



# TORSION SPRING AND WINDING ROD INSTRUCTIONS

1. **DISENGAGE GARAGE OPENER:** so there is no chance the door will open by itself during installation
2. **LOOSEN TORSION SPRINGS WITH WINDING RODS:** The springs will be removed with the door in the closed position. With the winding bar fully inserted into the cone plug and resting on the header, insert the second winding bar into the plug above. Remove the first bar and turn the bar down. Then use the winding rods to position the existing spring set screws toward yourself at a workable angle. Then use a socket wrench to loosen the set screws so they're not gripping the torsion bar any longer. With the set screws loosened, begin unwinding the torsion quarter turn by quarter turn, alternating the winding rod position on the door header. Repeat this process until the spring is unwound and has no tension.
3. **UNBOLT STATIONARY CONE FROM CENTER BRACKET:** With both torsion springs unwound, unbolt the stationary cone from center bracket. Repeat this step for the broken spring.
4. **LOOSEN CABLE DRUMS FROM ROD:** Next use a wrench to loosen the set screws on the two cable drums. Disconnect the cable from both the drum at the top of the door and the bottom bracket at the bottom of the door. Slide the drum off of the torsion bar and set to the side for reinstallation. Repeat this step for the second drum and cables. Now you are able to remove the old springs. Slide the springs down the bar and remove them by sliding the torsion bar slightly out of the end of the bearing plate.
5. **SLIDE NEW TORSION SPRINGS ON TORSION BAR:** Next slide your new DURA-LIFT torsion springs onto the torsion bar the same way you removed the old springs. Slide the drums back onto the torsion bar and place the bar back into the end bearing plate. Use a wrench to tighten the set screws on both of the drums.



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6. **BOLT SPRINGS TOGETHER AT CENTER PLATE:** Bolt the new torsion springs together at the center bearing plate. Slide the drums back onto the torsion bar and place the bar back into the end bearing plate.
7. **TIGHTEN SPRINGS TO ROD:** The new springs are ready to be tightened. As a rule of thumb, the springs should be wound four quarter turns for every foot of door height plus an extra two quarter turns.
8. **TIGHTEN SCREWS ON TORSION SPRING:** Once finished turning the spring, keep the winding rod resting on the garage door header and tighten the set screws to the torsion bar with your socket wrench. To make sure the springs have wound the appropriate number of times, lift the door to the halfway position. If the door moves up on its own, the torsion springs have been wound too much. In this scenario, simply unwind both of the springs one or two quarter turns until the door balances at the halfway position. If the door starts to move down by itself at the halfway open position, the torsion springs have not been wound enough. Add one or two more quarter turns on each spring until the door balances in the center.
9. **RE-ENGAGE GARAGE OPENER:** Once the door is balanced correctly, re-engage the operator and open the door to test if it is running smoothly.

### **WARNING!**

**INSTALLATION BY PROFESSIONAL IS HIGHLY RECOMMENDED TO PREVENT SERIOUS INJURY.**

HIGH SPRING TENSION CAN CAUSE SERIOUS INJURY OR DEATH. DO NOT adjust, repair or remove springs or parts to which springs are connected, such as steel brackets, cables, wood blocks, red colored fasteners or other parts of the counterbalance system. Remain clear of the opening as the door is moving. Adjustments or repairs must ONLY be made by a trained door systems technician using proper tools and instructions.