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

**Reformer Box with Footstrap** regular
ST-02000
Extra Tall ST-02001
Extra Long ST-02002

**Rotational Disks**
Sturdy and versatile to help improve strength through rotation.
10" pair ST-06024
12" pair ST-06002
19" single ST-06039

**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

Mat Converter
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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

- **Ladder Barrel**
  - ST-01010

- **Arc Barrel**
  - ST-01012

- **Spine Supporter**
  - ST-01016

- **Spine Corrector**
  - ST-01011

- **Stability Barrel™ Lite**
  - ST-02230

- **Mini Stability Barrel™ Lite**
  - ST-02231

- **Stability Barrel™**
  - ST-02218

- **Cadillac / Trapeze Table**
  - ST-01003

See more at merrithew.com
Stability Barre™

Expand a home or studio practice with professional-grade barres

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

Stability Barre - 6 ft gray
ST-02113

Stability Barre Connectors
ST-05113

Parallel Stability Barre - 8 ft white
ST-02207
Adjust to multiple heights
Move barre to add in more length
Weighted circular base with non-skid grip

Stability Barre - 12 ft gray
ST-02169

Wall-Mounted Stability Barre - 8 ft white
ST-02211
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

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

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

**Deluxe Pilates Mat with Grommets**
ST-02188

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

**Pilates & Yoga Mat Elephant**
ST-06261

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

**Medicine Ball Rack**
Holds 10 balls.
ST-06256
Mini Handweights, pair
2.75 lbs each (blue) ST-06106

Resistance Loop™
Regular strength (red) ST-06193

Mini Stability Ball™
XSmall ST-06215
Small ST-06045
Medium ST-06115
Large ST-06116

Balance & Therapy Domes
ST-06192

Eco-Friendly Pilates Pad
ST-02101

Non-Latex Flex-Band®
Light ST-06058
Regular ST-06059
Extra Strength ST-06060

Twist Ball™ with pump
ST-06234
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.
Office Wellness

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

**zen®ga**
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