

Halo® Trainer Plus*

with optional Stability Ball™



FREE downloadable
exercise guide
merrithew.com/guide

For video assembly
instructions, visit
[merrithew.com/
eq-assembly](https://merrithew.com/eq-assembly)

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.

User Guidelines

Fitness equipment when used effectively can facilitate many fitness 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 personalized training through our Corporate, Licensed and Host Training Centers. Visit merrithew.com for more information.

Safety Check

Like any fitness equipment, the Halo Trainer Plus® components are subject to wear and stress.

Proper maintenance and timely replacement of your equipment is your responsibility as it helps reduce the risk of injury. Conduct a regular inspection of the following:

Weekly:

- ▶ Check wear on Stability Ball™ and replace as necessary.
- ▶ Check inflation of Stability Ball and re-inflate as necessary.
- ▶ Ensure the Halo Trainer Plus parts are assembled and fastened securely.
- ▶ Check that the spring buttons are fully engaged.

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.
- ▶ Use equipment for intended exercises only.
- ▶ Ensure the equipment is properly adjusted for your size and ability level.
- ▶ Proper fitness apparel, including athletic footwear, is recommended.
- ▶ Do not use if equipment appears worn, broken or damaged. Do not attempt to repair equipment yourself without contacting Merrithew.
- ▶ To prevent the equipment from causing an injury by tipping when used with or without a Stability Ball, follow the set-up instructions in this manual carefully.
- ▶ **Only use the Halo Trainer Plus with an anti-burst Stability Ball.**
- ▶ Do not allow children to use or be around equipment without adult supervision.
- ▶ The Halo Trainer Plus, has the ability to partially stabilize the Stability Ball, however the surface of the Ball is still highly unstable, and the potential for a fall or injury does exist. Follow body part placement instructions carefully and move slowly with control throughout any exercise.
- ▶ Do not attempt exercises beyond your ability level.
- ▶ If the Halo Trainer Plus is used in conjunction with a 55 cm/ 22" Stability Ball, do not exceed the weight capacity for the Ball. If using your own Ball, it must be able to hold more than 350 lbs / 158 kgs of weight, plus acceleration forces.
- ▶ The Halo Trainer Plus should only be used by only one person at a time, not weighing over 350 lbs / 158 kgs.

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.

Congratulations on the purchase of your new Halo® Trainer Plus!

The Halo Trainer Plus is a versatile exercise device that provides a multi-dimensional approach to functional training, created to assist personal trainers, rehabilitative professionals and individual exercisers to progress or regress exercises safely to effectively achieve their desired fitness or rehabilitative goals. This unique ergonomically designed fitness device holsters a standard Stability Ball allowing the user to selectively control the multidirectional movement of the Ball to effectively train the entire core. The two pieces, used together or apart, provide step-wise progressions or regressions of movements that can be applied to any exerciser at any level of fitness. The padded handles are designed to keep the wrists in proper alignment, reducing stress and associated discomfort.

Halo Training

Halo Training incorporates the science of core-integrated bodyweight training. The core group of muscles can be described as a three-dimensional cylinder requiring multiple positions, planes of motion and degrees of resistance to be challenged appropriately. Halo Training is multi-functional and three-dimensional, providing overall body conditioning incorporating strength and endurance work, flexibility training, interval training and injury prevention. With the use of the Halo Trainer Plus and Stability Ball, exercises can be prescribed that follow unique progressions or regressions designed to increase functional strength and stability for a client at any level of condition, from rehab through to athletic performance training.



Foundation Courses

The Halo Training Instructor Foundation Courses (Part 1 & Part 2) present the concepts of interval training principles and variables, the theories of both timed- and repetition-based programs, and exercise sequences that progress through beginner, intermediate and advanced levels (for client levels 1 to 4).

Learn a variety of interval workouts focusing on providing overall body conditioning that incorporates strength and endurance work, flexibility training, recovery and injury prevention. Discover progressions and regressions that alter the difficulty level and meet the needs and goals of a variety of clients and groups.

Professional Development and Continuing Education

This series of workshops provides fitness professionals, movement specialists and rehab and post-rehab professionals with additional strategies to create progressive exercise programs utilizing interval training models and post-rehabilitation concepts with a multi-dimensional approach. Develop techniques for altering training variables that make Halo Training appropriate for any stage of rehabilitation, post-rehabilitation, functional training or high-level performance coaching.

For more information on Halo Training, visit merrithew.com/halo-training/instructor-training or contact educationsales@merrithew.com



Halo Trainer Plus with optional Stability Ball

- 1 Long Bar Grip
- 2 Long Bar (2)
- 3 Finger Tab

- 4 Connector
- 5 Short Handle (2)
- 6 Short Handle Grip

- 7 Stability Ball
- 8 Stability Ball Pump
- 9 White Plug
- 10 Spring Button [fig. A]

Parts may not be exactly as shown.



Assembling the Halo Trainer Plus: Standard Position

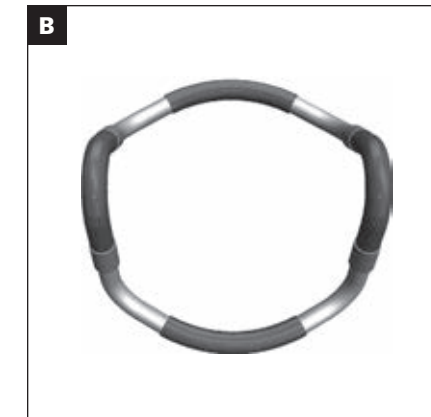
STOP! Read these instructions completely before beginning.

- ▶ Place all parts from the box in a cleared area and position them on the floor in front of you.
- ▶ Remove all packing materials from the area and place them back into the box. Do not dispose of the packing materials until assembly is completed.
- ▶ To prevent unsafe or improper use, please read each step carefully before beginning.

Standard Position Assembly to fit 55 cm/22" Stability Ball.

1. Place the long bar [2] assemblies down with the convex sides facing outward, so they create a circular shape on the floor.
2. Depress both spring buttons [10] on one end of a long bar [2] and slide the connector [4] at the end of the short handle [1] over the bar until the finger tabs [3] click into the spring buttons [10]. Repeat with the other end of the short handle, sliding connector over one end of the other long bar, and then with the opposite short handle.

- ▶ When fully assembled and resting on the long bars, from top view, the Halo Trainer Plus should form a circle on the floor as shown in Fig. B, and should sit stable on the floor.
- ▶ When using the Halo Trainer Plus in conjunction with a 55 cm/22" Stability Ball, firmly mount the Halo Trainer Plus to the Stability Ball as shown in Fig. C so the long bars conform snugly to the Ball approximately one-third (1/3) from the top. If the long bars are above or below this position, check the inflation of your Stability Ball.



Halo Trainer Plus

Product Weight: 8.5 lbs/3.9 kgs

Max User Weight: 350 lbs/158 kgs

Assembled Dimensions:

Length: 24"/61 cm

Width: 21"/53.3 cm

Height: 12"/30.5 cm

For best performance, allow
72" x 48" (182 cm x 122 cm) of floor space.

Assembling the Halo Trainer Plus: Reverse Position

STOP! Read these instructions completely before beginning.

- Place all parts from the box in a cleared area and position them on the floor in front of you.
- Remove all packing materials from the area and place them back into the box. Do not dispose of the packing materials until assembly is completed.
- To prevent unsafe or improper use, please read each step carefully before beginning.

Reverse Standard Position Assembly

This position is not to be used with a Stability Ball.

- From Standard Position (Long Handles Out).
- Locate and depress the finger tab [3] on one Halo frame connector [4] to separate one long bar.
- Repeat on the other Halo frame connector. Remove long bar completely and set aside.
- On remaining assembly, grasp the long bar, depress the finger tab on the Halo frame connector and spin short handle 180°.
- Repeat on the other side. Listen for the click to ensure short handles are locked in place.
- Lay Halo on its side.
- Partially insert long bar into the two connectors. The Halo Trainer Plus and Merrithew logos will now be facing each other.
- You may need to press the spring buttons to allow the long bar to slide into the connectors. Do this cautiously to not pinch your fingers. Once both spring buttons are partially inserted, apply firm pressure to the long bar to fully insert it. Test that the all connectors are locked by gently pulling on each side of the connectors.
- Halo is now in Reverse Position (Long Handles In).



Inflating the Stability Ball

CAUTION! Inflate a new ball in stages and not all at once.
A video demonstrating these steps can be viewed at merrithew.com/eq-assembly

- Remove Stability Ball from box and check for damage. It is normal to have mild creases or fold marks when first inflated. This will dissipate with use.
- Before inflating allow the Stability Ball to reach room temperature.
- Remove the white plug from the Stability Ball. Attach pump inflator tip to one end of pump hose. Place the other end of the pump hose into the blue port at the base of the pump.
- Insert the inflator tip into hole in Stability Ball. Inflate Ball to the desired height and firmness. **Do not over-inflate.** When properly inflated the Halo Trainer Plus should fit snugly around the upper third of the Stability Ball.
- Remove inflator tip from Ball and immediately replace with the white plug so that it is flush with the Ball when fully inserted.

NOTE: After initially inflating, leave it overnight and continue inflating the next day.

Re-inflate the Stability Ball as necessary to keep it at the ideal size and density. It is good practice to inflate a second time one to two days after initial inflation. Mild leakage of air may occur over time and with use.



Care and Cleaning

Wipe Long Bar and Short Handle Grips using warm water with mild soap and clear water rinses for day-to-day cleaning. Ensure soap and water does not leave an oily residue, or make surfaces slippery. Clean all metal surface areas as required, using a soft cloth and gentle cleaner.

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

To extend the life of the Halo Trainer Plus, do not expose it to prolonged sunlight, moisture, or extreme hot or cold.

Use only on smooth surfaces. We recommend protecting the Long Bar and Short Handle Grips by not using the Halo Trainer Plus on abrasive surfaces such as concrete. Avoid exposing the Stability Ball to rough or sharp surfaces. Clear the workout area of any sharp objects that may puncture the Ball.

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**
- **It is used on a surface with debris**

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.

90-Day Limited Warranty

Merrithew will, at its option, repair or replace components that fail for any reason, provided such failure is reported to Merrithew within a period of ninety (90) days from the invoice date of the original purchase.

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.

customer-care@merrithew.com

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