

# Spine Corrector



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

## IMPORTANT!

**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.
- ▶ The Spine Corrector must be used under the supervision of a trained professional.
- ▶ Use equipment only for intended exercises.
- ▶ Stop exercising if you experience chest pain, feel faint, have difficulty breathing or experience musculoskeletal discomfort.
- ▶ Do not use if equipment appears worn, broken or damaged.
- ▶ Do not attempt to repair equipment yourself without consulting Merrithew.
- ▶ Do not allow children to use or be around equipment without adult supervision.
- ▶ The Spine Corrector should be used by only one person at a time, not weighing over 350 lbs / 159 kgs.
- ▶ Proper maintenance and timely replacement of your equipment is your responsibility and helps reduce the risk of injury.

## Care and Cleaning

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

**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.

## Safety and Usage

The Spine Corrector is an innovative piece of equipment that, when used properly, can facilitate many Pilates exercises safely and effectively.

- ▶ Proper fitness apparel, including sticky socks is recommended while using this equipment.
- ▶ We recommend using a sticky mat to provide additional traction.
- ▶ To prevent unsafe or improper use of Merrithew equipment, please read all assembly and safety information thoroughly and follow directions carefully. Contact the manufacturer if you have any questions or concerns.
- ▶ To reduce the risk of injury, use a mat or exercise pad on wood or other hard surfaces.
- ▶ If necessary, wipe any sweat off upholstered surfaces while working out.

**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.**

## Safety Check

Upholstered Pilates equipment is subject to wear and stress.

**Proper maintenance and timely replacement of your equipment is your responsibility. Conduct a regular inspection of the following:**

- ▶ Clean all surface areas after each use, using a soft cloth and gentle cleanser.
- ▶ Ensure Maple handgrips are securely attached before each use.

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

# Spine Corrector

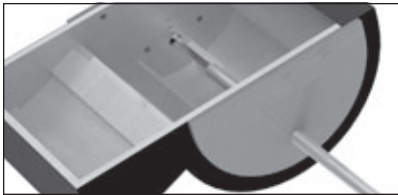
This versatile piece of equipment can be used to perform exercises that lengthen and strengthen the torso, shoulders, back and legs. Features sturdy wood plywood and Baltic Birch panels, dense EVA foam cushioning and convenient handgrips.

- Sturdy wood construction
  - Maple handgrips
  - Dense foam padding
  - Arc curve is 170°
- |               |                               |
|---------------|-------------------------------|
| <b>width</b>  | 21.5"   55 cm without handles |
|               | 32"   81 cm with handles      |
| <b>length</b> | 30.75"   78 cm                |
| <b>height</b> | 12"   30.5 cm                 |
| <b>weight</b> | 24 lbs   11 kg                |

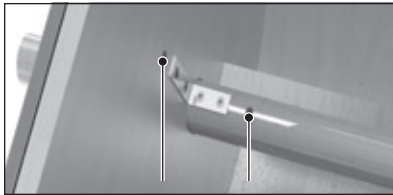


## Installing Dowel Handles

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



**1.** Insert the dowel [A] through the handle opening on the side, ensuring the predrilled holes of the dowel align with the pre-mounted L-bracket.



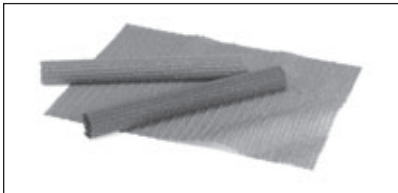
**2.** To ensure the dowel is inserted correctly, match up the colored sticker on the dowel to the sticker on the inside side panel of the Spine Corrector.



**3.** Tighten screw with a Phillips screwdriver until flush with the L-bracket. Find screws in a plastic bag on the underside of the Spine Corrector.

## Optional Items

### Gripper Mat



Non-slip rubber mats increase traction and prevent slipping.

### Eco-Friendly Pilates Pad



Non-slip eco-friendly pads can help establish correct alignment and positioning or to provide cushioned support.

### Roll-Up Pole



Used to increase focus on scapular stabilization while performing exercises. Solid maple. Sold separately.

## 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](https://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 vinyl fabric upholstery will be replaced if they fail to give normal wear for 90 days after delivery. Proof of damage may be required. This warranty does not cover cuts, burns, stains, soiling, pet damage or damage caused by other unreasonable use.

This warranty does not apply to fabrics cleaned with abrasive, corrosive or chemical cleansers. If the identical fabric is not available, Merrithew will provide an equivalent.

**Disclaimer of Implied Warranties and Limitation of Remedies**

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

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

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



## IMPORTANT

Please keep this manual in a safe place.

If you have questions, issues or are missing parts:

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

[customer-care@merrithew.com](mailto:customer-care@merrithew.com)

416.482.4050 | 1.800.910.0001 | 0800.328.5676 UK | ext. 0907

## Take Advantage of our Training Tools

**The Complete Spine Corrector Manual**

Written as a text book for our Instructor courses, this manual illustrates the Essential, Intermediate and Advanced repertoire with step-by-step descriptions of movement and breath and corresponding photographs.

**Spine Corrector Wall Chart**

A full-size poster provides helpful cues and correct positioning.

**Instructional DVDs**

Increase your expertise with our clear and detailed repertoire of instructional DVDs, visit [merrithew.com/shop/dvds](http://merrithew.com/shop/dvds)



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