

# Things to Remember When... Moving Pilates Equipment

It is worth remembering that a successful move of your Pilates equipment is one where your equipment arrives undamaged and you accomplish the move unhurt. With that in mind, this tip sheet is divided into safety tips for moving and packing tips for shipping Reformers and other large Merrithew equipment pieces.

## Moving Pilates Equipment Safely

When rearranging or relocating your Merrithew equipment, it's important to keep your back safe to avoid potential injury. Here are some tips to help make the process smooth and risk-free.

- Check the move path for objects or floor irregularities that could put an abrupt stop to a loaded move or damage your equipment.
- Avoid using a Reformer with easy-roll wheels as a trolley and loading it up with accessories.
- When lifting keep your back straight and bend your knees. Grip firmly and lift slowly.
- If using an elevator, confirm beforehand that the equipment will fit into the space available. If using stairs, check that both ends of the stairwell offer clear passage.
- When loading the equipment into a vehicle, make sure it will fit before you lift it.
- When in doubt ask for help! Do not attempt to lift heavy equipment on your own.

**NOTE:** If extra space is required when moving a Reformer, the feet, wooden standing platform and pulley posts can be removed. Removing the carriage out of the rails will make the load lighter.

It is recommended when possible to use professional movers and leave the sometimes tricky heavy lifting to them.

## Moving Your Reformer Damage-Free and Parts Loss-Free

Here are useful packing tips to keep your Reformer safe and all its small bits present and accounted for:

- Remove carriage from the rails keeping carriage parallel with the rails until the carriage fully clears the rails.  
**NOTE:** carriage removal is a two-person job.
- Remove the floating rollers and shoulder rests from the carriage.
- Wrap the carriage in a protective covering such as a blanket or bubble wrap.

- Affix a sign to the top of the carriage that says... "Do not put anything on the carriage top". Any weight left on the carriage top will permanently indent the underlying EVA foam beneath the vinyl covering.
- Store carriage on its side.
- Remove feet, shoulder rests, traditional gearbar, carriage stopper, pulley posts and floating rollers and put items in a bag labeled "Important Reformer Parts". Make a clear mental note where the parts bag has been stored for the move.
- Wrap rails and wooden standing platform in bubble wrap to protect them from scrapes and gouges.
- If using professional movers make it abundantly clear to them that the pieces of equipment they are moving are very important to you!
- If upon arrival at your new location you find you need a bit more room to get around a tight corner, the feet and the wooden standing platform can be removed to gain a bit more clearance. Tipping the Reformer on its side to negotiate a corner should also be tried.
- Any small scratches or abrasions to the black, powder coated, front and back support ends of the Reformer can be effectively hidden by using a black Markal steel marker.
- Should you need to reference an assembly manual, the various manuals for each piece of equipment can be viewed at:  
**[merrithew.com/support/equipment-manuals-assembly](http://merrithew.com/support/equipment-manuals-assembly)**

When moving other large pieces of Pilates equipment take the precaution to protect sensitive areas with bubble wrap such as padded vinyl surfaces, Cadillac vertical poles, Stability Chair and Ladder Barrel side panels etc.

## Questions about equipment maintenance? Need a quote on replacement parts?

### Contact our Customer Care Department

1.800.910.0001 ext. 288 (North America)  
1.416.482.4050 ext. 288 (International)  
[customerservice@merrithew.com](mailto:customerservice@merrithew.com)

For more information contact our Customer Service

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