

# Wall Unit



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

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.

Many exercises performed on the Spring Wall are part of the Cadillac repertoire. Full instructions are provided in STOTT PILATES Cadillac manuals.

This manual includes general guidelines for setup 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](http://merrithew.com) for more information.

## 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 surface areas after each use

**Weekly:** Inspect all springs for wear and damage and replace immediately as needed.

**Monthly:** ▶ Ensure eyehooks are securely fastened.

- ▶ Ensure all nuts, bolts and screws are securely fastened.
- ▶ Confirm push-thru bar nuts are secure.

**Yearly:** Replace all spring clips.

**Every Two Years:** Replace all springs.

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



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

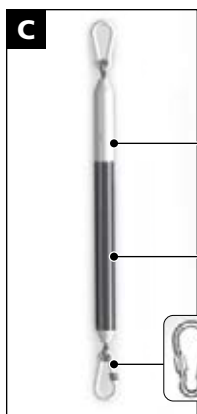
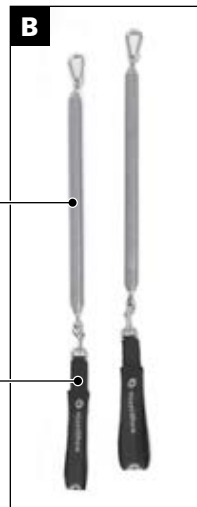
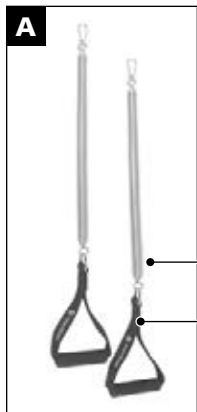
- ▶ Set up and operate the Wall Unit on a solid, level surface. Do not position on loose rugs or uneven surfaces.
- ▶ Before starting any exercise program, consult a physician.
- ▶ Always choose the workout which best fits your physical strength and flexibility level. Know your limits and train within them. Always use common sense when exercising.
- ▶ Before using equipment, read and follow the safety instructions provided and obtain thorough instruction from a qualified trainer.
- ▶ Ensure equipment is properly adjusted for your size and ability level. Use only for intended exercises and under the supervision of a trained professional.
- ▶ Stop exercising if you experience chest pain, feel faint, have difficulty breathing or experience musculoskeletal discomfort.
- ▶ Do not wear loose clothing while using the Wall Unit. Keep body, clothing and hair free from all moving parts.
- ▶ 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 Wall Unit should only be used by one person at a time, not weighing over 350 lbs / 159 kgs.
- ▶ Do not hang from the Horizontal Frame as it is not intended to support full body weight.
- ▶ Be careful to maintain your balance while using, mounting, dismounting or assembling the Wall Unit, loss of balance may result in a fall and serious injury.
- ▶ All springs must be replaced every 24 months or as needed within that period.
- ▶ All spring clips must be replaced every 12 months or as needed within that period.

**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 people who sell, distribute and/or manufacture this equipment.**

# Wall Unit

- 1 Horizontal Frame Assembly
- 2 Roll-Down Springs (2) (black)
- 3 Arm Springs (2) (yellow) [fig. A]
- 4 Eyehooks, Upper
- 5 Safety Chain
- 6 Roll-Down Bar
- 7 Vertical Frame
- 8 Eyehooks, Lower
- 9 Leg Springs (2) (green) [fig. B]
- 10 Push-Thru Bar
- 11 Base Plate
- 12 Padded Long Spine Straps [fig. B]
- 13 3/8" Hex Bolts (pre-set)
- 14 Three-Way Joint
- 15 1/2" Hex Bolts (pre-set)
- 16 Foam Grip Handles [fig. A]
- 17 Push-Thru Springs (2) (blue) [fig. C]
- 18 Push-Thru Spring Cover [fig. C]
- 19 Locking Spring Clip [fig. C]



The Wall Unit image shown here includes a Platform Mat, available as an optional purchase.

# Assembling the Wall Unit

PLEASE DO NOT ATTEMPT TO ASSEMBLE ON YOUR OWN.

Installation of this product requires a minimum of two people. We highly recommend that you have this product installed by a professional contractor. Read instructions completely before beginning assembly. Improper installation voids equipment warranty. Merrithew will not be responsible for any injury or damage resulting from improper installation.

- ▶ Place all parts from the box in a cleared area and position them on the floor in front of you.
- ▶ Remove all packing material from your 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](http://merrithew.com/eq-assembly).

1. Remove the 3/8"x 3/4" hex bolts [13] (plain) from the three-way joint [14] on the horizontal frame [1].
2. Place the open end of the 3-way joint [14] onto the vertical frame [7]. Tighten both 3/8"x 3/4" hex bolts [13] fully to complete the frame.
3. Find support studs in wall (typically 16"/ 40.64 cm apart)
  - NOTE:** On a standard drywall surface, when only one support stud can be found, affix the remaining hole of the wall plate to the wall using butterfly toggle anchors, slotted hex head wall anchors or other appropriate heavy-duty drywall anchor fasteners.
4. Place frame against wall, using a "square" or level to ensure frame is at a 90° angle. To adjust, hold base plate [11] of horizontal frame [1] against wall and move vertical frame [7].
5. Mark holes on wall and floor to mount plates. Select appropriate hardware and attach the frame to wall and floor.
6. Attach all springs as pictured.
7. Test the stability and solidness of the Wall Unit before using.

## Hardware Required

*not included*

Specific bolts and/or screws used in the installation of this equipment depends on the type of surface it is being affixed to, although it is always recommended that you try to attach to a wall stud.

Your local hardware store or contractor will be able to assist you in selecting the appropriate hardware for your specific needs.

### Affixing to Drywall

Butterfly toggle or slotted hex head wall anchors

### Affixing to Brick Wall

Masonry fasteners

### Affixing to Ceramic Tile Floor


Masonry fasteners

### Affixing to Wood Floor/Carpeting


Wood screws


## Required Tools

*included*

 Universal Assembly Tool

*not included*

 Builder's Level

 Electric Drill





# Safety Cautions

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

## 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. DO NOT use non-locking spring clips.

## Leg Springs



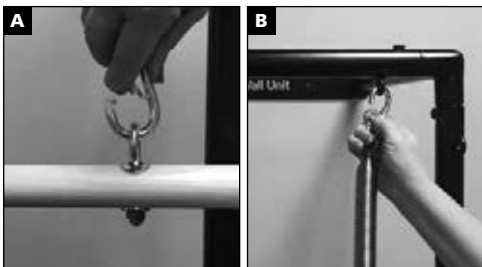
Attach leg springs [9] to eyehooks [8] at desired height. Ensure spring clips are completely closed and secure.

## Arm Springs



Attach Arm Springs [3] to eyehooks [4] at desired height. Ensure spring clips are completely closed and secure.

## Roll-Down Bar



Attach roll-down springs [2] to roll-down bar [6] [fig A], then to the fixed eyehooks on the frame assembly [fig B]. Both springs must be attached. To decrease or increase spring tension, substitute light arm springs [3] or leg springs [9] respectively. Make sure spring clips are completely closed and secure.

**CAUTION:** 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.

## Grip



Ensure a secure grip when using the Push-Thru Bar or Roll-Down Bar on the Wall Unit. Gripper Mats may be used to increase traction.

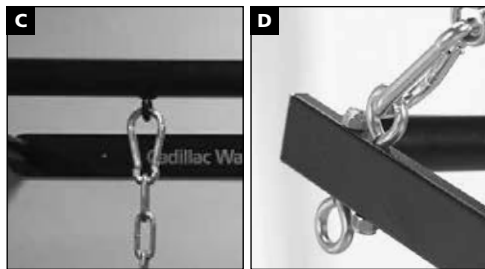
### Push-Thru Bar, Springs from Above



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

Attach push-thru springs to eyehooks at the top of the Vertical Frame [7] using locking spring clips [19]. Next, attach one or two springs to the eyehooks on the upper side of the bar, ensuring spring clips are completely closed and secure.

### Safety Chain



Safety chain must be attached when using push-thru bar with springs from below. Attach safety chain [5] first to middle eyehook on the Horizontal Frame Assembly [fig C], and other end to either upper eyehook of push-thru bar. [fig D] Ensure spring clips are completely closed and secure.

## 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.

Clean all metal surface areas as required, using a soft cloth and gentle cleaner.

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

### Push-Thru Bar, Springs from Below



**IMPORTANT:** When using the push-thru bar with springs from below, **attach safety chain first.** Adjust length of Safety Chain as required for the intended exercise.

Attach push-thru springs [17] to eyehooks at the base of the Vertical Frame [7] using locking spring clips. Then, attach one or two springs to eyehooks on lower side of bar. Ensure spring clips are completely closed and secure.

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

## Positioning with Mats

**NOTE:** The Wall Unit was designed to be used with both a Raised Mat and a Pilates Mat. However, it is necessary to make some positioning adjustments in each case.

When using the Push-Thru Bar with a Raised Mat, the starting position for supine exercises (i.e. Push-Thru on Back with Roll Up), must be modified.

In this case, it is necessary to start with the Push-Thru Bar in line with the uprights when beginning any exercise with the arms extended overhead. This ensures the body is farther away from the unit, and prevents the bar from coming too close to the head or face when the elbows flex. This position also prevents contact with the wall as the Bar is pushed through.

# Replacement Parts – sold separately

To order, visit [merrithew.com/replacementparts](http://merrithew.com/replacementparts) or email [customer care@merrithew.com](mailto:customer care@merrithew.com)

## Replacement Spring Package



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

- roll-down springs (2)
- leg springs (2)
- light arm springs (2)
- push-thru springs (4)
- spring clips (18)
- locking spring clips (2)

## Push-Thru Springs – Blue



For use with push-thru bar.

## Safety Chain



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

## Spring Covers, Vinyl



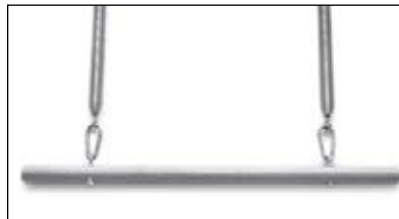
Durable vinyl covers for use with push-thru springs and trapeze springs. *Sold individually.*

## Leg Springs – Green



Shown here with padded long spine straps attached

## Roll-Down Springs – Black with Roll-Down Bar



Can also function as regular arm springs. Shown with roll-down bar attached.

## Foam Grip Handles



Cushioned and rounded, these provide extra comfort.

## Light Arm Springs – Yellow



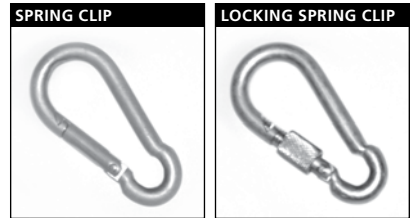
Shown here with foam grip handles.

## Padded Long Spine Straps



Also available without padding.

## 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.



# Optional Items – sold separately

## Platform Mat



Features dense foam padding and a supportive surface that provides faithful proprioceptive feedback. Footstrap included.

## Split Platform Mat



The same dense mat surface as our Platform Mat, but arrives in two sections for ease of shipping and storage. Footstrap included.

## Extension Straps



Assists alignment of the knee joint. Available in two lengths: 24" is standard and 26" is recommended for those with athletic thighs.

## Gripper Mat



Non-slip rubber mats are handy to increase traction and prevent slipping. A gripper mat can be wrapped around push-thru bar, roll-down bar, uprights or placed on upholstered bed.

# 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 ensures, that in the unlikely event of a replacement or safety notice, we are 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**

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 with 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 other than upholstery, 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. 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.

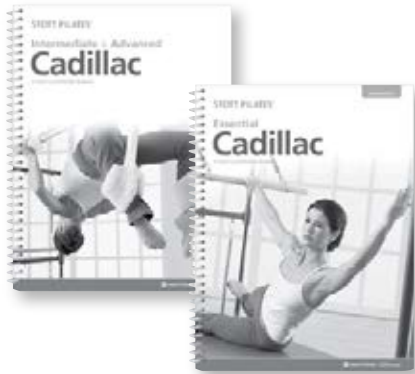
If you have questions, issues or are missing parts:

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

[customercare@merrithew.com](mailto:customercare@merrithew.com)

416.482.4050 | 1.800.910.0001 | 0800.328.5676 UK | ext. 288

# Take Advantage of our Training Tools



**Training Manuals:** Two manuals, developed for our Instructor Training Program, and fully illustrated, 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](http://merrithew.com/shop/dvds)

## 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](http://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](https://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 Wall Unit Serial Number:



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