

# Cardio-Tramp™

## Rebounder



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

## IMPORTANT!

This manual contains important assembly, safety and warranty information. Read the manual carefully before using your new equipment and keep the manual on hand for future reference.

**UNSAFE OR IMPROPER USE OF THIS EQUIPMENT BY FAILING TO READ AND COMPLY WITH ALL REQUIREMENTS AND WARNINGS COULD RESULT IN SERIOUS INJURY.**

It is impossible to predict every situation and condition that can occur while using this equipment. Merrithew makes no representation about the safe use of any exercise equipment that cannot be predicted or avoided.

**PLEASE READ THESE INSTRUCTIONS COMPLETELY BEFORE BEGINNING ASSEMBLY.**

Merrithew recommends cautious assembly and usage and wishes you many hours of safe and effective exercise.

## Care and Cleaning

Wipe surfaces using warm water with mild soap and clear water rinses for day-to-day cleaning. Ensure soap does not leave an oily residue, or make surfaces slippery.

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

## User Guidelines

Pilates equipment when used effectively can facilitate many Pilates exercises safely and effectively. However, care and caution must be taken as there are some inherent dangers when using any exercise equipment.

**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 Corporate, Licensed and Host Training Centers. Visit [merrithew.com](http://merrithew.com) for more information.

## Mechanical Safety Check

Proper maintenance and timely replacement of your equipment or component parts is your responsibility. Conduct a regular weekly inspection of your Reformer. See Owner's Manual for more information.

- ▶ Ensure Cardio-Tramp rebounder is securely fastened with star knobs under wooden standing platform.
- ▶ Ensure that the Velcro is completely attached along all four sides of the Cardio-Tramp rebounder.

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



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

- ▶ Before starting any exercise program, consult a physician. Stop exercising immediately if you experience chest pain, feel faint, have difficulty breathing, or experience discomfort.
- ▶ Do not use if equipment appears worn, broken or damaged. Do not attempt to repair equipment yourself without contacting Merrithew.
- ▶ Keep body, clothing and hair free from all moving parts.
- ▶ Do not allow children to use, or be around equipment without adult supervision.
- ▶ Ensure the equipment is properly adjusted for your size and ability level.

- ▶ Use equipment for intended exercises only
- ▶ For optimal performance, allow at least two feet of clear space on either side of a Merrithew Reformer

**CAUTION: DO NOT PULL VELCRO STRIPS APART.**

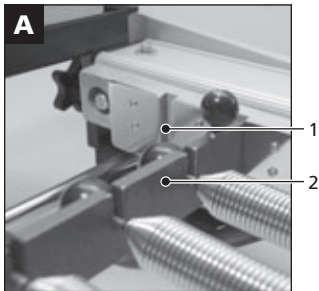
**WARNING: As with any athletic activity, the use of exercise equipment involves risk of injury, damage and/or death.**

**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.**

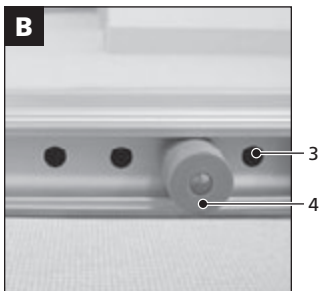
# Cardio-Tramp™

- 1 Gearbar Slot [fig. A]
- 2 Gearbar [fig. A]
- 3 Carriage Stopper Position [fig. B]
- 4 Carriage Stopper [fig. B]
- 5 Cardio-Tramp Rebounding Surface
- 6 Webbing
- 7 Metal Frame
- 8 Wooden Standing Platform
- 9 Footbar Adjustment Cradle
- 10 Star Knob

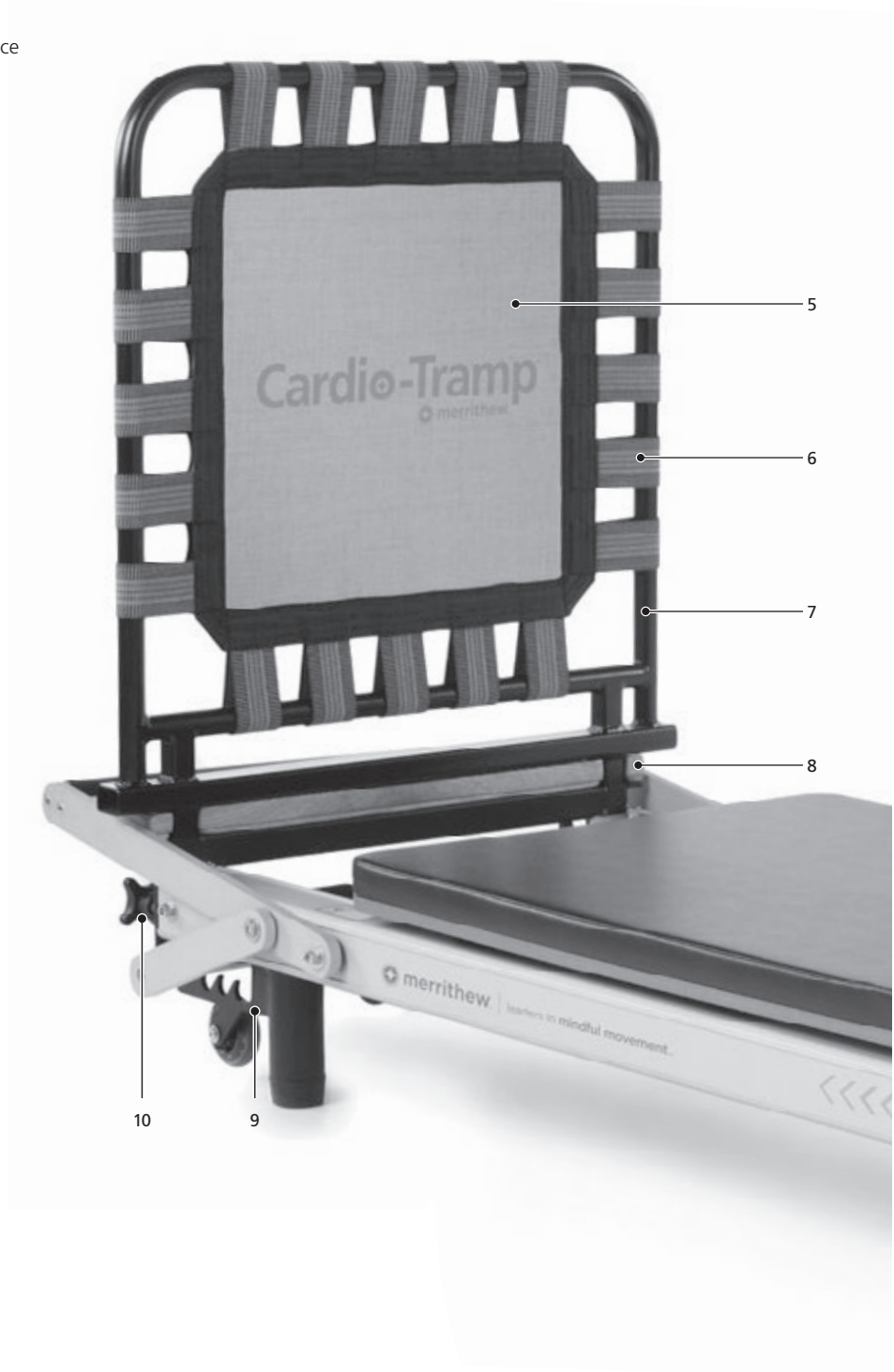
Shown on the SPX™ Reformer



GEARBAR AND SPRINGS



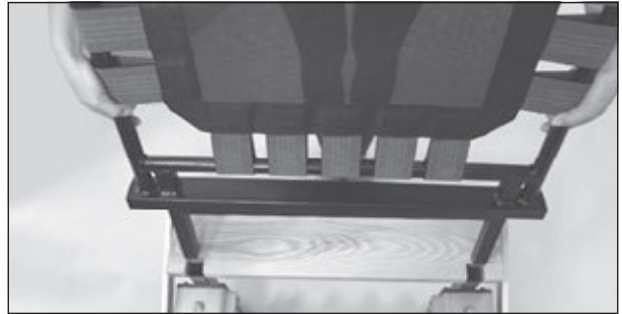
CARRIAGE STOPPING SYSTEM



# Inserting the Cardio-Tramp for Use



1. Adjust swing arms to cradle position #4 to lower footbar.



2. Slide support rods of the Cardio-Tramp rebounder completely into receptacles in wooden standing platform.



3. Fasten star knobs tightly and ensure Cardio-Tramp rebounder is securely in place.



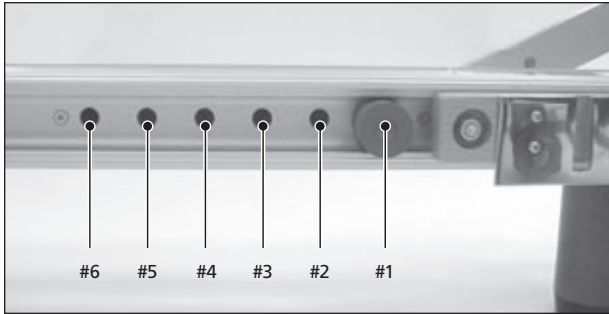
4. Adjust carriage stopper to position #1 (closest to wooden standing platform).



5. Adjust gearbar to position #1.

# Preparing to Use the Cardio-Tramp

**STOP!** Before using your Cardio-Tramp rebounder, ensure that the Reformer carriage stopper is inserted in position #1 and at least one spring is securely attached to the gearbar!



Refer to the assembly section in this manual for initial assembly instructions and part labeling.

- ▶ Never use Cardio-Tramp rebounder without carriage stopper securely in position #1
- ▶ Be certain star knobs are tightly fastened
- ▶ Be cautious to control the return of the carriage and avoid hitting the carriage stopper with high force
- ▶ Always land with feet on Cardio-Tramp rebounding surface and not on the webbing
- ▶ Ensure there is enough spring tension on the Reformer to support torso stabilization throughout movement
- ▶ It is recommended to use no more than three 100% springs
- ▶ Avoid wearing footwear while using the Cardio-Tramp rebounder
- ▶ Check wear and tear on the rebounding surface, Velcro and webbing. Replace as needed. Do not use if there is any fraying or damage to the Cardio-Tramp rebounder.

## Getting on the Reformer in a Supine Position (lying on back)



1. Sit on Reformer carriage, legs off to one side.



2. Reach hand nearest the footbar across your body and place it onto the shoulder rest.



3. Bring legs up, place feet on footbar, lower arms by sides.

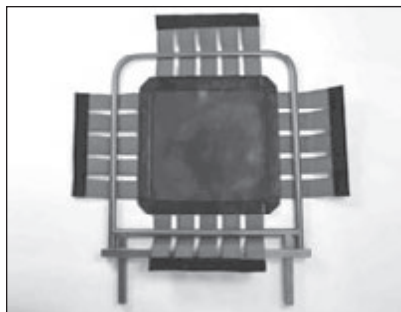


4. Tuck opposite shoulder under arm and roll onto back lowering head onto headrest.

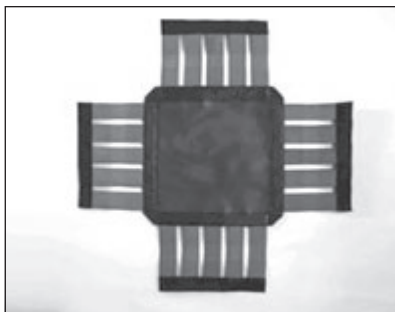


# Replacing Webbing

It is recommended that you have your Cardio-Tramp rebounder re-webbed by a professional upholsterer or contact [customer@merrithew.com](mailto:customer@merrithew.com) for a quote.

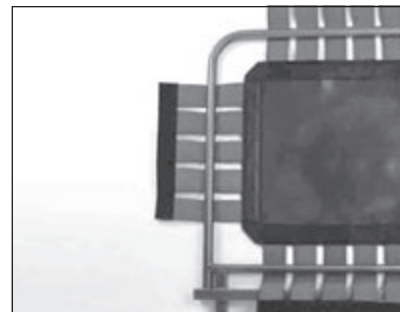


**1.** Remove webbing from Cardio-Tramp by detaching all four Velcro strips around the metal frame.



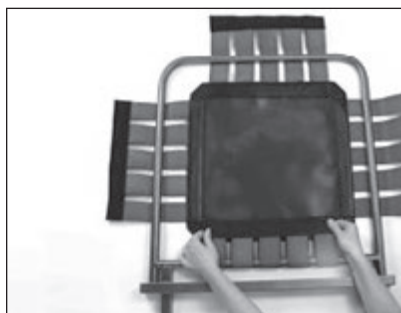
**2.** To ensure correct positioning of replacement webbing, place webbing on a flat, solid surface with the logo face-down. Ensure straps on all four sides are open with Velcro strips facing upward.

**NOTE:** Surface must be strong and stable enough to support firm tapping from a rubber mallet or similar tool.



**3.** With rounded corners at top, place metal frame of Cardio-Tramp on webbing straps. Align frame with middle of each strap.

**NOTE:** When securing Velcro, press together from the middle outwards. Ensure ends and side of Velcro line up exactly. If necessary, remove entire length of Velcro and reposition until lined up exactly.



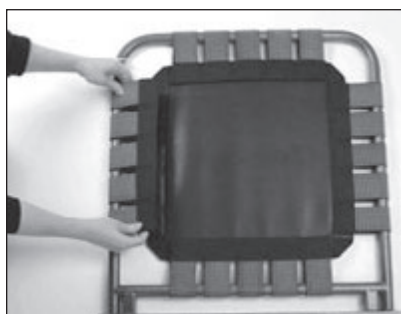
**4.** Start by securing bottom edge of replacement webbing. At the bottom of the frame, there is a square rod and a rounded bar. Wrap straps over rounded bar only. Attach Velcro securely as outlined above, striking entire length of Velcro strip with mallet.



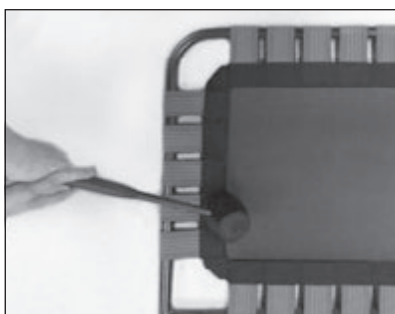
**5.** Next, wrap straps around top of frame. Press Velcro from middle outwards, pulling down firmly on each strap until Velcro strips line up exactly. Then strike entire length of Velcro strip with mallet.



**6.** Then, wrap straps around one side of frame. Press Velcro from middle outwards, pulling down on each strap until Velcro strips line up exactly. Then, strike entire length of Velcro strip with mallet.



**7.** Wrap straps around remaining side of frame. Press Velcro from middle outwards, pulling down on each strap until Velcro strips line up exactly. Strike entire length of Velcro strip with rubber mallet.

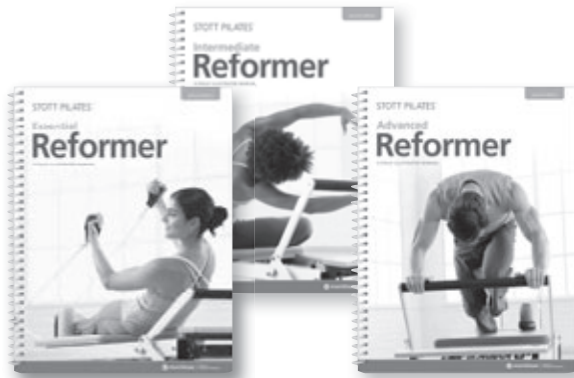


**8.** Finally, using a rubber mallet or similar tool without sharp edges, strike entire length of Velcro to ensure it is fully attached, specifically at the ends.



**CAUTION:** Jump test for solid Velcro interlock before use.

# Take Advantage of our Training Tools



**Training Manuals:** Three fully illustrated manuals, developed for our Instructor Training Program, offer step-by-step instruction to the complete Reformer repertoire.

**Wall Charts:** Full-size posters, measuring 27"x 39", depict exercises featured in the STOTT PILATES® Reformer repertoire. Each exercise is described with name, equipment accessories, one photo, and suggested repetitions.



**Instructional DVDs:** We offer almost limitless exercise challenges in our clear and detailed repertoire of cutting edge titles. For a full listing visit [merrithew.com/shop/dvds](http://merrithew.com/shop/dvds)



## Make the Most of Merrithew™ Equipment

As Leaders in Mindful Movement™, Merrithew is committed to developing unique, top-quality fitness programs based on the latest in exercise science and research. Our signature STOTT PILATES® education is unparalleled, and we bring the same expertise and passion to our full range of branded programs, including CORE™ Athletic Conditioning and Performance Training™, ZEN-GA®, Total Barre™ and Halo® Training. Join our global community of elite fitness professionals. Merrithew courses and workshops are offered worldwide.

Find courses and workshops near you at [merrithew.com/education/training](http://merrithew.com/education/training)

Contact Us 416.482.4050 | 1.800.910.0001 | 0800.328.5676 UK | ext. 300



# 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.

## Two (2) Year Limited Warranty

Merrithew will, at its option, repair or replace all other components other than upholstery, that fail for any reason, provided such failure is reported to Merrithew within a period of two years from the invoice date of the original purchase.

## 90-Day Upholstery Fabric Warranty

The fabric jump surface and webbing on the Cardio-Tramp rebounder will be replaced if it fails to give normal wear for 90 days after delivery. Proof of damage may be required. This warranty does not cover cuts, burns, stains, soiling, pet damage or damage caused by other unreasonable use. This warranty does not apply to fabrics cleaned with abrasive, corrosive or chemical cleansers. If the identical fabric is not available, Merrithew will provide an equivalent.

## Disclaimer of Implied Warranties and Limitation of Remedies

Repair or replacement of defective parts is your exclusive remedy under the terms of this limited warranty. In the event of parts availability issues, Merrithew will not be responsible for any consequential or incidental damages arising from the breach of either this limited warranty or any applicable implied warranty, or for failure or damage resulting from acts of nature, improper care and maintenance, accident, alteration, replacement of parts by anyone other than Merrithew, misuse, transportation, abuse, hostile environments (inclement weather, acts of nature), improper installation or installation not in accordance with local codes or printed instructions.

**This limited warranty is the sole express warranty given by Merrithew. No product performance, specification or description wherever appearing is warranted by Merrithew except to the extent set forth in this limited warranty. Any implied warranty protection arising under the laws of any state, province or territory including implied warranty of merchantability or fitness for a particular purpose, or use, is hereby limited in duration to the duration of this limited warranty.**

Neither distributors, dealers, web resellers, nor the retailers selling this product have any authority to make any additional warranties or to promise remedies in addition to, or inconsistent with those stated above. Merrithew's maximum liability, in any event, shall not exceed the purchase price of the product paid by the original purchaser.

## ! IMPORTANT

Please keep this manual in a safe place.  
If you have questions, issues or are missing parts:  
Do NOT return this unit to your local retailer,  
please contact the manufacturer directly.  
[customercare@merrithew.com](mailto:customercare@merrithew.com)  
416.482.4050 | 1.800.910.0001 | 0800.328.5676 UK | ext. 0907



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