



merrithew™

leaders in mindful movement™

# Rehab Catalog

INTELLIGENT **EXERCISE.**  
PROFOUND **RESULTS.®**



STOTT PILATES®

zenoga®

CORE™

totalbarre.

HALO®  
TRAINING



The Merrithew™ seal represents our commitment to and guarantee of maintaining the highest standards for superior design, education and craftsmanship.

#### **Visionary Leadership**

As Leaders in Mindful Movement™, our products serve the growing mind-body modalities, and support our customers in achieving their fitness goals.

#### **Craftsmanship**

Our products are synonymous with the highest quality and finest manufacturing materials in the industry, and are crafted with pride and precision. Sleek and aesthetically pleasing, our versatile and durable equipment is designed for absolute safety and effectiveness.

#### **Commitment to Education**

Since 1988, we have been committed to developing effective and responsible exercise for Instructors, fitness professionals and exercise enthusiasts with the creation of unique, high-integrity fitness programs spanning a variety of exercise modalities.

#### **Passion**

With a bright and talented team of fitness professionals and mind-body enthusiasts, we're continually evolving and staying ahead of the curve as a driving force in the industry.

# The Journey of a Movement

The health and fitness industry continues to be in a rapid phase of evolution. With new practices, new technologies, new channels — things can change in a flash. The same holds true for mindful movement, a category that has grown tremendously since we started in 1988 and lends itself especially well to rehabilitation. The mind-body industry has expanded to include new modalities and fusions, new audiences, and new equipment and tools to support, build and challenge fitness regimens and service offerings, including those for rehabilitation programs.

In an effort to draw new faces to the world of mindful movement, we continue to create safe, responsible and results-oriented education, programming and equipment in line with ever-evolving exercise science. Our branded programs, STOTT PILATES®, ZEN•GA®, CORE™ Athletic Conditioning & Performance Training™, Total Barre®, and Halo® Training\*, feature new programming that supports health care professionals who want to cater to new and different types of clientele, including fitness facilities, health care and wellness centers, hospitals and rehabilitation centers that want to expand or enhance their client offerings. We also look to support customers who simply want to make getting out of bed each morning easier as well as those who are regaining strength following an injury, or are working with physical conditions that require special attention. Our growing equipment line continues to add exercise diversity, catering to a broader range of clientele needs, and supporting their rehabilitative or health care goals.

It is rewarding to see the journey that mind-body exercise has taken over the last few decades, especially seeing the positive impact on tens of thousands of professionals and their clients around the world. We feel privileged to be at the forefront of an industry that is helping people of all ages and fitness abilities lead healthier lives. To our global community, we look forward to decades of continued growth — professionally and personally.

Yours in good health,



**Lindsay G. Merrithew**  
PRESIDENT & CEO



**Moira Merrithew**  
EXECUTIVE DIRECTOR, EDUCATION







## The Leaders in Mindful Movement™

**Merrithew™** education offerings illustrate the evolution of mindful movement and how our premier fitness brand, STOTT PILATES, is the foundation upon which our new and growing mind-body modalities are based. The modern principles of exercise science are inherent in all of our modalities while also incorporating newer fitness practices such as fascial fitness, biomechanics of movement, functional fitness and core-integrated bodyweight training all while maintaining the mind-body connection — essential to any rehabilitation program.

Our programs provide opportunities for personal trainers, health care professionals, group fitness instructors, athletes and other specialists to diversify their knowledge base and cater to a wider client base.

**STOTT PILATES®**: A contemporary approach to the original Pilates exercise method based on modern principles of exercise science.

**ZEN•GA®**: A unique mind-body modality that fuses elements of Pilates, yoga, martial arts and meditation into a series of flowing movements emphasizing the breath. Using props and equipment, these accessible workouts are playful yet powerful, emphasizing smooth transitions, intention of movement and breath.

**CORE™**: An athletic conditioning and performance training program that integrates mind-body principles with functional fitness and emphasizes quality of movement.

**Total Barre®**: A barre program integrating elements of Pilates, dance, cardio and strength training with music.

**Halo® Training\***: An overall body conditioning program incorporating the Halo Trainer for strength, endurance, flexibility, interval training and injury prevention.



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**Eco-friendly** — products that are environmentally-friendly and adhere to our eco-friendly guidelines.



**Professional** — while many of our products can be and are used in facilities and studios, these products are specifically designed for professional use.



**Fascia** — products that are suited to fascial release and therapeutic movement.

# STOTT PILATES® Rehabilitation Program

Aimed at therapy and medical professionals, the STOTT PILATES Rehabilitation Program demonstrates integration of modified Matwork and equipment exercises into therapeutic conditioning.

The Rehabilitation program courses cover the therapeutic foundations of STOTT PILATES and how they integrate with current rehabilitation practices, as well as choreography, modifications, indications and contraindications. Students learn verbal cueing for each exercise, how to assess proper form and correct improper execution, and integrating STOTT PILATES into clinical scenarios.

The STOTT PILATES Rehabilitation Program is open to medical and rehabilitation professionals, including physiotherapists, physical therapists and physical therapy assistants, occupational therapists, chiropractors, medical doctors, sports medicine doctors and registered nurses. Students may also apply if they are studying at a certifying, licensing or degree-granting institution in anatomy, physiology, injury prevention or exercise prescription with clinical experience and have been granted the right to assess, diagnose, treat and prescribe exercise for the rehabilitation and/or prevention of injuries.

## Rehab Courses

### Spinal, Pelvic & Scapular Stabilization

#### RM1 — Matwork

An introduction to the biomechanical principles of STOTT PILATES and how they apply to modified Matwork exercises. Light equipment including balls, bands and rollers are used to emphasize lumbo-pelvic and shoulder girdle stabilization and the role they play in rehabilitation and injury prevention.

#### RR1 — Reformer

An introduction to the biomechanical principles of STOTT PILATES and their application to modified exercises on the Reformer. The various features of the equipment help focus on lumbo-pelvic and shoulder girdle stabilization and their importance in rehabilitation and injury prevention.

#### RCCB1 — Cadillac, Chair & Barrels

Learn to incorporate the different levels of resistance and support provided by the Cadillac Trapeze Table, Stability Chair™ and Barrels to improve mobilization and stabilization of the lumbo-pelvic region and shoulder girdle, with an emphasis on their roles in injury prevention and rehabilitation.

### Peripheral Joint Stabilization

#### RM2 — Matwork

Building on the biomechanical and stabilization principles from RM1, learn Matwork-based exercises with small props designed to prevent and rehabilitate common injuries. Emphasis is on core stability while balancing and strengthening muscles around the peripheral joints to gently mobilize and maintain healthy movement patterns.

#### RR2 — Reformer

Beginning with a review of the biomechanical and stabilization principles learned in RR1, this level demonstrates modified Intermediate-level exercises designed to rehabilitate and prevent common injuries. Learn to use spring resistance to balance and strengthen muscles around the peripheral joints while maintaining core stability.

#### RCCB2 — Cadillac, Chair & Barrels

Building on RCCB1, learn to stabilize the musculoskeletal structures with a variety of non weight-bearing and weight-bearing exercises on the equipment. Isolate the joints of the upper and lower extremities while maintaining core stability, then progress to exercises to improve alignment and functional mobility.

## Rehab Workshops

We offer specialized workshops that cover a wide variety of important aspects of rehabilitation programming.

#### Titles include:

- STOTT PILATES Matwork for Breast Cancer Rehab
- STOTT PILATES Programming for Osteoporosis Management
- STOTT PILATES Programming for Scoliosis Management
- STOTT PILATES Flexion-Free Workshop
- Halo® Training\*: Applications to Global Stability

## Hosting Program for Rehabilitation

Deliver world-renowned Merrithew™ training and workshops onsite at your studio or clinic. Whether you wish to train your own staff or open courses up to the rehabilitation community, the opportunities for revenue generation are endless.\*

Simply handle the course registration and promote the course with our assistance, and we'll do the rest.

\*Hosted education is an option if the program is not offered at a nearby Licensed Training Center.

For more on our Rehabilitation Courses, Workshops or Hosting Program contact [educationsales@merrithew.com](mailto:educationsales@merrithew.com)



## The Three Phases of Rehab

### PHASE 1: Acute Rehab

- Client with injury or post-surgery
- Work can only be done by a PT
- One-on-one treatment
- Working primarily on affected area of the body

Work done during this phase is focused primarily on the injured area with low-load, proprioceptive exercises that target the local stabilizers.

#### **Pilates use in this phase**

At this stage low-level, rehabilitative exercises and movement modifications are used that allow the clinician to apply theoretical knowledge to target the affected area.

### PHASE 2: Post-Acute/Post-Rehab

- Client has experienced improvement of injury
- Likely one-on-one treatment
- More integrative work by PT to deal not only with the injured area, but also on the integration of the affected joint or part within the entire body

#### **Pilates use in this phase**

At this stage, programming progresses to eccentric control of the injured region with a multitude of movements that incorporate Matwork with light props, as well as larger, specialized Pilates equipment.

### PHASE 3: Ongoing Conditioning

- Strength building, injury reoccurrence prevention
- Small group-based treatment
- Indefinite length of treatment

#### **Pilates use in this phase**

Pilates programming can provide a maintenance system for your patients or clients. This ensures that they continue to build on the strength and stability that has been gained up until this phase, and that compensatory movement patterns are caught early and proper biomechanical and neuromuscular patterns are reinforced.



# Study Materials



Designed by rehab professionals for rehab professionals, these manuals dissect the source material of the STOTT PILATES® Instructional Manuals illustrating application of the Matwork and Equipment repertoires in a clinical rehabilitation setting while DVDs demonstrate the movements.

Each Support Material Book is brimming with individual exercises and related movements, along with detailed indications and contraindications for various conditions. They provide expert teaching tips for health care professionals as well as Instructors working with the rehab or post-rehab population, and include:

- Theoretical and Therapeutic Foundations
- Five Basic Principles
- Biomechanical Review
- Matwork and Equipment-based Exercises and Modifications
- Case Studies
- Clinical Reasoning Challenges
- Additional Workouts
- Reference List (books, course manuals and articles)



RMR1 Spinal, Pelvic & Scapular Stabilization: Matwork & Reformer  
 RMR2 Peripheral Joint Stabilization: Matwork & Reformer  
 RCCB1 Spinal, Pelvic & Scapular Stabilization: Cadillac, Chair & Barrels  
 RCCB2 Peripheral Joint Stabilization: Cadillac, Chair & Barrels

MN08060  
 MN08062  
 MN08061  
 MN08063

**Rehab Support Material Books** are used in conjunction with the following Instructional manuals:

<b>RM1, RR1</b>	• Comprehensive Matwork	ST08005
<b>RM2, RR2</b>	• Essential Reformer, 2nd Ed.	ST08016
<b>RCCB1, RCCB2</b>	• Essential Cadillac, 2nd Ed.	ST08009
	• Complete Stability Chair™	ST08015
	• Complete Arc Barrel	MN08065
	• Complete Spine Corrector	ST08013
	• Complete Ladder Barrel	ST08012



## Course Packages

Get set for class and save with convenient, all-in-one course packages containing all the study materials required for each Rehab course.



### RM1: Rehab Matwork, Module 1

- RMR1 Support Material Book
- Comprehensive Matwork Manual
- Back Care Repertoire DVD

DV80370



### RM2: Rehab Matwork, Module 2

- RMR2 Support Material Book

MN08062



### RR1: Rehab Reformer, Module 1

- RMR1 Support Material Book
- Essential Reformer Manual, 2nd Ed.
- Spinal, Pelvic & Scapular Stabilization with Reformer & Vertical Frame DVD

DV80371



### RM1+RR1: Rehab Matwork & Reformer, Module 1

- RMR1 Support Material Book
- Comprehensive Matwork Manual
- Essential Reformer Manual, 2nd Ed.
- Back Care Repertoire DVD
- Spinal, Pelvic & Scapular Stabilization with Reformer & Vertical Frame DVD

DV80347



### RR2: Rehab Reformer, Module 2

- RMR2 Support Material Book
- Peripheral Joint Stabilization with Reformer & Vertical Frame DVD

DV80349



### RCCB1: Rehab Cadillac, Chair & Barrels, Module 1

- Complete Arc Barrel Manual
- Complete Ladder Barrel Manual
- Complete Spine Corrector Manual
- Complete Stability Chair™ Manual
- Essential Cadillac Manual, 2nd Ed.
- RCCB1 Support Material Book
- Spinal, Pelvic & Scapular Stabilization on Equipment DVD

DV80348



### RCCB2: Rehab Cadillac, Chair & Barrels, Module 2

- RCCB2 Support Material Book
- Peripheral Joint Stabilization on Equipment DVD

DV80350

For more about our education programs, visit [merrithew.com/education](http://merrithew.com/education)

# Reformers



We are constantly improving to keep pace with advancements in exercise science and the needs of our clients. The result is sleek, streamlined equipment that is versatile, durable and engineered for maximum safety and effectiveness.

## Rehab V2 Max™ Reformer

Adaptable and designed for diverse clients, the Rehab V2 Max Reformer is ideal for physical therapy and physiotherapy clinics and facilities catering to a senior or mobility-challenged client base. Featuring a higher carriage allowing for easier mounts and dismounts, this Reformer is very versatile and offers easy transition between exercises.



### Includes

- High-Precision Spring Package: 5 Reformer Springs (3 x 100%, 1 x 50%, 1 x 25%)
  - Soft Reformer Loops (straps)
  - 5 Neoprene Spring Covers for noise reduction
  - Quick-Set Pulley Posts
  - Carriage Stopper
  - Gearbar
  - Wooden Standing Platform
  - *Essential Reformer, 3rd Ed.* DVD
- ST-01073

### Add accessories for better value!

## Rehab V2 Max Reformer Bundle

The Rehab V2 Max Reformer Bundle includes a Reformer Box with Footstrap, Padded Platform Extender, Maple Roll-Up Pole and *Essential Reformer, 3rd Ed.* DVD.

ST-01084

## Rehab V2 Max Plus™ Reformer

This multi-tasking machine is a raised Mat platform, a standard Reformer, a virtual Cadillac and a breakthrough multi-planar, biomechanics training tool. Travelling Pulleys on the Vertical Frame offer variable angles of resistance, providing an increased range of motion. Rehab V2 Max Plus Reformers come equipped with a High-Precision Spring Package, offering a full range of resistance for clients in various stages of rehabilitation. Instruct and perform core stability, peripheral mobility and plyometric exercises with exceptional results on the Rehab V2 Max Plus Reformer.

### Includes

- Rehab V2 Max Plus Reformer  
(all inclusions as per Rehab V2 Max Reformer)
- Vertical Frame equipped with
  - 2 Push-Thru Springs
  - 2 Roll-Down Springs with Maple Roll-Down Bar
  - 2 Arm Springs with Foam Grip Handles
  - 2 Leg Springs with Padded Long Spine Straps
  - 2 Extension Straps
  - 2 Travelling Spring Hooks
  - 2 Travelling Pulleys and a Safety Chain
- Two DVDs: *Essential Reformer, 3rd Ed.* and *Athletic Conditioning on V2 Max Plus™ Reformer, Level 1*

ST-01069



Max Plus Reformers feature a Vertical Frame

### Add accessories for better value!

## Rehab V2 Max Plus Reformer Bundle

The Rehab V2 Max Plus Reformer Bundle includes a Mat Converter, Reformer Box with Footstrap, Padded Platform Extender, Maple Roll-Up Pole and two DVDs: *Essential Reformer, 3rd Ed.* and *Athletic Conditioning on V2 Max Plus™ Reformer, Level 1*.

ST-01085



High-Traction Reformer Feet



Enhanced Springs with Neoprene Spring Covers



Patented Retractable Rope System



Upgrade to High-Precision Gearbar System

### Features

- Patented Retractable Rope System with recoiling rope reels for easy adjustments. Longer ropes add increased range of motion and fluidity to exercises; allowing for more programming options
- Quick-Set Pulley Posts feature 12 adjustable height settings, quick rope adjustment angles and consistently even pulley heights
- Enhanced Springs are built to withstand vigorous use with Jumpboards™, Cardio-Tramp® Rebounders and other Reformer accessories and secure quickly and safely
- Many options for user settings: 3 gearbar positions adjust spring tension, 6 carriage-stopping positions accommodate different heights, 3 headrest positions, 4 footbar positions regulate hip and knee flexion
- Carriage glides over sleek C-channel aluminum rails, using a patented rolling mechanism for a smooth, friction-free ride
- 1" thick wooden standing platform supports a wide range of body weights
- Comfort Footbar is easier on sensitive feet and hands
- Pommel-style shoulder rests stay securely in place and detach easily. Easy-Roll Wheels make it a breeze to move or reposition
- Built to withstand continuous, high-intensity studio use with durable vinyl upholstery. Dense EVA foam provides maximum comfort and accurate proprioceptive feedback
- High-Traction Reformer Feet provide superior grip and will keep your Reformer in place on all types of flooring during high-energy Jumpboard or Cardio-Tramp Rebounder workouts
- Minimal assembly required.  
For assembly support and video instruction, visit [merrithew.com/assembly](http://merrithew.com/assembly)



STANDARD COLORS + CUSTOM COLORS



Available in 10 standard upholstery colors for no additional cost. For an additional cost, you can choose from 75 custom colors so your equipment reflects your style and space.

### Upgrades

- Tall or long torso? Add 6"/15 cm to the length of your Reformer with an Extension Upgrade
- High-Precision Gearbar System adds 50% more gearbar positions
- Max Plus Vertical Frame and Mat Converter add Cadillac functionality
- Mat Converter allows for Matwork exercises on a comfortable, raised surface







## V2 Max™ Reformer

A favorite among health and fitness professionals, the V2 Max Reformer is our top-selling studio Reformer and is ideal for boutique studios, clubs and fitness facilities with a dedicated Pilates space. This standard-height Reformer is very versatile, allowing easy transition between exercises and facilitating efficient group and one-on-one training sessions. Suitable for all types of clients, including athletes, rehab recipients, the active aging, and regular fitness enthusiasts.



Add accessories for better value!

### V2 Max Reformer Bundle

The V2 Max Reformer Bundle includes a Reformer Box with Footstrap, Padded Platform Extender, Maple Roll-up Pole and *Essential Reformer, 3rd Ed. DVD*.

ST-01082

### Includes

- High-Precision Spring Package:  
5 Reformer Springs (3 x 100%, 1 x 50%, 1 x 25%)
- 5 Neoprene Spring Covers for noise reduction
- Soft Reformer Loops (straps)
- Quick-Set Pulley Posts
- Carriage Stopper
- Gearbar
- Wooden Standing Platform
- *Essential Reformer, 3rd Ed. DVD*

ST-01071



## V2 Max Plus™ Reformer

The "Cadillac" of our Reformer line, the V2 Max Plus Reformer facilitates limitless exercise possibilities. This one-of-a-kind unit multi-tasks as a standard Reformer, a raised Mat platform, a virtual Cadillac and a breakthrough multi-planar, biomechanics training tool. Equipped with our innovative Retractable Rope System and Travelling Pulleys on the Vertical Frame, the V2 Max Plus offers variable angles of resistance, providing an increased range of motion, making it the premier tool for Pilates-based, sport-specific, rehab and cross-training movement.

### Includes

- V2 Max Reformer  
(all inclusions as per V2 Max Reformer)
- Vertical Frame equipped with  
2 Push-Thru Springs  
2 Roll-Down Springs with Maple Roll-Down Bar  
2 Arm Springs with Foam Grip Handles  
2 Leg Springs with Padded Long Spine Straps  
2 Extension Straps  
2 Travelling Spring Hooks  
2 Travelling Pulleys and a Safety Chain
- Two DVDs: *Essential Reformer, 3rd Ed.* and *Athletic Conditioning on V2 Max Plus™ Reformer, Level 1*

ST-01067



Max Plus Reformers feature a Vertical Frame



Add accessories for better value!

### V2 Max Plus Reformer Bundle

The V2 Max Plus Reformer Bundle includes a Mat Converter, Reformer Box with Footstrap, Padded Platform Extender, Maple Roll-Up Pole and two DVDs: *Essential Reformer, 3rd Ed.* and *Athletic Conditioning on V2 Max Plus™ Reformer, Level 1*.

ST-01083

# Choosing a Reformer

Deciding on the right Reformer when there are so many compelling options can be challenging. Your practice, your client, your potential clients, your studio size and budget all need to be taken into consideration when making this critical purchase.



## Rehab V2 Max™ Reformer

The Rehab V2 Max Reformer is the perfect option for Rehab practices or any studio that has a wider variety of clients. Built higher off the ground for easier mounts and dismounts, this Reformer is designed for working with mobility-challenged clients, as well as taller clients who find the shorter machines too close to the ground. As with all our professional Reformers, this machine is fully upgradable with a Vertical Frame and a range of accessory boards.



## V2 Max™ Reformer

Considered the ultimate professional quality machine, this refined Reformer performs with its signature “whisper-smooth ride.” The V2 Max is higher off the floor than the SPX Max, which offers easier access for clients. A 24”/61 cm wider carriage accommodates larger body sizes and is ideal for both boutique and in-club Pilates studios where exceptional durability and programming expandability are paramount.



## SPX® Max Reformer

Weighing in at only 128 lb/58 kg, this is the most cost-effective entry-level professional Reformer we offer. The SPX has the same features and innovations as a V2 Max, but is built lower to the ground with a narrower 22”/56 cm frame to accommodate multi-use facilities. This Reformer is a great choice for studios where space is at a premium (multiple units can be stacked away when not in use), but professional quality and performance is still required.

## Equipment Specs

For easy reference, we have provided the key measurements for our entire line of Reformers. For any questions about equipment not found here, please email [equipment@merrithew.com](mailto:equipment@merrithew.com)

Reformer Model	Carriage Length	Carriage Width	Carriage Height	Height with Vertical Frame	Weight
SPX Max	38.5”/98 cm	22”/56 cm	9”/23 cm		128 lb/58 kg
SPX Max Plus	38.5”/98 cm	22”/56 cm	9”/23 cm	68.5”/1.74 m	164 lb/74.39 kg
V2 Max	38.5”/98 cm	24”/61 cm	16”/41 cm		145 lb/65.8 kg
V2 Max Plus	38.5”/98 cm	24”/61 cm	16”/41 cm	73.5”/1.87 m	184.5 lb/83.69 kg
Rehab V2 Max	38.5”/98 cm	24”/61 cm	22.5”/57 cm		185 lb/83.9 kg
Rehab V2 Max Plus	38.5”/98 cm	24”/61 cm	22.5”/57 cm	79.5”/2.02 m	226.5 lb/102.74 kg

## High-Precision Gearbar System Upgrade

With 50% more gearbar positions than our standard gearbar system, this optional upgrade adds superior spring adjustability to meet user needs. Spring slots provide secure anchoring of the springs and with six different options for spring tension, adding challenge for your clients has never been easier.

OPTIONAL UPGRADE ON ALL NEW COMMERCIAL REFORMER PURCHASES.

ST-05109

## Reformer Extension Upgrades

Tall clients? Need a little extra length? An Extension Upgrade adds an additional 6”/15 cm to both the frame and the carriage on your Reformer. For additional support the Extension Package also includes mid-rail legs. A great option for tall clients (6’4”/193 cm) or those with long torsos.

Simply order your Reformer, and add an Extension Upgrade. If added to a Bundle, we will substitute the Extra Long Reformer Box with Footstrap in place of the regular Reformer Box.

SPX Max Extension Upgrade	ST-02094
V2 Max Extension Upgrade	ST-02096
Rehab V2 Max Extension Upgrade	ST-02098



## SPX Max Reformer with Vertical Stand Bundle

Our best option for facilities with limited space or multi-purpose exercise rooms. This Reformer stands on end for convenient storage. Simply roll it to where you want to store it, raise the Reformer and deploy the stand to hold the Reformer firmly upright.

Bundle Includes Padded Platform Extender, Reformer Box with Footstrap, Maple Roll-Up Pole, Soft Reformer Loops and Ropes, High-Precision Spring Package, *Essential Reformer*, 3rd Ed. DVD.

ST-11032 — sold individually

## The Anatomy of a Vertical Frame

Adding a Vertical Frame to your Reformer dramatically increases programming options — along with the full Reformer repertoire, about 80% of Cadillac exercises can be performed with just one machine.

### 1. Travelling Pulleys

Allows for variable angles of resistance providing increased ranges of motion and optimal muscle activation. Accommodates a variety of exercises in supine, side-lying, kneeling and standing positions.

### 2. Roll-Down Bar

Springs are available in light and regular strengths, can be attached to the Travelling Eyehooks or Vertical Frame, and used with the Mat Converter or Reformer Carriage, to expand programming options.

### 3. Travelling Eyehooks

Travels the full height of the Vertical Frame to change the angle of resistance for each exercise when using arm and leg springs.

### 4. Push-Thru Bar

Utilizes springs from above or below, in conjunction with the moving carriage or the Mat Converter, and is an especially great choice for standing exercises.

### 5. Arm and Leg Springs

Arm and Leg Springs can be attached at various locations on the sides and back of the Vertical Frame or on the Travelling Eyehooks for additional exercise options.

### 6. Safety Chain

Secures the Push-Thru Bar.

### Extension Straps *(see page 16)*

Facilitates Reformer programming where the strap is wrapped around the top of the thigh, pelvis or torso. Perfect for rehab-based applications, it assists in the alignment and stability of the knee joint, and improves muscle activation.



## Max Plus™ Vertical Frame

Comes equipped with 2 Push-Thru Springs, 2 Roll-Down Springs with Maple Roll-Down Bar, 2 Arm Springs with Foam Grip Handles, 2 Leg Springs with Padded Long Spine Straps, 2 Extension Straps, 2 Travelling Spring Hooks, 2 Travelling Pulleys and a Safety Chain.

V2 Max	ST-02045
Rehab V2 Max	ST-02046
SPX Max	ST-02047

## Traditional Vertical Frame *(not shown)*

Also available for all models and suitable for older model Reformers with traditional rope systems. These frames feature fixed eyehooks and do not include Travelling Eyehooks.

Comes equipped with 2 Push-Thru Springs, 2 Roll-Down Springs with Maple Roll-Down Bar, 2 Arm Springs with Foam Grip Handles, 2 Leg Springs with Padded Long Spine Straps, 2 Extension Straps, and a Safety Chain.

**NOTE:** VERTICAL FRAMES CANNOT BE ADDED TO THE HOME SPX MODELS.

V2 Max	ST-02039
Rehab V2 Max	ST-02012
SPX Max	ST-02076



## Why add a Mat Converter?

With a Mat Converter in place, you can offer Matwork classes on the Reformer at an accessible height to appeal to mobility-challenged and older clients. Attract new clients with sport-specific classes offering exercises to improve golf swings and overhand throws.

# Reformer Accessories



Maximize your Reformer with high-caliber accessories that facilitate alignment, add challenge, and engage key muscle groups. Essential additions to any rehabilitation studio or clinic.

## Reformer Box with Footstrap

Add a Reformer Box for additional height and a greater range of motion while seated or lying on the Reformer. Reformer Boxes are a great accessory for those with tight hip flexors or as a modification for kneeling exercises for those with knee issues. Three choices to meet your needs: Regular, Extra Tall and Extra Long. The Extra Tall option is great for use with an SPX® Max Reformer to provide additional height for side leg and arm exercises. All sizes come with a Footstrap.

Regular ST-02000

Extra Long ST-02002

Extra Tall ST-02001



## Maple Roll-Up Pole

Our solid Maple Roll-Up Pole is used to increase focus on scapular stabilization, while performing exercises on the Reformer, Ladder Barrel or Mat.

ST-06008



## Weighted Bar

Our Weighted Bar is a 2 lb/0.9 kg metal pole with rubber covering and chromed endcaps. Use to add resistance and increase focus on scapular stabilization while performing exercises on the Reformer, Ladder Barrel or Mat.

ST-02115





## Reformer Accessory Boards



### Cardio-Tramp® Rebounder

The client favorite! Add energetic and calorie-burning cardio workouts to your Reformer programming. The soft landing surface also works as a substitute footbar for clients with sensitive feet and allows for plyometric activity for extended periods of time. Great for all exercisers from post-rehab to elite athletes.

24"/61 cm, V2Max/Rehab V2 Max ST-02067  
22"/56 cm, All SPX models ST-02068



### Jumpboard™

The wide platform and firm padded jumping surface allows for biomechanically sound foot placement for plyometric and aerobic exercise, and can be used in place of the footbar. A great option for clients with sensitive feet. Constructed with high-quality materials and a sturdy metal frame, the Jumpboard offers superior stability, proven durability and continuous safety through high-intensity use.

24"/61 cm, V2Max/Rehab V2 Max ST-02017  
22"/56 cm, All SPX models ST-01043



### Rotational Diskboard™

This unique Reformer accessory offers both horizontal and vertical mounting slots to accommodate a variety of foot placement options. Individual mounting slots accommodate an asymmetrical stance, targeting rotation in hip flexion and extension, adduction and abduction or multiple combinations. Great for rehabilitation or clients with limited range of motion. Comes with two 10"/25.4 cm disks as shown.

24"/61 cm, V2Max/Rehab V2 Max ST-02051  
22"/56 cm, All SPX models ST-02054

ALSO AVAILABLE: a set of two 12"/30.5 cm disks for clients with larger feet ST-06051



### The Cross-Bow™

This attachment to the Jumpboard adds curved handles that extend above and beyond the height of the Jumpboard, ensuring ideal alignment of the hands, wrists and shoulders while exercising. The cushioned bars provide a sturdy grip for standing or lunging exercises, while the wider grip accommodates users with wider shoulders. The adjustable height is great for taller clients or those with limited flexibility.

Cross-Bow ST-02102

Jumpboard and Cross-Bow Combo  
24"/61 cm, V2Max/Rehab V2 Max ST-02103  
22"/56 cm, All SPX models ST-02104



### Soft Footbar

Walking, running, prolonged standing or wearing shoes with improper support can all create foot pain. Covered with multiple layers of dense foam, this Reformer accessory is a comfortable alternative to the standard footbar, allowing clients with sensitive or injured feet to participate in footwork on the Reformer.

24"/61 cm frame, V2Max/Rehab V2 Max ST-02004  
22"/56 cm, All SPX models ST-01040



### Vinyasa Triangle™

Designed to fit any of our Reformers with removable shoulder rests, the Vinyasa Triangle dramatically expands programming options for your clients by adding challenging, dynamic poses and movement. This exclusively designed attachment can be used to support the arms, legs or other body parts on the two angled sides, and is ideal when combined with other pieces like the Jumpboard and Padded Platform Extender. Comes with hardware to also allow use in the standing platform position.

24"/61 cm, V2Max/Rehab V2 Max ST-02111  
22"/56 cm, All SPX models ST-02112



### Padded Platform Extender

Provides a raised padded surface for sitting or standing exercises on the Reformer. Great to use as a sitting platform for clients with hip flexion issues to maintain proper seated posture.

24"/61 cm, V2 Max/Rehab V2 Max  
22"/56 cm, All SPX models

ST-02015  
ST-02069



### Mat Converter

Provides a cushioned surface to transform a Reformer into a stable, raised Matwork platform. Add a Mat Converter and Vertical Frame to your Reformer to gain Cadillac functionality.

24"/61 cm V2Max/Rehab V2 Max  
22"/56 cm SPX Max/SPX Max Plus  
22"/56 cm At Home/Club SPX

ST-02006  
ST-02048  
ST-02075



### Rolling Base

Stack and store up to five SPX Max Reformers. Great for facilities with limited space.

ST-02036



**NOTE: STACKING POSSIBLE ONLY FOR SPX MAX COMMERCIAL REFORMERS WITH REMOVABLE SHOULDER RESTS.**

## Reformer and Equipment Specialty Straps and Handles

*Sold in pairs*

### Ankle Straps

Use for clients with foot conditions including plantar fasciitis who find standard Reformer Loops uncomfortable. These straps feature Velcro closures for added security and a custom fit, and allow the user to perform feet in strap exercises and legwork without compromising comfort.

ST-02019



### Extension Straps

These straps assist with alignment of the knee joint and add additional challenge for footwork. Used on Reformers with Vertical Frames, Cadillacs, Wall Units and Spring Walls. Available in two sizes; the 24"/61 cm comes standard with a Max Plus Reformer and the 26"/66 cm accommodates clients with muscular thighs.

24"/61 cm ST-02014  
26"/66 cm ST-02174

### Foam Grip Handles

These handles are cushioned for extra comfort and are used with Reformers in place of standard Reformer Loops, as well as with light arm springs for Vertical Frame and Cadillac work.

ST-02007



### Long Spine Straps

Long Spine Straps clip to Soft Reformer Loops to extend ropes on traditional rope systems. Also used with leg springs on Cadillacs and Vertical Frames. Available padded and unpadded.

Unpadded ST-02008  
Padded ST-02016

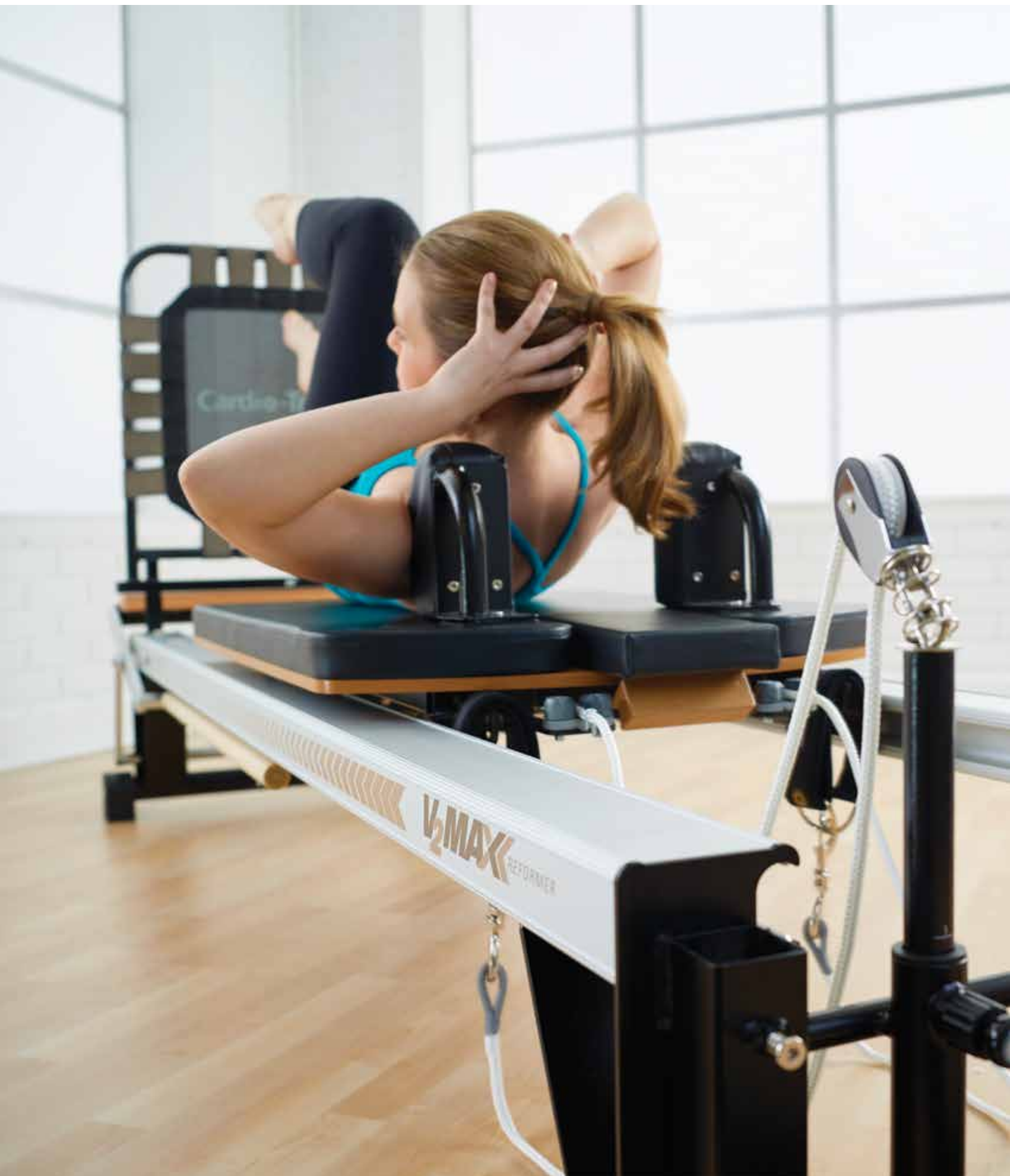


### Soft Reformer Loops

Soft Reformer Loops attach to the Reformer ropes, are cushioned for comfort, and can be doubled over as a quick way to shorten rope length. Standard with all of our SPX Max, V2 Max and Rehab V2 Max Reformers.

ST-02009







# Pilates Rehab Studio Bundles



Everything you need to start your own studio or clinic. Our Rehab Reformers provide the ultimate setting for rehabilitation exercise, with higher carriage height for easy access for injured and mobility-challenged clients, and come with an array of complementary equipment and accessories.

## Pilates Rehab Studio Bundle 1

### Matwork & Reformer

Instruct and perform core stability, peripheral mobility and plyometric exercises with exceptional results with these specially priced Rehabilitation equipment bundles. Includes standard equipment used in a Pilates Rehab treatment program and as required for STOTT PILATES® Matwork and Reformer Rehab courses (RMR1 and 2).

#### Includes

- Rehab V2 Max Plus™ Reformer
- Reformer Box with Footstrap
- Mat Converter
- Padded Platform Extender
- Maple Roll-Up Pole
- Rotational Diskboard™
- Jumpboard™
- Arc Barrel
- Ankle Straps
- 2 DVDs: *Essential Reformer, 3rd Ed.* and *Athletic Conditioning on V2 Max Plus™ Reformer, Level 1*

ST-11001







## Pilates Rehab Studio Bundle 2

### Cadillac, Chair & Barrel

This bundle includes standard equipment used in an expanded Pilates Rehab treatment program and as required for our Cadillac, Chair & Barrel Rehab courses (RCCB1 and 2).

#### Includes

- Cadillac/Trapeze Table
- Split-Pedal Stability Chair™ with Handles
- Ladder Barrel
- Spine Supporter
- Spine Corrector
- 12" Rotational Disks [pair]
- 2 DVDs: *Essential Cadillac, 2nd Ed.* and *Essential & Intermediate Stability Chair, 2nd Ed.*

ST-11002



## Rehab Enhanced One-on-One Studio Bundle

This bundle adds a Cadillac to the One-on-One Studio Bundle.

ST-11046

## Rehab One-on-One Studio Bundle

Our Rehab One-On-One Studio Bundle is ideal for small Pilates businesses with limited space. This amazing bundle option is an easy and affordable way to offer a fully equipped rehab studio to your clients.

#### Includes

- Rehab V2 Max Plus™ Reformer
- Reformer Box with Footstrap
- Mat Converter
- Padded Platform Extender
- Maple Roll-Up Pole
- Arc Barrel
- Ladder Barrel
- Split-Pedal Stability Chair with Handles
- 2 DVDs: *Essential Reformer, 3rd Ed.* and *Athletic Conditioning on V2 Max Plus™ Reformer, Level 1*

ST-11045



# Studio & Clinic Equipment

Complete your rehabilitation studio or clinic.

## Split-Pedal Stability Chair™ with Handles

Compact and easy to move, the Stability Chair is perfect for studios, clinics or home-owners looking for a multi-functional machine for a limited space. Using supported spring-resistance, users can perform hundreds of exercises while seated, lying or standing for a wide array of functional training opportunities.

### Features

- Helps rebalance muscles and provides a full-body workout
- Ideal for clients who need to stay in a seated or upright position
- Two pedals move independently or lock together to form one
- Sturdy handles offer solid support for upright exercises and can be removed as needed
- Easy-Roll Wheels facilitate repositioning or moving equipment
- Available in any of our upholstery colors

**W** 31"/78.8 cm x **L** 31.5"/80 cm x **H** 46.5-54"/118-137 cm  
82 lb/37.2 kg

With handles ST-01018

**W** 31"/78.8 cm x **L** 31.5"/80 cm x **H** 24.25"/61.5 cm  
70 lb/31.75 kg

Without handles ST-01017

Includes *Essential & Intermediate Stability Chair, 2nd Ed. DVD* for lots of exercise options.



## Spring Wall™

Ideal for facilities with limited space or rehab clinics looking for a stable place to tie bands. Exercises on this wall-mounted unit can be done standing, kneeling, sitting, side-lying, supine or prone. Use with the Platform Mat for floor exercises (sold separately) or on its own. Comes equipped with a full complement of springs, handles and a roll-down bar.

### Includes

- Roll-Down Bar
- 2 Roll-Down/Arm Springs with Spring Clips
- 2 Leg Springs
- 2 Foam Grip Handles
- 2 Padded Footstraps

**W** 22"/56 cm x **H** 72"/183 cm • 35 lb/16 kg

ST-01052





## Cadillac Wall Unit

A wall-mounted Cadillac solution for space-challenged studios or clinics. Can be used with the Platform Mat, or the Split Platform Mat. Sturdy construction supports basic movements through to advanced acrobatic maneuvers. Multiple spring lengths, tensions and attachment sites offer functional exercises for all levels.

### Includes

- Push-Thru Bar with 4 Springs (2 with protective covers and locking spring clips)
- Maple Roll-Down Bar with 2 Springs
- 2 Light Arm Springs with Foam Grip Handles
- 2 Leg Springs with Padded Long Spine Straps
- Safety Chain with dual spring clip adjustments
- *Essential Cadillac, 2nd Ed.* DVD

**W** 30"/76.2 cm x **H** 69"/175.26 cm x **D** 9.25"/23.8 cm • 105 lb/47.63 kg

With Platform Mat ST-01004

**W** 30"/76.2 cm x **H** 69"/175.26 cm x **D** 25"/63.5 cm • 55 lb/24.95 kg

Without Platform Mat ST-01006



Available in 10 standard upholstery colors for no additional cost. For an additional cost, you can choose from 75 custom colors so your equipment reflects your style and space.



Locking Spring Clips



Maple Roll-Down Bar



Push-Thru Bar

## Raised Platform Mats

Provides a supportive surface offering faithful proprioceptive feedback. Features dense foam padding, durable non-scuff vinyl upholstery and includes a Footstrap. Use alone for Matwork exercises or with the Spring Wall™ or Cadillac Wall Unit. Split Platform Mat arrives in two sections for easier handling and reduced shipping charges.



### Platform Mat

**W** 24"/61 cm x **L** 86"/218.44 cm x **H** 7"/17.78 cm  
50 lb/22.68 kg

ST-01009



### Split Platform Mat

**W** 24"/61 cm x **L** 86"/218.44 cm x **H** 7"/17.78 cm  
50 lb/22.68 kg

ST-02021



### Platform Mat with 2 Small Boxes

**W** 23.75"/60 cm x **L** 86"/218.44 cm x **H** 7.25"/18.5 cm  
39.5 lb/18 kg

ST-01007



### Bracketed Dowel System for Platform Mats

**W** 36"/90 cm x **L** 5.5"/14 cm x **H** 9.5"/24 cm • 3 lb/1.36 kg

ST-01005

### Small Boxes, pair

**W** 8"/20.32 cm x **L** 10"/25.4 cm x **H** 7.25"/18.42 cm  
3 lb/1.36 kg

ST-06009

For assembly support for all equipment pieces and video instruction, visit [merrithew.com/assembly](http://merrithew.com/assembly)



## Arc Barrels

Featuring a gentle curve to help decompress and lengthen the spine, the Arc Barrels can be used in a variety of ways to increase or decrease challenge and to facilitate rehab-style 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.

- Lightweight and portable
- Can also be used on the Cadillac or Platform Mat
- Arc curve is 117 degrees

**W** 22.5"/57 cm x **L** 23.5"/60 cm x **H** 6"/15 cm • 8 lb/3.6 kg

Arc Barrel

ST-01012

**W** 22.5"/57 cm x **L** 23.5"/60 cm x **H** 6"/15 cm • 9 lb/4 kg

Arc Barrel Deluxe

ST-01013



## Ladder Barrel

Designed for serious core conditioning and to increase flexibility and mobility. The Ladder Barrel combines a ladder with a barrel surface. Six ladder rungs allow varying degrees of stretching, strengthening and flexibility exercises.

- Steel frame construction ensures maximum strength, stability and durability
- Adjustable sliding base varies the distance between the ladder and barrel, allowing for different torso and leg lengths
- Dense EVA foam provides optimal comfort and proprioceptive feedback
- Easy-Roll Wheels facilitate repositioning piece

**W** 24"/61 cm x **L** 44"/112 cm x **H** 39"/99 cm • 110 lb/50 kg

ST-01010



All barrels are available in 10 standard upholstery colors for no additional cost. For an additional cost, you can choose from 75 custom colors so your equipment reflects your style and space.

## Stability Barrel

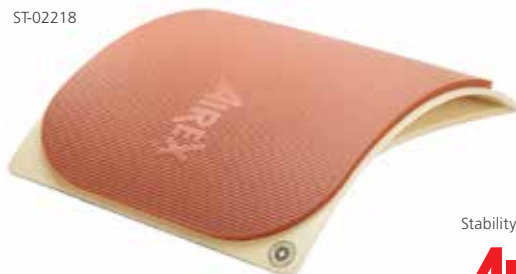
Offering all the functionality of traditional Arc Barrels, plus the added benefit of use in an inverted position, the Stability Barrel is an essential tool for aligning and mobilizing the spine. Use it to improve posture and develop greater balance and control. The curved surface provides padded support for the body in prone, supine or side-lying positions, while the smooth base offers a flat platform facilitating balance and stability. These barrels can support a variety of users with differing torso sizes, flexibility ranges and exercise needs.

### Features

- Bent Baltic Birch construction
- Padded with a 0.6"/15 mm thick, Airex® Coronella, a premium, moisture-resistant closed-cell foam mat made in Switzerland. This slip-proof surface features a Sanitized® finish that inhibits bacteria growth, absorbs energy, evenly adapts to pressure and quickly recovers its original shape once pressure is removed
- Non-slip traction strips on the base
- Sturdy enough to support a body in standing, sitting or positions supported by the arms

**W** 24"/61 cm x **L** 29.5"/75 cm x **H** 6.25"/15.5 cm • 16.41 lb/7.44 kg

ST-02218



Stability Barrel is covered in:

**AIREX®**  
Professional exercise line



Stability Barrel





### Rotational Disks

Sturdy and versatile, Rotational Disks improve strength through rotation and add variety and challenge to standing or sitting exercises.

Solid birch construction with a non-skid surface. Available in sets of 2 in 10"/25.4 cm or 12"/30.5 cm diameter or a single 19"/48.25 cm diameter.

10"/25.4 cm, pair	ST-06024
12"/30.5 cm, pair	ST-06002
19"/48.25 cm, single	ST-06039



### BOSU® Pro Balance Trainer

Used in fitness facilities worldwide, the BOSU balance trainer can be used with the base side facing up or down providing an unstable surface for reinforcing balance and stability. Use the BOSU to enhance flexibility and develop core strength with challenging cardio workouts and you will see the results!

**W** 26.5"/67.3 cm x **L** 26"/65.4 cm x **H** 10"/25.4 cm  
17 lb/7.7 kg

ST-06176



### Bean Bag

Strengthen wrists and arms by rolling and unrolling this weighted canvas bean bag — perfect for treating tennis elbow. Solid maple handle with durable nylon rope.

3 lb/1.4 kg

ST-06001



### Spine Corrector

This versatile piece of equipment can be used to perform exercises lengthening and strengthening the torso, shoulders, back and legs. Features sturdy wood construction made from solid Baltic Birch panels and dense foam padding. Includes maple handgrips.

**W** 21.5"/54.6 cm x **L** 30.75"/81.3 cm x **H** 12"/30.5 cm  
24 lb/10.9 kg

ST-01011



### Pilates Edge™

The angled surface of the Edge is ideal for positioning the body in a range of increasing heights to add strength and stability to the torso, arms and legs. Features sturdy wood construction with dense foam padding and a non-suff vinyl covering that easily wipes clean. Includes integrated rings to attach resistance equipment, including bands and tubing.

**W** 21"/53.4 cm x **L** 39"/99.1 cm x **H** 14.5"/36.8 cm  
17 lb/7.7 kg

ST-06044



### Spine Supporter

Ideal for reducing neck tension, while stabilizing the spine for exercises performed on a Mat and other equipment. Used frequently for clients with weak lower backs, to modify exercises during pregnancy and to develop proper form for abdominal work. Features sturdy wood construction with dense foam padding. Includes integrated support straps.

**W** 13"/33 cm x **L** 29.5"/75 cm x **H** 15"/38 cm  
8 lb/3.6 kg

ST-01016

## Halo® Trainer Plus\*

This versatile, ergonomic exercise device provides a multi-dimensional approach to functional training that is an ideal addition to any rehabilitation program. The unique Halo Trainer Plus provides step-wise progression to total body training by selectively controlling stability and bodyweight resistance and activating deep stabilizing muscles. With the use of the Halo Trainer Plus and Stability Ball™, rehab and therapy professionals can prescribe unique progressions or regressions of exercises for functional strength and stability training for clients of varying levels of mobility.

**W** 21"/53.5 cm x **L** 24"/61 cm x **H** 12"/30.5 cm **BALL DIA.** 21.5"/55 cm • 8 lb/3.6 kg



**Halo Trainer Plus**  
without ball and pump  
ST-02208



**Halo Trainer Plus**  
with Stability Ball and pump  
ST-02209  
**Halo Trainer Plus – 6 Pack**  
ST-11047



**Halo Stability Ball**  
Gray  
ST-06157  
Safety tested under 800 lb/362 kg

# Balance, Massage & Therapy Accessories



Performing exercises on an unstable base of support engages the body's deepest stabilizing muscles. Adding balance and weighted balls maximizes strengthening and toning results.



## Stability Ball™ with pump ★

Made of latex-free, anti-burst polyvinyl with a non-slip, ribbed surface, our Stability Ball challenges torso stability while improving balance. Can also be used as an office chair. Safety tested under 550 lb/250 kg pressure.

**DIA.** 22"/55 cm, 5'3"-5'11"/1.7 m or under  
10 pcs | CTN

Black ST-06206  
Blue ST-06034

**DIA.** 26"/65 cm, 5'4"-5'11"/1.7-1.85 m  
10 pcs | CTN

Silver ST-06207  
Green ST-06033

**DIA.** 29.5"/75 cm, for 6'+/1.88 m +  
10 pcs | CTN

Gray ST-06208  
Purple ST-06049



## Mini Stability Ball™ ★

Improve posture while focusing on core stability and back strength mobility.

**DIA.** X-Small, 5"/13 cm  
100 pcs | CTN

Red ST-06215

**DIA.** Small, 7.5"/19 cm  
100 pcs | CTN

Blue ST-06045  
Blue ST-06216 Retail Packaging

**DIA.** Medium, 10"/25 cm  
80 pcs | CTN

Lime ST-06115  
Lime ST-06217 Retail Packaging

**DIA.** Large, 12"/30 cm  
60 pcs | CTN

Orange ST-06116  
Orange ST-06218 Retail Packaging



## Mini Stability Ball™ Foam

This new addition to our Stability Ball family doesn't require inflation and has an enhanced grip, non-slip texture.

**DIA.** 7.5"/19 cm  
24 pcs | CTN

Blue ST-06188



## Air Balance Ball™

with pump

Achieve a full-body workout with this lightweight and portable ball. Use it in place of a Mini Stability Ball and enjoy the added benefit of gentle massage. Use it for strengthening, improving flexibility and relieving stiff muscles.

**DIA.** 10"/25 cm  
50 pcs | CTN

Red ST-06117

## Flex Massage Stick ★

This customizable massager is designed to give you the perfect targeted massage every time. The moveable rollers can be repositioned to hit just the right spot.

■ 17.4"/44 cm  
20 pcs | CTN

Green ST-06183



## Total Body Massage Stick™ ★

Perform targeted massaging of large muscle groups with this compact massager that is perfect for stretching, warming up, or cooling down.

■ 14"/36 cm – TRAVEL  
30 pcs | CTN

Black/Green ST-06209  
Black/Red ST-06210

■ 18"/46 cm  
30 pcs | CTN

Black/Green ST-06158  
Black/Red ST-06194



## Peanut Ball Massager pair ❄️

The perfect tools for an enhanced massage. Help sore muscles breathe a sigh of relief with the Peanut Ball Massager. Ideal for relieving tension and stimulating circulation. The unique design contours to the body and reaches hard-to-target areas like the arches of the feet, the shoulders and along the calves.

■ 6"/15 cm x w 2.75"/7 cm  
12 pcs | CTN

Red ST-06195



## Weighted Massage Roller pair ❄️

Ideal for relieving muscular tension, the Weighted Massage Rollers stimulate reflex zones while improving circulation. Serving double-duty, the pair can also be used as an alternative to dumbbells for toning exercises.

■ 4.25"/10.8 cm x w 2"/5 cm • 0.55 lb/250 g  
12 pcs | CTN

Blue ST-06181



## Massage Balls ❄️

Use these tools to simultaneously improve flexibility and decrease stress, while soothing joint and muscle pain in the neck, back and hips.

Large, single – DIA. 3.5"/9 cm  
100 pcs | CTN

Red ST-06098  
Green ST-06248  
Yellow ST-06250

Small, pair – DIA. 2.7"/7 cm  
98 pcs | CTN

Red ST-06099  
Green ST-06249  
Yellow ST-06251

Combo (includes 1 large and 1 small)  
100 pcs | CTN

Red ST-06233



## Balance & Therapy Domes pair ❄️

Popular for therapy and rehabilitation of the feet, ankles, lower legs, wrists, hands and forearms, Balance & Therapy Domes are great for joint mobilization and balance training. Use the domes flat-side down for moderate training and pebble-side down for increased challenge.

DIA. 6.5"/16.5 cm x H 3.7"/9.5 cm  
12 pcs | CTN

Red ST-06192







### Total Body Roller 🐘

Do it all with this combination massage stick, massage roller, foam roller and ab roller. Small enough to fit into your suitcase. Work out your core and massage sore muscles with both smooth and textured surfaces.

The roller supports up to 250 lb/113 kg.

W 4.3"/11 cm x L 15.75"/40 cm  
12 pcs | CTN

Green ST-06260



### Twistable Massage Roller 2 pack 🐘

Use these rollers for resistance training, then turn them on muscles post-workout for serious myofascial release. Lightweight and durable, they fit into a gym bag or suitcase for exercisers on the go.

W 2.3"/6 cm x L 5.5"/14 cm  
24 sets | CTN

Green and Orange ST-06264



### Flex and Therapy Bar 🐘

Bend and twist your way to stronger hands, wrists and forearms with this therapy bar that doubles as a massage roller. Grip the textured surface for strengthening or therapeutic exercises, then use the ridges to massage muscles.

W 1.75"/4.6 cm x L 12.25"/31.2 cm  
50 pcs | CTN

Orange ST-06270

Total Body Roller



## Fascia

Fascia, the connective tissue that weaves throughout all the organs, muscles and bones of the body, is a crucial element in maintaining overall health and optimal physical function. Like the musculoskeletal system, the fascial system changes in response to repeated stress and injury and small changes in the fascia in one area of the body can ripple out and affect the body as a whole. Regularly massaging the muscles can help relieve built up fascial tension and stress and is key to effective self-care.



### Fascia-ReleaZer®

Use the power of vibration to stimulate the myofascial system with this self-massage tool. Made of solid walnut, the Fascia-ReleaZer has four different surfaces — two convex for lighter massage and two edges to reach deep into the muscle tissue to rejuvenate and regenerate fascial tissues and stimulate blood flow.

**DIA.** 1.5"/3.8 cm x **L** 24"/61 cm  
1 pc | CTN

ST-06277



### Rollga® Genesis Foam Roller

Unlock hard-to-reach knots with this foam roller that's easy on sensitive, tender muscles. The unique, patented design of the Rollga Genesis has grooves that cradle the body and avoid excessive pressure on the skeletal structure, while still reaching deep into the muscle tissue for fascial release.

**DIA.** 6"/15.25 cm x **L** 18"/45.75 cm  
1 pc | CTN

ST-06278



### Fascia Hydration Balls

Enjoy the benefits of a deep tissue massage wherever you are with these balls that can help hydrate the fascial system.

**DIA.** 1.5", 2", 2.5"/3.8 cm, 5.1 cm, 6.4 cm  
150 sets | CTN

Yellow

ST-06258



### acuBall® Mini

This mini massage ball targets the smaller muscle groups of the feet, hands, shoulders, upper back, forearm, outer leg and sacrum. Place the acuBall Mini under an area of tension, and relax as your bodyweight does the work of massaging the tissues. Use the acuBall App and discover easy-to-follow instructions for targeting and treating muscle pain. Lightweight and portable, the acuBall Mini is the perfect travel companion.

**DIA.** 2"/5 cm  
0.3 lb/140 g  
24 pcs | CTN

ST-06237



### acuBall® Large

An excellent tool for improving self-care, this heatable massage ball features nubs that work to release tension along your neck and spine. Place it in the microwave or boil in water to heat, and let the 60 minutes of stored warmth soothe your aches away. Download the acuBall App to your Android or iPhone and discover easy-to-follow instructions for targeting and treating sore and achy muscles. The compact size makes it ideal for travelling.

**DIA.** 3.5"/9 cm  
0.93 lb/0.42 kg  
12 pcs | CTN

ST-06238



### acuBack™

An effective tool for more than just a good back massage, the heatable acuBack uses bodyweight to release muscular and myofascial tension. Ideal for relieving chronic lower back pain, muscle knots and muscular discomfort, as well as encouraging blood flow to fascia and muscle tissues. The acuBack is also great for targeting trouble areas like shins and calves. Download the acuBall App to your Android or iPhone and discover easy-to-follow instructions for targeting and treating tight or injured areas.

**W** 3.25"/8.2 cm x **L** 8"/20.3 cm  
1.25 lb/0.57 kg  
12 pcs | CTN

ST-06239



### acuPads™ 2 pack

Two separate massage pads work together to ease tension in the body for ultimate release and relaxation. Ideal for relieving menstrual pain and discomfort, muscle aches and pains, tension in the shoulders and for massaging the bottoms of the feet and scalp. Download the acuBall App to your Android or iPhone and discover easy-to-follow instructions for targeting and treating sore and achy muscles. The compact size makes it ideal for travelling.

**W** 4.25"/10.8 cm x **L** 8.75"/22.6 cm  
3.1 lb/1.41 kg  
12 sets | CTN

ST-06240

# Foam Rollers

Made from durable and resilient EVA foam, our premium Foam Roller™ is available in various sizes and colors with rounded corners for added comfort. Improves strength, flexibility, balance and coordination while sitting, standing or lying down. Rounded corners on the Foam Roller add to the comfort level.

## A. Foam Roller Soft 18" and 36" ★ ⚙️

If you've found foam rolling to be too aggressive in the past, this soft-density version is for you. Enjoy the benefits of foam rolling while applying more or less pressure on the targeted area as needed.

**FULL DIA.** 6"/15 cm x L 18"/46 cm  
12 pcs | CTN

Blue ST-06203

**FULL DIA.** 6"/15 cm x L 36"/92 cm  
12 pcs | CTN

Blue ST-06169

**HALF DIA.** 6"/15 cm x L 36"/92 cm  
24 pcs | CTN

Blue ST-06252

## B. Short Foam Roller Deluxe 18" ★ ⚙️

One-third the length of our original Foam Roller Deluxe.

**DIA.** 6"/15 cm x L 18"/46 cm  
12 pcs | CTN

Black ST-06093

Orange ST-06179

Green ST-06198

## C. Medium Foam Roller Deluxe 24" ★ ⚙️

Two-thirds the length of our original Foam Roller Deluxe.

**DIA.** 6"/15 cm x L 24"/61 cm  
12 pcs | CTN

Black ST-06092

Orange ST-06178

Green ST-06197



## D. Foam Roller Deluxe 36" ★ ⚙️

The original Foam Roller Deluxe.

**DIA.** 6"/15 cm x L 36"/92 cm  
12 pcs | CTN

Purple ST-06041

Black ST-06091

Orange ST-06177

Green ST-06196

## E. Half Foam Roller Deluxe 36" ★ ⚙️

With the same benefits of the Full version, this one-sided stable surface with half-moon shape is ideal for Essential-level exercisers and rehab scenarios. This roller features a unique, texturized non-slip surface to reinforce stability and movement effectiveness while providing a gentle massage.

**HALF DIA.** 6"/15 cm x L 36"/92 cm  
24 pcs | CTN

Purple ST-06070



Foam Roller Deluxe

## Massage Point Foam Roller Two-in-One



## Inflatable Body Roller 35" ★ ⚡

Relieve aching or tired muscles with this roller that inflates or deflates to the desired level of firmness. Pump included.

**DIA.** 6"/15.25 cm x L 35"/89 cm  
10 pcs | CTN

Blue ST-06180



## Massage Point Foam Roller 15" ★ ⚡

Constructed with EVA foam and featuring a vibrant red ABS core, this particular roller offers a soft, textured surface that mimics the fingers of a massage therapist to provide a deep tissue massage and facilitate self-myofascial release.

**DIA.** 5.5"/14 cm x L 15"/38 cm  
6 pcs | CTN

Black ST-06161



## Massage Point Foam Roller Two-in-One ★ ⚡

Opt to use the full Massage Point Foam Roller Two-in-One (24"/61 cm) or use as two separate pieces (12"/30.5 cm) in your foam rolling routine or your workouts.

**DIA.** 5"/12.7 cm x L 2 x 12"/30.5 cm  
6 pcs | CTN

Black ST-06162



## Rehab Accessory Kit

Complete your studio with essential accessories and save!

### Includes

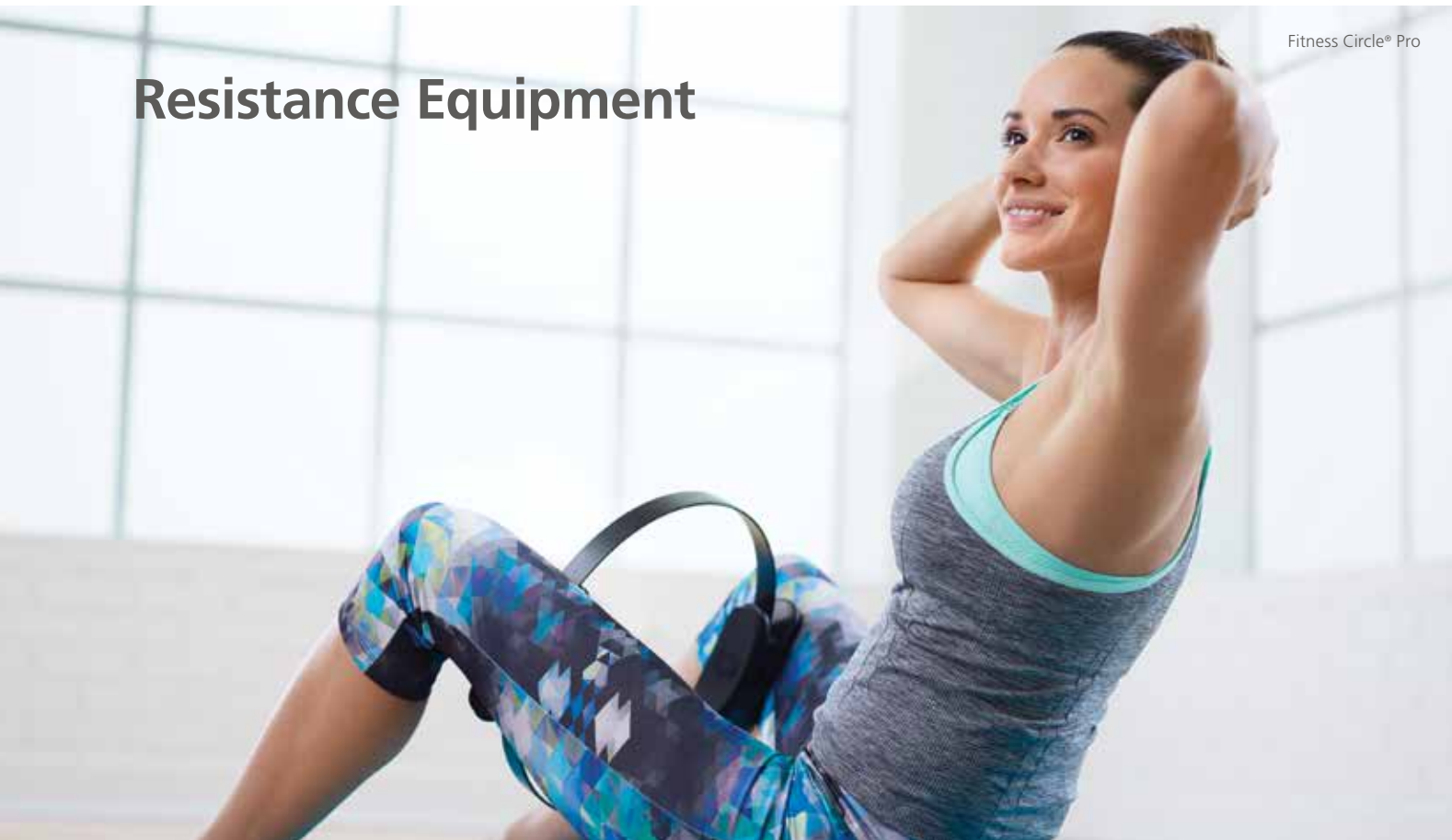
- 2 Fitness Circle® Lite
- 2 Regular-Strength Flex-Band®
- 2 Foam Roller Deluxe
- 4 1 lb/0.45 kg Toning Ball
- 2 25.6"/65 cm Stability Ball™
- 2 Mini Stability Ball™, 7.5"/19 cm
- 1 Gripper Mat
- 1 Eco-Friendly Pilates Pad
- 1 pair Rotational Disks, 12"/30 cm
- 2 Stability Cushions
- 1 each Foam Cushions A, B, C

ST-06075





# Resistance Equipment



Incorporating resistance equipment into a workout adds variety and challenge while developing muscular strength and endurance. These top-selling props help tone and strengthen the body in all the right places.

## Fitness Circle® Family

Resistance: ☐ Firm ☐ Light

Model	Diameter	Color	Material	Weight	Recommended Height	Recommended Use
<b>Fitness Circle Pro</b>	12"/30.5 cm	Purple	Steel ring with TPE handles	1.5 lb/0.68 kg	5'5"/1.65 m or under	Ideal for studios, fitness facilities and group exercises classes
<b>Fitness Circle Pro</b>	12"/30.5 cm	Black	Steel ring with TPE handles	1.5 lb/0.68 kg	5'5"/1.65 m or under	Ideal for studios, fitness facilities and group exercises classes
<b>Fitness Circle Pro</b>	14"/35.5 cm	Blue	Steel ring with TPE handles	1.65 lb/0.74 kg	5'5"/1.65 m or under	Ideal for studios, fitness facilities and group exercises classes
<b>Fitness Circle Pro</b>	14"/35.5 cm	Black	Steel ring with TPE handles	1.65 lb/0.74 kg	5'5"/1.65 m or under	Ideal for studios, fitness facilities and group exercises classes
<b>Fitness Circle Lite</b>	14"/35.5 cm	Black	Fiberglass with foam handles	0.75 lb/0.34 kg	5'5"/1.65 m or under	Ideal for beginners, at-home users or travel
<b>Fitness Circle Lite Kit with DVD</b>	14"/35.5 cm	Black	Fiberglass with foam handles	0.75 lb/0.34 kg	5'5"/1.65 m +	Ideal for beginners, at-home users or travel
<b>Fitness Circle Toning Rings</b>	10"/25.4 cm	Red	Spring covered in NBR sleeve	1.4 lb/0.64 kg	All	Ideal for beginners, at-home users or travel
<b>Fitness Circle Flex</b>	12"/30.5 cm	Blue	Impact-resistant compound plastic	0.6 lb/0.27 kg	All	Ideal for beginners, at-home users or travel
<b>Fitness Circle Flex</b>	12"/30.5 cm	Orange	Impact-resistant compound plastic	0.6 lb/0.27 kg	All	Ideal for beginners, at-home users or travel



### Fitness Circle® Pro ★

Featuring firm resistance and molded latex-free grips, the original, sprung-steel Fitness Circle Pro is the best choice for studios and group exercise classes. Instructors use this to help clients maintain proper alignment and to increase body awareness. Available in two sizes: 12"/30.5 cm and 14"/35.5 cm. The retail-friendly wrap option contains information on a free downloadable exercise guide.

**DIA.** 12"/30.5 cm • 1.5 lb/0.68 kg  
10 pcs | CTN

Purple	ST-02100
Black	ST-06023

**DIA.** 14"/35.5 cm • 1.65 lb/0.74 kg  
10 pcs | CTN

Blue	ST-02099
Black	ST-06000
Blue	ST-06090 (Retail Wrap)



### Fitness Circle Lite

Add extra resistance to your workout. Made of fiberglass, the lightweight construction of the Fitness Circle Lite makes it ideal for beginners and perfect for home and travel. Inner and outer foam grips provide extra comfort. The retail-friendly wrap option contains information on a free downloadable exercise guide.

**DIA.** 14"/35.5 cm • 0.75 lb/0.34 kg

Black	ST-06031 • 10 pcs   CTN
Black	ST-06072 (Retail Wrap) • 8 pcs   CTN



### Fitness Circle Flex

Searching for the ideal strengthening and toning tool? Look no further! The Fitness Circle Flex is a lightweight, portable tool that's easy to incorporate into your fitness routine. Made from an innovative plastic compound and featuring 0.15"/4 mm thick soft-grip foam handles, the Fitness Circle Flex provides gentle resistance for upper- and lower-body exercises.

**DIA.** 12"/30.5 cm • 0.6 lb/0.27 kg  
10 pcs | CTN

Blue	ST-06189
Orange	ST-06190



### Fitness Circle Toning Rings pair

Made with a metal spring and covered with an NBR sleeve, these Toning Rings help sculpt and shape your physique. Use them to target the arms, shoulders, upper back and lower body.

**DIA.** 10"/25.4 cm • 1.4 lb/0.64 kg  
6 pcs | CTN

Red	ST-06227
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Fitness Circle Flex





### Mini Handweights pair

These Mini Handweights are great for toning the arms, or increasing the intensity of your workout. Straps ensure these handweights fit snugly and safely in the palm of the hand.

6-12 pcs | CTN

1.1 lb/0.5 kg each  
Pink ST-06103

1.65 lb/0.75 kg each  
Purple ST-06104

2.2 lb/1 kg each  
Green ST-06105

2.75 lb/1.25 kg each  
Blue ST-06106



### Soft Dumbbells pair

Easy on your hands while still providing the same workout benefits of traditional dumbbells. Soft dumbbells are not just more comfortable, they are also less likely to damage your floor or walls. Great for using on walks and for arm exercises.

8 pcs | CTN

1.1 lb/0.5 kg each  
Orange ST-06107

1.65 lb/0.75 kg each  
Lemon ST-06108

2.2 lb/1 kg each  
Lime ST-06109



### Flex-Band® ★

Simulate many of the moves performed on a Reformer with these latex bands. The Flex-Band can also be used to add upper- and lower-body resistance to Matwork. Available in two strengths and 12-pack rolls.

W 6"/15 cm x L 78"/198 cm  
200 pcs | CTN

Regular-Strength, Green ST-06021  
Extra-Strength, Blue ST-06022

#### 12-pack rolls

W 6"/15 cm x L 945"/2400 cm  
4 pcs | CTN

Regular-Strength, Green ST-06170  
Extra-Strength, Blue ST-06171



### Non-Latex Flex-Band 🌱 ♻️

Enjoy the benefits of Flex-Band resistance with a non-latex option.

W 6"/15 cm x L 78"/198 cm  
12 pcs | CTN

Light-Strength, Orange ST-06058  
Regular-Strength, Lemon ST-06059  
Extra-Strength, Lime ST-06060



### Flex-Band Handles

Add comfort and grip, and maintain proper wrist alignment in your workout with our Flex-Band Handles.

100 pcs | CTN

Black ST-06043



### Toning Balls™ ★

Ideal tools for Matwork or equipment-based routines to increase intensity and bring awareness to shoulder stability or target desired muscle groups.

**DIA.** 4.3"/11 cm

6 or 8 pcs | CTN

1 lb/0.45 kg

Purple ST-06037

2 lb/0.9 kg

Pink ST-06047

Blue ST-06035

3 lb/1.4 kg

Green ST-06036



### Toning Ball 2 pack

Ideal for Matwork or equipment-based routines to challenge strength and target desired muscle groups.

**DIA.** 4.3"/11 cm • 1 lb/0.45 kg each

8 pcs | CTN

Orange ST-06052

**DIA.** 4.3"/11 cm • 2 lb/0.9 kg each

8 pcs | CTN

Lemon ST-06053

**DIA.** 4.3"/11 cm • 3 lb/1.4 kg each

4 pcs | CTN

Lime ST-06054



### Strength Tubing – Core 🌱

Add variety to your strength training routine with lightweight and portable Strength Tubing. Ideal for any level of fitness or ability, this versatile resistance tool will increase upper-body strength, target the arm muscles, and tone your core. A fabric cover and cushioned foam handles offer maximum comfort during exercise.

**L** 49"/125 cm – not including handles

24 pcs | CTN

Light-Strength, Purple ST-06118

Regular-Strength, Red ST-06119

Extra-Strength, Blue ST-06120



### Strength Tubing™ – Ankle 🌱

Increase lower body sculpting and toning with this ankle strap in a variety of resistance strengths. Works all lower-body muscle groups. Made of TPR for a better environment.

**DIA.** 35"/89 cm

30 pcs | CTN

Light-Strength, Orange ST-06124

Regular-Strength, Lemon ST-06125

Extra-Strength, Lime ST-06126



### Resistance Loop Band 🌱

Use the power of resistance training to build strength in the upper and lower body with this simple, effective tool. Slip the Resistance Loop Band in your gym bag to maximize your workout options in a variety of strength, speed, flexibility and rehabilitation exercises.

**W** 0.5"/1.3 cm x **L** 41"/104.1 cm x **H** 0.12"/0.3 cm  
60 pcs | CTN

Light-Strength, Yellow ST-06284

Regular-Strength, Red ST-06193



### Medicine Balls ★

Perfect for rehabilitation and strength training. Use them to improve core strength and tone.

4 pcs | CTN

4 lb/1.8 kg

Purple ST-06094

6 lb/2.7 kg

Blue ST-06095



### Twist Ball™ with pump 🌱

Not your ordinary medicine ball! With a shifting center of sand, the Twist Ball challenges the user to control the moving center of gravity throughout exercises. Soft, neoprene-covered handles allow for double and single-handed swinging and can be fitted over an ankle for leg extensions and lifts.

8 pcs | CTN

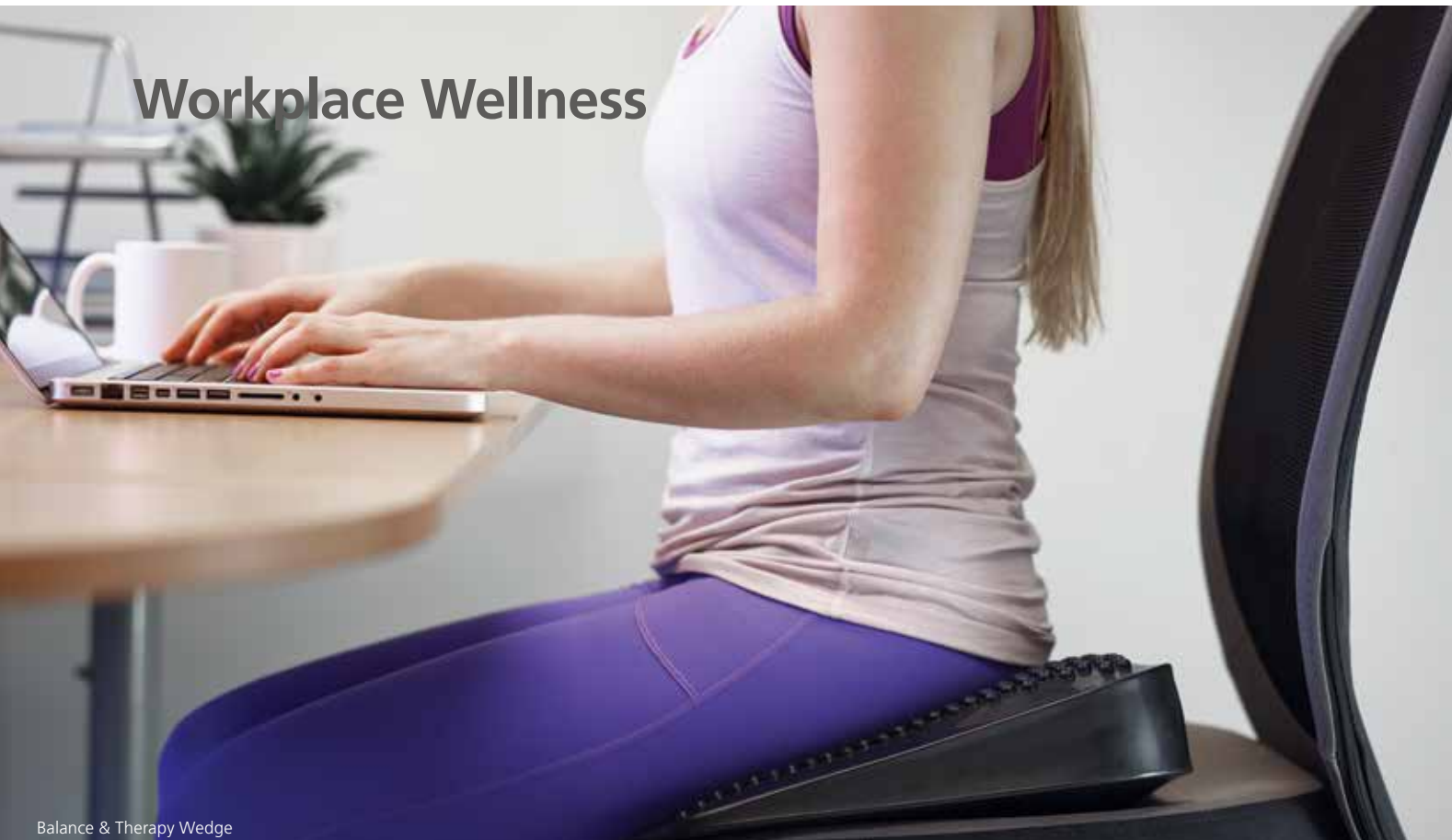
6 lb/2.72 kg

Purple ST-06234





# Workplace Wellness



Balance & Therapy Wedge

Focus on wellness, even while at work. We offer a range of products that easily adapt to a work environment that can help challenge core stability, increase circulation and encourage correct alignment while you sit.



## Balance & Therapy Wedge

Improve your posture and engage your core while you sit. Ideal for use in the office, the unstable surface of the Balance & Therapy Wedge helps to improve core strength by activating deep stabilizing muscles and aligning the spine, while the textured surface helps stimulate circulation. PVC-free.

**L** 13.5"/34 cm x **W** 13.5"/34 cm x **H** 3"/7.6 cm  
5 pcs | CTN

Charcoal ST-06213



## Sitting Cushion

Perk up your office chair and challenge your core while you work with this inflatable cushion. The unstable surface encourages proper spine alignment, while the textured surface boosts circulation. The perfect travel companion, the Sitting Cushion's compact size makes it easy to slip into a suitcase or carry on.

**DIA.** 13"/33 cm x **H** 2.5"/6.3 cm  
10 pcs | CTN

Black ST-06242



## Stability Ball Base™

Convert your Stability Ball into a chair for convenient core workouts at the office or at home, or use the Stability Ball Base on its own for a variety of exercises. Use with the 17.7"/45 cm Stability Ball to create an active seat for kids while they watch TV or play video games. Stability Ball sold separately.

**DIA.** 18.9"/48 cm x **H** 3"/7.6 cm  
6 pcs | CTN

Black ST-06223



## Foot Massager

Bring the benefits of a professional foot rub to your home or office with this textured massager. A specially designed independent rollerball hits just the right spot on the arches, while the Foot Massager kneads the soft tissues of your feet for fast relief from aches and pains.

**L** 4.5"/11.5 cm x **W** 13"/33 cm  
20 pcs | CTN

Charcoal ST-06265

# Additional Accessories

The perfect complements to a rehabilitation studio or clinic, these accessories and props offer clients additional support, space and challenge.

## Stability Cushion™ ★★

Add variety, functionality and challenge to any exercise program with the Stability Cushion. Enhance your stability, strength and balance while performing exercises in standing, sitting, kneeling, supine and prone positions. Great for use with everyone from rehab clients to professional athletes and supports exercisers up to 350 lb/158.5 kg. PVC free.

**DIA.** 14"/36 cm

6 pcs | CTN

Small, Green

ST-06071

**DIA.** 19.75"/50 cm

Large, Blue

ST-06110



## Balance Pad ★★

Add challenge to your workout routine with a Balance Pad. The unstable surface builds core and lower-body muscle group strength. Made of eco-friendly TPR.

**W** 16"/41 cm x **L** 9.5"/24 cm x **H** 2.5"/6 cm  
8 pcs | CTN

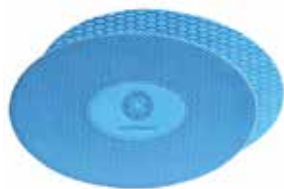
Half Size, Charcoal, pair

ST-06243

**W** 16"/41 cm x **L** 19"/48 cm x **H** 2.5"/6 cm  
8 pcs | CTN

Large, Charcoal, single

ST-06244



## Oval Cushion ★★

Oval Foam Cushions are similar to our standard Balance Pads, providing the same benefits but with less density and a surface that has more give, providing less stability during exercises. Available in two sizes, sold individually.

**W** 7.25"/18 cm x **L** 12"/30.5 cm x **D** 2.4"/6 cm

Small, Blue

ST-06114

**W** 8.75"/22 cm x **L** 14.5"/37 cm x **D** 2.4"/6 cm

Large, Blue

ST-06113



## Eco-Friendly Pilates Pad ★★

Our Eco-Friendly Pilates Pad is latex-free, hypo-allergenic and does not have the scent typically associated with traditional rubber pads. These non-slip pads can be stacked to just the right height to establish correct positioning for exercises or to add extra cushioning. Sold individually, available in blue only.

**W** 14"/36 cm x **L** 7.5"/19 cm x **H** 0.5"/1.2 cm

ST-02101



## Gripper Mat ★

Versatile, non-slip rubber mats are used on various pieces of equipment to increase traction and prevent slipping or sliding.

**W** 12"/30.5 cm x **L** 17"/43 cm

Various colors

ST-02022



## Foam Cushions ★

Foam Cushions are a necessary addition to any fully equipped studio or training facility. Each is designed to serve a variety of purposes and all aid in increasing exercise options, allowing for proper alignment and biomechanics.

### Foam Cushion A

Offers head support to create better alignment of the head and neck, preventing the cervical spine from overextending.

**W** 9"/23 cm x **L** 6"/15 cm x **H** 1"/2.5 cm

ST-06004

### Foam Cushion B

Use between the knees and/or ankles to maintain activation of the hip adductors and proper alignment of the legs and hips. Also ideal for use on the Reformer to support the head in side-lying positions.

**W** 6"/15 cm x **L** 9"/23 cm x **H** 3"/7.6 cm

ST-06003

### Foam Cushion C

Perfect for seated exercises. Individuals with tightness through the lower back, hips and knees can achieve an optimal sitting position with this foam cushion.

**W** 10"/25.4 cm x **L** 13"/33 cm x **H** 2.5"/6.4 cm

ST-06005

For a complete listing of studio and clinic accessories, see our Retail Catalog or visit [merrithew.com/shop](http://merrithew.com/shop)



## Select Professional Mats



### Merrithew™/Airex®

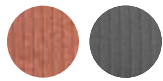
#### Coronella 200 Mat ★

Made in Switzerland, the Merrithew / Airex Coronella 200 is eco-friendly and the highest-quality, longest, and thickest mat in our mat line. It provides a cushiony surface with a memory foam-like quality that allows the mat to immediately bounce back to its original shape, and it always lies flat.

Made of a moisture-resistant closed-cell foam, it has a Sanitized® finish that inhibits bacteria growth. The grooves on both sides of the mat create a slip-proof surface that's great for yoga, hot yoga and Pilates.

W 23.5"/60 cm x L 78.75"/200 cm x H 0.6"/15 mm  
1 pc | CTN

Terra Brown ST-02192  
Graphite ST-02070



### Deluxe Pilates Mat ★

A great option for multi-use facilities, this club-quality mat rolls up or hangs on the wall for easy storage options. Made of closed-cell, high-density NBR foam to protect your spine and soften hard surfaces.

W 24"/61 cm x L 72"/183 cm x H 0.6"/15 mm  
6 pcs | CTN

Graphite ST-02173  
Midnight Blue ST-02176

W 26"/66 cm x L 78"/198 cm x H 0.6"/15 mm  
6 pcs | CTN

Graphite with Grommets ST-02188  
Mat Hanger, Silver ST-02210  
Mat Hanger, Wood ST-02190  
Graphite 6-pack ST-11033 – six mats + wood hanger  
Graphite 6-pack ST-11051 – six mats + silver hanger

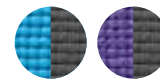


### Pilates & Yoga Mat XL ★

Stretch out on this oversized mat that has plenty of leg room for taller exercisers. Bring it to the gym or studio, or roll it out at home for a superior workout surface. Made with PER™ foam, this mat is 0.25" (6 mm) thick, with excellent traction and shock absorption. Recyclable, phthalate- and heavy metal-free, the eco-friendly Pilates & Yoga Mat is the perfect base for a broad range of exercise modalities, including yoga, Pilates, and athletic training regimens.

W 26"/66 cm x L 78"/198 cm x H 0.25"/6 mm  
1 pc | CTN

Gray Blue ST-02213  
Gray Purple ST-02212



## Additional Mat Selection

For more details visit our mat boutique at [merrithew.com/matboutique](https://merrithew.com/matboutique)

Mat Style	Ideal for	Thickness	Length	Width
Eco-Deluxe Mat™	Professional or home Pilates studios	0.4"/10 mm	68"/173 cm	24"/61 cm
Natural Rubber Mat*	All styles of yoga	0.2"/5 mm	72"/183 cm	24"/61 cm
Natural Rubber + Jute Mat*	All styles of yoga	0.2"/5 mm	72"/183 cm	24"/61 cm
Pilates Express™ Mat*	Our signature mat for all Pilates exercises	0.4"/10 mm	72"/183 cm	24"/61 cm
Eco-Friendly Mat™	All floor exercises such as Pilates and yoga	0.25"/6 mm	68"/173 cm	24"/61 cm
Folding Travel Mat	All styles of yoga	0.06"/1.4 mm	68"/173 cm	24"/61 cm
Hot Yoga Mat	Bikram and hot yoga	0.1"/2.5 mm	68"/173 cm	24"/61 cm
Eco Yoga Mat	All styles of yoga	0.125"/3 mm	68"/173 cm	24"/61 cm
Pilates & Yoga Mat*	Pilates and all styles of yoga	0.25"/6 mm	68"/173 cm	24"/61 cm
Eco Mat for Kids	All floor exercises such as Pilates and yoga	0.15"/4 mm	54"/137 cm	24"/61 cm

\*Strap included



# Exercise Library

The Merrithew™ DVD library features over 145 titles and includes all levels of exercises. From DVDs aimed at rehab and fitness professionals to those for at-home users, we have everything you need to take your workouts to the next level.

## Course Materials

Designed specifically for Pilates, Rehab and fitness professionals, these DVDs accompany the STOTT PILATES® certification courses. These world-renowned Essential- to Advanced-level titles feature programming from post-rehab to athletic conditioning.

### Matwork Series

STOTT PILATES: Essential Matwork, 3rd Ed.	<b>E</b>	DV-81147
STOTT PILATES: Intermediate Matwork, 3rd Ed.	<b>I</b>	DV-81148
STOTT PILATES: Advanced Matwork, 3rd Ed.	<b>A</b>	DV-81149

### Reformer Series

STOTT PILATES: Essential Reformer, 3rd Ed. – 2 DVD set	<b>E</b>	DV-81152
STOTT PILATES: Intermediate Reformer, 2nd Ed. – 2 DVD set	<b>I</b>	DV-81153
STOTT PILATES: Advanced Reformer, 2nd Ed.	<b>A</b>	DV-81154

### Cadillac Series

STOTT PILATES: Essential Cadillac, 2nd Ed. – 2 DVD set	<b>E</b>	DV-81139
STOTT PILATES: Intermediate Cadillac, 2nd Ed. – 2 DVD set	<b>I</b>	DV-81140
STOTT PILATES: Advanced Cadillac, 2nd Ed.	<b>A</b>	DV-81141

### Stability Chair™ Series

STOTT PILATES: Essential & Intermediate Stability Chair, 2nd Ed. – 2 DVD set	<b>E, I</b>	DV-81160
STOTT PILATES: Advanced Stability Chair, 2nd Ed.	<b>A</b>	DV-81161

### Barrel Series

STOTT PILATES: Complete Barrel Repertoire	<b>E, I, A</b>	DV-81138
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### ISP/Rehab Series

STOTT PILATES: Back Care Repertoire	•	DV-81145
STOTT PILATES: Spinal, Pelvic & Scapular Stabilization with Reformer & Vertical Frame – 2 DVD set	•	DV-81156
STOTT PILATES: Spinal, Pelvic & Scapular Stabilization on Equipment – 2 DVD set	•	DV-81155
STOTT PILATES: Peripheral Joint Stabilization on Equipment	•	DV-81157
STOTT PILATES: Peripheral Joint Stabilization with Reformer & Vertical Frame – 2 DVD set	•	DV-81158

#### Degrees of Difficulty

- and •• = Beginner
- = Intermediate

**E** = Essential – Learn a solid foundation and effective skills

**I** = Intermediate – Challenge clients with more coordination and endurance

**A** = Advanced – For highly conditioned clients

All DVDs are region code 0 and play anywhere in the world.

Stability Cushion™





#### Back Care Repertoire

WORKOUT 36+24 min | •

DV-81145



#### Armchair Pilates Plus

WORKOUT 18 min | •

DV-80087



#### Prenatal Pilates on the Ball

WORKOUT 30 min | •

DV-84126



#### Pilates on a Roll

WORKOUT 43 min | •••

DV-81100



#### Essential Matwork

WORKOUT 44 min | E

DV-81147

## Professional and At Home Titles

These DVDs can be used at home or in a professional setting and provide programming appropriate for Rehab audiences. This wide range features complete workouts for various populations including: Active Aging, Pre- and Post-natal, Breast Cancer patients and general Matwork programming.

### Matwork

STOTT PILATES®: Basic Pilates, 2nd Ed.	•	DV-84132
STOTT PILATES: Core Challenge	•••	DV-84177
STOTT PILATES: Firm & Fit	••	DV-84076
STOTT PILATES: Matwork Flow Conditioning Sequence Workout	••	DV-81229
STOTT PILATES: Pain-free Posture	•	DV-80089
STOTT PILATES: Pure Vitality	•••	DV-81183
STOTT PILATES: Relaxation Workout	•	DV-81197
STOTT PILATES: Revive Workout	••	DV-80096
STOTT PILATES: Simple Stretches	••	DV-80082
STOTT PILATES: Standing Tall	•	DV-81190
STOTT PILATES: Sunrise Workout	•	DV-84095
STOTT PILATES: The Secret to Flat Abs	•	DV-84075
STOTT PILATES: The Secret to Toned Arms, Buns & Thighs	••	DV-84110
ZEN-GA®: Flow	••	DV-81258

### Matwork & Props

STOTT PILATES: Core Balance (Stability Ball™)	•••	DV-84191
STOTT PILATES: Dynamic Balance (Stability Ball)	•••	DV-81192
STOTT PILATES: Essential Matwork on Stability Cushions™	••	DV-81232
STOTT PILATES: Fitness Circle® Flow	••	DV-84115
STOTT PILATES: Mini Stability Ball™ Workout	••	DV-84131
STOTT PILATES: Matwork Flow with Weights	•••	DV-81239
STOTT PILATES: Morning Mobilizer for Strength & Agility	••	DV-81215
STOTT PILATES: Pilates on a Roll (Foam Roller)	•••	DV-81100
STOTT PILATES: Pilates Towel Workout for Strength & Mobility	•	DV-81216
STOTT PILATES: Pilates with Props, Maximum Resistance, Volume 1	•	DV-84134
STOTT PILATES: Pilates with Props, Maximum Resistance, Volume 2	••	DV-84135
STOTT PILATES: Rotational Disks™	E, I	DV-81170
STOTT PILATES: Strength & Endurance: Matwork with Props	•••	DV-81234
STOTT PILATES: The Secret to a Strong Back (Stability Ball)	•	DV-84121
STOTT PILATES: Total Body Sculpting (Flex-Band®)	•••	DV-84179
STOTT PILATES: Total Body Toning (Toning Balls™)	••	DV-84119
STOTT PILATES: Ultimate Body Sculpting (Flex-Band)	•••	DV-84180
ZEN-GA: Flow with the Mini Stability Ball	••	DV-81241
ZEN-GA: Mini Stability Ball, Breathing & Muscular Release	•	DV-81240

### Equipment

STOTT PILATES: V2 Max Plus™ Programming	E	DV-81168
STOTT PILATES: Athletic Conditioning on the Reformer	••	DV-81164
STOTT PILATES: Athletic Conditioning on the Stability Chair™	•••	DV-81163
STOTT PILATES: Bounce & Tone: Jumping Intervals with Reformer Accessory Boards	•••	DV-81242
STOTT PILATES: Golf Conditioning on the Reformer	•••	DV-81144
STOTT PILATES: Group Reformer Workout	••	DV-81117
STOTT PILATES: Group Stability Chair Workout	••	DV-81162
STOTT PILATES: Intensive Reformer Challenge with Platform & Pole	•••	DV-81246
STOTT PILATES: Pilates Reformer Challenge with Fitness Circle	•••	DV-81244
STOTT PILATES: Pilates Reformer Challenge with Platform and Pole, Level 2	••	DV-84213
STOTT PILATES: Power & Agility: Reformer Intervals on the Cardio-Tramp® Rebounder*	•••	DV-81247
STOTT PILATES: Reformer Workout for Men	•••	DV-81167
STOTT PILATES: Stability Barre™ Training, Level 1	••	DV-81256
STOTT PILATES: Stability Barre Training, Level 2	•••	DV-81262
STOTT PILATES: Strength & Conditioning on the Jumpboard™ & Reformer	•••	DV-81245
STOTT PILATES: Essential Pilates Edge™	E	DV-81150
STOTT PILATES: Intermediate Pilates Edge	I	DV-81151
STOTT PILATES: Pilates Off the Wall	••	DV-81159
ZEN-GA: V2 Vinyasa Yoga on the V2 Max Plus™ Reformer*, Level 1	•••	DV-81260

### Rehab/Specialty

STOTT PILATES: Armchair Pilates™	•	DV-80086
STOTT PILATES: Armchair Pilates Plus	•	DV-80087
STOTT PILATES: Armchair Pilates with Handweights	•	DV-81257
STOTT PILATES: Breast Cancer Rehab on Equipment	E	DV-81142
STOTT PILATES: Dynamic Armchair Pilates	•	DV-84120
STOTT PILATES: Essential Warm Up & Conditioning for Golfers	•	DV-81231
STOTT PILATES: Pilates for Breast Cancer Rehabilitation	•	DV-84122
STOTT PILATES: Post-Natal Pilates	•	DV-84128
STOTT PILATES: Prenatal Pilates on Equipment	E	DV-81146
STOTT PILATES: Prenatal Pilates on the Ball	•	DV-84126
STOTT PILATES: Prenatal Pilates on the Mat	•	DV-84129
STOTT PILATES: Prenatal Workout on the Pilates Edge™	•	DV-84127

For a complete listing of our extensive line of DVD titles, visit [merrithew.com/shop](http://merrithew.com/shop)

# Replacement Parts

## Reformer

Ankle Straps [pair]	ST-02019
Cardio-Tramp® Replacement Surface	ST-05065
Carriage Stopper	ST-06012
Comfort Footbar [double mount] – 22"/56 cm [SPX®]	ST-05085
Comfort Footbar [double mount] – 24"/61 cm	ST-05084
Comfort Footbar [single mount] – 22"/56 cm [SPX]	ST-05083
Comfort Footbar [single mount] – 24"/61 cm	ST-05082
Double-Ended Swivel Spring Clip	ST-05073
Enhanced Leg Springs for Vertical Frame	ST-05105
Extension Straps – 24"/61 cm [pair]	ST-02014
Extension Straps – 26"/66 cm [pair]	ST-02174
Fixed Rollers [pair]	ST-06013
Floating Rollers [pair]	ST-06014
Foam Grip Handles [pair]	ST-02007
High-Traction Reformer Feet™ [SPX, set of 4]	ST-05079
High-Traction Reformer Feet [V2 Max™/Rehab]	ST-05087
Long Spine Straps [pair]	ST-02008
Padded Long Spine Straps [pair]	ST-02016
Plastic Foot [Rehab/V2 Max]	ST-05062
Plastic Spring Holder	ST-05100
Pulley Post – Traditional [Pro/V2 Max]	ST-05076
Pulley Post – Traditional [Rehab]	ST-05077
Pulley Post – Traditional [SPX]	ST-05074
Pulley Post – Traditional [SPX, chrome]	ST-05075
Pulley Post – Quick-Set [V2 Max]	ST-05106
Pulley Post – Quick-Set [Rehab V2 Max]	ST-05107
Reformer Box Footstrap	ST-02018
Reformer Ropes – Retractable Rope System [pair]	ST-06042
Reformer Ropes – Traditional [pair]	ST-06016
Reformer Spring Cover [neoprene]	ST-05070
Reformer Spring Cover Set [neoprene]	ST-05071
Shoulder Rests [pair]	ST-02023
Soft Reformer Double Loop Straps [pair]	ST-02028
Soft Reformer Loops [pair]	ST-02009
Spring – 25%	ST-05054
Spring Package – High-Precision [3 x 100%, 1 x 50%, 1 x 25%]	ST-05058
Spring Package – Power-Up [3 x 125%, 1 x 100%, 1 x 50%]	ST-05098
Spring Package – Traditional [4 x 100%, 1 x 50%]	ST-05057
Spring Holder Update Kit – 22"/56 cm [SPX]	ST-05102
Spring Holder Update Kit – 24"/61 cm [Pro/V2 Max]	ST-05101
Spring Ball O-Ring Kit	ST-05110
Spring Webbing Board	ST-05066
Star Knob – 4-prong, 1/2"/1.27 cm [Reformer]	ST-05053
Star Knob – 4-prong, 3/8"/.95 cm [Diskboard]	ST-05052
Star Knob – 5-prong, 3/8"/.95 cm [Reformer]	ST-05050
Traditional Gearbar	ST-05112
Universal Assembly Tool	ST-05096
Vertical Frame Receptacles [Pro/V2 Max pre-4/1/2010]	ST-05081
Vertical Frame Springs Package	ST-05108

## Reformer Upholstery Kit

Reformer Upholstery Kit – 24"/61 cm [Fixed Shoulder Rests]	ST-05120
Reformer Upholstery Kit – 22"/56 cm [Fixed Shoulder Rests]	ST-05121
Reformer Upholstery Kit – 24"/61 cm [Removable Shoulder Rests]	ST-05116
Reformer Upholstery Kit – 22"/56 cm [Removable Shoulder Rests]	ST-05117

## Cadillac / Wall Unit / Spring Wall™

Cadillac Spring Package	ST-05059
Enhanced Leg Springs [green] [pair]	ST-05124
Fuzzy Hanging Straps [pair]	ST-02010
Locking Spring Clip	ST-05064
Roll-Down Bar with Eyehooks	ST-06025
Roll-Down Bar with Springs and Clips	ST-06018
Safety Chain [Cadillac/Vertical Frame/Tower Trainer]	ST-05095
Sliding Bar [vertically]	ST-05061
Spring – Light Arm [yellow] [pair]	ST-05125
Spring – Push-Thru [blue] [pair]	ST-05126
Spring – Roll-Down [black] [pair]	ST-05127
Spring Clip	ST-02020
Spring Cover [vinyl]	ST-06019
Spring Wall Spring Package	ST-05119
Star Knob, 4-prong, 3/8"/.95 cm	ST-05051
Trapeze Spring [red] [pair]	ST-05128
Trapeze Strap	ST-02181
Wall Unit Spring Package	ST-05118

## Stability Chair™

Spring – Heavy [red] [pair]	ST-05129
Spring – Light [blue] [pair]	ST-05130
Spring Package – Stability Chair	ST-05060
Star Knob, 5-prong – 3/8"/.95 cm	ST-05050



# Customer Service

## Warranty

We stand behind the exceptional quality of all of our products. Our equipment is built to last and our warranty is the best in the industry. Commercial Reformers come with a Limited Lifetime Warranty on the frames, related welding, footbar mechanism and traditional gearbar. For our complete warranty, visit [merrithew.com/support/warranty](http://merrithew.com/support/warranty)

## Returns

We offer returns on many of the smaller products we sell, however, large equipment cannot be returned, or exchanged for refund. For complete details on our policies, please read our guidelines at: [merrithew.com/support/returns](http://merrithew.com/support/returns)

## Shipping

### Large equipment shipments within Canada and Continental USA

Large equipment is shipped by ground via a freight carrier, with curbside delivery. Other options are available.

### International and overseas shipments

Standard quoted shipping options include ocean freight to nearest port or air freight to nearest airport.

Door-to-door delivery may be available for your order at an additional charge. Please contact us for details.

## Custom Orders

We offer many options on our equipment to make it perfect for you. We're happy to help in any way possible to make it just the way you want it. Please contact our sales consultants at the numbers below.

## Service and Support

Our team is available to discuss any questions you may have.

Monday – Friday, 9am – 5:30pm EST

### Toll-free North America

1.800.910.0001 ext. 264

### Toll-free in the U.K.

0800 328 5676 ext. 264

International 416.482.4050 ext. 264

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



## We're here to help!

Our customer service team is always available to help select the best equipment and accessories to suit your needs. Shop, browse and order any time of the day, anywhere in the world. Or talk to us on Facebook, Twitter, LinkedIn, Pinterest, YouTube or Instagram to keep the conversation going.

 [merrithew.COM](http://merrithew.COM)







2200 Yonge Street, Suite 500, Toronto, Ontario, Canada M4S 2C6

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