

# Reformer

## with Vertical Stand



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 SPX® Max Reformer model is equipped with a Vertical Stand, allowing it to be stored in an upright position.

These instructions cover safe handling and storage of your equipment with the Vertical Stand. For general Reformer assembly questions, and detailed instructions, information and parts identification, please consult your Owner's Manual or refer to the SPX Max assembly video in the customer care section of [merrithew.com](http://merrithew.com).

We advise you to consult the Large Equipment Inspection and Maintenance Schedule in your Owner's Manual for the daily, weekly, and monthly checklist that will keep your equipment in tip-top shape.

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

## Maintenance and Safety Check

Like any fitness equipment, components are subject to wear and stress.

**Proper maintenance and timely replacement of your equipment or component parts is your responsibility as it helps reduce the risk of injury.**

We advise you to consult the Large Equipment Inspection and Maintenance Schedule in the Owner's Manual enclosed with your shipment or obtain a copy online at [merrithew.com/support/maintenance](http://merrithew.com/support/maintenance)

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

## Safety and Usage

**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 sold you the equipment, distribute and/or manufacture it.**

**Care and caution must be taken, as there are some inherent dangers when using any exercise equipment.**

**For inexperienced or first-time users, Pilates equipment should only be used under the supervision of a trained professional.**

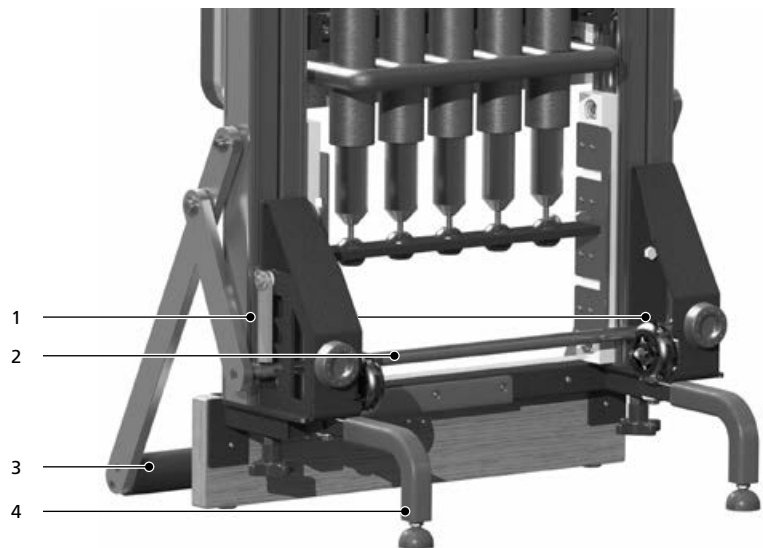
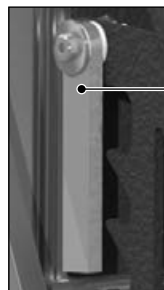
- ▶ Standing or lowering the Reformer requires two people. We recommend you have someone to assist and spot you when standing the Reformer upright.
- ▶ When standing and storing this Reformer, choose a low traffic area, away from children, pets, windows and mirrors.
- ▶ Select a level area of the room to store your Reformer, making sure the floor in the storage area is a solid flat surface (softer surfaces such as carpet, sponge or other soft flooring are not recommended) and is completely clear.
- ▶ 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.
- ▶ Please also ensure that you and your clients/patients have received proper instruction regarding the correct and safe use of this equipment.

**BY USING THIS EQUIPMENT, YOU ACCEPT RESPONSIBILITY FOR YOUR OWN ACTIONS.**

This supplement includes guidelines for setup and usage of the SPX® Max Reformer with Vertical Stand. For further questions or technical assistance, please email [customercare@merrithew.com](mailto:customercare@merrithew.com)

## Part Identification

- 1 Floating Safety Tab (2)
- 2 Chrome Adjuster Bar
- 3 Footbar
- 4 Stand



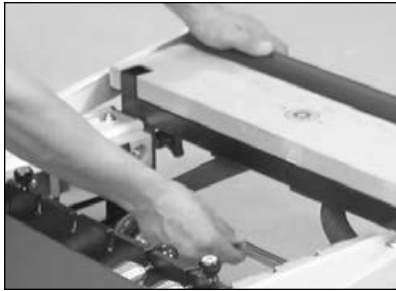
# Standing the Reformer Upright

Please read these instructions completely before beginning or refer to our online assembly video at: [merrithew.com/eq-assembly](http://merrithew.com/eq-assembly)

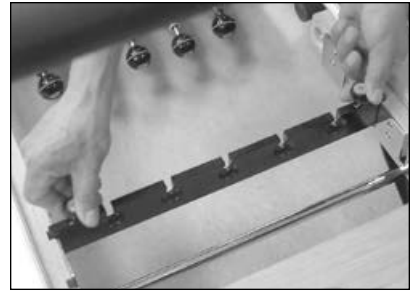


1. If attached, first remove the vertical frame or Accessory Boards such as a Jumpboard, Cardio-Tramp, Rotational Diskboard, etc.

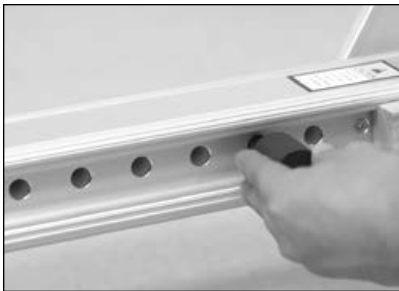
Refer to Page 20 of the Reformer Owner's Manual for instructions on removing the vertical frame.



2. Move the chrome adjuster bar [6] to set the footbar [7] into the lowest position.



3. Place the gearbar [8] in the second position.



4. Place the carriage stopper [47] in the second position.



5. Position all five springs [28] in the gearbar [8].



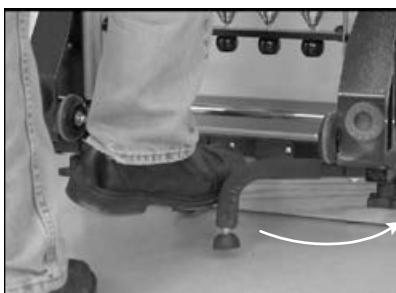
6. Grasp the front end crossbar with both hands and lift the Reformer. Keep the Reformer below 48"/122 cm (approximately waist-height) to prevent the frame from making contact with the floor. Roll the Reformer to the storage area.

**Take care when lifting the Reformer to avoid injury.**



7. To stand the Reformer, lift it upwards, while carefully moving one hand and then the other, to the side rails [14]. Continue lifting the Reformer until it is fully upright and resting on the footbar [7] [fig. A].

**Two people are required for this step. When standing and storing this Reformer, choose a low traffic area, away from children, pets, windows and mirrors.**



8. Using your foot, pull out one leg of the Stand [54], until it is fully folded out and in line with the Reformer rails [14]. Repeat for the Stand on the other side.

**It is strongly recommended that footwear is worn during this step.**



9. Ensure that the Floating Safety Tabs [53] on both sides are hanging vertically just above the chrome adjuster bar [6]. Wiggle the Reformer slightly to ensure the Reformer is solidly set in place.

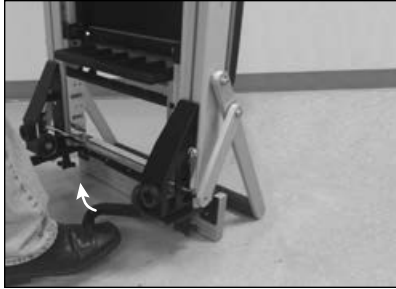
**Be sure to select a level area when storing your Reformer upright.**

# Lowering the Reformer

To ensure your safety two people are required to lower a Reformer.



1. To prepare to lower the Reformer, position one hand on each of the side rails [14] of the Reformer.



2. Holding the Reformer in place, use your foot to push in one leg of the stand [54], until it is fully folded under the wooden standing platform [1]. Repeat for the stand on the other side.

**It is strongly recommended that footwear is worn during this step.**



3. Walk your hands up the rails [14] as you back up and lower the Reformer towards you.

**We recommend a second person assists you in holding the Reformer.**



4. Shift one hand to grasp the front end crossbar, then the other hand.



5. Continue lowering the Reformer. Bring to waist-height to prevent the frame from making contact with the floor, and roll the Reformer to its destination.



6. Reset the carriage stopper [47], footbar [7] and springs [28] as desired and attach the vertical frame or accessory boards if needed.

## 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.

Email [customer@merrithew.com](mailto:customer@merrithew.com)

phone 416.482.4050 x 288

toll-free in North America 1.800.910.0001 or  
United Kingdom 0800.328.5676



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