rope Clips pivot point. Check that the swivel/pivot head isn't worn, where the clip's body attaches itself to the ring. Hand strap sewing isn't coming undone  Check Pulleys not noisy. Pull either side of the rope to make the Pulley run and listen for a rough noise Check pulley uprights are not bent  Frame and Tracks  Clean tracks to reduce dirt build up.  Lubricate running surface of the Tracks after cleaning Check Warning Sticker isn't worn or removed Check Foot Platform Rubber is secured	Replace Replace Replace Replace Replace Replace Righten bolts, re-apply Loctite Replace bearings  If any springs show these issues, replace spring  Replace springs  Replace springs  Replace Ulear Tracks by wiping with damp rag. Place rag on Wheel and move the Carriage back and forth. If there's built-up dirt, lightly rub with a fine green Scotch-Brite pad Clean Tracks by wiping with damp rag. Wipe the front and the back of the Tracks, by moving the Carriage back and forth. If there's built-up dirt balls, lightly rub with a fine green Scotch-Brite pad Use dry silicone spray only and it's follow instructions Replace
222 Q Q Q Q Q Q Q Q Q Q Q Q Q Q Q Q Q Q		Headrest upholstery for damage Check Cleats are returning to the close position Cleats are secured to Base Head Rest is secure and hinge isn't damaged Chassis is secured to ply base - you should see 4 bolt heads in each chassis bracket Spring Bar under Carriage is secured to Base. Check that the Wheel Bearings aren't noisy. Lift up the Carriage and spin each Running Wheel with your finger and compare them to the noise that the Guide Wheels makes. They shouldn't sound gritty.  Springs Check all springs by slightly stretching the spring from the spring's loop at the end of the spring, until the coils just start to open. If a small section of the spring parrie separates while the rest of the coils remain close, the spring is faulty. Also look for obvious bends/kinks in the spring's barrel. Make sure that spring's loops haven't travelled up the spring's coned coils Springs are secure- nyloc nut are engaged/thread should be coming through the nyloc nut Check age of springs. It's recommended to replace Reformer Springs that are older than 8 years  Back of Reformer Check the outer layer of the rope isn't worn to the core Rope clips. Check the Rope Clips pivot point. Check that the swivel/pivot head isn't worn, where the clip's body attaches itself to the ring. Hand strap sewing isn't coming undone  Check Pulleys not noisy. Pull either side of the rope to make the Pulley run and listen for a rough noise Check Ulleys not noisy. Pull either side of the rope to make the Pulley run and listen for a rough noise Check Ulleys not noisy. Pull either side of the rope to make the Pulley run and listen for a rough noise Check Warning Sticker isn't worn or removed Check Warning Sticker isn't worn or removed Check Foot Platform Rubber is secured Check Foot Platform Rubber is secured Check Foot Platform Rubber is secured	Replace Tighten bolts, re-apply Loctite Replace bearings  If any springs show these issues, replace spring  If any springs show these issues, replace spring  Replace springs  Replace Replace Replace Replace Replace Replace Clean Tracks by wiping with damp rag. Place rag on Wheel and move the Carriage back and forth. If there's built-up dirt, lightly rub with a fine green Scotch-Brite pad Clean Tracks by wiping with damp rag. Wipe the front and the back of the Tracks, by moving the Carriage back and forth. If there's built-up dirt balls, lightly rub with a fine green Scotch-Brite pad Use dry silicone spray only and it's follow instructions Replace Glue with contact adhesive Replace or push pin back in
222 Q Q Q Q Q Q Q Q Q Q Q Q Q Q Q Q Q Q		Headrest upholstery for damage Check Cleats are returning to the close position Cleats are secured to Base Head Rest is secure and hinge isn't damaged Chassis is secured to ply base - you should see 4 bolt heads in each chassis bracket Spring Bar under Carriage is secured to Base. Check that the Wheel Bearings aren't noisy. Lift up the Carriage and spin each Running Wheel with your finger and compare them to the noise that the Guide Wheels makes. They shouldn't sound gritty.  Springs Check all springs by slightly stretching the spring from the spring's loop at the end of the spring, until the coils just start to open. If a small section of the spring parrie separates while the rest of the coils remain close, the spring is faulty. Also look for obvious bends/kinks in the spring's barrel. Make sure that spring's loops haven't travelled up the spring's coned coils Springs are secure- nyloc nut are engaged/thread should be coming through the nyloc nut Check age of springs. It's recommended to replace Reformer Springs that are older than 8 years  Back of Reformer Check the outer layer of the rope isn't worn to the core Rope clips. Check the Rope Clips pivot point. Check that the swivel/pivot head isn't worn, where the clip's body attaches itself to the ring. Hand strap sewing isn't coming undone  Check Pulleys not noisy. Pull either side of the rope to make the Pulley run and listen for a rough noise Check Ulleys not noisy. Pull either side of the rope to make the Pulley run and listen for a rough noise Check Ulleys not noisy. Pull either side of the rope to make the Pulley run and listen for a rough noise Check Warning Sticker isn't worn or removed Check Warning Sticker isn't worn or removed Check Foot Platform Rubber is secured Check Foot Platform Rubber is secured Check Foot Platform Rubber is secured	Replace Tighten bolts, re-apply Loctite Replace bearings  If any springs show these issues, replace spring  If any springs show these issues, replace spring  Replace springs  Replace Replace Replace Replace Replace Replace Clean Tracks by wiping with damp rag. Place rag on Wheel and move the Carriage back and forth. If there's built-up dirt, lightly rub with a fine green Scotch-Brite pad Clean Tracks by wiping with damp rag. Wipe the front and the back of the Tracks, by moving the Carriage back and forth. If there's built-up dirt balls, lightly rub with a fine green Scotch-Brite pad Use dry silicone spray only and it's follow instructions Replace Glue with contact adhesive Replace or push pin back in
222 Q Q Q Q Q Q Q Q Q Q Q Q Q Q Q Q Q Q		Headrest upholstery for damage Check Cleats are returning to the close position Cleats are secured to Base Head Rest is secure and hinge isn't damaged Chassis is secured to ply base - you should see 4 bolt heads in each chassis bracket Spring Bar under Carriage is secured to Base. Check that the Wheel Bearings aren't noisy. Lift up the Carriage and spin each Running Wheel with your finger and compare them to the noise that the Guide Wheels makes. They shouldn't sound gritty.  Springs Check all springs by slightly stretching the spring from the spring's loop at the end of the spring, until the coils just start to open. If a small section of the spring parrie separates while the rest of the coils remain close, the spring is faulty. Also look for obvious bends/kinks in the spring's barrel. Make sure that spring's loops haven't travelled up the spring's coned coils Springs are secure- nyloc nut are engaged/thread should be coming through the nyloc nut Check age of springs. It's recommended to replace Reformer Springs that are older than 8 years  Back of Reformer Check the outer layer of the rope isn't worn to the core Rope clips. Check the Rope Clips pivot point. Check that the swivel/pivot head isn't worn, where the clip's body attaches itself to the ring. Hand strap sewing isn't coming undone  Check Pulleys not noisy. Pull either side of the rope to make the Pulley run and listen for a rough noise Check Ulleys not noisy. Pull either side of the rope to make the Pulley run and listen for a rough noise Check Ulleys not noisy. Pull either side of the rope to make the Pulley run and listen for a rough noise Check Warning Sticker isn't worn or removed Check Warning Sticker isn't worn or removed Check Foot Platform Rubber is secured Check Foot Platform Rubber is secured Check Foot Platform Rubber is secured	Replace Tighten bolts, re-apply Loctite Replace bearings  If any springs show these issues, replace spring  If any springs show these issues, replace spring  Replace springs  Replace Replace Replace Replace Replace Replace Clean Tracks by wiping with damp rag. Place rag on Wheel and move the Carriage back and forth. If there's built-up dirt, lightly rub with a fine green Scotch-Brite pad Clean Tracks by wiping with damp rag. Wipe the front and the back of the Tracks, by moving the Carriage back and forth. If there's built-up dirt balls, lightly rub with a fine green Scotch-Brite pad Use dry silicone spray only and it's follow instructions Replace Glue with contact adhesive Replace or push pin back in
222 Q Q Q Q Q Q Q Q Q Q Q Q Q Q Q Q Q Q		Headrest upholstery for damage Check Cleats are returning to the close position Cleats are secured to Base Head Rest is secure and hinge isn't damaged Chassis is secured to ply base - you should see 4 bolt heads in each chassis bracket Spring Bar under Carriage is secured to Base. Check that the Wheel Bearings aren't noisy. Lift up the Carriage and spin each Running Wheel with your finger and compare them to the noise that the Guide Wheels makes. They shouldn't sound gritty.  Springs Check all springs by slightly stretching the spring from the spring's loop at the end of the spring, until the coils just start to open. If a small section of the spring parrie separates while the rest of the coils remain close, the spring is faulty. Also look for obvious bends/kinks in the spring's barrel. Make sure that spring's loops haven't travelled up the spring's coned coils Springs are secure- nyloc nut are engaged/thread should be coming through the nyloc nut Check age of springs. It's recommended to replace Reformer Springs that are older than 8 years  Back of Reformer Check the outer layer of the rope isn't worn to the core Rope clips. Check the Rope Clips pivot point. Check that the swivel/pivot head isn't worn, where the clip's body attaches itself to the ring. Hand strap sewing isn't coming undone  Check Pulleys not noisy. Pull either side of the rope to make the Pulley run and listen for a rough noise Check Ulleys not noisy. Pull either side of the rope to make the Pulley run and listen for a rough noise Check Ulleys not noisy. Pull either side of the rope to make the Pulley run and listen for a rough noise Check Warning Sticker isn't worn or removed Check Warning Sticker isn't worn or removed Check Foot Platform Rubber is secured Check Foot Platform Rubber is secured Check Foot Platform Rubber is secured	Replace through Pilatesequip™ or recover by calling local upholsterer Replace Tighten bolts, re-apply Loctite Replace bearings  If any springs show these issues, replace spring  If any springs show these issues, replace spring  Replace springs  Replace Replace Replace Replace Replace Replace Replace Clean Tracks by wiping with damp rag. Place rag on Wheel and move the Carriage back and forth. If there's built-up dirt, lightly rub with a fine green Scotch-Brite pad Clean Tracks by wiping with damp rag. Wipe the front and the back of the Tracks, by moving the Carriage back and forth. If there's built-up dirt balls, lightly rub with a fine green Scotch-Brite pad Use dry silicone spray only and it's follow instructions Replace Glue with contact adhesive Replace or push pin back in
222 Q Q Q Q Q Q Q Q Q Q Q Q Q Q Q Q Q Q		Headrest upholstery for damage Check Cleats are returning to the close position Cleats are secured to Base Head Rest is secure and hinge isn't damaged Chassis is secured to ply base - you should see 4 bolt heads in each chassis bracket Spring Bar under Carriage is secured to Base. Check that the Wheel Bearings aren't noisy. Lift up the Carriage and spin each Running Wheel with your finger and compare them to the noise that the Guide Wheels makes. They shouldn't sound gritty.  Springs Check all springs by slightly stretching the spring from the spring's loop at the end of the spring, until the coils just start to open. If a small section of the spring parrie separates while the rest of the coils remain close, the spring is faulty. Also look for obvious bends/kinks in the spring's barrel. Make sure that spring's loops haven't travelled up the spring's coned coils Springs are secure- nyloc nut are engaged/thread should be coming through the nyloc nut Check age of springs. It's recommended to replace Reformer Springs that are older than 8 years  Back of Reformer Check the outer layer of the rope isn't worn to the core Rope clips. Check the Rope Clips pivot point. Check that the swivel/pivot head isn't worn, where the clip's body attaches itself to the ring. Hand strap sewing isn't coming undone  Check Pulleys not noisy. Pull either side of the rope to make the Pulley run and listen for a rough noise Check Ulleys not noisy. Pull either side of the rope to make the Pulley run and listen for a rough noise Check Ulleys not noisy. Pull either side of the rope to make the Pulley run and listen for a rough noise Check Warning Sticker isn't worn or removed Check Warning Sticker isn't worn or removed Check Foot Platform Rubber is secured Check Foot Platform Rubber is secured Check Foot Platform Rubber is secured	Replace through Pilatesequip™ or recover by calling local upholsterer Replace Tighten bolts, re-apply Loctite Replace bearings  If any springs show these issues, replace spring  If any springs show these issues, replace spring  Replace springs  Replace Replace Replace Replace Replace Replace Replace Replace Clean Tracks by wiping with damp rag. Place rag on Wheel and move the Carriage back and forth. If there's built-up dirt, lightly rub with a fine green Scotch-Brite pad Clean Tracks by wiping with damp rag. Wipe the front and the back of the Tracks, by moving the Carriage back and forth. If there's built-up dirt balls, lightly rub with a fine green Scotch-Brite pad Use dry silicone spray only and it's follow instructions Replace Glue with contact adhesive Replace Glue with contact adhesive Replace Glue with contact adhesive Replace
222 Q Q Q Q Q Q Q Q Q Q Q Q Q Q Q Q Q Q		Headrest upholstery for damage Check Cleats are returning to the close position Cleats are secured to Base Head Rest is secure and hinge isn't damaged Chassis is secured to ply base - you should see 4 bolt heads in each chassis bracket Spring Bar under Carriage is secured to Base. Check that the Wheel Bearings aren't noisy. Lift up the Carriage and spin each Running Wheel with your finger and compare them to the noise that the Guide Wheels makes. They shouldn't sound gritty.  Springs Check all springs by slightly stretching the spring from the spring's loop at the end of the spring, until the coils just start to open. If a small section of the spring parrie separates while the rest of the coils remain close, the spring is faulty. Also look for obvious bends/kinks in the spring's barrel. Make sure that spring's loops haven't travelled up the spring's coned coils Springs are secure- nyloc nut are engaged/thread should be coming through the nyloc nut Check age of springs. It's recommended to replace Reformer Springs that are older than 8 years  Back of Reformer Check the outer layer of the rope isn't worn to the core Rope clips. Check the Rope Clips pivot point. Check that the swivel/pivot head isn't worn, where the clip's body attaches itself to the ring. Hand strap sewing isn't coming undone  Check Pulleys not noisy. Pull either side of the rope to make the Pulley run and listen for a rough noise Check Ulleys not noisy. Pull either side of the rope to make the Pulley run and listen for a rough noise Check Ulleys not noisy. Pull either side of the rope to make the Pulley run and listen for a rough noise Check Warning Sticker isn't worn or removed Check Warning Sticker isn't worn or removed Check Foot Platform Rubber is secured Check Foot Platform Rubber is secured Check Foot Platform Rubber is secured	Replace through Pilatesequip™ or recover by calling local upholsterer Replace Tighten bolts, re-apply Loctite Replace bearings  If any springs show these issues, replace spring  If any springs show these issues, replace spring  Replace springs  Replace Replace Replace Replace Replace Replace Replace Replace Clean Tracks by wiping with damp rag. Place rag on Wheel and move the Carriage back and forth. If there's built-up dirt, lightly rub with a fine green Scotch-Brite pad Clean Tracks by wiping with damp rag. Wipe the front and the back of the Tracks, by moving the Carriage back and forth. If there's built-up dirt balls, lightly rub with a fine green Scotch-Brite pad Use dry silicone spray only and it's follow instructions Replace Glue with contact adhesive Replace Glue with contact adhesive Replace Glue with contact adhesive Replace