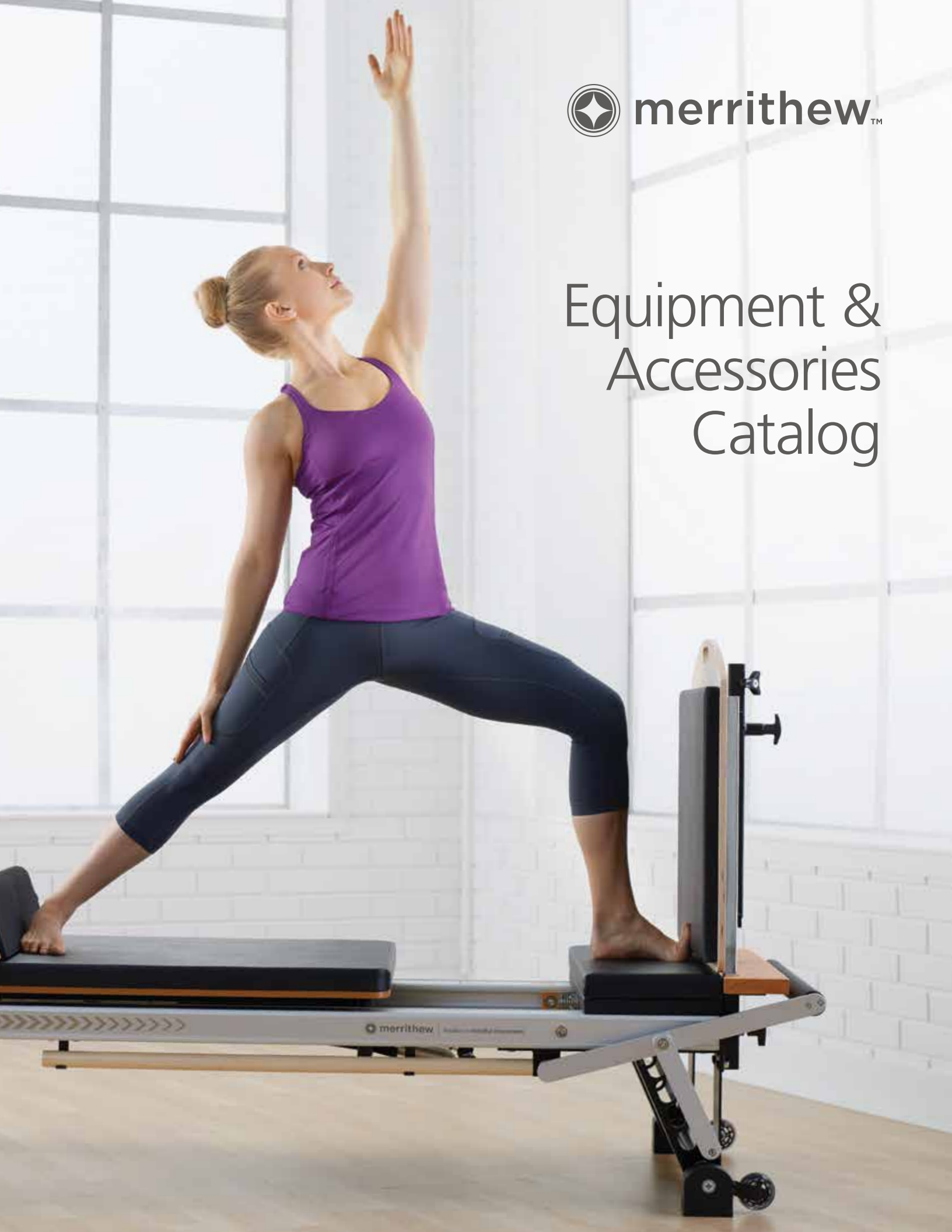




Equipment & Accessories Catalog



Evolving in the age of mindfulness

As the popularity of mind-body exercise expands around the world, we're excited to be collaborating with tens of thousands of fitness, health care and movement professionals, each year offering new education and best-in-class equipment.

Unwavering in our goal of helping people of every life stage and ability improve their health, we work across a range of markets, including those at fitness studios, clubs, rehabilitation facilities, universities and colleges, hotels as well as professional sports teams and their athletes.

Quality is our signature and innovation our focus. You'll see each reflected in our product range – from our world-renowned Professional Reformers and extensive professional-grade accessories, to barres and space-saving solutions. In addition to the breadth of our offering, we continue to offer a plethora of choices to help customers choose products that suit their spaces, clients and support their ability to scale as their businesses scale.

By design, Merrithew products complement our education offerings, which we regularly update to reflect the latest research in exercise science. More than 50,000 professionals in over 100 countries rely on STOTT PILATES®, ZEN•GA®, Total Barre®, CORE™ Athletic Conditioning & Performance Training™, Halo® Training and Fascial Movement, as safe and effective means of introducing clients to the enduring benefits of mindful movement.

Your success in helping more and more people reap the rewards of mind-body exercise inspires us. After more than 30 years in business, the widening, global embrace of mindful movement deepens our passion to continue innovating and serving the needs of our incredible community.

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 and health care professionals and mind-body enthusiasts, we're continually evolving and staying ahead of the curve as a driving force in the industry.

ENVIRONMENTAL COMMITMENT

We place great emphasis on the health of our planet and continue to grow our eco-friendly product offerings. Our eco-friendly products are made with high-quality materials, including hypo-allergenic options. All of our products comply with California Proposition 65 and many meet or even exceed Europe's RoHS and REACH standards.

Reformers

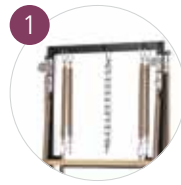
Engineered to outperform

Our entire line of professional Reformers features superior adaptability, versatility and craftsmanship. Ongoing development by our in-house team of fitness professionals and engineers allows us to refine and continually improve our machines so they keep pace with the advancements in exercise science and client needs.





Anatomy of a Reformer



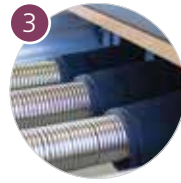
1 Max Plus™ Vertical Frame

Combines the features of a Cadillac, offering maximum functionality in minimum space with the patented Travelling Pulley System.



2 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.



3 Neoprene Spring Sleeves

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



4 Comfort Footbar

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



5 Wooden Standing Platform

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



6 Strap Hooks

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



7 Roll-Up Pole Hooks

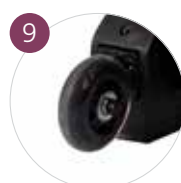
Keep Roll-Up Pole handy with convenient under-carriage hooks.



8 High-Traction Reformer Feet

Durable silicon rubber and PVC provides superior grip and keeps Reformer firmly in place on all types of flooring.

Available only on V2 Max™ & Rehab V2 Max Reformers



9 Easy-Roll Wheels

Wheels added to the front and back for easier repositioning.

Choosing a Reformer



1 SPX® Max Reformer

- Ideal for fitness clubs or multi-purpose studios
- Lightweight and stackable
- Standing option
- Most cost-effective option

2 V2 Max™ Reformer

- Ideal for boutique studios and dedicated spaces
- Suitable for all types of clients
- Versatile programming options

3 Rehab V2 Max™ Reformer

- Ideal for therapy and rehabilitation
- Higher carriage for easier mounts
- Can double as a treatment table with use of a Mat Converter

Upgrades



High-Precision Gearbar System™

Twice as many gearbar positions than on our traditional system; with more resistance/spring tension options.

ST-05109

Colors

Choose from ten standard colors or 75 custom colors.



Reformer Extension

Need a little extra length?

Add an additional 6"/15 cm to both the frame and the carriage on your Reformer. For additional support the Extension Upgrade also includes mid-rail legs. A great option for tall clients or those with long torsos.

ST-02096



Max Plus™ 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. Includes patented Travelling Pulley System.

V2 Max™/Rehab V2 Max Plus (24") ST-02045
SPX® Max Plus (22") ST-02047



SPX® Max Reformer with Vertical Stand Bundle, Onyx

This Reformer stands on end for convenient storage.

With the High-Precision Gearbar ST-11068
Without the High-Precision Gearbar ST-11078

V2 Max Plus™ Reformer Bundle

Includes a Mat Converter, Reformer Box with Footstrap, Padded Platform Extender, Maple Roll-Up Pole and two DVDs.

With the High-Precision Gearbar ST-11079
Without the High-Precision Gearbar ST-01083



Reformer Accessories



Cardio-Tramp® Rebounder*

V2 Max™/Rehab V2 Max (24") ST-02067
SPX®/SPX Max (22") ST-02068

Jumpboard™

V2 Max/Rehab V2 Max (24") ST-02017
SPX/SPX Max (22") ST-01043



Rotational Diskboard™

V2 Max/Rehab V2 Max (24") ST-02051
SPX/SPX Max (22") ST-02054



Rotational Disks

Sturdy and versatile to help improve strength through rotation.

10" pair ST-06024
12" pair ST-06002
19" single ST-06039



Reformer Box with Footstrap regular

ST-02000
Extra Tall ST-02001
Extra Long ST-02002

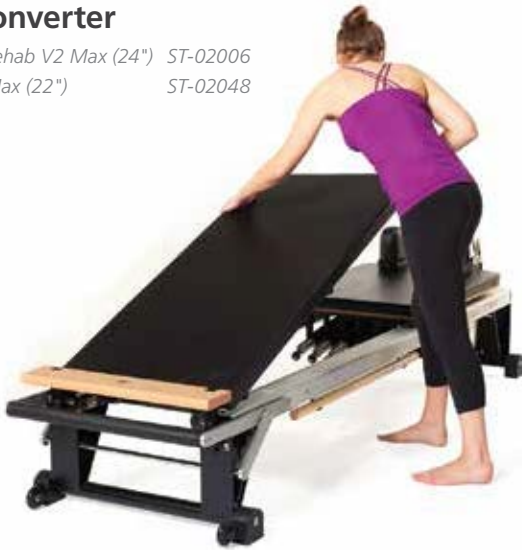
Soft Footbar

V2 Max/Rehab V2 Max (24") ST-02004
SPX/SPX Max (22") ST-01040



Mat Converter

V2 Max™/Rehab V2 Max (24") ST-02006
SPX®/SPX Max (22") ST-02048



Padded Platform Extender

V2 Max/Rehab V2 Max (24") ST-02015
SPX/SPX Max (22") ST-02069



Vinyasa Triangle™

V2 Max/Rehab V2 Max (24") ST-02111
SPX/SPX Max (22") ST-02112



Weighted Bar

2 lb/0.9 kg ST-02115



The Cross-Bow™

Fits both 24" and 22" Jumpboard ST-02102



Foam Grip Handles

ST-02007



Our products are available in a variety of bundles and options. Visit merrithew.com for more information.

**Split-Pedal
Stability Chair™**
with handles

ST-01018
without handles *ST-01017*



Commercial Equipment

Multiple options for every studio or facility



Cadillac / Trapeze Table

ST-01003



Ladder Barrel

ST-01010



Stability Barrel™ Lite

ST-02230

Arc Barrel

ST-01012



Mini Stability Barrel™ Lite

ST-02231



Stability Barrel™

ST-02218



Spine Supporter

ST-01016



Spine Corrector

ST-01011



See more at merrithew.com



Our barres come in multiple sizes and configurations to fit your space, all available in gray or white.

Stability Barre™

Expand a home or studio practice with professional-grade barres



Stability Barre - 6 ft gray
👤👤👤 ST-02113



Parallel Stability Barre - 8 ft white
👤👤👤👤👤👤 ST-02207



Stability Barre Connectors
ST-05113



Stability Barre - 12 ft gray

👤👤👤👤👤👤 ST-02169

Wall-Mounted Stability Barre - 8 ft white

👤👤👤 ST-02211



Adjust to multiple heights



Move barre to add in more length



Weighted circular base with non-skid grip

Halo® Trainer Plus

Bodyweight training with no limits

Halo Trainer Plus

8.5 lb/3.85 kg

ST-02208

Halo Trainer Plus with Stability Ball & pump

8.5 lb/3.85 kg

ST-02209

Halo Trainer Plus with Stability Ball & pump

6 pack

8.5 lb/3.85 kg

ST-11047



Halo Trainer Plus 4

12.5 lb/5.67 kg

ST-02219

Halo Trainer Plus 4 with Stability Ball & pump

12.5 lb/5.67 kg

ST-02223

Halo Trainer Plus 4 with Stability Ball & pump

6 pack

12.5 lb/5.67 kg

ST-11066



Mats & Racks

Pilates Express Mat
 Deep Violet
 ST-02129



Pilates & Yoga Mat Elephant
 ST-06261



Deluxe Pilates Mat
 Graphite ST-02173
 Midnight Blue ST-02176

Pilates & Yoga Mat XL
 Gray Blue ST-02213
 Gray Purple ST-02212



Deluxe Pilates Mat with Grommets
 ST-02188

Mat Hanger Rack
 Holds 28-36 mats.
 ST-06268



Medicine Ball Rack
 Holds 10 balls.
 ST-06256

Stability Ball™ Rack
 Holds 9-12 balls.
 ST-06255



Small Props & Manuals



Mini Stability Ball™

XSmall	ST-06215
Small	ST-06045
Medium	ST-06115
Large	ST-06116



Mini Handweights, pair

2.75 lbs each (blue) ST-06106



Resistance Loop™

Regular strength (red) ST-06193



Balance & Therapy Domes

ST-06192

Eco-Friendly Pilates Pad

ST-02101



Fitness Circle® Pro

ST-02099



Non-Latex Flex-Band®

Light	ST-06058
Regular	ST-06059
Extra Strength	ST-06060

Twist Ball™ with pump

ST-06234



Total Body Roller

ST-06260



Toning Balls™

1 lb Purple ST-06037

2 lb Blue ST-06035

3 lb Green ST-06036

Yoga Block

ST-06259



Stability Cushion™

ST-06071



Foam Roller™ Soft Density 36 inch

ST-06169

Fitness DVDs

Our extensive library of workouts cover a broad range of topics from beginner to expert.



Education Materials

Merrithew™ is the largest mind-body exercise training organization in the world. Our renowned manuals are step-by-step, illustrated guides to the STOTT PILATES® and Total Barre® methods practiced around the world. Select manuals are available in a number of languages.



Over 600 Professional Accessories

Kids

Play & Exercise Kit for Kids™

GP-85137



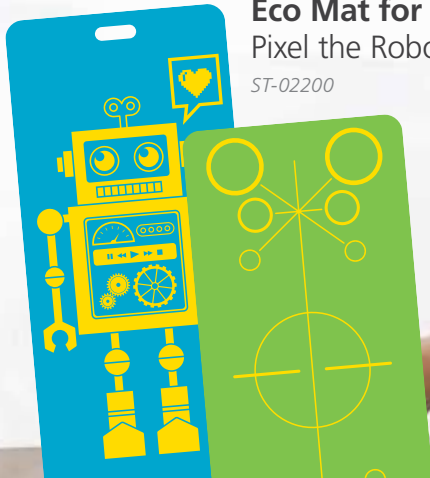
Eco Mat for Kids

Pixel the Robot

ST-02200

Alignment Mat for Kids

ST-02214



Stability Ball™ for Kids with pump

ST-06224



Yoga Block for Kids

ST-06225

Office Wellness

Focus on wellness, even while at work. Challenge core stability, increase circulation and encourage correct alignment while you sit.



Sitting Cushion

ST-06242

Balance & Therapy Wedge

ST-06213

Stability Ball Base™

ST-06223



A Foundation for Success

At Merrithew™, we believe that education is the foundation for success in mindful movement. Our education programs offer certification, courses and professional development workshops for fitness, health care and movement professionals. Whether you want to build a career in mind-body fitness, or sharpen your existing skillset and diversify your client base with new knowledge, Merrithew education offers programs that cater to clients of all ages and fitness levels.



STOTT PILATES®

A contemporary approach to the original Pilates method based on modern principles of exercise and rehabilitation.



zenoga®

A unique mind-body modality that fuses elements of Pilates, yoga, martial arts and meditation into a series of flowing movements.



totalbarre.

A high-energy program that integrates elements of Pilates, dance, cardio and strength training with music.



HALO™ TRAINING

A versatile training program and tool that promotes functional strength and stability for all your clients.



Fascial Movement

An in-depth look at one of the most crucial building blocks of the body, the neuromyofascial system, and how it relates and applies to movement.



CORE™

An athletic conditioning program engineered for total-body power, strength and agility.

Learn more at merrithew.com/instructor-training



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416.482.4050 | 1.800.910.0001 | 0800 328 5676 (UK)

merrithew.com

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