Tower Trainer



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



Tower Trainer

Required Tools

1/4" (6mm) Hex Key
Adjustable Wrench

- 1 Eyehook
- 2 Upper Tube Assembly
- 3 Safety Chain
- 4 Spring Clip
- **5** Large Securing Knob
- 6 Light Arm Springs (Yellow)
- 7 Left Sliding Stability Bar Holder
- 8 Roll-Down Bar
- 9 Foam Grip Handles
- 10 Left Upright
- 11 Wheel Cap
- 12 Outer Cover
- **13** Base Frame
- **14** Main Frame
- **15** Handle Strap
- 16 Round Feet
- 10 Nound Leet
- 17 Serial Number Sticker (see pg. 5 for detail)
- 18 Extension Frame
- 19 Raised Extension Mat
- 20 Raised Main Mat
- 21 Locking Knob
- 22 Raised Base Mat

- 23 Inner Cover
- 24 Right Upright
- 25 Push-Thru Bar
- 26 Push-Pin
- 27 Fuzzy Hanging Straps [fig. A]
- 28 Right Sliding Stability Bar Holder
- 29 Spring-loaded Pin
- 30 Sliding Stability Bar
- 31 Padded Sliding Stability Bar Sleeve
- 32 Rolldown Spring (Black)
- **33** Single D-ring Strap [fig. B]
- 34 Leg Springs (White) [fig. C]
- **35** Padded Long Spine Straps [fig. C]

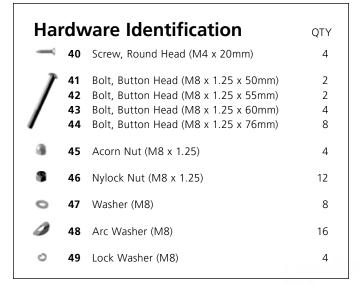
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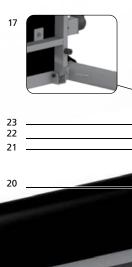
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- **36** Push-Thru Spring (Blue)
- **37** Vinyl Spring Cover [fig. D]
- 38 Locking Spring Clip [fig. D]
- 39 Bolt-on Wheels [fig. E]

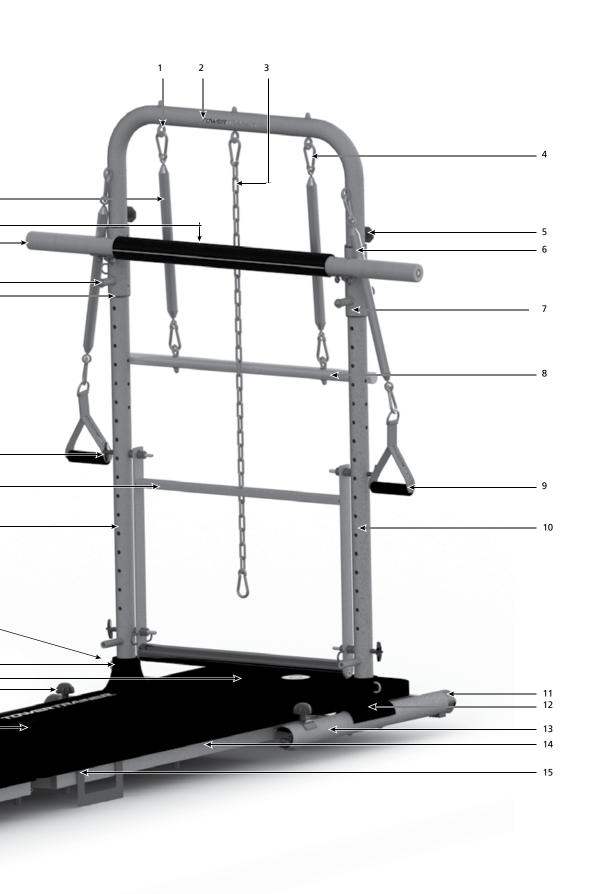
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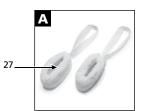
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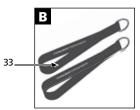


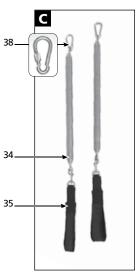


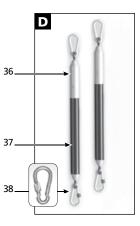
Covered by one or more of the following patents and/or patent applications: US 8,057,371 B2, 7,878,954 B2, US Application No. 11/329,252, US Application No. 12/233,968, US Application No. 60/642,985, PCT International Application No. 2006000814.

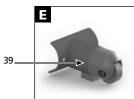












MPORTANT

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 faciliate 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.

The Trainer comes equipped with a full compliment of springs, straps and a safety chain. The springs can be attached to various locations on the frame, or on the straps hooked around the sliding bar. Be sure your spring clips are completely closed and secure.

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 setup and usage. To get the most out of this equipment, Merrithew offers instructional DVDs and manuals. Personalized training is offered through our Host, Licensed and Corporate Training Centers. Visit merrithew.com for more information.

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

- ▶ The Tower Trainer™ must be used under the supervision of a trained professional.
- Before starting any exercise program, consult a physician. Stop exercising immediately if you experience chest pain, feel faint, have difficulty breathing or experience discomfort.
- Before using equipment, read and follow the safety instructions in this manual and obtain thorough instruction from a qualified trainer. Use equipment for intended exercises only.
- Do not use if equipment appears worn, broken or damaged. Do not attempt to repair equipment yourself without contacting Merrithew.
- ▶ Do not wear loose clothing while using the Tower Trainer.
- ▶ Set up and operate the Tower Trainer on a solid level surface. Do not position the Tower Trainer on loose rugs or uneven surfaces.
- Make sure that adequate space is available for access to and around the Tower Trainer.
- Ensure the equipment is properly adjusted for your size and ability level.
- When springs are used, 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 spring from below, locking spring clips must be used to attach to the frame or uprights, and the safety chain must be attached.

- When using the push-thru bar, a trained professional must keep a hand on the bar at all times.
- Ensure that the Main Frame is secured properly on the Base Frame with the locking knobs before using the Tower Trainer.
- Always make sure that the Dowel Holder is adjusted to the same height with Spring Pins in parallel holes in Uprights.
- 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.
- Be careful to maintain your balance while using, mounting. dismounting or assembling the Tower Trainer, loss of balance may result in a fall and serious injury.
- ▶ The Tower Trainer should not be used by persons weighing over 250 lbs (113 kgs).
- The Tower Trainer should be used by only one person at a time. Do not allow children to use or be around equipment without adult supervision.

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.

Assembling the Tower Trainer

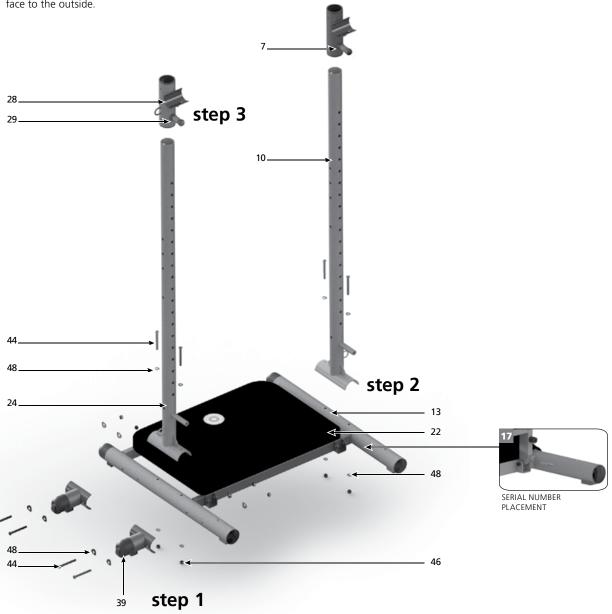
STOP! Please do not attempt to assemble on your own. This is, at minimum, a job for two people. Read these instructions completely before beginning.

- Place all parts from the box in a cleared area and position on the floor in front of you.
- Remove all packing materials and place back into the box. Do not dispose of the packing materials until assembly is completed.
- **1.** Attach the bolt-on wheels [39] to the base frame [13] by inserting the button head bolts [44] and arc washer [48], secure with arc washer [48] and nylock nut [46].
- 2. Attach the left [10] and the right uprights [24] to the base frame [13] by inserting the button head bolts [44] and arc washers [48] from top and secure with arc washers [48] and nylock nut [46] from bottom. Do not tighten the bolts until step 6.

NOTE: The correct positions of the holes and eyehooks on the left upright and right upright in the illustration. The holes face away from the raised base mat [22] and the eyehooks face to the outside.

3. Pull the spring-loaded pin [29] then slide the right sliding stability bar holder [28] onto the right upright [24]. Release the spring-loaded pin so it catches in one of the adjustment holes and locks the holder in place. Repeat with the left sliding stability bar holder [7] and left upright [10]. Position the left and right sliding stability bar holders so they are the same distance from the top of the left and right uprights.

NOTE: The correct position of the eyehooks on the sliding stability bar holders in the illustration. The eyehooks face to the outside.



Assembling the Tower Trainer cont'd

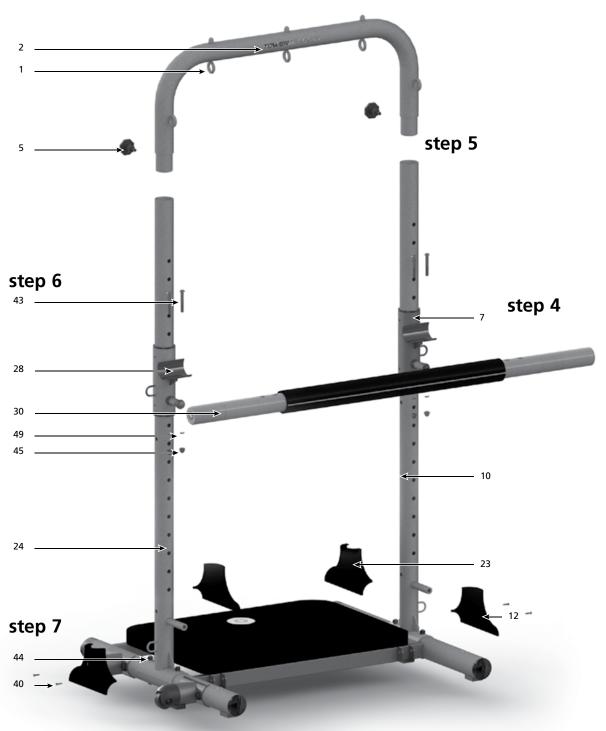
4. Attach the sliding stability bar [30] to the left and right sliding stability bar holders [7, 28] with button head bolts [43], lock washers [49] and acorn nuts [45]. **Do not tighten the bolts until Step 6.**

NOTE: The padded stability sleeve can easily be removed by undoing the zipper.

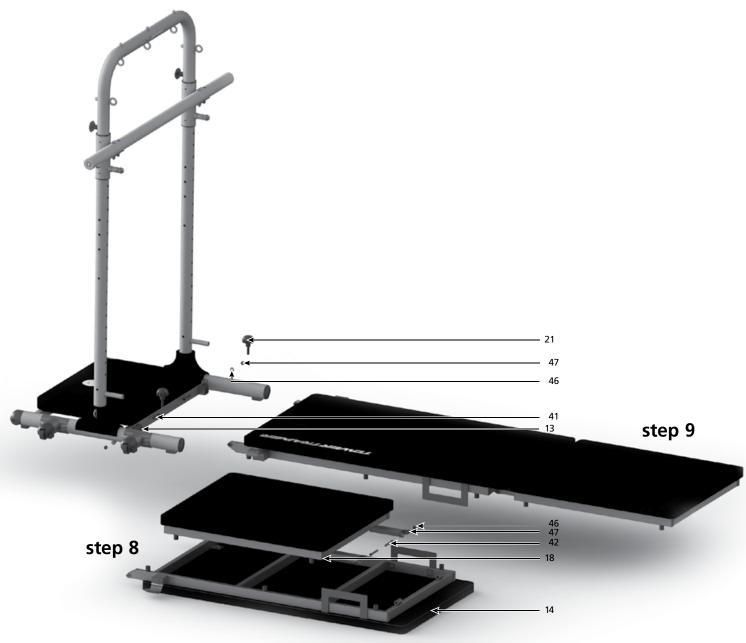
5. Insert the upper tube assembly [2] into the left and right uprights [10, 24] and secure with the large securing knobs [5].

NOTE: The correct position of the holes and eyehooks [1] on the upper tube assembly [2] in the illustration below.

- **6.** Tighten the button head bolts [43] to secure the sliding stability bar [30]. Tighten the button head bolts [44] to secure the left and right upright [10, 24].
- **7.** Attach the outer cover [12] and inner cover [23] to the right upright [24] with round head screws [40]. Repeat on other side.



- **8.** Place the main frame [14] with the mat side face down. Attach the extension frame [18] by placing it (mat side up) on top of the mat frame, aligning hinge brackets. Use button head bolts [42], washers [47] and nylock nuts [46] to secure together.
- **9.** Unfold the extension frame [18] from the main frame [14] and turn the mat side face up. Attach the Main frame [14] to the base frame [13] with button head bolts [41], washers [47], and nylock nuts [46]. Lock the main frame [14] and the base frame [13] together with the locking knobs [21].



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.

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.

Safety & Usage

Sliding Stability Bar Adjustment

To adjust the height of the Sliding Stability Bar [30], pull out on the spring-loaded pins [29] and carefully slide the bar to the desired location. Release the pins and ensure they are fully locked in one of the holes. The bar also comes with a soft padded covering to increase comfort and usability.

NOTE: Always make sure that the sliding stability bar holders [7, 28] are adjusted so the bar is parallel with the mat.

Set-Up For The Push-Thru Bar

Attach the push-thru bar [25] to the top adjustment hole in the uprights [10, 24] with two upper push-pins [26].

Attach the safety chain [3] to the eyehook [1] on the top of the upper tube assembly [2]. For some exercises, the push-thru bar [25] should be up and secured in position with the safety chain [3]. The push-thru bar [25] can be used as a foot bar for some exercises. Attach the push-thru bar (25) to the lowest adjustment hole in the upright [10, 24] with two upper push-pins [26]. Lock the push-thru bar [25] to the uprights [10, 24] with two lower push-pins [26].

NOTE:

• There are three adjustment holes in the uprights that allow you

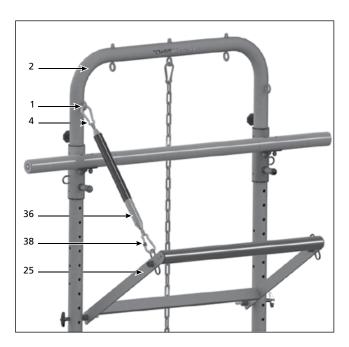


Using the Push-Thru Bar

Springs from Above

When doing exercises that require the spring resistance to come from above the bar, attach the push-thru spring [36] to the eyehook on the upper side of the push-thru bar [25] with the locking spring clip [38]. Attach the other end of the push-thru spring [36] to one of the eyehooks [1] on the upper tube assembly [2] with the spring clip [4].

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

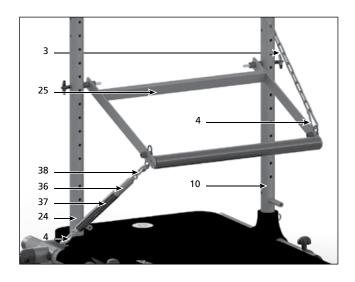


Springs from Below

CAUTION! If using the push-thru bar with springs from below, attach safety chain first.

- 1. When using the push-thru bar [25] with the push-thru spring [36] attached from below for bottom load exercises, connect one end of the safety chain [3] to one of the eyehooks [1] on the upper tube assembly [2] with the spring clip [4]. Connect the other end of the chain to the eyehook on the push-thru bar [25] with the spring clip [4] as per illustration below.
- 2. Hook the spring to the eyehooks located at the base on the other side of the upright [10 or 24] with the spring clip [4]; see illustration below. Ensure that the vinyl spring cover [37] which covers the push-thru spring [36] is moved over the lower part of the spring to avoid catching the user's hair or clothing, and to keep the spring from coming into contact with the upholstered raised mat.
- **3.** Attach the push-thru spring [36] to the loop on the underside of the push-thru bar [25] with the locking spring clip [38], as per illustration below.

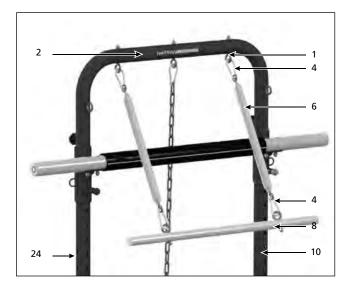
Be sure that the safety chain is always connected to the push-thru bar when in use with springs from below.



Safety & Usage cont'd

Roll-Down Bar

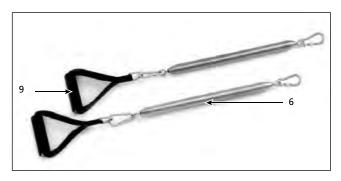
The roll-down bar [8] attaches via the rolldown springs [6] to the eyehooks [1] on the upper tube assembly [2] between the two uprights [10, 24] with the spring clip [4]. Attach the arm springs [6] to the roll-down bar [8] with the spring clip [4]. Ensure the spring clips are completely closed and secure.



Springs

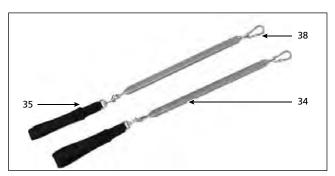
Light Arm Springs – yellow

Attach light arm springs [6] to eyehooks at desired height with the locking spring clip [38]. Attach the other ends of the springs to the foam grip handles [9] with the spring clips [4]. Ensure the spring clips are completely closed and secured.



Leg Springs - white

Attach leg springs [34] to eyehooks at desired height with the locking spring clips [38]. Attach the other ends of the springs to the padded long-spine straps [35]. Ensure the clips are completely closed and secured.



Storage & Mobility

WARNING: When folding or unfolding the Tower Trainer™, keep all children away from the Tower Trainer and make sure hands and feet are clear of any folding or pinch point.

Folding

- **a.** Move any attached accessories to the back side of the tower so the mats can fold up against the sliding stability bar [30].
- **b.** Ensure upper and lower push-pins (26) are inserted with the push thru bar (25) locked down.
- c. Remove the locking knobs [21] to unlock the main frame [14].
- **d.** With one hand on one of the handle straps [15] on the raised main mat [20], and one hand on the extension frame [18], slowly lift the main frame [14] and extension frame [18]. The extension frame [18] will fold down against the main frame [14] as you lift.
- **e.** When both frames are in the most vertical position possible, parallel to the left and right uprights [10, 24], secure the main frame [14] to the left and right uprights [10, 24] with the locking knobs [21].

Unfolding

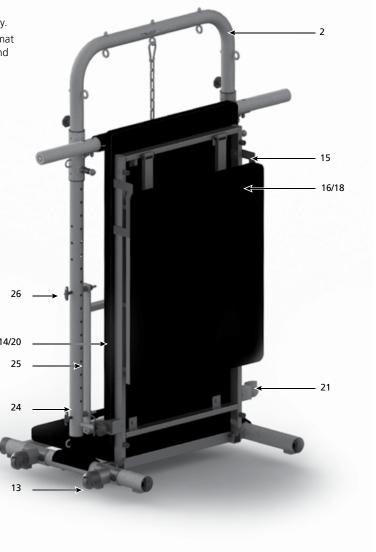
- a. Unscrew the locking knobs [21] from the uprights completely.
- **b.** With one hand on the handle strap [15] of the raised main mat [20], and one hand on the extension frame [18], carefully extend it completely to rest on the floor.
- **c.** Replace the locking knobs [21] securing the main frame [14] to the base frame [13] and fully tighten for security.

Moving

To move the Tower Trainer, it must be folded. The push-thru bar must be locked down. While on the wheeled side of the folded Tower Trainer, grasp the upper tube assembly [2] with one hand, place your foot against the base frame [13], and hold the upright with your other hand. Pull the Tower Trainer toward you while holding the base steady with your foot until the wheels come in contact with the floor. Then roll the Tower Trainer while holding the upper tube assembly [2] and right upright [24] to steady and quide the Tower Trainer.

Storing

Store the Tower Trainer in a clean, dry place.



To order, visit merrithew.com/replacementparts or email equipment@merrithew.com

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:

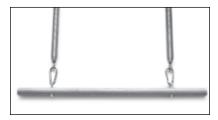
- ▶ leg springs (2) ▶ roll-down springs (2)
- ▶ arm springs (2) ▶ push-thru springs (2)
- ▶ spring clips (10) ▶ locking spring clips (6)

Roll-Down Springs, Black



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

Roll-Down Bar



Shown with springs attached. Sold separately.

Push-Thru Springs, Blue



For use with push-thru bar. Sold as a pair with four spring clips (2 locking/2 regular).

Leg Springs, Green



Sold as a pair with four spring clips.

Light Arm Springs, Yellow



Sold as a pair with four spring clips.

Single D-Ring Straps



Connecter for attaching springs to stability bar.

Foam Grip Handles



Cushioned and rounded, these provide extra comfort.

Padded Long Spine Straps



Also available without padding.

Fuzzy Hanging Straps



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

Locking Knob



Use to lock in folded or unfolded position.

Large Securing Knob



Use to secure upper tube assembly to uprights.

Push-Pin



Used to secure push-thru bar.

Safety Chain



For use with push-thru bar. **CAUTION:** Safety chain must be in place when using push-thru springs from above.

Spring Clips



Replace spring clips every 12 months or earlier as needed.

CAUTION: Locking spring clips are required when using pu sh-thru bar with springs from below. **Do not use non-locking spring clips.**

Optional Items

Gripper Mat



Non-slip rubber mats are handy to increase traction and prevent slipping. A Gripper Mat can be wrapped around push-thru bar [64], roll-down bar [62], 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



Used to facilitate or vary exercises.

Arc Barrels



Ideal to increase or decrease challenge and to assist rehab clients. The Arc Barrel Deluxe adds comfort with Baltic Birch hand grips on the sides.

Metal & Maple Roll-Up Poles



This solid maple roll-up pole is used to increase scapular awareness while performing exercises. Sold separately.

Extension Straps



Assists alignment of the knee jointAvailable in 24" or 26" lengths.

Padded Sliding Stability Bar Sleeve



Removable covering adds cushioning to sliding stability bar.

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 the Company 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.

Five (5) Year Limited 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:

- vertical bars and overhead frame
- components of the frame and related welding

Two (2) Year Limited Warranty

Merrithew will replace 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. We recommend that springs be changed every two (2) years

One (1) Year Limited Warranty

On other parts and components. We recommend that 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.



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
416.482.4050 | 1.800.910.0001 | 0800.328.5676 UK | ext. 0907

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, using a soft cloth and gentle cleanser.

Weekly

 Check all springs and spring clips for wear and damage and replace as needed.

Monthly

- Ensure all nuts, bolts and screws are securely fastened.
- Ensure eyehooks are securely fastened.

Yearly

▶ Replace all spring clips.

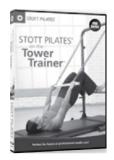
Every Two Years

Replace all springs.

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 THE MACHINE WITH IMPROPERLY ADJUSTED, BROKEN OR WORN PARTS, COULD RESULT IN SERIOUS BODILY INJURY.

Take Advantage of our Training Tools



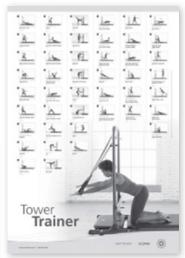
Instructional DVD: Focusing on the biomechanical principles of STOTT PILATES® while using the various components of the Tower Trainer™ to develop core stability and improve flexibility. Enjoy this hybrid workout of Pilates and traditional fitness moves that increase overall strength and conditioning.

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

Tower Trainer™ Wall Chart: This full-size poster, measuring 27"x 39", depicts exercises featured in the STOTT PILATES® Programming on the Tower Trainer™ and CORE Athletic Conditioning & Performance Training on the Tower Trainer™ programs. Each exercise is described with name, equipment accessories, one photo, as well as suggested repetitions. Our Wall Charts are printed with vegetable-based inks on FSC paper.

A step-by-step exercise guide for the Tower Trainer repertoire can be downloaded by visiting merrithew.com/guide





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





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 Tower Trainer Serial Number:

