

# Spring Wall™



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 DO NOT ATTEMPT TO ASSEMBLE ON YOUR OWN. SOME OF THESE STEPS REQUIRE TWO PEOPLE. PLEASE READ THESE INSTRUCTIONS COMPLETELY BEFORE BEGINNING ASSEMBLY.**

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

## 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.

If handles require cleaning, use a mild solution of soapy water and rinse well.

**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 — especially when spring resistance is involved.

**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.

Many exercises performed on the Spring Wall are part of the Cadillac repertoire. Full instructions are provided in STOTT PILATES Cadillac manuals.

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 as it helps reduce the risk of injury. Conduct a regular inspection of the following:**

**Daily:** Clean all wooden surfaces after each use as per Care and Cleaning instructions.

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

**Monthly:** Ensure all nuts, bolts, screws and eyehooks are securely fastened.

**Yearly:** Replace all spring clips

**Every Two Years:** Replace all springs

**FAILURE TO PERFORM RECOMMENDED SAFETY CHECKS, OR USING THE MACHINE 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:

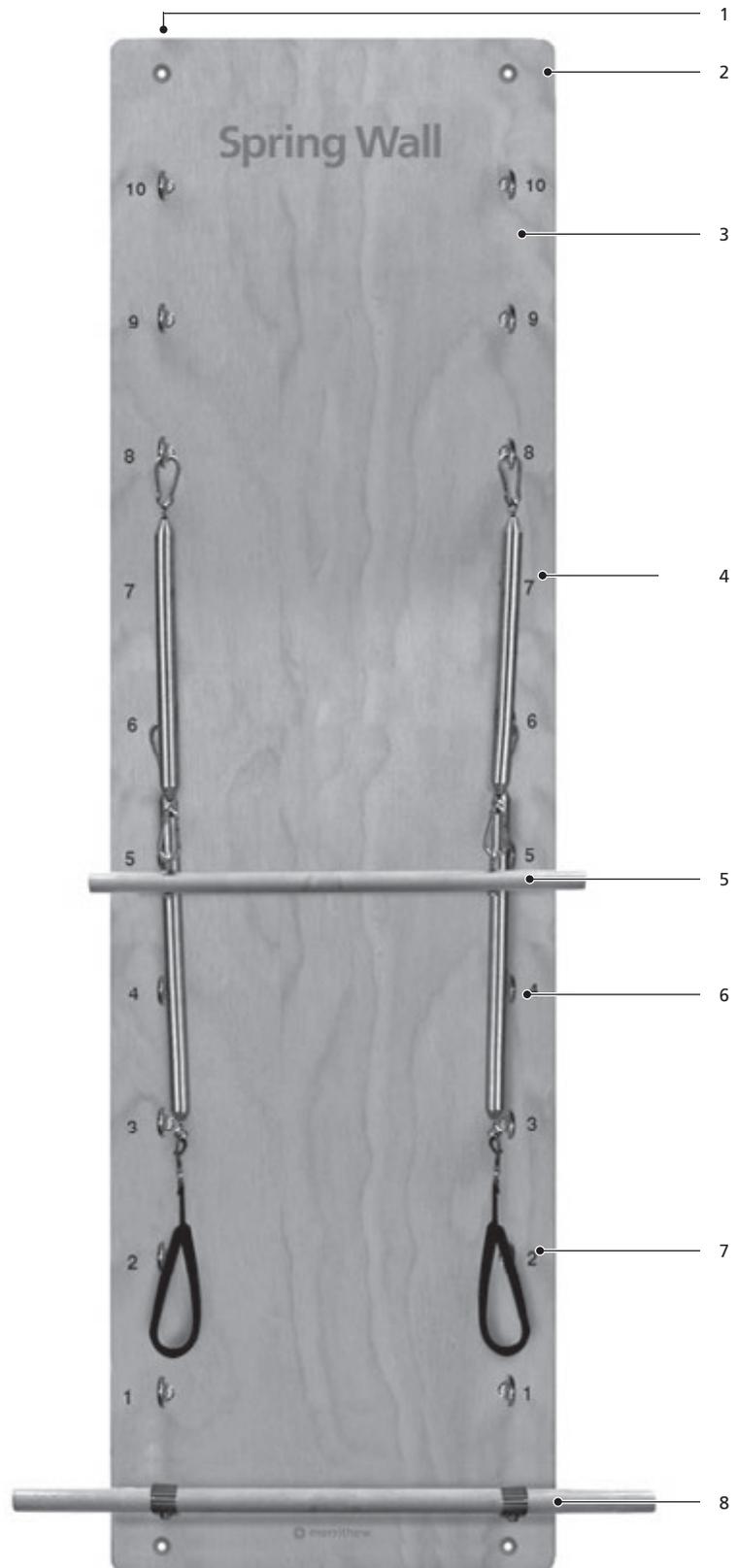
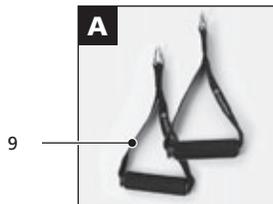
- ▶ Before starting any exercise program, consult a physician.
- ▶ Stop exercising if you experience chest pain, feel faint, have difficulty breathing or experience musculoskeletal discomfort.
- ▶ Use equipment only for intended exercises.
- ▶ Do not use if equipment appears worn, broken or damaged.
- ▶ Do not attempt to repair equipment yourself without consulting Merrithew.
- ▶ Do not allow children to use or be around equipment without adult supervision.
- ▶ Keep body, clothing and hair free from all moving parts.
- ▶ Proper fitness apparel, including sticky socks is recommended while using this equipment.

**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.**

# Spring Wall™

- 1 Serial Number Sticker (top edge)
- 2 Attachment Point Hole
- 3 Spring Wall Back Board
- 4 Roll-Down / Regular Arm Springs with Spring Clips
- 5 Roll-Down Bar
- 6 Foam Grip Handles [fig. A]
- 7 Leg Springs
- 8 Padded Foot Straps
- 8 Roll-Up Bar



Hardware Required		
<i>not included</i>		QTY
<b>Affixing to Drywall</b>		
Butterfly toggle or slotted hex head wall anchors		8
<b>Affixing to Brick Wall</b>		
Masonry fasteners		8

**Required Tools** (*not supplied*)

-  Builder's Level
-  Electric Drill

# Assembling the Spring Wall

**PLEASE DO NOT ATTEMPT TO ASSEMBLE ON YOUR OWN.**

**Installation of this product requires a minimum of two people. We highly recommend that you have this product installed by a professional contractor. Read instructions completely before beginning assembly. Improper installation voids equipment warranty. Merrithew will not be responsible for any injury or damage resulting from improper installation.**

- ▶ Place all parts from the box in a cleared area and position them on the floor in front of you.
  - ▶ Remove all packing material from your 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.
1. Find support studs in wall (typically 16"/ 40.64 cm apart) and mark off location.
  2. Position the back board [3] 3-1/2"/8.9 cm above the mat surface. Use a builder's level or set square to ensure Spring Wall's length is perpendicular to the floor.
  3. Mark attachment point holes [2] against the wall over the underlying support studs.
  4. Remove back board [3] and drill appropriately sized holes through wall
  5. Position the back board [3] and screw it firmly against the wall. There are eight (8) attachment point [2] screw holes.  
  
On a standard drywall surface, when only one support stud can be found, affix the remaining holes to the wall using butterfly toggle anchors, slotted hex head wall anchors or other appropriate heavy-duty drywall anchor fasteners. Brick walls require four masonry fasteners.
  6. Attach springs to back board using spring clips. Test stability and solidness of the board to the wall before use.

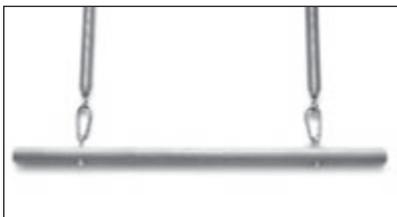
## SAFETY & USAGE

# Safety Cautions

**Improper use of exercise equipment may cause serious injury. To reduce risk, please observe the following:**

- ▶ The Spring Wall should only be used by one person at a time, not weighing over 350 lbs / 159 kgs.
- ▶ Always choose the workout which best fits your physical strength and flexibility level. Know your limits and train within them. Always use common sense when exercising.
- ▶ Do not wear loose clothing while using the Spring Wall.
- ▶ Ensure a secure grip when holding the roll-down bar.
- ▶ When springs are used ensure the spring clips at both ends of each spring are closed completely.  
**If a spring clip is only half closed, it may come undone and detach with high force**
- ▶ If you are watching someone perform an exercise, never put your face (or any other body part) above the roll-down bars or extended springs.  
**If the bar or spring handles are released suddenly they could fly upward and cause injury.**

### Roll-Down Bar



Attach roll-down springs to roll-down bar, then to the fixed eyehooks on the board. Both springs must be attached. To increase resistance, substitute with the leg springs.

**CAUTION:** The roll-down bar can release at high velocity due to the spring tension. Ensure a secure grip at **all** times. Gripper mats can be used. Always ensure spring clips are completely closed and secure.

### Springs



#### ROLL-DOWN SPRINGS

Attach roll down springs to eyehooks at desired height and ensure they are securely attached with spring clips.

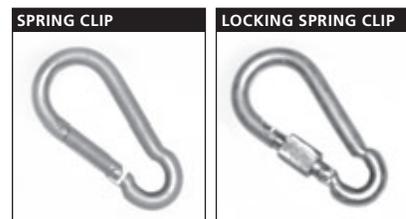
#### LEG SPRINGS

Attach leg springs to eyehooks at desired height. Ensure spring clips are completely closed and secure.

#### LIGHT ARM SPRINGS

Attach light arm springs to eyehooks at desired height. Ensure spring clips are completely closed and secure.

### Spring Clips



Used to connect springs to equipment. Two types available. Locking spring clips are required for the push-thru bar with springs from below.

Always ensure spring clips are closed completely. It may otherwise come undone and detach with high force.

# Replacement Parts

For more information and to place an order, visit [merrithew.com/replacementparts](http://merrithew.com/replacementparts) or email [customer care@merrithew.com](mailto:customer care@merrithew.com)

## Leg Springs – Green



Shown here with padded foot (long spine) straps attached.

## Light Arm Springs – Yellow



Shown here with foam grip handles attached.

## Roll-Down Springs – Black with Roll-Down Bar



Can also function as regular arm springs. Shown with roll-down bar attached (*sold separately*).

## Non-Locking Spring Clip



Used to connect springs to equipment.

## Foam Grip Handles



Cushioned and rounded, these provide extra comfort.

## Padded Footstraps – Long Spine Straps



Also available without padding.

## ACCESSORIES

# Optional Items

## Gripper Mat



Non-slip rubber mats are handy to increase traction and prevent slipping. A gripper mat can be wrapped around push-thru bar, roll-down bar, uprights or placed on upholstered bed.

## Extension Straps



Assists alignment of the knee joint. Available in two lengths: The standard 24" and 26" recommended for those with athletic thighs.

## Platform Mat



Features dense foam padding and a supportive surface that provides faithful proprioceptive feedback. Footstrap included. Also available as a Split Raised Mat for easier storage.

# Warranty

Merrithew™ warrants that all new equipment is free of manufacturing defects in workmanship and materials, subject to the terms below. This warranty becomes effective at the invoice date of the original purchase. Parts repaired or replaced under the terms of this warranty will be warranted for the remainder of the original warranty period.

It is the purchaser's responsibility to notify the Company of any change of contact information. This ensures, that in the unlikely event of a replacement or safety notice, we are able to contact you immediately.

#### This warranty applies to equipment only:

- While it remains in the possession of the original purchaser and proof of purchase is demonstrated
- If claims are made within the part-specific warranty period
- If upgrades are made as required by Merrithew

#### This warranty shall be null and void if:

- **Equipment failure is a result of improper assembly, installation or maintenance**
- **The equipment is used for any other purpose other than as intended, or is stored or used outdoors, or in environments without adequate climate/humidity controls**
- **Equipment has been subjected to accident, misuse, abuse, improper service, or any modification not authorized by Merrithew**

This warranty does not cover damage to the finish of any equipment nor shipping charges, customs clearance fees (if applicable), or any costs incurred in installing repaired or replacement parts shipped under the provisions of this warranty.

Failure to change springs every two (2) years may void warranty.

#### 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.

#### One (1) Year Limited Warranty

Merrithew will, at its option, repair or replace any of the parts listed below, provided that the part(s) fail due to a defect in workmanship or materials:

- Straps
- Handles
- Spring clips

We recommend spring clips be changed annually.

#### 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.

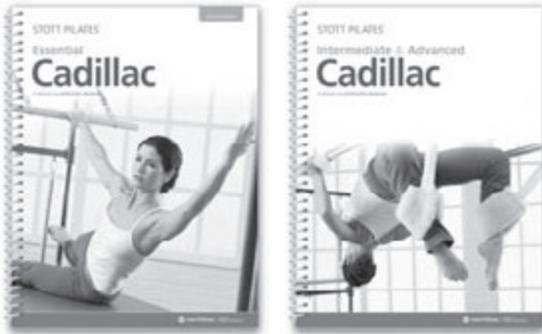
If you have questions, issues or are missing parts:

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

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

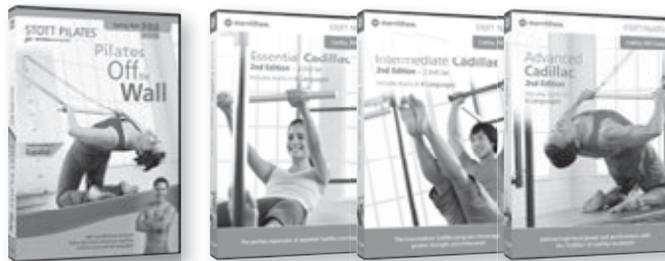
416.482.4050 | 1.800.910.0001 | 0800.328.5676 UK | ext. 0907

# Take Advantage of our Training Tools



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

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



# IMPORTANT

Please keep this manual in a safe place.



## Go to [merrithew.com/warranty](https://merrithew.com/warranty) to activate your warranty!

### Get the benefits:

- Ensure that you'll be able to repair it under warranty should you encounter a problem.
- Make warranty service fast and efficient by having your information in our records.
- In the unlikely event of a replacement or safety notice, we'll be able to contact you immediately.
- Proof of purchase for insurance purposes in the event of a loss due to fire, flood or theft.
- Stay informed of any product updates.

### Can't get online?

Please fill out the warranty card enclosed with this product, and return to us.

This is your Spring Wall Serial Number:



2200 Yonge Street, Suite 500, Toronto, Ontario, Canada M4S 2C6  
416.482.4050 | 1.800.910.0001 | 0800.328.5676 UK | ext. 0907  
customer@care@merrithew.com | [merrithew.com](https://merrithew.com)