



leaders in mindful movement™

2017-18 Equipment Catalog

INTELLIGENT EXERCISE.
EXCEPTIONAL EQUIPMENT.®

STOTT PILATES®

zenoga®

CORE™

totalbarre.

HALO®
TRAINING





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The Era of Mindful Movement

We are living in an age in which more people are focusing on health and personal improvement than ever before. Mindfulness has entered the popular lexicon and has become a catchword for all things health and wellness-related. Increasing numbers of people are making mindful movement a part of their daily regimens. People are striving to find balance and presence in their lives, and to take part in exercise that manifests both. The mind-body industry is changing fast, and we are committed to expanding our modalities and offerings to support our growing global community as they diversify their offerings to meet the needs of clients around the world.

To this end, we have expanded our branded programming to include Halo® Training and Fascial Movement courses and workshops. Based on principles of high-intensity interval training, Halo Training provides an incredible full-body workout that builds explosive power and core strength. Meanwhile, our Fascial Movement courses, aimed at fitness, medical and therapy professionals, use cutting-edge research to explore the crucial neuromyofascial system and how to engage it across a variety of modalities. These new trainings underscore our commitment to helping people live healthier lives by providing safe, responsible exercise modalities. They join our family of branded programs that include STOTT PILATES®, ZEN•GA®, CORE™ Athletic Conditioning & Performance Training™ and Total Barre®.

Building our education programming requires the efforts of a talented community of fitness and therapy professionals, educators and researchers. Together, we are working to expand our programming to continually meet and exceed the expectations of our clients around the world.

Yours in good health,

Lindsay G. Merrithew
PRESIDENT & CEO

Moira Merrithew
EXECUTIVE DIRECTOR, EDUCATION





The Merrithew™ seal represents our commitment to and guarantee of maintaining the highest standards for superior design, education and craftsmanship.

Visionary Leadership

As Leaders in Mindful Movement™, our products serve the growing mind-body modalities, and support our customers in achieving their fitness goals.

Craftsmanship

Our products are synonymous with the highest quality and finest manufacturing materials in the industry, and are crafted with pride and precision. Sleek and aesthetically pleasing, our versatile and durable equipment is designed for absolute safety and effectiveness.

Commitment to Education

Since 1988, we have been committed to developing effective and responsible exercise for Instructors, fitness professionals and exercise enthusiasts with the creation of unique, high-integrity fitness programs spanning a variety of exercise modalities.

Passion

With a bright and talented team of fitness professionals and mind-body enthusiasts, we're continually evolving and staying ahead of the curve as a driving force in the industry.

A Quality Commitment

At Merrithew™ we're committed to constant improvement. From the time we constructed our very first Reformer, we've worked hard to master the craft of creating quality equipment and complementary exercise accessories. We're confident that our equipment and accessories are top-of-the-line, and that we are giving the best to our clients, whether they are business owners, fitness professionals or exercise enthusiasts of any level.

Our equipment and accessories have evolved into a family of exercise tools that work in conjunction to support our branded programming and address a variety of needs, from strength and balance training to rehabilitation and special populations. Our Balance & Therapy accessories bring responsible exercise to the workplace as well as the studio and other revenue-generating settings, and we have upgraded certain Reformer elements and accessories. We are also excited to introduce our new Wall-Mounted Stability Barre™ this year, a stylish addition to any studio with brushed-chrome brackets and white finish.

We believe that responsible exercise is the foundation to a better lifestyle, and this philosophy drives our ongoing commitment to building best-in-class equipment and accessories for the global mindful movement community. Working with a hand-selected team of outstanding engineers, physical therapists and sports medicine and fitness professionals, we will continue to create products that earn us the reputation of The Professional's Choice™.

Yours in good health,



Lindsay G. Merrithew
PRESIDENT & CEO



Reformers

Engineered to outperform



Anatomy of a Reformer

Our entire line of professional Reformers feature superior adaptability, versatility, craftsmanship and a smooth carriage ride.

1. Vertical Frame

Combines the features of a Cadillac, offering maximum functionality in minimum space with the patented Travelling Pulley System (see page 16).

2. Strap Hooks

Carriage-mounted hooks provide easy access to straps when changing exercises.

3. Comfort Footbar

Foam covering provides superior comfort and less compression on feet and hands.

4. Wooden Standing Platform

Solid wood platform provides a continuous surface for standing or sitting. Non-skid surface for added safety.

5. High-Traction Reformer Feet

Durable silicon rubber and PVC provides superior grip and keeps Reformer firmly in place on all types of flooring, during high-energy Jumpboard™ or Cardio-Tramp® Rebounder® workouts.

AVAILABLE ONLY ON V2 MAX™ & REHAB V2 MAX REFORMERS

6. Roll-Up Pole Hooks

Keep Roll-Up Pole handy with convenient under-carriage hooks.

7. Easy-Roll Wheels

Wheels added to the front and back for easier repositioning.

8. Patented Retractable Rope System

Recoiling rope reels and self-locking cleats allow for easy and precise rope adjustments on the go. Longer ropes add increased range of motion and fluidity to exercises, allowing for more programming options.



Special Features



Neoprene Spring Sleeves

Minimizes noise, allows for smoother spring extension and provides a handy grip for changing springs.



Metal Spring Holder

Provides precision spring alignment for every move, all the time.



Quick-Set Pulley Posts™

Features adjustable height settings, quick rope adjustment angles and consistently even pulley heights. V2 Max models have six settings and Rehab V2 Max have 12 settings.
NOT ON SPX® MAX



High-Precision Gearbar System™ Upgrade

With 50% more gearbar positions (six positions) than on our traditional system, our new High-Precision Gearbar System offers superior ergonomic spring placement. To make adjustments, simply pull two spring-loaded pins and slide the entire mechanism forward or backward and lock the gearbar in place into any of the six stopper settings.

This new system adds superior adjustability to meet user needs, with spring slots providing secure anchoring of the springs.

OPTIONAL UPGRADE ON ALL NEW COMMERCIAL REFORMER PURCHASES.



SPX® Max Reformer

Versatile, durable and stackable



If you are looking for a value-priced Reformer with full commercial features, look no further. Lightweight and stackable, the SPX Max Reformer is a great option for facilities with limited space or multi-purpose exercise rooms, as well as serious home users. Generate additional revenue with group classes on the SPX Max!



Includes

- High-Precision Spring Package:
5 Reformer Springs
(3 x 100%, 1 x 50%, 1 x 25%)
- Soft Reformer Loops (straps)
- 5 Neoprene Spring Covers for noise reduction
- Carriage Stopper
- Gearbar
- Wooden Standing Platform
- Easy-Roll Wheels on both ends of the Reformer
- *Essential Reformer, 3rd Ed.* DVD

ST-01077



Add accessories for better value!

SPX Max Reformer Bundle

This bundle includes a Reformer Box with Footstrap, Padded Platform Extender, Maple Roll-Up Pole and *Essential Reformer, 3rd Ed.* DVD.

ST-01080

ST-11049 with Tall Reformer Box



Vertical Stand
page 14

ST-11032

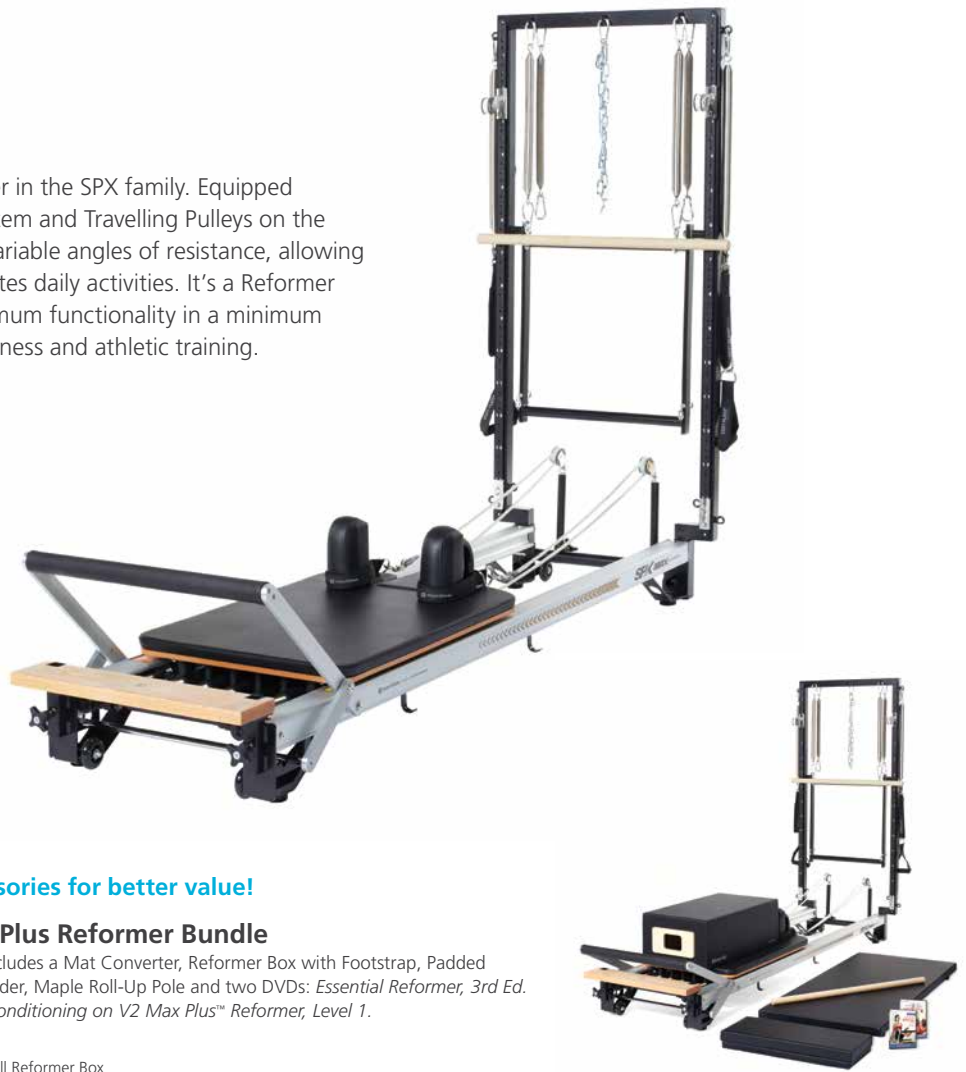
SPX® Max Plus™ Reformer

The SPX Max Plus is the ultimate Reformer in the SPX family. Equipped with our innovative Retractable Rope System and Travelling Pulleys on the Vertical Frame, the SPX Max Plus offers variable angles of resistance, allowing three-dimensional movement that replicates daily activities. It's a Reformer and virtual Cadillac in one, offering maximum functionality in a minimum amount of space. Great for all levels of fitness and athletic training.

Includes

- SPX Max Reformer
- Vertical Frame equipped with
 - 2 Push-Thru Springs
 - 2 Roll-Down Springs with Maple Roll-Down Bar
 - 2 Arm Springs with Foam Grip Handles
 - 2 Leg Springs with Padded Long Spine Straps
 - 2 Extension Straps
 - 2 Travelling Spring Hooks
 - 2 Travelling Pulleys and a Safety Chain
- Two DVDs: *Essential Reformer, 3rd Ed.* and *Athletic Conditioning on V2 Max Plus™ Reformer, Level 1*

ST-01076



Add accessories for better value!

SPX Max Plus Reformer Bundle

This bundle includes a Mat Converter, Reformer Box with Footstrap, Padded Platform Extender, Maple Roll-Up Pole and two DVDs: *Essential Reformer, 3rd Ed.* and *Athletic Conditioning on V2 Max Plus™ Reformer, Level 1.*

ST-01081

ST-11050 with Tall Reformer Box



Stackable for tight spaces



Easy-Roll Wheels make moving a breeze.



Patented Retractable Rope System



Upgrade to High-Precision Gearbar System



STANDARD COLORS + CUSTOM COLORS



Features

- Stackable for facilities with limited space
- Patented Retractable Rope System with recoiling rope reels for easy adjustments. Longer ropes add increased range of motion and fluidity to exercises; allowing for more programming options
- Enhanced Springs are built to withstand vigorous use with Jumpboards™, Cardio-Tramp® Rebounders and other Reformer accessories, and secure quickly and safely
- Many options for user settings: 3 gearbar positions adjust spring tension, 6 carriage-stopping positions accommodate different heights, 3 headrest positions for comfort, 4 footbar positions regulate hip and knee flexion
- Carriage glides over sleek C-channel aluminum rails, using a patented rolling mechanism for a smooth, friction-free ride
- 1 1/2.5 cm thick wooden standing platform supports a wide range of body weights
- Comfort Footbar is easy on sensitive feet and hands
- Pommel-style shoulder rests stay securely in place and detach easily. When stacking, shoulder rests slide conveniently into brackets affixed to the frame and reinforced pulleybars detach and store without disengaging ropes
- Easy-Roll Wheels make it a breeze to move or reposition
- Built to withstand continuous, high-intensity studio use with durable vinyl upholstery. Dense EVA foam provides maximum comfort and accurate proprioceptive feedback
- Minimal assembly required. For assembly support and video instruction, visit merrithew.com/assembly

Available in 10 standard upholstery colors for no additional cost. For an additional cost, you can choose from 75 custom colors so your equipment reflects your style and space.

Upgrades (see page 15)

- Tall or long torso? Add 6"/15 cm to the length of your Reformer with an Extension Upgrade
- High-Precision Gearbar System adds 50% more gearbar positions
- Max Plus Vertical Frame and Mat Converter add Cadillac functionality
- Mat Converter allows for Matwork exercises on a comfortable, raised surface (see page 18)
- A Rolling Base is available for added convenience when storing stacked Reformers (see page 19)

V2 Max™ Reformer

Our #1 selling studio Reformer



A favorite among health and fitness professionals, the V2 Max Reformer, is ideal for boutique studios, clubs and fitness facilities with a dedicated Pilates space. This standard-height Reformer is very versatile and allows for easier transition between exercises, for efficient group and one-on-one training sessions. Suitable for all types of clients, including athletes, rehab recipients, the active aging, and regular fitness enthusiasts.



Includes

- High-Precision Spring Package:
5 Reformer Springs
(3 x 100%, 1 x 50%, 1 x 25%)
 - Soft Reformer Loops (straps)
 - 5 Neoprene Spring Covers for noise reduction
 - Quick-Set Pulley Posts
 - Carriage Stopper
 - Gearbar
 - Wooden Standing Platform
 - *Essential Reformer, 3rd Ed. DVD*
- ST-01071



Add accessories for better value!

V2 Max Reformer Bundle

The V2 Max Reformer Bundle includes a Reformer Box with Footstrap, Padded Platform Extender, Maple Roll-up Pole and *Essential Reformer, 3rd Ed. DVD*.

ST-01082

V2 Max Plus™ Reformer

The “Cadillac” of our Reformer line, the V2 Max Plus Reformer facilitates limitless exercise possibilities. This one-of-a-kind unit multi-tasks as a standard Reformer, a raised Mat platform, a virtual Cadillac and a breakthrough multi-planar, biomechanics training tool. Equipped with our innovative Retractable Rope System and Travelling Pulleys on the Vertical Frame, the V2 Max Plus offers variable angles of resistance, providing an increased range of motion, making it the premier tool for Pilates-based, sport-specific, rehab and cross-training movement.

Includes

- V2 Max Reformer
- Vertical Frame equipped with
 - 2 Push-Thru Springs
 - 2 Roll-Down Springs with Maple Roll-Down Bar
 - 2 Arm Springs with Foam Grip Handles
 - 2 Leg Springs with Padded Long Spine Straps
 - 2 Extension Straps
 - 2 Travelling Spring Hooks
 - 2 Travelling Pulleys and a Safety Chain
- Two DVDs: *Essential Reformer, 3rd Ed.* and *Athletic Conditioning on V2 Max Plus™ Reformer, Level 1*

ST-01067



Add accessories for better value!

V2 Max Plus Reformer Bundle

The V2 Max Plus Reformer Bundle includes a Mat Converter, Reformer Box with Footstrap, Padded Platform Extender, Maple Roll-Up Pole and two DVDs: *Essential Reformer 3rd Ed.* and *Athletic Conditioning on V2 Max Plus™ Reformer, Level 1.*

ST-01083



High-Traction Reformer Feet



Enhanced Springs with Neoprene Spring Covers



Patented Retractable Rope System



Upgrade to High-Precision Gearbar System



STANDARD COLORS + CUSTOM COLORS



Features

- Patented Retractable Rope System with recoiling rope reels for easy adjustments. Longer ropes add increased range of motion and fluidity to exercises; allowing for more programming options
- Quick-Set Pulley Posts feature 6 adjustable height settings, quick rope adjustment angles and consistently even pulley heights
- Enhanced Springs are built to withstand vigorous use with Jumpboards™, Cardio-Tramp® Rebounders and other Reformer accessories, and secure quickly and safely
- Many options for user settings: 3 gearbar positions adjust spring tension, 6 carriage-stopping positions accommodate different heights, 3 headrest position for comfort, 4 footbar positions regulate hip and knee flexion
- Carriage glides over sleek C-channel aluminum rails, using a patented rolling mechanism for a smooth, friction-free ride
- 1 1/2.5 cm thick wooden standing platform supports a wide range of body weights
- Comfort Footbar is easy on sensitive feet and hands
- Pommel-style shoulder rests stay securely in place and detach easily. Easy-Roll Wheels make it a breeze to move or reposition
- Built to withstand continuous, high-intensity studio use with durable vinyl upholstery. Dense EVA foam provides maximum comfort and accurate proprioceptive feedback
- High-Traction Reformer Feet provide superior grip and keeps Reformer in place on all types of flooring during high-energy Jumpboard or Cardio-Tramp Rebounder workouts
- Minimal assembly required. For assembly support and video instruction, visit merrithew.com/assembly

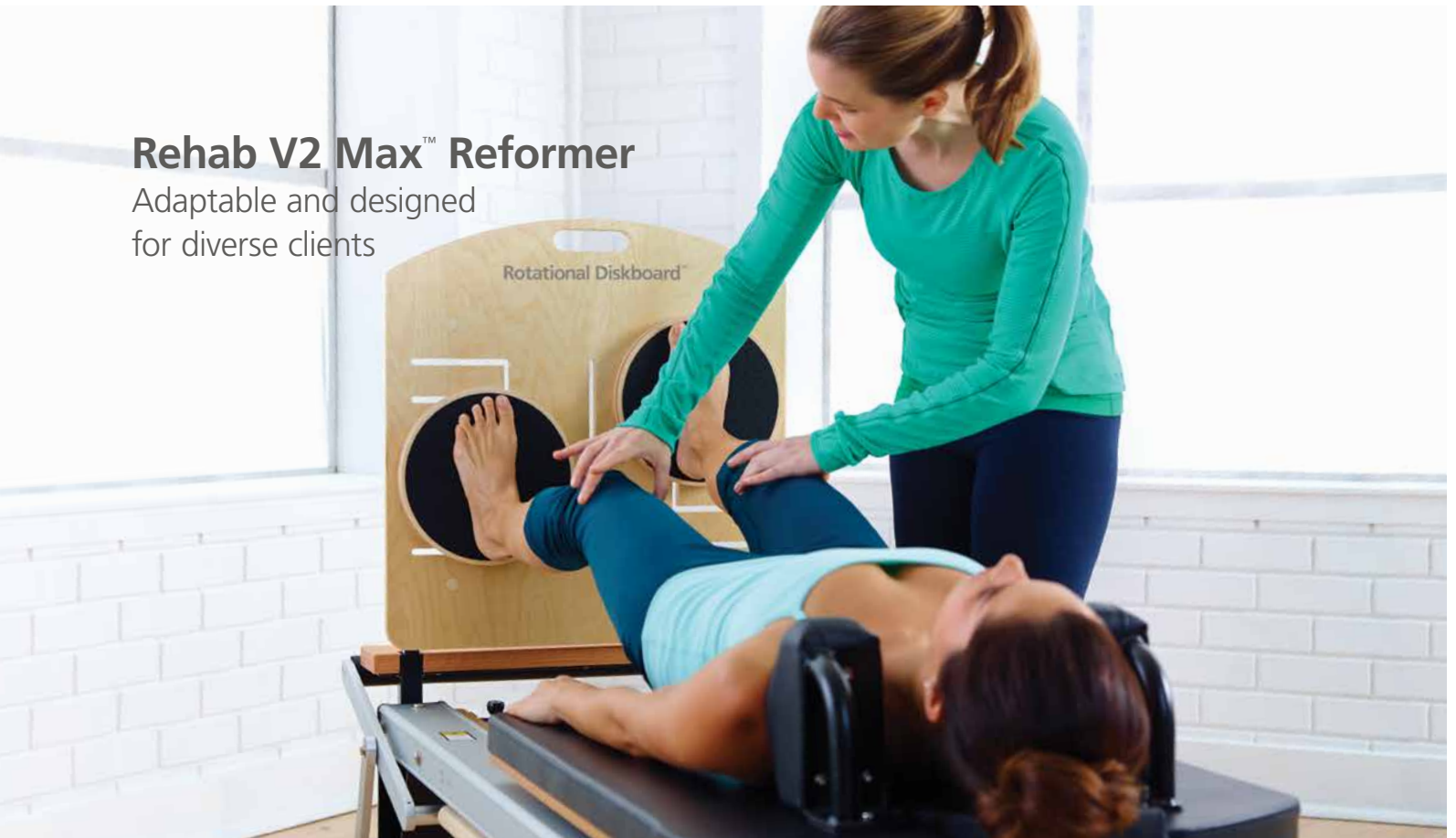
Available in 10 standard upholstery colors for no additional cost. For an additional cost, you can choose from 75 custom colors so your equipment reflects your style and space.

Upgrades (see page 15 - 16)

- Tall or long torso? Add 6"/15 cm to the length of your Reformer with an Extension Upgrade
- High-Precision Gearbar System adds 50% more gearbar positions
- Max Plus Vertical Frame and Mat Converter add Cadillac functionality
- Mat Converter allows for Matwork exercises on a comfortable, raised surface (see page 18)

Rehab V2 Max™ Reformer

Adaptable and designed
for diverse clients



The Rehab V2 Max Reformer is ideal for physical therapy and physiotherapy clinics and facilities catering to a senior or mobility-challenged client-base. The Reformer features a higher carriage that allows for easier mounts and dismounts.



Includes

- High-Precision Spring Package:
5 Reformer Springs
(3 x 100%, 1 x 50%, 1 x 25%)
 - Soft Reformer Loops (straps)
 - 5 Neoprene Spring Covers for noise reduction
 - Quick-Set Pulley Posts
 - Carriage Stopper
 - Gearbar
 - Wooden Standing Platform
 - *Essential Reformer, 3rd Ed.* DVD
- ST-01073



Add accessories for better value!

Rehab V2 Max Reformer Bundle

The Rehab V2 Max Reformer Bundle includes a Reformer Box with Footstrap, Padded Platform Extender, Maple Roll-Up Pole and *Essential Reformer, 3rd Ed.* DVD.

ST-01084

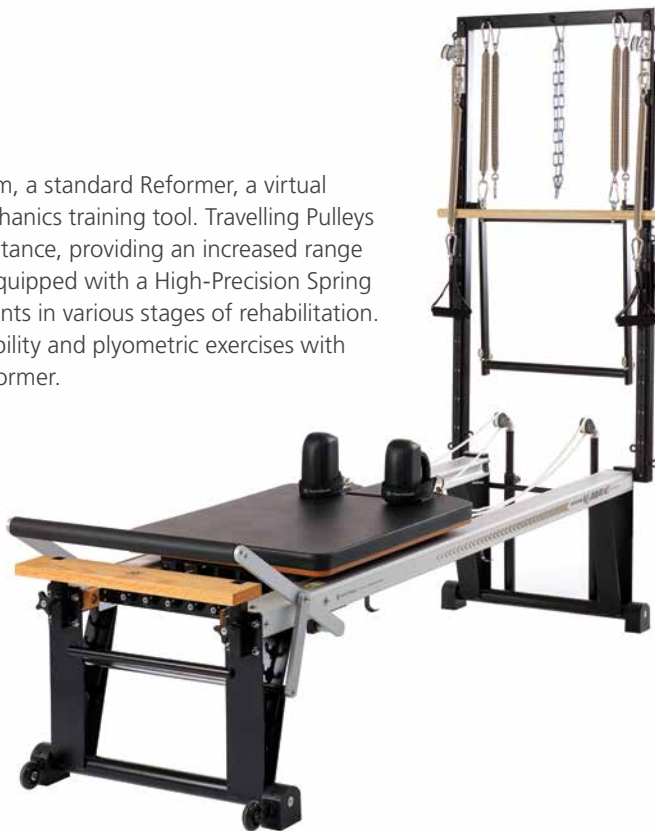
Rehab V2 Max Plus Reformer

This multi-tasking machine is a raised Mat platform, a standard Reformer, a virtual Cadillac and a breakthrough multi-planar, biomechanics training tool. Travelling Pulleys on the Vertical Frame offer variable angles of resistance, providing an increased range of motion. Rehab V2 Max Plus Reformers come equipped with a High-Precision Spring Package, offering a full range of resistance for clients in various stages of rehabilitation. Instruct and perform core stability, peripheral mobility and plyometric exercises with exceptional results on the Rehab V2 Max Plus Reformer.

Includes

- Rehab V2 Max Plus Reformer
- Vertical Frame equipped with
 - 2 Push-Thru Springs
 - 2 Roll-Down Springs with Maple Roll-Down Bar
 - 2 Arm Springs with Foam Grip Handles
 - 2 Leg Springs with Padded Long Spine Straps
 - 2 Extension Straps
 - 2 Travelling Spring Hooks
 - 2 Travelling Pulleys and a Safety Chain
- Two DVDs: *Essential Reformer, 3rd Ed.* and *Athletic Conditioning on V2 Max Plus™ Reformer, Level 1*

ST-01069



Add accessories for better value!

Rehab V2 Max Plus Reformer Bundle

The Rehab V2 Max Plus Reformer Bundle includes a Mat Converter, Reformer Box with Footstrap, Padded Platform Extender, Maple Roll-Up Pole and two DVDs: *Essential Reformer, 3rd Ed.* and *Athletic Conditioning on V2 Max Plus™ Reformer, Level 1.*

ST-01085



High-Traction Reformer Feet



Enhanced Springs with Neoprene Spring Covers



Patented Retractable Rope System



Upgrade to High-Precision Gearbar System



STANDARD COLORS + CUSTOM COLORS



Features

- Patented Retractable Rope System with recoiling rope reels for easy adjustments. Longer ropes add increased range of motion and fluidity to exercises; allowing for more programming options
- Quick-Set Pulley Posts feature 12 adjustable height settings, quick rope adjustment angles and consistently even pulley heights
- Enhanced Springs are built to withstand vigorous use with Jumpboards™, Cardio-Tramp® Rebounders and other Reformer accessories and secure quickly and safely
- Many options for user settings: 3 gearbar positions adjust spring tension, 6 carriage-stopping positions accommodate different heights, 3 headrest positions for comfort, 4 footbar positions regulate hip and knee flexion
- Carriage glides over sleek C-channel aluminum rails, using a patented rolling mechanism for a smooth, friction-free ride
- 1"/2.5 cm thick wooden standing platform supports a wide range of body weights
- Comfort Footbar is easy on sensitive feet and hands
- Pommel-style shoulder rests stay securely in place and detach easily. Easy-Roll Wheels make it a breeze to move or reposition
- Built to withstand continuous, high-intensity studio use with durable vinyl upholstery. Dense EVA foam provides maximum comfort and accurate proprioceptive feedback
- High-Traction Reformer Feet provide superior grip and keeps Reformer in place on all types of flooring during high-energy Jumpboard or Cardio-Tramp Rebounder workouts
- Minimal assembly required. For assembly support and video instruction, visit merrithew.com/assembly

Available in 10 standard upholstery colors for no additional cost. For an additional cost, you can choose from 75 custom colors so your equipment reflects your style and space.

Upgrades (see page 15 - 16)

- Tall or long torso? Add 6"/15 cm to the length of your Reformer with an Extension Upgrade
- High-Precision Gearbar System adds 50% more gearbar positions
- Max Plus Vertical Frame and Mat Converter add Cadillac functionality
- Mat Converter allows for Matwork exercises on a comfortable, raised surface (see page 18)

SPX® Max Reformer with Vertical Stand Bundle

Our best option for facilities with limited space or multi-purpose exercise rooms. This Reformer stands on end for convenient storage. Simply roll it to where you want to store it, raise the Reformer and deploy the stand to hold the Reformer firmly upright.

Includes

- Padded Platform Extender
- Reformer Box with Footstrap
- Maple Roll-Up Pole
- Soft Reformer Loops and Ropes
- High-Precision Spring Package
- *Essential Reformer, 3rd Ed. DVD*

ST-11032 – Sold individually



Choosing a Reformer

Deciding on the right Reformer when there are so many compelling options can be challenging. Your practice, your client, your potential clients, studio size and budget all need to be taken into consideration when making this critical purchase.



SPX® Max Reformer

Weighing in at only 128 lb/58 kg, this is the most cost-effective entry-level professional Reformer we offer. The SPX Max has the same features and innovations as a V2 Max, but is built lower to the ground with a narrower frame to accommodate multi-use facilities. This Reformer is a great choice for studios where space is at a premium (multiple units can be stacked away when not in use stored upright with the vertical stand model), but professional quality and performance is still required.



V2 Max™ Reformer

Considered the ultimate professional-quality machine, this refined Reformer performs with its signature “whisper-smooth ride.” The V2 Max is higher off the floor than the SPX Max, which offers easy access for clients. A wider carriage accommodates larger body sizes and is ideal for both boutique and in-club Pilates studios where exceptional durability and programming expandability are paramount.



Rehab V2 Max™ Reformer

The Rehab V2 Max Reformer is the perfect option for Rehab practices or any studio that has a wider variety of clients. Built higher off the ground for easier mounts and dismounts, this Reformer is designed for working with mobility-challenged clients, as well as taller clients who find the shorter machines too close to the ground. As with all our professional Reformers, this machine is fully upgradable with a Vertical Frame and a range of accessory boards.

Equipment Specs

For easy reference, we have provided the key measurements for our entire line of Reformers. For any questions about equipment not found here, please email equipment@merrithew.com

Reformer Model	Carriage Length	Carriage Width	Carriage Height	Height with Vertical Frame	Weight
SPX Max	38.5"/98 cm	22"/56 cm	9"/23 cm		128 lb/58 kg
SPX Max Plus	38.5"/98 cm	22"/56 cm	9"/23 cm	68.5"/1.74 m	164 lb/74.39 kg
V2 Max	38.5"/98 cm	24"/61 cm	16"/41 cm		145 lb/65.8 kg
V2 Max Plus	38.5"/98 cm	24"/61 cm	16"/41 cm	73.5"/1.87 m	184.5 lb/83.69 kg
Rehab V2 Max	38.5"/98 cm	24"/61 cm	22.5"/57 cm		185 lb/83.9 kg
Rehab V2 Max Plus	38.5"/98 cm	24"/61 cm	22.5"/57 cm	79.5"/2.02 m	226.5 lb/102.74 kg

High-Precision Gearbar System Upgrade

With 50% more gearbar positions than our standard gearbar system, this optional upgrade adds superior spring adjustability to meet user needs. Spring slots provide secure anchoring of the springs and with six different options for spring tension, adding challenge for your clients has never been easier.

OPTIONAL UPGRADE ON ALL NEW COMMERCIAL REFORMER PURCHASES.

ST-05109

Reformer Extension Upgrades

Tall clients? Need a little extra length? An Extension Upgrade adds an additional 6"/15 cm to both the frame and the carriage on your Reformer. For additional support the Extension Package also includes mid-rail legs. A great option for tall clients (6'4"/193 cm) or those with long torsos.

Simply order your Reformer, and add an Extension Upgrade. If added to a Bundle, we will substitute an Extra Long Reformer Box with Footstrap in place of the regular Reformer Box.

SPX Max Extension Upgrade	ST-02094
V2 Max Extension Upgrade	ST-02096
Rehab V2 Max Extension Upgrade	ST-02098



The Anatomy of a Vertical Frame

Adding a Vertical Frame to your Reformer dramatically increases programming options — along with the full Reformer repertoire, about 80% of Cadillac exercises can be performed with just one machine.

1. Travelling Pulleys

Allows for variable angles of resistance providing increased ranges of motion and optimal muscle activation. Accommodates a variety of exercises in supine, side-lying, kneeling and standing positions.

2. Roll-Down Bar

Springs are available in light and regular strengths, can be attached to the Travelling Eyehooks or Vertical Frame, and used with the Mat Converter or Reformer Carriage, to expand programming options.

3. Travelling Eyehooks

Travels the full height of the Vertical Frame to change the angle of resistance for each exercise when using arm and leg springs.

4. Push-Thru Bar

Utilizes springs from above or below, in conjunction with the moving carriage or the Mat Converter, and is an especially great choice for standing exercises.

5. Arm and Leg Springs

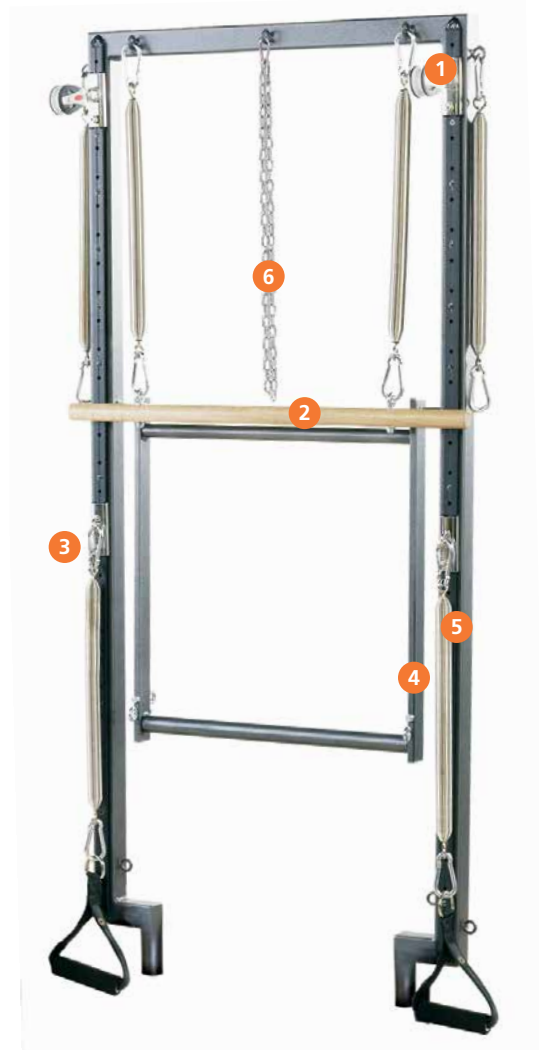
Arm and Leg Springs can be attached at various locations on the sides and back of the Vertical Frame or on the Travelling Eyehooks for additional exercise options.

6. Safety Chain

Secures the Push-Thru Bar.

Extension Straps *(see page 19)*

Facilitates Reformer programming where the strap is wrapped around the top of the thigh, pelvis or torso. Perfect for rehab-based applications, it assists in the alignment and stability of the knee joint, and improves muscle activation.



Max Plus™ Vertical Frame

Comes equipped with 2 Push-Thru Springs, 2 Roll-Down Springs with Maple Roll-Down Bar, 2 Arm Springs with Foam Grip Handles, 2 Leg Springs with Padded Long Spine Straps, 2 Extension Straps, 2 Travelling Spring Hooks, 2 Travelling Pulleys and a Safety Chain.

V2 Max	ST-02045
Rehab V2 Max	ST-02046
SPX Max	ST-02047

Traditional Vertical Frame *(not shown)*

Also available for all models and suitable for older model Reformers with traditional rope systems. These frames feature fixed eyehooks and do not include Travelling Eyehooks.

Comes equipped with 2 Push-Thru Springs, 2 Roll-Down Springs with Maple Roll-Down Bar, 2 Arm Springs with Foam Grip Handles, 2 Leg Springs with Padded Long Spine Straps, 2 Extension Straps, and a Safety Chain.

NOTE: VERTICAL FRAMES CANNOT BE ADDED TO THE HOME SPX MODELS.

V2 Max	ST-02039
Rehab V2 Max	ST-02012
SPX Max	ST-02076



Why add a Mat Converter?

With a Mat Converter in place, you can offer Matwork classes on the Reformer at an accessible height to appeal to mobility-challenged and older clients. Attract new clients with sport-specific classes offering exercises to improve golf swings and overhand throws.

Reformer Accessories

Expand your program. Challenge your clients



Cardio-Tramp® Rebounder

A client favorite! Add energetic and calorie-burning cardio workouts to your Reformer programming. The soft landing surface also works as a substitute footbar for clients with sensitive feet allowing for plyometric activity for extended periods of time. Great for all exercisers from post-rehab to elite athletes.

24"/61 cm, V2 Max/Rehab V2 Max ST-02067
 22"/56 cm, All SPX models ST-02068



Jumpboard™

The wide platform and firm padded jumping surface offers biomechanically sound foot placement for plyometric and aerobic exercise, and can be used in place of the footbar. A great option for clients with sensitive feet. Constructed with high-quality materials and a sturdy metal frame, the Jumpboard offers superior stability, proven durability and continuous safety through high-intensity use.

24"/61 cm, V2 Max/Rehab V2 Max ST-02017
 22"/56 cm, All SPX models ST-01043



Rotational Diskboard™

This unique Reformer accessory offers both horizontal and vertical mounting slots to accommodate a variety of foot placement options. Individual mounting slots accommodate an asymmetrical stance, targeting rotation in hip flexion and extension, adduction and abduction or multiple combinations. Great for rehabilitation or clients with limited range of motion. Comes with two 10"/25.4 cm disks as shown.

24"/61 cm, V2 Max/Rehab V2 Max ST-02051
 22"/56 cm, All SPX models ST-02054

ALSO AVAILABLE: a set of two 12"/30.5 cm disks for clients with larger feet ST-06051



The Cross-Bow™

This attachment to the Jumpboard adds curved handles that extend above and beyond the height of the Jumpboard, ensuring ideal alignment of the hands, wrists and shoulders while exercising. The cushioned bar provides a sturdy grip for standing or lunging exercises, while the wider grip accommodates users with wide shoulders. The adjustable height accommodates taller clients or those with limited flexibility.

Cross-Bow ST-02102

Jumpboard and Cross-Bow Combo
 24"/61 cm, V2 Max/Rehab V2 Max ST-02103
 22"/56 cm, All SPX models ST-02104



Soft Footbar

Walking, running, prolonged standing or wearing shoes with improper support can all create foot pain. Covered with multiple layers of dense foam, this Reformer accessory offers a comfortable alternative to the standard footbar, allowing clients with sensitive or injured feet to participate in Footwork on the Reformer.

24"/61 cm frame, V2 Max/Rehab V2 Max ST-02004
 22"/56 cm, All SPX models ST-01040



Vinyasa Triangle™

Designed to fit any of our Reformers with removable shoulder rests, the Vinyasa Triangle dramatically expands programming options for clients by adding challenging, dynamic poses and movement. This exclusively designed attachment can be used to support the arms, legs or other body parts on the two angled sides, and is ideal when combined with other pieces like the Jumpboard and Padded Platform Extender. Comes with hardware to also allow use in the standing platform position.

24"/61 cm, V2 Max/Rehab V2 Max ST-02111
 22"/56 cm, All SPX models ST-02112



Additional Reformer Accessories

Reformer Box with Footstrap

Add a Reformer Box for additional height and a greater range of motion while seated or lying on the Reformer. Reformer Boxes are a great accessory for those with tight hip flexors or as a modification for kneeling exercises for those with knee issues. Three choices to meet your needs: Regular, Extra Long and Extra Tall. The Extra Tall option is great for use with an SPX® Max Reformer to provide additional height for side leg and arm exercises. All sizes come with a Footstrap.

Regular ST-02000

Extra Long ST-02002

Extra Tall ST-02001



Maple Roll-Up Pole

Our solid Maple Roll-Up Pole is used to increase focus on scapular stabilization, while performing exercises on the Reformer, Ladder Barrel or Mat.

ST-06008



Weighted Bar

Our Weighted Bar is a 2 lb/0.9 kg metal pole with rubber covering and chromed endcaps. Use to add resistance and increase focus on scapular stabilization while performing exercises on the Reformer, Ladder Barrel or Mat.

ST-02115



Padded Platform Extender

Provides a raised padded surface for sitting or standing exercises on the Reformer. Great to use as a sitting platform for clients with hip flexion issues to maintain proper seated posture.

24" / 61 cm, V2 Max/Rehab V2 Max ST-02015

22" / 56 cm, SPX Max/SPX Max Plus ST-02069

22" / 56 cm, At Home/Club SPX ST-02074



Mat Converter

Provides a cushioned surface to transform a Reformer into a stable, raised Matwork platform. Add a Mat Converter and Vertical Frame to your Reformer to gain Cadillac functionality.

24" / 61 cm, V2 Max/Rehab V2 Max ST-02006

22" / 56 cm SPX Max/SPX Max Plus ST-02048

22" / 56 cm At Home/Club SPX ST-02075



Rolling Base

Stack and store up to five SPX Max Reformers. Excellent for facilities with limited space.

ST-02036



NOTE: STACKING POSSIBLE ONLY FOR SPX MAX COMMERCIAL REFORMERS WITH REMOVABLE SHOULDER RESTS.

High-Traction Reformer Feet

Durable silicon rubber and PVC High-Traction Reformer Feet for the V2 Max and Rehab V2 Max provide a superior grip during high-energy Jumpboard or Cardio-Tramp Rebounder workouts! Sold as a set of four, each with an Easy-Roll Wheel. A great way to add wheels to the back end of older Reformers. Universal Assembly Tool included.

V2 Max/Rehab, set of 4 ST-05087



Reformer and Equipment Specialty Straps and Handles

Sold in pairs



Ankle Straps

Use for clients with foot conditions including plantar fasciitis who find standard Reformer Loops uncomfortable. These straps feature Velcro closures for added security and a custom fit, and allow the user to perform feet-in-strap exercises and legwork without compromising comfort.

ST-02019



Extension Straps

These straps assist with leg alignment and add extra challenge for Footwork on the Reformer. Used on Reformers with Vertical Frames, Cadillacs, Wall Units and Spring Walls as well as certain Branded Programming work. Available in two sizes: 24"/61 cm comes standard with a Max Plus Reformer, and the 26"/66 cm provides extra length when needed.

24"/61 cm ST-02014
26"/66 cm ST-02174



Foam Grip Handles

Cushioned handles provide extra comfort. Used with Reformers in place of standard Reformer Loops, as well as with light arm springs for Vertical Frame and Cadillac work.

ST-02007



Soft Reformer Loops

Soft Reformer Loops attach to the Reformer ropes, are cushioned for comfort, and can be doubled over as a quick way to shorten rope length. Standard with all of our Reformers.

ST-02009



Long Spine Straps

Available padded or unpadded, these clip to Soft Reformer Loops extending rope length on traditional rope systems. Also used with leg springs on Cadillacs and Vertical Frames.

Unpadded ST-02008
Padded ST-02016



Large Equipment

Multiple options for every studio or facility

Cadillac/Trapeze Table

A staple of every well-equipped Pilates facility, the Cadillac offers an extensive range of applications for everyone from post-rehab clients to athletes. This ultra-sturdy, versatile unit adds more than 200 exercises to your Pilates repertoire and challenges your clients in different planes of motion.

Includes

- 2 Light Arm Springs with Foam Grip Handles
- 2 Leg Springs with Padded Long Spine Straps
- Push-Thru Bar with 4 springs (2 with protective covering and locking Spring Clips)
- Maple Roll-Down Bar with 2 springs, vertically and horizontally sliding bars with spring attachments
- Trapeze Bar with 2 springs, protective covering and Trapeze Strap
- Support Strap
- 1 pair Fuzzy Hanging Straps
- Safety Chain with dual spring clip adjustments.

W 36"/91.44 cm x L 89"/226.06 cm x
H 83"/210.82 cm • 215 lb/97.52 kg

ST-01003



Vertically Sliding Bar



Locking Spring Clips



Fuzzy Straps for suspension work



Maple Roll-down Bar



STANDARD COLORS + CUSTOM COLORS



Available in 10 standard upholstery colors for no additional cost. For an additional cost, you can choose from 75 custom colors so your equipment reflects your style and space.

Options

- Also available at a shorter, modified total height of 69"/1.75 m, making it ideal for rooms with eight-foot ceilings. Nominal charges apply

Features

- Bed made of dense EVA foam with durable vinyl upholstery
- Sturdy construction supports basic movements through to advanced acrobatic maneuvers
- Two sliding bars with multiple spring attachment sites allow for highly variable spring resistance
- Multiple spring lengths, tensions and attachment sites offer functional exercises for all levels of ability. Springs are color coded for easy recognition

- Bed height is ideal for exercises in sitting, standing or lying positions
- Full assembly required. For assembly support and video instruction, visit merrithew.com/assembly



Cadillac Wall Unit

A wall-mounted Cadillac solution for space-challenged studios. Can be used with Platform Mat or Split Platform Mat. Sturdy construction supports basic movements through to advanced acrobatic maneuvers. Multiple spring lengths, tensions and attachment sites offer functional exercises for all levels.

Includes

- Push-Thru Bar with 4 Springs (2 with protective covers and locking spring clips)
- Maple Roll-Down Bar with 2 Springs
- 2 Light Arm Springs with Foam Grip Handles
- 2 Leg Springs with Padded Long Spine Straps
- Safety Chain with dual spring clip adjustments
- *Essential Cadillac, 2nd Ed.* DVD

W 30"/76.2 cm x H 69"/175.26 cm x D 9.25"/2.8 m • 105 lb/47.63 kg

With Platform Mat ST-01004

W 30"/76.2 cm x H 69"/175.26 cm x D 25"/63.5 cm • 55 lb/24.95 kg

Without Platform Mat ST-01006



Available in 10 standard upholstery colors for no additional cost. For an additional cost, you can choose from 75 custom colors so your equipment reflects your style and space.



Locking Spring Clips



Maple Roll-Down Bar



Push-Thru Bar

Raised Platform Mats

Provides a supportive surface offering faithful proprioceptive feedback. Features dense foam padding, durable non-scuff vinyl upholstery and includes a Footstrap. Use alone for Matwork exercises or with the Spring Wall™ or Cadillac Wall Unit. Split Platform Mat arrives in two sections for easier handling and reduced shipping charges.



Platform Mat

W 24"/61 cm x L 86"/218.44 cm x H 7"/17.78 cm
50 lb/22.68 kg

ST-01009



Split Platform Mat

W 24"/61 cm x L 86"/218.44 cm x H 7"/17.78 cm
50 lb/22.68 kg

ST-02021



Platform Mat with 2 Small Boxes

W 23.75"/60 cm x L 86"/218.44 cm x H 7.25"/18.5 cm
39.5 lb/18 kg

ST-01007



Bracketed Dowel System for Platform Mats

Affixes to platform for increased scapular stability.

W 36"/90 cm x L 5.5"/14 cm x H 9.5"/24 cm • 3 lb/1.36 kg

ST-01005

Small Boxes, pair

Increases width of Platform Mat for added support of arms or legs.

W 8"/20.32 cm x L 10"/25.4 cm x H 7.25"/18.42 cm
3 lb/1.36 kg

ST-06009

Split-Pedal Stability Chair™ with Handles

Compact and easy to move, the Stability Chair is perfect for studios, gyms or homes looking for a multi-function machine in a limited space. Using supported spring-resistance, users can perform hundreds of exercises while seated, lying or standing for a wide array of functional training opportunities.

Features

- Helps rebalance muscles and provides a full-body workout
- Ideal for clients who need to stay in a seated or upright position
- Two pedals move independently or lock together to form one
- Adjustable handles offer solid support for upright exercises and can be removed as needed
- Easy-Roll Wheels facilitate repositioning or moving equipment
- Available in any of our upholstery colors
- 2 DVDs: *Essential Cadillac, 2nd Ed.* and *Essential & Intermediate Stability Chair, 2nd Ed.*

W 31"/78.8 cm x L 31.5"/80 cm x H 46.5-54"/118-137 cm • 82 lb/37.2 kg

With handles ST-01018

W 31"/78.8 cm x L 31.5"/80 cm x H 24.25"/61.5 cm • 70 lb/31.75 kg

Without handles ST-01017



For assembly support and video instruction, visit merrithew.com/assembly



Spring Wall™

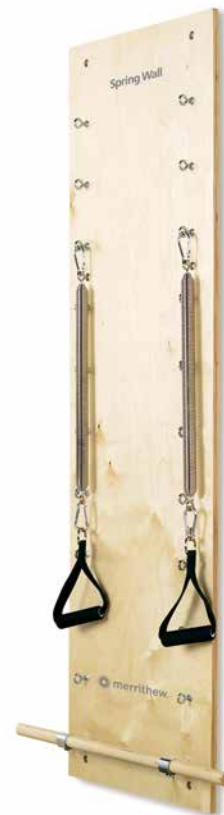
Ideal for facilities with limited space or Rehab clinics looking for a solid place to tie bands to. Exercises on this wall-mounted unit can be done standing, kneeling, sitting, side-lying, supine or prone. Use with the Platform Mat for floor exercises (*sold separately*) or on its own. Comes equipped with a full complement of springs, handles and a roll-down bar.

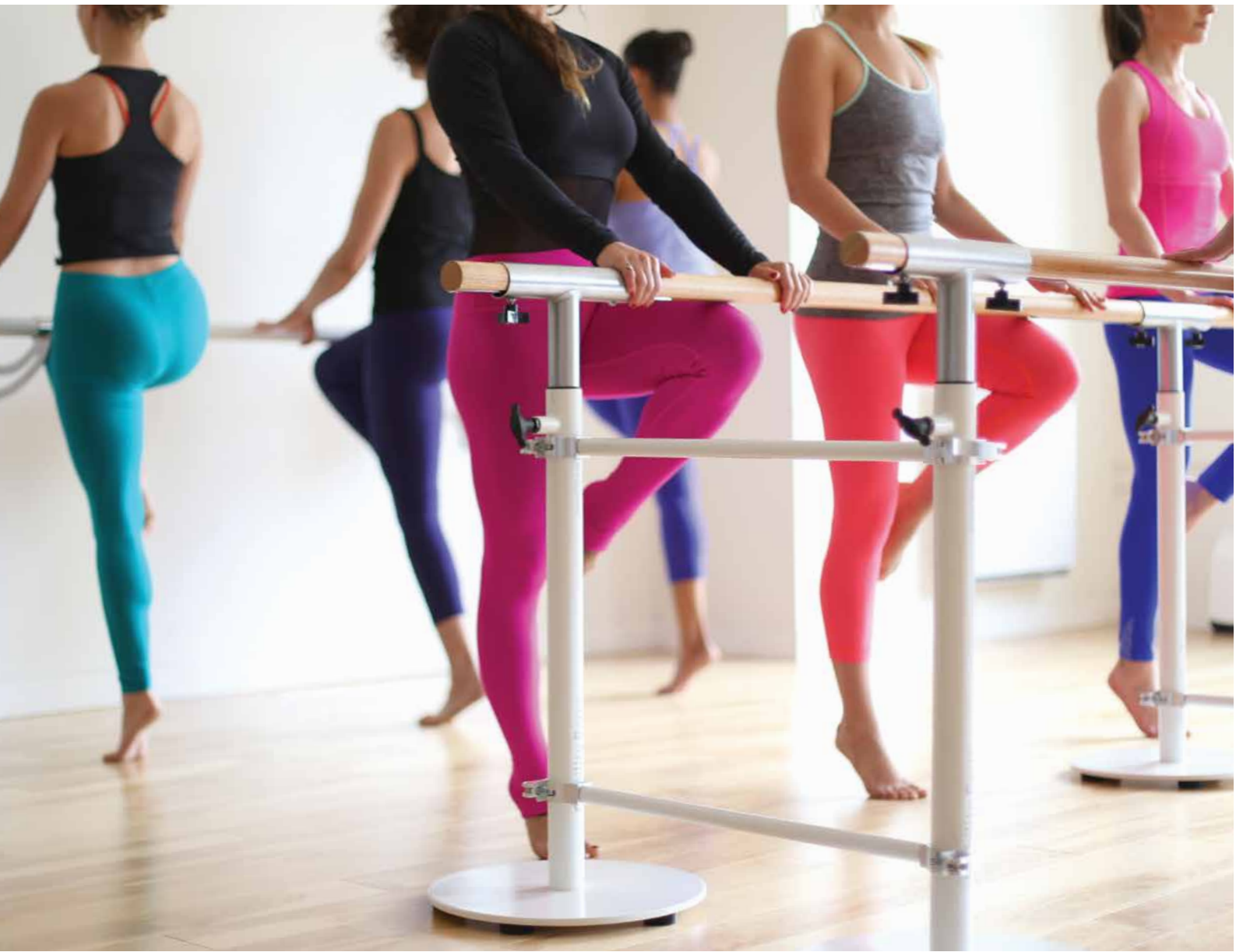
Includes

- Roll-Down Bar
- 2 Roll-Down/Arm Springs with Spring Clips
- 2 Leg Springs
- 2 Foam Grip Handles
- 2 Padded Footstraps

W 22"/56 cm x H 72"/183 cm • 35 lb/16 kg

ST-01052






Stability Barre™

Expand a home or studio practice with professional-grade barres

Mix and match from our line of Stability Barres to create a program that perfectly suits your needs. Maximize studio space with Wall-Mounted Stability Barres, create a class in any space with our portable Parallel Stability Barres, or practice at home with free-standing Stability Barres.

Wall-Mounted Stability Barre™

Open up a range of programming with this stylish option. Durable steel brackets and a white, powder-coated finish on a warp-resistant metal bar perfectly complement any home or professional studio. Pair with a Stability Barre™ or Parallel Stability Barre™ to expand class capacity without sacrificing space.

Size	White	Number of Exercisers
8/2.43 m	ST-02211	





Also available in white



Adjust to multiple heights



Move barre to add in more length



Weighted circular base with non-skid grip

Stability Barre™

Our professional-grade, free-standing Stability Barre is a perfect solution for studios where space is at a premium. A weighted circular base, along with a non-skid grip adds stability on any flooring surface. The barre can be adjusted to a variety of heights — from 36" - 44" (0.93 m - 1.12 m) to accommodate different users, and moved or easily disassembled when not in use.

All our free-standing Stability Barres are constructed from professional-grade steel, with chrome T-bar connectors, beautiful solid oak bars and do not require wall mounting.

Size	Gray	White	Number of Exercisers
6'/1.83 m	ST-02113	ST-02134	
8'/2.43 m	ST-02114	ST-02135	
12'/3.65 m	ST-02169	ST-02170	



6'/1.83 m configuration:
3 people



8'/2.43 m configuration:
4 people



12'/3.65 m configuration:
6 people



6'/1.83 m configuration: 2 people per side
8'/2.43 m configuration: 3 people per side

Parallel Stability Barre

The adaptable and expandable Parallel Stability Barre can be configured to suit your studio and class sizes. With two connectors per side, the Barre is super stable, allowing for intense exercises without fear of tipping. Instructors can see their class all at once, which allows for better cueing and instruction. Participants benefit from seeing the instructor and fellow exercisers to check and correct body position. Facing each other creates better class interaction and brings out the fun in barre classes!

Size	Gray	White	Number of Exercisers
6'/1.83 m	ST-02167	ST-02168	
8'/2.43 m	ST-02206	ST-02207	
12'/3.65 m	ST-02171	ST-02172	



12'/3.65 m configuration:
4 people per side



All configurations
also available in white

Stability Barre Connectors

Connectors are included with the Parallel Stability Barres and also sold separately in pairs to convert single Stability Barres to Parallel. The connectors attach to the Barre uprights with no wall mounts needed. They provide added stability to allow for dynamic, plyometric movement. Additional stability facilitates the addition of props to offer strength, resistance and flexibility training in a workout.

W 3.5"/8.89 cm x L 30"/76.2 cm x H 1.5"/3.81 cm • 2.5 lb/1.1 kg


Gray (shown) ST-05113

White ST-05114





**Introducing
Halo®* Trainer Plus**
with thicker grips,
heavier gauge frame
and weighted option

 merrithew.



Functional bodyweight training with one simple tool

Halo Trainer Plus

The new Halo Trainer Plus is a versatile, ergonomic exercise device providing a multi-dimensional approach to functional training. With thicker, more durable rubber grips and a heavier gauge frame, this unique piece of equipment provides step-wise progression to total body training by selectively controlling stability and bodyweight resistance. Easy-click connectors make it a snap to assemble and disassemble for travel or storage.

With the use of the Halo Trainer Plus and Stability Ball™, the trainer can prescribe unique progressions or regressions of exercises for functional strength and stability training for a client of any level of condition — from rehab through to athletic performance training. For added challenge, try our new 12.5 lb/5.67 kg version.



Halo Trainer Plus (8.5 lb/3.85 kg)
with Stability Ball and pump
ST-02209

Halo Trainer Plus (8.5 lb/3.85 kg)
without Stability Ball and pump
ST-02208

Halo Trainer Plus (8.5 lb/3.85 kg) – 6 Pack
ST-11047

W 21"/53.5 cm x **L** 24"/60.1 cm x **H** 12"/30.5 cm
BALL DIA. 21.65"/55 cm • 8.5 lb/3.85 kg



Halo Trainer Plus 4 (12.5 lb/5.67 kg)
with Stability Ball and pump
ST-02223

Halo Trainer Plus 4 (12.5 lb/5.67 kg)
without Stability Ball and pump
ST-02219

Halo Trainer Plus 4 (12.5 lb/5.67 kg) – 6 Pack
ST-11066

W 21"/53.5 cm x **L** 24"/60.1 cm x **H** 12"/30.5 cm
BALL DIA. 21.65"/55 cm • 12.5 lb/5.67 kg



Barrels

Expand your repertoire with this multi-purpose tool for building balance and control



Stability Barrel is covered in

AIREX[®]
Professional exercise line

Stability Barrel™

The Stability Barrel offers all the functionality of a traditional Pilates Arc, plus the added benefit of use in the inverted position. An essential tool for aligning and mobilizing the spine, the Stability Barrel improves posture and develops balance and control. The curved surface provides padded support for the body in prone, supine or side-lying positions, while the smooth base provides a flat platform that facilitates exercises focusing on balance and stability. These barrels can support a variety of users with differing torso size, flexibility and exercise choice.

Features

- Bent Baltic Birch construction
 - Barrel padding is a 0.6"/15 mm thick, Airex® Coronella, a premium, moisture resistant, highly durable foam mat made in Switzerland. This slip-proof surface features an antimicrobial, sanitary surface that inhibits bacteria growth and absorbs energy, evenly adapts to pressure and quickly recovers its original shape once pressure is removed
 - Non-slip traction strips on the base
 - Sturdy enough to support a body in standing, sitting or positions supported by the arms. Maximum standing area weight 250 lb (114 kg)
- W 24"/61 cm x L 29.5"/75 cm x H 6.25"/15.5 cm • 16.41 lb/7.44 kg
ST-02218





Ladder Barrel

Complete your studio with a Ladder Barrel. This piece is designed for serious core conditioning and to increase flexibility and mobility. The Ladder Barrel combines a ladder with a barrel surface, for stretching, strengthening and flexibility exercises. Six ladder rungs allow varying degrees of strength and flexibility.

Features

- Steel frame construction ensures maximum strength, stability and durability
- Adjustable sliding base varies the distance between the ladder and barrel, allowing for different torso and leg lengths
- Dense EVA foam provides optimal comfort and proprioceptive feedback
- Easy-Roll Wheels facilitate repositioning or moving equipment

W 24"/61 cm x L 44"/1.1 m x H 39"/99 cm • 110 lb/50 kg

ST-01010

DC-80330 with Complete Barrel Repertoire DVD



Arc Barrel

Featuring a gentle curve to help decompress and lengthen the spine, the Arc Barrel is used during Matwork to increase or decrease challenge and to assist rehab clients. Dense EVA foam cushioning provides optimal comfort and faithful proprioceptive feedback.

- Lightweight and portable
- Can also be used on the Cadillac or Platform Mat
- Arc curve is 117 degrees

W 22.5"/57 cm x L 23.5"/60 cm x H 6"/15 cm • 8 lb/3.6 kg

ST-01012

DC-80327 with Complete Barrel Repertoire DVD



Arc Barrel Deluxe

Similar to our standard Arc Barrel, but with Baltic Birch hand grips on the sides for added stability and support.

W 22.5"/57 cm x L 23.5"/60 cm x H 6"/15 cm • 9 lb/4 kg

ST-01013

DC-80321 with Complete Barrel Repertoire DVD



Available in 10 standard upholstery colors for no additional cost. For an additional cost, you can choose from 75 custom colors so your equipment reflects your style and space.

Full Studios

The easiest and most cost-effective studio start-up





One-on-One Studio Bundle

Whether you want to set up a home studio or create a small Pilates studio in a new or existing facility, our One-On-One Studio Bundle is ideal for small Pilates businesses with limited space! This amazing bundle option is an easy and affordable way to offer a fully equipped studio to your clients.

Includes

- V2 Max Plus Reformer
- Reformer Box with Footstrap
- Mat Converter
- Platform Extender
- Maple Roll-Up Pole
- Split-Pedal Stability Chair with Handles
- Arc Barrel
- Ladder Barrel
- 3 DVDs: *Essential Reformer, 3rd Ed.*, *Athletic Conditioning on V2 Max Plus™ Reformer, Level 1* and *Essential & Intermediate Stability Chair, 2nd Ed.*

ST-01090



Enhanced One-on-One Studio Bundle

For facilities with more space, choose the Enhanced One-On-One Studio Bundle and add a Cadillac and a copy of *Essential Cadillac, 2nd Ed.* DVD to the equipment above.

ST-01091



Studio Accessory Kit

Essentials for the well-dressed studio.

Includes

- 1 each Foam Cushions A, B, C
- 1 Gripper Mat
- 1 Foam Grip Handles, pair
- 1 Soft Reformer Double Loop Straps, pair
- 1 Ankle Straps, pair

ST-06146

Pilates Rehab Studio Bundles

Pilates Rehab Studio Matwork and Reformer



Instruct and perform core stability, peripheral mobility and plyometric exercises with exceptional results with these specially priced Rehabilitation equipment bundles. Includes standard equipment used in a Pilates Rehab treatment program and as required for STOTT PILATES Matwork and Reformer Rehab courses (RMR1 & 2).

Includes

- Rehab V2 Max Plus Reformer
- Reformer Box with Footstrap
- Mat Converter
- Padded Platform Extender
- Maple Roll-Up Pole
- Rotational Diskboard
- Jumpboard
- Arc Barrel
- Ankle Straps
- 2 DVDs: *Essential Reformer, 3rd Ed.* and *Athletic Conditioning on V2 Max Plus™ Reformer, Level 1*

ST-11001

Rehab Accessory Kit

Complete your studio with essential accessories and save!

Includes

- 2 Fitness Circle® Lite
- 2 Flex-Band®, Regular-Strength
- 2 Foam Roller Deluxe
- 4 Toning Ball, 1 lb/0.45 kg
- 2 Stability Ball, 26"/65 cm
- 2 Mini Stability Ball
- 1 Gripper Mat
- 1 Eco-Friendly Pilates Pad
- 1 pair Rotational Disks, 12"/30.5 cm
- 2 Stability Cushions
- 1 each Foam Cushions A, B, C

ST-06075





Pilates Rehab Studio Cadillac, Chair and Barrel

This bundle includes standard equipment used in an expanded Pilates Rehab treatment program and as required for our Cadillac, Chair and Barrel Rehab courses (RCCB1 & 2).

Includes

- Cadillac/Trapeze Table
- Split-Pedal Stability Chair with Handles
- Ladder Barrel
- Spine Supporter
- Spine Corrector
- 1 pair Rotational Disks, 12"/30.5 cm
- 2 DVDs: *Essential Cadillac, 2nd Ed.* and *Essential & Intermediate Stability Chair, 2nd Ed.*

ST-11002

Rehab One-on-One Studio Bundle

This bundle is ideal for small Pilates businesses with limited space! This amazing bundle option is an easy and affordable way to offer a fully equipped rehab studio to your clients.

Includes

- Rehab V2 Max Plus Reformer
- Reformer Box with Footstrap
- Mat Converter
- Platform Extender
- Maple Roll-Up Pole
- Arc Barrel
- Ladder Barrel
- Split-Pedal Stability Chair with Handles
- 2 DVDs: *Essential Reformer, 3rd Ed.* and *Athletic Conditioning on V2 Max Plus™ Reformer, Level 1*



Rehab Enhanced One-on-One Studio Bundle

This bundle adds a Cadillac to the One-on-One Rehab Bundle.

ST-11046

ST-11045

Studio Equipment and Accessories

Durable and professional-grade





Pilates Edge™

The angled surface of the Edge is ideal for positioning the body in a range of increasing heights to add strength and stability to the torso, arms and legs. Features sturdy wood construction with dense foam padding and a non-suff vinyl covering that easily wipes clean. Includes integrated rings to attach resistance equipment, including bands and tubing.

w 21"/53.4 cm x **L** 39"/99.1 cm x **H** 14.5"/36.8 cm • 17 lb/7.7 kg

ST-06044

DC-80328 with *Essential & Intermediate Pilates Edge* DVDs



Spine Supporter

Ideal for reducing neck tension, while stabilizing the spine for exercises performed on a Mat and other equipment. Used frequently for clients with weak lower backs, to modify exercises during pregnancy and to develop proper form for abdominal work. Features sturdy wood construction with dense foam padding. Includes integrated support straps.

w 13"/33 cm x **L** 29.5"/75 cm x **H** 15"/38 cm • 8 lb/3.6 kg

ST-01016



Spine Corrector

This versatile piece of equipment can be used to perform exercises lengthening and strengthening the torso, shoulders, back and legs. Features sturdy wood construction made from solid Baltic Birch panels and dense foam padding. Includes maple handgrips.

w 21.5"/54.6 cm x **L** 30.75"/81.3 cm x **H** 12"/30.5 cm • 24 lb/10.9 kg

ST-01011



Rotational Disks

Sturdy and versatile, Rotational Disks improve strength through rotation and add variety and challenge to standing or sitting exercises.

Solid birch construction with a non-skid surface. Available in sets of two in 10"/25.4 cm or 12"/30.5 cm diameter or a single 19"/48.25 cm diameter.

10"/25.4 cm, pair	ST-06024
12"/30.5 cm, pair	ST-06002
19"/48.25 cm, single	ST-06039



BOSU® Pro Balance Trainer

Used in fitness facilities worldwide, the BOSU balance trainer can be used with the base side facing up or down providing an unstable surface for reinforcing balance and stability. Use the BOSU to enhance flexibility and develop core strength with challenging cardio workouts and see the results!

w 26.5"/67.3 cm x **L** 26"/65.4 cm x **H** 10"/25.4 cm • 17 lb/7.7 kg

ST-06176



Bean Bag

Strengthen wrists and arms by rolling and unrolling this weighted canvas bean bag — perfect for treating tennis elbow. Solid maple handle with durable nylon rope.

3 lb/1.4 kg ST-06001

Stability Cushion™

Add variety, functionality and challenge to any exercise program with the Stability Cushion. Enhance your stability, strength and balance while performing exercises in standing, sitting, kneeling, supine and prone positions. Great for use with everyone from rehab clients to professional athletes and supports exercisers up to 350 lb/158.5 kg. PVC free.

DIA. 14"/36 cm
6 pcs | CTN

Small, Green ST-06071

DIA. 19.75"/50 cm

Large, Blue ST-06110



Balance Pad

Add challenge to your workout routine with a Balance Pad. The unstable surface builds core and lower-body muscle group strength. Made of eco-friendly TPR.

W 16"/41 cm x **L** 9.5"/24 cm x **H** 2.5"/6 cm
8 pcs | CTN

Half Size, Charcoal, pair ST-06243

W 16"/41 cm x **L** 19"/48 cm x **H** 2.5"/6 cm
8 pcs | CTN

Large, Charcoal, single ST-06244



Eco-Friendly Pilates Pad

Our Eco-Friendly Pilates Pad is latex-free, hypo-allergenic and does not have the scent typically associated with traditional rubber pads. These non-slip pads can be stacked to just the right height to establish correct positioning for exercises or to add extra cushioning. Sold individually, available in blue only.

W 14"/36 cm x **L** 7.5"/19 cm x **H** 0.5"/1.2 cm
ST-02101



Foam Cushions

Foam Cushions are a necessary addition to any fully equipped studio or training facility. Each is designed to serve a variety of purposes and all aid in increasing exercise options, allowing for proper alignment and biomechanics.

Foam Cushion A

Offers head support to create better alignment of the head and neck, preventing the cervical spine from overextending.

W 9"/23 cm x **L** 6"/15 cm x **H** 1"/2.5 cm
ST-06004

Foam Cushion B

Use between the knees and/or ankles to maintain activation of the hip adductors and proper alignment of the legs and hips. Also ideal for use on the Reformer to support the head in side-lying positions.

W 6"/15 cm x **L** 9"/23 cm x **H** 3"/7.6 cm
ST-06003

Foam Cushion C

Perfect for seated exercises. Individuals with tightness through the lower back, hips and knees can achieve an optimal sitting position with this foam cushion.

W 10"/25.4 cm x **L** 13"/33 cm x **H** 2.5"/6.4 cm
ST-06005



Oval Cushion

Oval Foam Cushions are similar to our standard Balance Pads, providing the same benefits but with less density and a surface that has more give, providing less stability during exercises. Available in two sizes, sold individually.

W 7.25"/18 cm x **L** 12"/30.5 cm x **D** 2.4"/6 cm
Small, Blue ST-06114

W 8.75"/22 cm x **L** 14.5"/37 cm x **D** 2.4"/6 cm
Large, Blue ST-06113



Gripper Mat

Versatile, non-slip rubber mats are used on various pieces of equipment to increase traction and prevent slipping or sliding.

W 12"/30.5 cm x **L** 17"/43 cm
Various colors ST-02022



Fitness Circles®

Fitness Circle Pro

Featuring firm resistance and molded latex-free grips, the original, sprung-steel Fitness Circle Pro is the best choice for studios and group exercise classes. Instructors use this to help clients maintain proper alignment and to increase body awareness. Available in two sizes: 12"/30.5 cm and 14"/35.5 cm.

DIA. 12"/30.5 cm • 1.5 lb/0.68 kg

Purple ST-02100
Black ST-06023

DIA. 14"/35.5 cm • 1.65 lb/0.74 kg

Blue ST-02099
Black ST-06000

Fitness Circle Lite

Add extra resistance to your workout. Made of fiberglass, the lightweight construction of the Fitness Circle Lite makes it ideal for beginners and perfect for home and travel. Inner and outer foam grips provide extra comfort.

DIA. 14"/35.5 cm • 0.75 lb/0.34 kg

Black ST-06031

Fitness Circle Flex

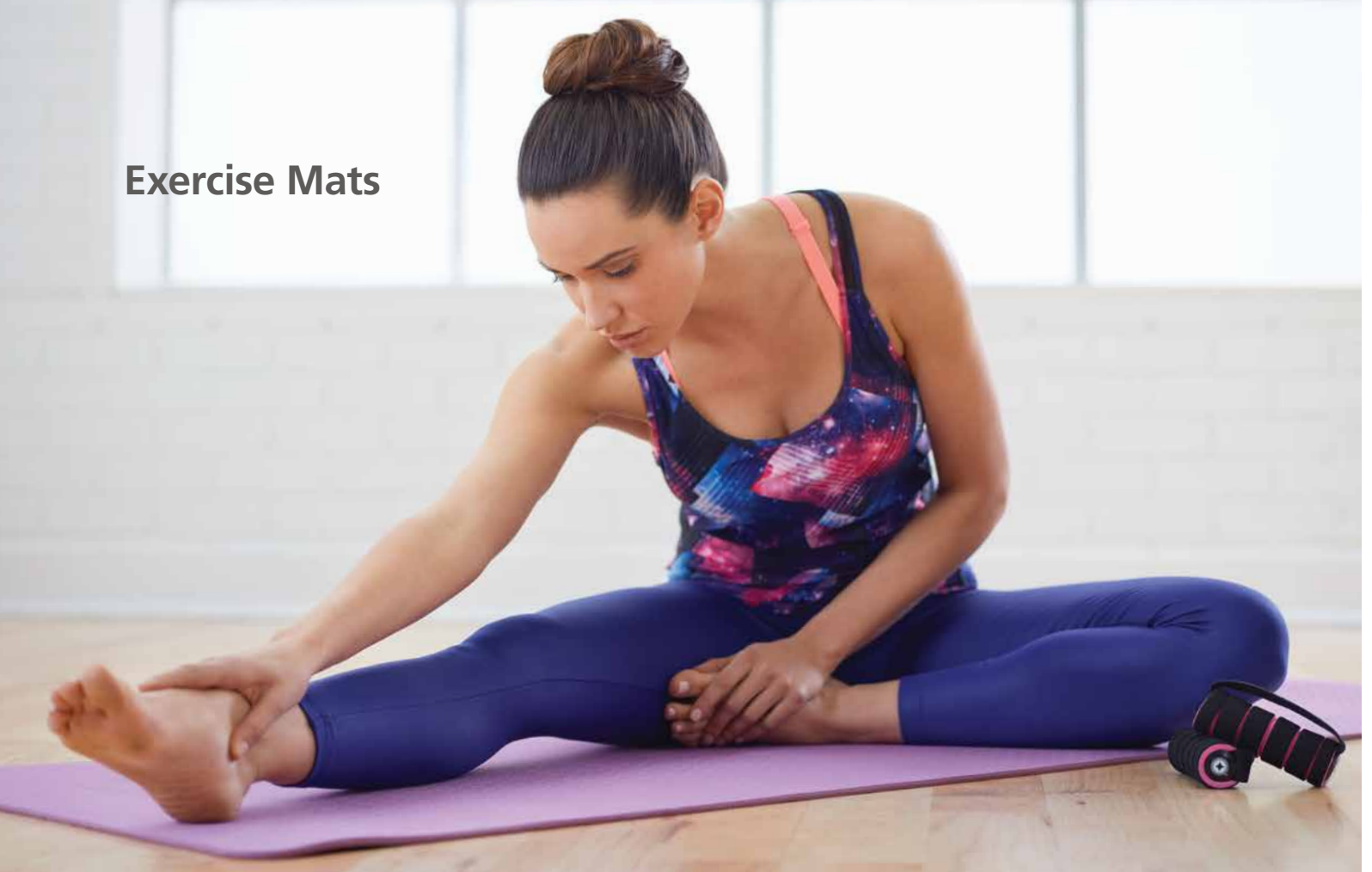
Searching for the ideal strengthening and toning tool? Look no further! The Fitness Circle Flex is a lightweight, portable tool that's easy to incorporate into your fitness routine. Made from an innovative plastic compound and featuring 0.15"/4 mm thick soft-grip foam handles, the Fitness Circle Flex provides gentle resistance for upper- and lower-body exercises.

DIA. 12"/30.5 cm • 0.6 lb/0.27 kg

Blue ST-06189
Orange ST-06190



Exercise Mats



Deluxe Pilates Mat with Grommets

The new Deluxe Mat is perfect for high-volume professional facilities. A comfortable 0.6"/15 mm thick, these mats are extra-long and wide to accommodate larger clients. Available in a sophisticated graphite metallic color with sturdy grommets for hanging, making storage and drying easier.

W 26"/66 cm x L 78"/198 cm x H 0.6"/15 mm

ST-02188



Deluxe Mat Hanger

The Deluxe Mat Hanger is a great space-saving accessory that's perfect for high-use professional facilities. Made of a natural oak wood, it offers solid durability and strength and can hold up to 15 mats (maximum weight 66 lb/30 kg). The small knob at the end of each hook prevents mats from slipping off. The Deluxe Mat Hanger allows for easy cleaning while mats are hanging and quick drying, keeping them more hygienic. Can be purchased individually or comes free when purchased as a combo.

Silver ST-02210
Wood ST-02190



Grommet Mat and Hanger Combo

Buy six Deluxe Pilates Mats with Grommets and the Mat Hanger is free! This is a great start-up package for any small or large studio.

Silver ST-11051
Wood ST-11033

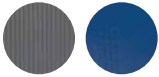


Deluxe Pilates Mat

A great option for multi-use facilities, this club-quality mat rolls up and can be stacked. Made of closed-cell, high-density NBR foam to protect your spine and soften hard surfaces.

W 24" / 61 cm x **L** 72" / 183 cm x **H** 0.6" / 15 mm

Graphite ST-02173
Midnight Blue ST-02176

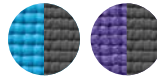


Pilates + Yoga Mat XL

Stretch out on this oversized mat that has plenty of leg room for taller exercisers. Bring it to the gym or studio, or roll it out at home for a superior workout surface. Made with PER™ foam, this mat is 0.25"/6 mm thick, with excellent traction and shock absorption. Recyclable, phthalate- and heavy metal-free, the eco-friendly Pilates & Yoga Mat is the perfect base for a broad range of exercise modalities, including yoga, Pilates, and athletic training regimens.

W 26" / 66 cm x **L** 78" / 198 cm x **H** 0.25" / 0.6 cm

Gray Blue ST-02213
Gray Purple ST-02212



AIREX[®]
Professional exercise line

Merrithew™ / Airex® Coronella 200 Mat

Made in Switzerland, the Merrithew / Airex Coronella 200 is the longest, and thickest mat in our mat line. It provides a cushioned surface with a memory foam-like quality that allows the mat to immediately bounce back to its original shape, and always lies flat.

Made of a moisture-resistant closed-cell foam that inhibits bacteria growth. The grooves on both sides of the mat create a slip-proof surface that's great for yoga, hot yoga and Pilates.

W 23.5" / 60 cm x **L** 78.75" / 200 cm x **H** 0.6" / 1.5 cm

Terra Brown ST-02192
Graphite ST-02070



Balance



Stability Ball™ with pump

Made of latex-free, anti-burst polyvinyl with a non-slip, ribbed surface, our Stability Ball challenges torso stability while improving balance. Can also be used as an office chair. Safety tested under 550 lb/250 kg pressure.

DIA. 22"/55 cm, 5'3"/1.7 m or under
10 pcs | CTN

Black ST-06206
Blue ST-06034

DIA. 26"/65 cm, 5'4"-5'11"/1.7-1.85 m
10 pcs | CTN

Silver ST-06207
Green ST-06033

DIA. 29.5"/75 cm, for 6'+/1.88 m +
10 pcs | CTN

Gray ST-06208
Purple ST-06049



Mini Stability Ball™

Improve posture while focusing on core stability and back strength mobility.

DIA. X-Small, 5"/13 cm
100 pcs | CTN

Red ST-06215

DIA. Small, 7.5"/19 cm
100 pcs | CTN

Blue ST-06045
Blue ST-06216 Retail Packaging

DIA. Medium, 10"/25 cm
80 pcs | CTN

Lime ST-06115
Lime ST-06217 Retail Packaging

DIA. Large, 12"/30 cm
60 pcs | CTN

Orange ST-06116
Orange ST-06218 Retail Packaging



Mini Stability Ball™ Foam

The newest addition to our Stability Ball family is made of solid foam, doesn't require inflation and has an enhanced, non-slip surface.

DIA. 7.5"/19 cm
24 pcs | CTN

Blue ST-06188



Air Balance Ball™ with pump

Achieve a full-body workout with this lightweight and portable ball. Use it in place of a Mini Stability Ball and enjoy the added benefit of gentle massage. Use it for strengthening, improving flexibility and relieving stiff muscles.

DIA. 10"/25 cm
50 pcs | CTN

Red ST-06117

Foam Rollers

Made from durable and resilient EVA foam, our premium Foam Roller™ is available in various sizes and colors with rounded corners for added comfort. Improves strength, flexibility, balance and coordination while sitting, standing or lying down.

A. Foam Roller Soft Density 18" and 36"

If you've found foam rolling to be too aggressive in the past, this soft-density version is for you. Enjoy the benefits of foam rolling while applying more or less pressure on the targeted area as needed.

FULL DIA. 6"/15 cm x L 18"/46 cm
12 pcs | CTN

Blue ST-06203

FULL DIA. 6"/15 cm x L 36"/92 cm
12 pcs | CTN

Blue ST-06169

HALF DIA. 6"/15 cm x L 36"/92 cm
24 pcs | CTN

Blue ST-06252

B. Foam Roller Deluxe 18"

One-third the length of our original Foam Roller Deluxe.

FULL DIA. 6"/15 cm x L 18"/46 cm
12 pcs | CTN

Black ST-06093

Orange ST-06179

Green ST-06198

C. Foam Roller Deluxe 24"

Two-thirds the length of our original Foam Roller Deluxe.

FULL DIA. 6"/15 cm x L 24"/61 cm
12 pcs | CTN

Black ST-06092

Orange ST-06178

Green ST-06197



D. Foam Roller Deluxe 36"

The original Foam Roller Deluxe.

FULL DIA. 6"/15 cm x L 36"/92 cm
12 pcs | CTN

Purple ST-06041

Black ST-06091

Orange ST-06177

Green ST-06196

E. Foam Roller Deluxe, Half 36"

With the same benefits of the Full version, this one-sided stable surface with half-moon shape is ideal for Essential-level exercisers and rehab scenarios.

This roller features a unique, texturized non-slip surface to reinforce stability and movement effectiveness while providing a gentle massage.

HALF DIA. 6"/15 cm x L 36"/92 cm
24 pcs | CTN

Purple ST-06070



Inflatable Body Roller 35"

Relieve aching or tired muscles with this roller that inflates or deflates to the desired level of firmness. Pump included.

DIA. 6"/15.25 cm x L 35"/89 cm
10 pcs | CTN

Blue ST-06180



Massage Point Foam Roller 15"

Constructed with EVA foam and featuring a vibrant red ABS core, this particular roller offers a soft, textured surface that mimics the fingers of a massage therapist to provide a deep tissue massage and facilitate self-myofascial release.

DIA. 5.5"/14 cm x L 15"/38 cm
6 pcs | CTN

Black ST-06161



Massage Point Foam Roller Two-in-One

Opt to use the full Massage Point Foam Roller Two-in-One (24"/61 cm) or use as two separate pieces (12"/30.5 cm) in your foam rolling routine or your workouts.

DIA. 5"/12.7 cm x L 2 x 12"/30.5 cm
6 pcs | CTN

Black ST-06162

For a complete listing of studio accessories, see our Retail Catalog or visit merrithew.com/shop





Peanut Ball Massager pair

The perfect tools for an enhanced massage. Help sore muscles breathe a sigh of relief with the Peanut Ball Massager. Ideal for relieving tension and stimulating circulation. The unique design contours to the body and reaches hard-to-target areas like the arches of the feet, the shoulders and along the calves.

L 6"/15 cm x w 2.75"/7 cm
12 pcs | CTN

Red ST-06195



Weighted Massage Roller pair

Ideal for relieving muscular tension, Weighted Massage Rollers stimulate reflex zones while improving circulation. Serving double-duty, the pair can also be used as an alternative to dumbbells for toning exercises.

L 4.25"/10.8 cm x w 2"/5 cm • 0.55 lb/250 g
12 pcs | CTN

Blue ST-06181



Flex Massage Stick

This customizable massager is designed to give you the perfect targeted massage every time. The moveable rollers can be repositioned to hit just the right spot.

L 17.4"/44 cm
20 pcs | CTN

Green ST-06183



Balance & Therapy Domes pair

Popular for therapy and rehabilitation of the feet, ankles, lower legs, wrists, hands and forearms, Balance & Therapy Domes are great for joint mobilization and balance training. Use the domes flat-side down for moderate training and pebble-side down for increased challenge.

DIA. 6.5"/16.5 cm x H 3.7"/9.5 cm
12 pcs | CTN

Red ST-06192



Studio Wall Charts

Our Studio Wall Charts are not only a beautiful addition to any studio, they also provide helpful cues and correct positioning for each piece of equipment. Each exercise is illustrated with the exercise name, a select photograph and the suggested number of repetitions. Printed with vegetable-based inks on FSC paper. w 27"/68.6 cm x h 39"/99 cm



Essential Matwork	ST-09570
Intermediate Matwork	ST-09582
Advanced Matwork	ST-09583
Essential Reformer	ST-09572
Intermediate Reformer	ST-09573
Advanced Reformer	ST-09574
Essential Cadillac	ST-09580
Intermediate & Advanced Cadillac	ST-09581
Complete Stability Chair	ST-09579
Complete Arc Barrel	ST-09575
Complete Ladder Barrel	ST-09576
Complete Spine Corrector	ST-09577

Replacement Parts



Reformer

Ankle Straps [pair]	ST-02019
Cardio-Tramp® Replacement Surface	ST-05065
Carriage Stopper	ST-06012
Comfort Footbar [double mount] – 22"/56 cm [SPX®]	ST-05085
Comfort Footbar [double mount] – 24"/61 cm	ST-05084
Comfort Footbar [single mount] – 22"/56 cm [SPX]	ST-05083
Comfort Footbar [single mount] – 24"/61 cm	ST-05082
Double-Ended Swivel Spring Clip	ST-05073
Enhanced Leg Springs for Vertical Frame	ST-05105
Extension Straps – 24"/61 cm [pair]	ST-02014
Extension Straps – 26"/66 cm [pair]	ST-02174
Fixed Rollers [pair]	ST-06013
Floating Rollers [pair]	ST-06014
Foam Grip Handles [pair]	ST-02007
High-Traction Reformer Feet™ [SPX, set of 4]	ST-05079
High-Traction Reformer Feet [V2 Max™/Rehab, set of 4]	ST-05087
Long Spine Straps [pair]	ST-02008
Padded Long Spine Straps [pair]	ST-02016
Plastic Foot [Rehab/V2 Max]	ST-05062
Pulley Post – Traditional [Pro/V2 Max]	ST-05076
Pulley Post – Traditional [Rehab]	ST-05077
Pulley Post – Traditional [SPX]	ST-05074
Pulley Post – Traditional [SPX, chrome]	ST-05075
Pulley Post – Quick-Set [V2 Max]	ST-05106
Pulley Post – Quick-Set [Rehab V2 Max]	ST-05107
Reformer Box Footstrap	ST-02018
Reformer Ropes – Retractable Rope System [pair]	ST-06042
Reformer Ropes – Traditional [pair]	ST-06016
Reformer Spring Cover [neoprene]	ST-05070
Reformer Spring Cover Set [neoprene]	ST-05071
Safety Chain [Cadillac/Vertical Frame]	ST-05095
Shoulder Rests [pair]	ST-02023
Soft Reformer Double Loop Straps [pair]	ST-02028
Soft Reformer Loops [pair]	ST-02009
Spring – 25%	ST-05054
Spring Package – High-Precision [3 x 100%, 1 x 50%, 1 x 25%]	ST-05058
Spring Package – Power-Up [3 x 125%, 1 x 100%, 1 x 50%]	ST-05098
Spring Package – Traditional [4 x 100%, 1 x 50%]	ST-05057
Spring Holder Update Kit – 22"/56 cm [SPX]	ST-05102
Spring Holder Update Kit – 24"/61 cm [Pro/V2 Max]	ST-05101
Spring Holder, Metal	ST-05138
Spring Holder, Metal + Spring Cover Kit	ST-05139
Spring Holder, Molded	ST-05100
Spring Ball O-Ring Kit	ST-05110
Spring Webbing Board	ST-05066
Star Knob – 4-prong, 1/2"/1.27 cm [Reformer]	ST-05053
Star Knob – 4-prong, 3/8"/.95 cm [Diskboard]	ST-05052
Star Knob – 5-prong, 3/8"/.95 cm [Reformer]	ST-05050

Traditional Gearbar	ST-05112
Universal Assembly Tool	ST-05096
Vertical Frame Receptacles [Pro/V2 Max pre-4/1/2010]	ST-05081
Springs Package – Vertical Frame	ST-05108

Reformer Upholstery Kit

Reformer Upholstery Kit – 24"/61 cm [Fixed Shoulder Rests]	ST-05120
Reformer Upholstery Kit – 22"/56 cm [Fixed Shoulder Rests]	ST-05121
Reformer Upholstery Kit – 24"/61 cm [Removable Shoulder Rests]	ST-05116
Reformer Upholstery Kit – 22"/56 cm [Removable Shoulder Rests]	ST-05117

Cadillac / Wall Unit / Spring Wall™

Spring Package – Cadillac	ST-05059
Enhanced Leg Springs [green] [pair]	ST-05124
Fuzzy Hanging Straps [pair]	ST-02010
Locking Spring Clip	ST-05064
Roll-Down Bar with Eyehooks	ST-06025
Roll-Down Bar with Springs and Clips	ST-06018
Sliding Bar [vertically]	ST-05061
Spring – Light Arm [yellow] [pair]	ST-05125
Spring – Push-Thru [blue] [pair]	ST-05126
Spring – Roll-Down [black] [pair]	ST-05127
Trapeze Spring [red] [pair]	ST-05128
Spring Clip	ST-02020
Spring Cover [vinyl]	ST-06019
Spring Package – Spring Wall	ST-05119
Spring Package – Wall Unit	ST-05118
Star Knob, 4-prong, 3/8"/.95 cm	ST-05051
Trapeze Strap	ST-02181

Stability Chair™

Spring – Heavy [red] [pair]	ST-05129
Spring – Light [blue] [pair]	ST-05130
Spring Package – Stability Chair	ST-05060
Star Knob, 5-prong – 3/8"/.95 cm	ST-05050



Warranty

We stand behind the exceptional quality of all of our products. Our equipment is built to last and our warranty is the best in the industry. Commercial Reformers come with a Limited Lifetime Warranty on the frames, related welding, footbar mechanism and traditional gearbar. For our complete warranty, visit merrithew.com/support/warranty

Returns

We offer returns on many of the smaller products we sell, however, large equipment cannot be returned. For complete details on our policies, please read our guidelines at: merrithew.com/support/returns

Shipping

Large equipment shipments within Canada and Continental USA

Large equipment is shipped by ground via a freight carrier, with curbside delivery. Other options are available.

International and overseas shipments

Standard quoted shipping options include ocean freight to nearest port or air freight to nearest airport.

Door-to-door delivery may be available for your order at an additional charge. Please contact us for details.

Custom Orders

We offer many options on our equipment to make it perfect for you. We're happy to help in any way possible to make it just the way you want it. Please contact our sales consultants at the numbers below.

Service and Support

Our team is available to discuss any questions you may have.

Monday – Friday, 9 am – 5:30 pm EST

Toll-free North America

1.800.910.0001 ext. 264

Toll-free in the U.K.

0800 328 5676 ext. 264

International 416.482.4050 ext. 264

equipment@merrithew.com



We're here to help!

Our customer service team is always available to help select the best equipment and accessories to suit your needs. Shop, browse and order any time of the day, anywhere in the world. Or talk to us on Facebook, Twitter, LinkedIn, Pinterest, YouTube or Instagram to keep the conversation going.

 merrithew.COM





STOTT PILATES® zenoga® CORE™ totalbarre. HALO®
TRAINING

Education and Equipment go hand-in-hand.

One of the key steps to successfully bringing Pilates or other mind-body exercises to your facility is having the right Instructors in place. Our trained fitness professionals can be found in over 100 countries worldwide, making us the largest global mindful movement educators, with over 30 years experience. To diversify our students learn the skills needed to modify exercises for different body types, ages and fitness abilities. They learn how to keep programming fresh, fun and motivating, so clients continue to come back — and bring their friends.

We are committed to providing the highest-quality education and equipment available — because the two work hand-in-hand. It's why we are **The Professional's Choice™**.



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merrithew.com

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