

Stability Barrel™ Lite



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

IMPORTANT!

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.
- ▶ The Stability Barrel Lite must be used under the supervision of a trained professional.
- ▶ Use equipment only for intended exercises.
- ▶ Stop exercising if you experience chest pain, feel faint, have difficulty breathing or experience musculoskeletal discomfort.
- ▶ Do not use if equipment appears worn, broken or damaged.
- ▶ Do not attempt to repair equipment yourself without consulting Merrithew.
- ▶ Do not allow children to use or be around equipment without adult supervision.
- ▶ The Stability Barrel Lite should be used by only one person at a time, not weighing over 300 lbs/ 136 kgs.
- ▶ Proper maintenance and timely replacement of your equipment is your responsibility and helps reduce the risk of injury.

Care and Cleaning

Wipe 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. Excessive exposure to sun is not recommended for this product.

Stability Barrel Lite

Offering the functionality of a traditional Pilates Arc, with the added benefit of an inverted position. An essential tool for aligning and mobilizing the spine, improving posture and developing balance and control. The curved surface provides padded support in prone, supine or side-lying positions, while the smooth base provides a flat platform facilitating balance and stability exercises. Supports a variety of users with differing torso size, flexibility and exercise choice.



- ▶ Slip-proof, antimicrobial, sanitary mat inhibits bacteria growth and absorbs energy, evenly adapts to pressure and quickly recovers its original shape.
- ▶ A separate, non-slip traction mat can be placed on the base (when inverted), for additional grip and cushioning.

width	25" 65 cm
length	28" 72 cm
height	6" 15 cm
weight	8.6 lbs 3.9 kg

Safety and Usage

The Stability Barrel Lite is an innovative piece of equipment that, when used properly, can facilitate many Pilates exercises safely and effectively. This manual includes general guidelines for usage.

- ▶ The Stability Barrel Lite may be used in the inverted position. Follow step-by-step instructions provided for getting on and off the Stability Barrel Lite.
- ▶ Ensure there is adequate space around you for getting on and off the Stability Barrel Lite. You may need to step off quickly, so make sure you have space to comfortably do so. Only use this product on a dry, level surface, free of obstacles and away from stairs.
- ▶ We recommend using a Merrithew Gripper Mat to provide additional traction.
- ▶ On wood or hard surfaces use a mat or exercise pad to reduce risk of injury.
- ▶ Although the surface of the Stability Barrel Lite has non-slip coating, ensure that your footwear provides extra traction while standing. Athletic footwear, bare feet, no-slip socks are appropriate.
- ▶ If needed, wipe perspiration off mat surfaces while working out.
- ▶ To prevent unsafe or improper use of Merrithew equipment, please read all safety information thoroughly and follow directions carefully.

To get the most out of your equipment, Merrithew offers a full range of instructional and manuals and exercise videos. Personalized training is offered through our Corporate, Licensed and Host Training Centers. Visit merrithew.com for more information.

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.

Getting On and Off Step-by-Step

To Stand on an Inverted Stability Barrel Lite

Before beginning, please ensure you have a spotter or are near a sturdy object for support.

Attention: The barrel is designed for use by one person at a time. Please ensure that your feet do not hang over the edges of the foam when using it inverted.



Stand beside the center of the Stability Barrel Lite with feet shoulder-width apart.



Bend and grasp the ends of the Stability Barrel Lite firmly on opposite sides.



Place one foot on the center surface of the Barrel



You can choose to lean one knee on the Barrel to keep it stable.



Once you feel stable, place your other foot on the opposite side of the Barrel.



Carefully stand upright. Adjust your stance while maintaining core connection to establish balance.



OR grasp onto a sturdy object, or you can take your spotter's hand and place one foot onto the Barrel.



Once you feel stable, place your other foot on the opposite side of the Barrel.



Always maintain proper upright posture with your head up, back straight and knees slightly bent.

To Dismount



Bend and grasp the opposite sides of the Stability Barrel Lite.



Place one foot on the floor before placing your other foot on the floor.



OR grasp onto a sturdy object or use your spotter for support.



Carefully place one foot on the floor before placing your other foot on the floor.

Warranty

At Merrithew™ we craft and source our products with pride, delivering durable and safe to use goods that we stand behind. If you receive a defective product, Merrithew will replace at no cost with proof of purchase.

Read our complete warranty terms and conditions here merrithew.com/support/warranty

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

Discover our Family of Barrels



Arc Barrels

Featuring a gentle curve to decompress and lengthen the spine. Dense EVA foam cushioning provides optimal comfort and faithful proprioceptive feedback. The Arc Barrel Deluxe adds wooden side panels and contoured handles.



Spine Corrector

Used to perform exercises that lengthen and strengthen the torso, shoulders, back and legs. Features sturdy wood plywood and Baltic Birch panels, dense EVA foam cushioning and convenient handgrips.



Ladder Barrel

Designed for serious core conditioning and increasing flexibility and mobility. Solid steel frame construction ensures maximum strength, stability and durability. An adjustable sliding base and six ladder rungs delivers a perfect fit.



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