

Cadillac

Trapeze Table



For video assembly
instructions, visit
[merrithew.com/
eq-assembly](https://merrithew.com/eq-assembly)



Please review this important **assembly, safety** and **warranty** information about your new Merrithew™ equipment and keep it handy for future reference.

IMPORTANT!

This manual contains important assembly, safety and warranty information. Read the manual carefully before using your new equipment and keep the manual on hand for future reference.

UNSAFE OR IMPROPER USE OF THIS EQUIPMENT BY FAILING TO READ AND COMPLY WITH ALL REQUIREMENTS AND WARNINGS COULD RESULT IN SERIOUS INJURY.

It is impossible to predict every situation and condition that can occur while using this equipment. Merrithew™ makes no representation about the safe use of any exercise equipment that cannot be predicted or avoided.

PLEASE DO NOT ATTEMPT TO ASSEMBLE ON YOUR OWN. SOME OF THESE STEPS REQUIRE TWO PEOPLE. PLEASE READ THESE INSTRUCTIONS COMPLETELY BEFORE BEGINNING ASSEMBLY.

Merrithew recommends cautious assembly and usage and wishes you many hours of safe and effective exercise.

User Guidelines

This equipment is intended for indoor use and Pilates exercises only.

Pilates equipment when used effectively can facilitate many Pilates exercises safely and effectively. However, care and caution must be taken as there are some inherent dangers when using any exercise equipment – especially when spring resistance is involved.

For inexperienced or first-time users, this equipment should only be used under the supervision of a trained professional.

Please ensure that you and your clients/patients have received proper instruction regarding the correct and safe use of this equipment.

This manual includes general guidelines for set-up and usage. To get the most out of this equipment, Merrithew offers instructional DVDs and manuals. Personalized training is offered through our Corporate, Licensed and Host Training Centers. Visit merrithew.com for more information.

Biomechanical Principles

The STOTT PILATES® method incorporates modern theories of exercise science and spinal rehabilitation through the STOTT PILATES Principles. As the basis of the exercises in the technique, these principles are related to body awareness and proper alignment. Rather than being separate entities, the six principles – Breathing, Pelvic Placement, Rib Cage Placement, Scapular Movement & Stabilization, Head & Cervical Placement, and Hip, Knee, Ankle & Foot Alignment – work together to create Intelligent Exercise that is both safe and effective. Teaching clients the Principles at an early stage in their program ensures that they will become aware of how the body moves and functions. This helps enhance skill level and mindfulness, and ensure focus and control, allowing them to reap the full benefits of this method.



CAUTION IMPROPER USE OF EXERCISE EQUIPMENT MAY CAUSE SERIOUS BODILY INJURY. TO REDUCE RISK, PLEASE READ THE FOLLOWING:

- ▶ Before starting any exercise program, consult a physician. Stop exercising immediately if you experience chest pain, feel faint, have difficulty breathing, or experience discomfort.
- ▶ Do not use if equipment appears worn, broken or damaged. Do not attempt to repair equipment yourself without contacting Merrithew.
- ▶ When springs are used on the Cadillac Trapeze Table, ensure spring clips are fully closed at both ends of springs. A spring clip that is only half closed risks coming undone and detaching with high force.
- ▶ When using the push-thru bar with springs from below, locking spring clips must be used to attach to the bed frame or uprights, the safety chain must be attached, and a trained professional must keep a hand on the bar at all times. See *Safety & Usage* on page 11.
- ▶ For optimal performance, allow at least four to five feet of clear space on either short end of a Merrithew Cadillac Trapeze Table.
- ▶ Keep body, clothing and hair free from all moving parts.
- ▶ Do not allow children to use, or be around equipment without adult supervision.
- ▶ Never swing from the horizontal frame or stretch off the side of the Cadillac Trapeze Table as this may cause it to tip.
- ▶ The Cadillac Trapeze Table should be used by only one person at a time and not weighing over 350 lbs / 159 kgs. Maximum weight limit for performing exercises while hanging from the Horizontals is 200 lbs / 90 kgs.
- ▶ This equipment must be installed on a level and steady floor.

WARNING: As with any athletic activity, the use of exercise equipment involves risk of injury, damage and/or death.

By choosing to use Merrithew equipment, you and/or your clients/patients assume responsibility for that risk, not the organizations who sell, distribute and/ or manufacture this equipment.

Mechanical Safety Check

Proper maintenance and timely replacement of your equipment or component parts is your responsibility. Conduct a regular inspection of the following:

Daily

- ▶ Clean all upholstery after each use, using warm water with mild soap and clear water rinses for day-to-day cleaning.

Weekly

- ▶ Inspect all springs for wear and damage and replace immediately as needed.

Monthly

- ▶ Ensure all nuts, bolts and screws are securely fastened.
- ▶ Ensure eyehooks are securely fastened.
- ▶ Confirm bed is level and at correct height to perform exercises.
- ▶ Check wear on star knobs and replace as needed.
- ▶ Confirm all push-thru bar bolts and nuts are securely fastened.

Yearly

- ▶ Replace all spring clips.

Every Two Years

- ▶ Replace all springs.

IMPORTANT:

Replace all springs every 24 months and spring clips every 12 months, or as needed within that period.

FAILURE TO PERFORM RECOMMENDED SAFETY CHECKS, OR USING EQUIPMENT WITH IMPROPERLY ADJUSTED, BROKEN OR WORN PARTS, COULD RESULT IN SERIOUS BODILY INJURY.

Care and Cleaning

Wipe vinyl surfaces using warm water with mild soap and clear water rinses for day-to-day cleaning. Ensure soap does not leave an oily residue, or make surfaces slippery.

CAUTION: We do not recommend using chemical-based products.

Specifications

WEIGHT
215 lbs / 97.5 kg

SURFACE AREA
22.25 sq ft / 2.07 sq m

SPRING TYPE	MAXIMUM STRETCH (in)*	MAXIMUM FORCE (lbf)	MAXIMUM STRETCH (cm)*	MAXIMUM FORCE (Nm)
Push-Thru (blue)	45"	37 lbf	114.3 cm	50.16 Nm
Enhanced Leg (green)	52"	37 lbf	132 cm	50.16 Nm
Trapeze (red)	32"	72 lbf	81.3 cm	97.62 Nm
Roll-Down (black)	62"	24 lbf	157.5 cm	32.54 Nm
Light Arm (yellow)	66"	20 lbf	167.5 cm	27.12 Nm





* end-to-end



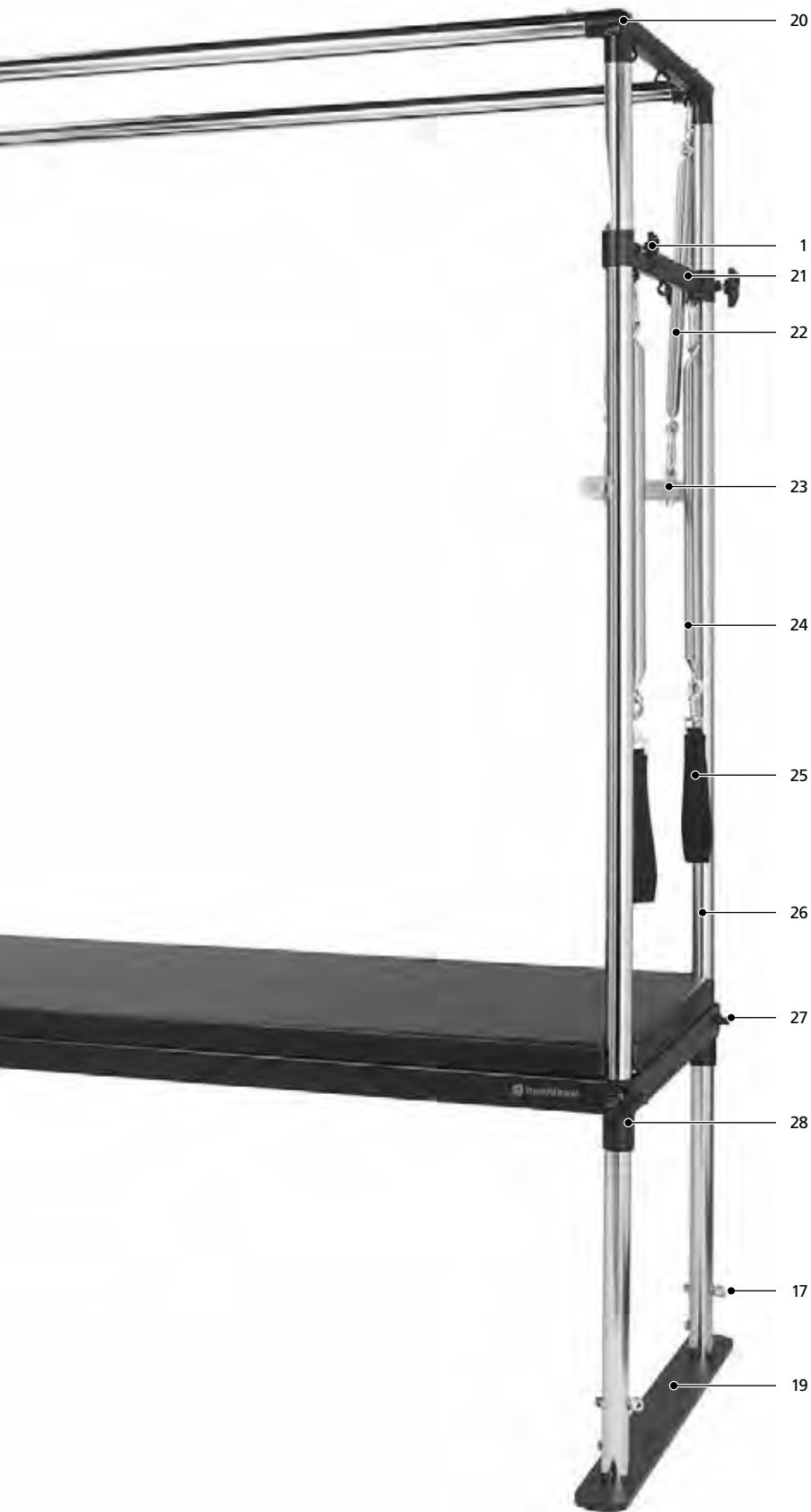
Cadillac Trapeze Table

- 1 Star Knob
- 2 Top Frame Assembly (Horizontal)
- 3 Horizontally Sliding Bar
- 4 Strut
- 5 Trapeze Spring (red) & Cover
- 6 Push-Thru Spring (blue)
- 7 Safety Chain
- 8 1/2" (1.25 cm) Hex Bolt Pivot (pre-set)
- 9 Trapeze
- 10 Trapeze Strap
- 11 Vertical Black Pole (Upright)
- 12 Push-Thru Bar
- 13 Upholstered Bed
- 14 Support Strap
- 15 Bed Frame
- 16 Locking Spring Clip
- 17 Eyehook
- 18 Push-Thru Spring (blue) & Cover
- 19 Base Plate
- 20 Three-Way Joint
- 21 Vertically Sliding Bar
- 22 Roll-down Spring (black)
- 23 Roll-down Bar
- 24 Leg Spring (green)
- 25 Padded Long Spine Strap
- 26 Vertical Chrome Pole (Upright)
- 27 3/8" (0.95) Hex Bolt
- 28 Receptor
- 29 Fuzzy Hanging Strap [fig. A]
- 30 Light Arm Spring (yellow) [fig. B]
- 31 Foam Grip Handle [fig. B]
- 32 Serial Number Sticker [fig. C]

Required Tools

-  Universal Assembly Tool *(supplied)*
-  Adjustable Wrench
-  Builder's Level
-  Tape Measure





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FUZZY STRAPS



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ARM SPRINGS AND HANDLES



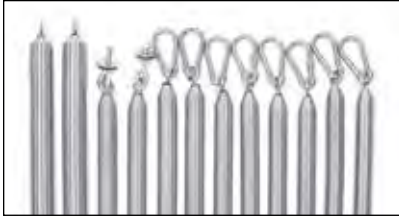
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SERIAL NUMBER STICKER

Replacement Parts

For more information and to place an order, visit merrithew.com/replacementparts or email equipment@merrithew.com

Replacement Spring Package



Replace springs every 24 months, or as needed within that period. A complete replacement spring package is available and includes:

- ▶ roll-down springs (2)
- ▶ leg springs (2)
- ▶ light arm springs (2)
- ▶ push-thru springs (4)
- ▶ trapeze springs (2)
- ▶ Locking Spring Clips (2)
- ▶ Spring Clips (18)

Roll-Down Springs, Black



Supports the roll-down bar. Can also function as regular arm springs. Sold as a pair with four spring clips.

Trapeze Springs, Red



Used to attach Trapeze to Horizontally Sliding Bar. Sold as a pair with two spring clips.

Leg Springs, Green



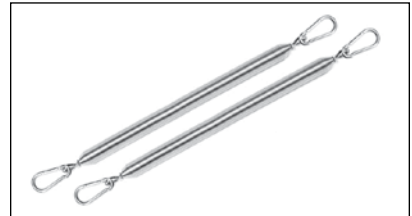
Sold as a pair with four spring clips.

Light Arm Springs, Yellow



Sold as a pair with four spring clips.

Push-Thru Springs, Blue



For use with push-thru bar. Sold as a pair with four spring clips (two locking/two regular).

Spring Covers, Vinyl



Durable vinyl covers for use with Push-Thru Springs and Trapeze Springs. Sold individually.

Foam Grip Handles



Attach to Light Arm Springs, as well as Reformer ropes for Cadillac and Vertical Frame work. These handles are cushioned and rounded to provide extra comfort.

Padded Long Spine Straps



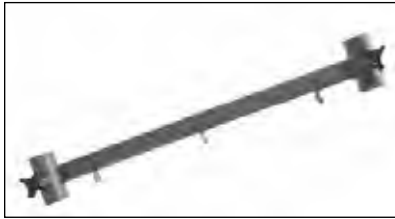
Clip them to Soft Reformer loops to extend ropes. These nylon straps are double stitched for durability and feature high-quality, nickel-plated rings and clips. Sold in pairs. Also available without padding.

Fuzzy Hanging Straps



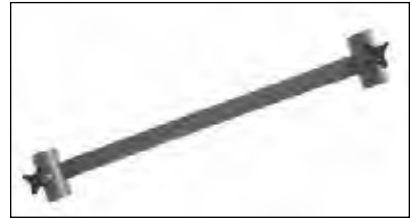
Soft and woolly, these add extra comfort and security. Sold in pairs.

Vertically Sliding Bar



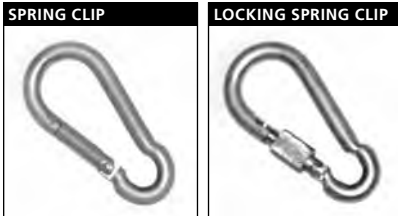
Supports arm and leg springs.

Horizontally Sliding Bar



Supports the trapeze.

Spring Clips



Used to connect springs to equipment. Two types available. Locking spring clips are required for the Push-Thru Bar with springs from below.

Always ensure spring clips are closed completely. It may otherwise come undone and detach with high force.

Safety Chain



For use with Push-Thru Bar.

CAUTION: Safety chain must be in place when using push-thru springs from below.

Star Knob



Secures vertically and horizontally sliding bars.

Support Strap

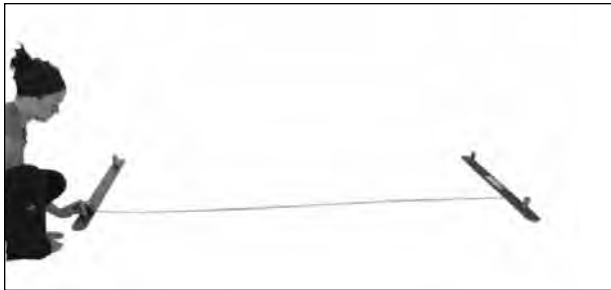


Wraps securely around upholstered bed.

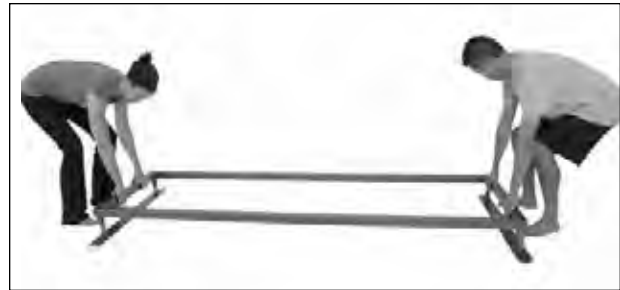
Assembling the Cadillac

PLEASE DO NOT ATTEMPT TO ASSEMBLE ON YOUR OWN. Installation of this product requires a minimum of two people.

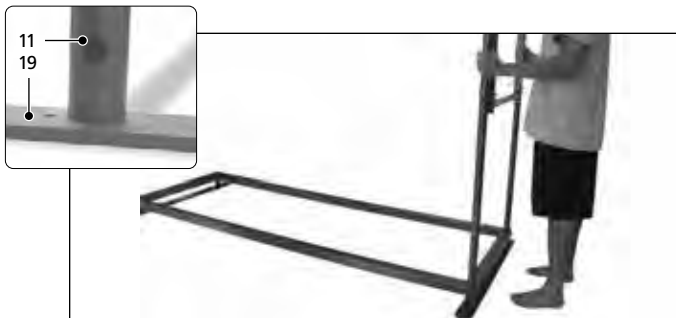
- ▶ Place all parts from the box in a cleared area and position them on the floor in front of you.
- ▶ Remove all packing materials from the area and place them back into the box. Do not dispose of the packing materials until assembly is completed.
- ▶ To prevent unsafe or improper use, please read each step carefully before beginning or consult our online assembly video at merrithew.com/eq-assembly.



1. Place both base plates [19] on floor approximately 7.5' (2.26 m) apart, with hex bolts facing inward. Remove all hex bolts from base plates.



2. REQUIRES TWO PEOPLE. With one person at each end, place receptors [28] of bed frame [15] onto pins of base plates. Loosen hex bolts on frame so that receptors are clear.



3. One short end of the bed frame [15] has fixed eyehooks. Place black uprights [11] into receptors [28] on that end.

NOTE: Holes at bottom of black uprights must face inward to align with holes in the base plates [19]. Inset shows view after bed frame has been set at final height (after step 11).

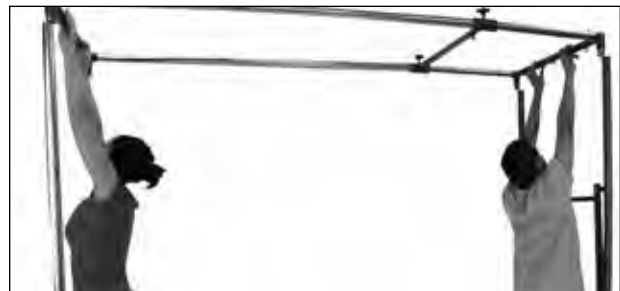


4. Chrome uprights [26] have two drilled holes at the bottom and one at the top. Place bottom ends into remaining receptors [28] of bed frame, ensuring holes line up with those in the base plates, and the single hole at the top faces diagonally inward.

NOTE: There is a distinct right and left upright. If holes do not line up correctly, switch uprights.



5. Fit vertically sliding bar [21] onto chrome uprights [26] so that the fixed eyehooks face downward and holes for star knobs [1] face outward. Guide sliding bar down uprights and rest it on top of bed frame.



6. REQUIRES TWO PEOPLE. Screw star knobs [1] into horizontally sliding bar [3] on top frame assembly [2]. Drilled hole at top of each chrome upright [26] faces diagonally inward. On top assembly, remove hex bolt from open end of each three-way joint [20]. With one person at each end, lift assembly and place onto all four uprights.



7. Line up pre-drilled holes on chrome uprights [26] with top frame assembly [2]. Insert hex bolts into all four uprights and tighten securely.



8. Screw star knobs [1] into vertically sliding bar [21], but do not tighten completely.



9. Move vertically sliding bar [21] to top of uprights. Tighten star knobs [1] to hold bar in place.



10. REQUIRES TWO PEOPLE. One person lifts bed frame [15] while standing in the center. At one end, second person ensures height of frame is 22.75" (57.8 cm) from top of frame to the floor.

NOTE: If you have the 69" (175.3 cm) cut-down version, ensure height of frame is 9.125" (23.18 cm) from top of frame to the floor.



11. Tighten one hex bolt [27] in place per upright on short side of bed frame. Repeat at other end. Subtle adjustments may be required.



12. Ensure vertically sliding bar [21] slides freely, push-thru bar [12] rotates freely and bed frame [15] is level. Tighten all remaining hex bolts [27] securely. Insert hex bolts into base plates [19] and tighten all securely.



13. REQUIRES TWO PEOPLE. Carefully place upholstered bed [13] on top of bed frame [15] and ensure it sits fully supported on all sides. This is easiest done by tilting bed on a diagonal angle and sliding it through the chrome uprights.



14. Slide washer onto eyehooks and insert eyehooks [17] into holes near bottom of chrome uprights [26] and below bed frame on black uprights [11]. Place second washer on other side of upright, thread on bolt and tighten securely. Ensure eyehooks are facing outward and positioned vertically.

Setting Up the Cadillac

Full instructions on proper set-up and execution of each exercise is provided in the STOTT PILATES® Essential Cadillac and Intermediate & Advanced Cadillac manuals. This safety manual includes general guidelines only.

Trapeze



Loosen star knobs and adjust the horizontally sliding bar to desired position. Tighten star knobs securely and attach trapeze springs to eyehooks on underside of bar. Ensure spring clips are fully closed and the trapeze strap is securely attached. Ensure the vinyl sleeves are covering the lower part of the trapeze springs.

Roll-Down Bar



Attach roll-down springs (black) to roll-down bar, then to the fixed eyehooks on the top frame assembly. Both springs must be attached. Ensure spring clips are completely closed and secure.

Leg Springs



Attach leg springs (green) to eyehooks on vertically sliding bar or top frame assembly. Ensure spring clips are completely closed and secure.

Light Arm Springs



Attach light arm springs (yellow) to eyehooks on vertically sliding bar. Ensure spring clips are completely closed and secure.

Support Strap



When using the support strap, adjust the strap tightly but comfortably around feet or ankles and make sure as much of the velcro as possible is pressed together.

Fuzzy Hanging Straps



Lay strap over upright or horizontal and thread fuzzy loops through the loop of the strap. Tug to tighten. To clean: machine wash on gentle cycle, hang to dry.

Extension Straps



Attach leg springs to eyehooks on vertically sliding bar or top frame assembly, then attach extension straps to springs and attach padded long spine straps. Ensure all spring clips are completely closed and secure.

Push-Thru Spring Covers



Spring covers are used on push-thru springs from below to prevent spring coils from coming into contact with upholstered bed.

Safety Cautions

Improper use of exercise equipment may cause serious injury. To reduce risk, please observe the following:

Hanging from Horizontals



Individual horizontal bars are designed to support a maximum of 200lbs (90 kgs). More weight may cause excessive bowing and possible damage.

Spring Clips



Ensure spring clips are closed completely. If a spring clip is only half closed, it may come undone and detach with high force.

IMPORTANT: Replace all spring clips every 12 months, or as needed within that period.

Locking Spring Clips



CAUTION: When using the push-thru bar with springs from below, locking spring clips must be used to attach to the bed frame or uprights. DO NOT use non-locking spring clips.

Push-Thru Bar, Springs from Above



CAUTION: A trained professional must keep a hand on the push-thru bar for any exercises.

Push-Thru Bar, Springs from Below



Adjust length of safety chain as required. Then, attach springs to eyehooks on bed frame using locking spring clips. Next, attach one or two springs to eyehooks on lower side of bar, ensuring spring clips are completely closed and secure.

IMPORTANT: When using the push-thru bar with springs from below, **attach safety chain first.**

CAUTION: To prevent accidental injury, never put your face above the push-thru or roll-down bars while spotting an exercise.

WARNING: The roll-down bar can release at high velocity due to spring tension. Ensure a secure grip at ALL times. Gripper mats may be used.

Safety Chain



The safety chain must be attached when using the push-thru bar with springs from below. Attach safety chain first from middle eyehook of strut between uprights to either upper eyehook of push-thru bar. Ensure spring clips are completely closed and secure.

Optional Items – Sold separately

For more information and to place an order, visit merrithew.com/replacementparts or email equipment@merrithew.com

Extension Straps



Used between Leg Springs [24] and Soft Reformer Loops [18] or Padded Long Spine Straps [25] to provide extra length. Available in 24" or 26" lengths.

Gripper Mat



Non-slip rubber mats are handy to increase traction and prevent slipping. A Gripper Mat can be wrapped around Push-Thru Bar [12], Roll-Down Bar [23], uprights or placed on upholstered beds.

Foam Cushions



Available in three sizes. Used for comfort and additional support when performing a wide variety of exercises.
A: 9"x 6"x 1" / 23 x 15 x 2.5 cm
B: 9"x 6"x 3" / 23 x 15 x 7.6 cm
C: 13"x 10"x 2.5" / 33 x 25.4 x 6.4 cm

Eco-Friendly Pilates Pad



Non-slip eco-friendly pads can help establish correct alignment and positioning or to provide cushioned support.

Padded Platform Extender



Provides a raised padded surface on the upholstered bed for seated or standing exercises.

Reformer Box



Can be used to facilitate or vary exercises. Available in three sizes. Regular, Extra-Tall, Extra-Long

Roll-Up Pole



This solid maple roll-up pole is used to increase focus on scapular stabilization while performing exercises.

Weighted Bar

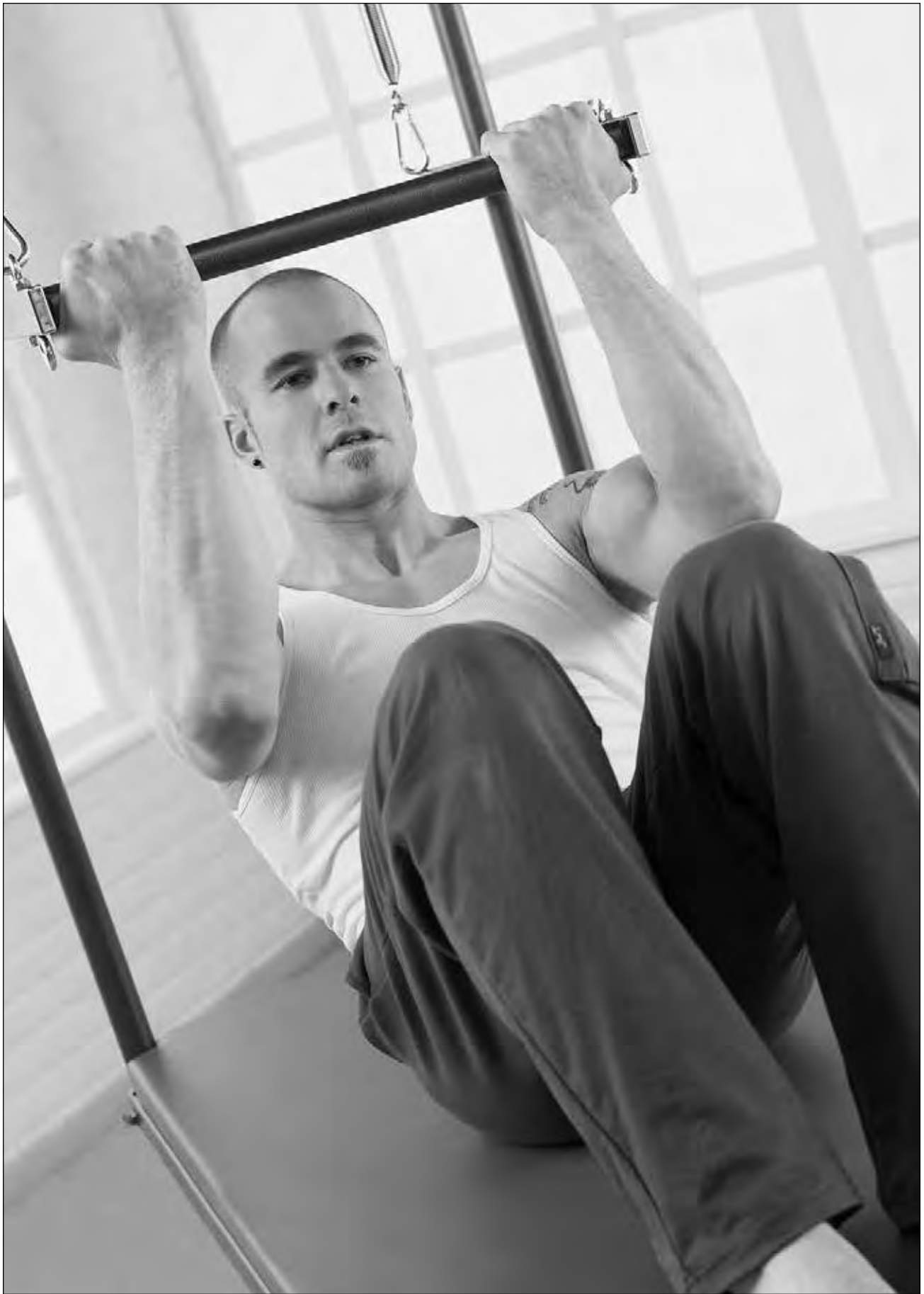


Add resistance to squats, lunges, bicep curls and chest presses with our new 2 lbs (0.9 kg) weighted bar! Easy to use and versatile, the weighted bar provides stable positioning of arms and shoulders while you condition, strengthen and tone your muscles. Encased in high-quality rubber for a secure and comfortable grip.

Arc Barrels



Featuring a gentle 117° curve Arc Barrels help decompress and lengthen the spine and can be used to increase or decrease challenge and facilitate exercises. Dense EVA foam cushioning provides optimal comfort and faithful proprioceptive feedback. The Arc Barrel Deluxe adds comfort with Baltic Birch hand grips on the sides.



Warranty

Merrithew™ warrants that all new equipment is free of manufacturing defects in workmanship and materials, subject to the terms below. This warranty becomes effective at the invoice date of the original purchase. Parts repaired or replaced under the terms of this warranty will be warranted for the remainder of the original warranty period.

It is the purchaser's responsibility to notify Merrithew of any change of contact information. This will ensure, that in the unlikely event of a replacement or safety notice, we will be able to contact you immediately.

This warranty applies to equipment only:

- While it remains in the possession of the original purchaser and proof of purchase is demonstrated
- If claims are made within the part-specific warranty period
- If upgrades are made as required by Merrithew

This warranty shall be null and void if:

- **Equipment failure is a result of improper assembly, installation or maintenance**
- **The equipment is used for any other purpose other than as intended, or is stored or used outdoors, or in environments without adequate climate/humidity controls**
- **Equipment has been subjected to accident, misuse, abuse, improper service, or any modification not authorized by Merrithew**
- **Equipment is used for any other type of exercise.**

This warranty does not cover damage to the finish of any equipment nor shipping charges, customs clearance fees (if applicable), or any costs incurred in installing repaired or replacement parts shipped under the provisions of this warranty.

Failure to change springs every two (2) years may void warranty.

Limited Lifetime Warranty

Merrithew will, at its option, repair or replace any of the parts listed below, provided that the part(s) fail due to a defect in workmanship or materials and provided such failure occurs and is reported within part-specific warranty period.

- Vertical bars and overhead frame
- Components of the frame and related welding

Two (2) Year Limited Warranty

Merrithew will, at its option, repair or replace all other components, including springs that fail for any reason, provided such failure is reported to Merrithew within a period of two years from the invoice date of the original purchase.

One (1) Year Limited Warranty

On straps and spring clips, provided such failure is reported to Merrithew within a period of one year from the invoice date of the original purchase. We recommend spring clips be changed annually.

90-Day Upholstery Fabric Warranty

The vinyl fabric upholstery and spring sleeves will be replaced if they fail to give normal wear for 90 days after delivery. Proof of damage may be required. This warranty does not cover cuts, burns, stains, soiling, pet damage or damage caused by other unreasonable use. This warranty does not apply to fabrics cleaned with abrasive, corrosive or chemical cleansers. If the identical fabric is not available, Merrithew will provide an equivalent.

Disclaimer of Implied Warranties and Limitation of Remedies

Repair or replacement of defective parts is your exclusive remedy under the terms of this limited warranty. In the event of parts availability issues, Merrithew will not be responsible for any consequential or incidental damages arising from the breach of either this limited warranty or any applicable implied warranty, or for failure or damage resulting from acts of nature, improper care and maintenance, accident, alteration, replacement of parts by anyone other than Merrithew, misuse, transportation, abuse, hostile environments (inclement weather, acts of nature), improper installation or installation not in accordance with local codes or printed instructions.

This limited warranty is the sole express warranty given by Merrithew. No product performance, specification or description wherever appearing is warranted by Merrithew except to the extent set forth in this limited warranty. Any implied warranty protection arising under the laws of any state, province or territory including implied warranty of merchantability or fitness for a particular purpose, or use, is hereby limited in duration to the duration of this limited warranty.

Neither distributors, dealers, web resellers, nor the retailers selling this product have any authority to make any additional warranties or to promise remedies in addition to, or inconsistent with those stated above. Merrithew's maximum liability, in any event, shall not exceed the purchase price of the product paid by the original purchaser.

IMPORTANT

Please keep this manual in a safe place.

If you have questions, issues or are missing parts:

Do NOT return this unit to your local retailer, please contact the manufacturer directly.

customer care@merrithew.com

416.482.4050 | 1.800.910.0001 | 0800.328.5676 UK | ext. 288

Take Advantage of our Training Tools



Training Manuals: Two fully illustrated manuals, developed for our Instructor Training Program, offer step-by-step instruction to the complete Cadillac repertoire.


Wall Charts: Full-size posters, measuring 27"x 39", depict exercises featured in the STOTT PILATES® Cadillac repertoire. Each exercise is described with name, equipment accessories, one photo, as well as suggested repetitions.



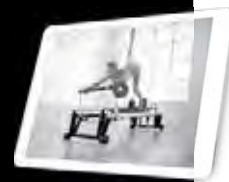
Instructional DVDs: We offer almost limitless exercise challenges in our clear and detailed repertoire of cutting edge titles. For a full listing visit merrithew.com/shop/dvds



NEW

 merrithew connect.

Check out Merrithew's digital platform with 200+ workouts. Visit merrithewconnect.com



Make the Most of Merrithew™ Equipment

As Leaders in Mindful Movement™, Merrithew is committed to developing unique, top-quality fitness programs based on the latest in exercise science and research. Our signature STOTT PILATES® education is unparalleled, and we bring the same expertise and passion to our full range of branded programs, including CORE™ Athletic Conditioning and Performance Training™, ZEN•GA®, Total Barre® and Halo® Training. Join our global community of elite fitness professionals. Merrithew courses and workshops are offered worldwide.

Find courses and workshops near you at merrithew.com/education/training

Contact Us 416.482.4050 | 1.800.910.0001 | 0800.328.5676 UK | ext. 300



IMPORTANT

Please keep this manual in a safe place.



Go to **merrithew.com/warranty** to activate your warranty!

Get the benefits:

- Ensure that you'll be able to repair it under warranty should you encounter a problem.
- Make warranty service fast and efficient by having your information in our records.
- In the unlikely event of a replacement or safety notice, we'll be able to contact you immediately.
- Proof of purchase for insurance purposes in the event of a loss due to fire, flood or theft.
- Stay informed of any product updates.

Can't get online?

Please fill out the warranty card enclosed with this product, and return to us.

This is your Cadillac Serial Number:



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