

# Stability Barrel™



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 Stability Barrel 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 Stability Barrel 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. Clean wood surface areas as required, using a soft cloth and gentle cleaner. Ensure cleaners do not leave an oily residue, or make surfaces slippery.

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

## Stability Barrel

Offering the functionality of a traditional Pilates Arc, with the added benefit of an inverted position. An essential tool for aligning and mobilizing the spine, improving posture and developing balance and control. The curved surface provides padded support in prone, supine or side-lying positions, while the smooth base provides a flat platform facilitating balance and stability exercises. Supports a variety of users with differing torso size, flexibility and exercise choice.



- ▶ Slip-proof, antimicrobial, sanitary surface inhibits bacteria growth and absorbs energy, evenly adapts to pressure and quickly recovers its original shape.
- ▶ Non-slip traction surface on base

<b>width</b>	24"   61 cm
<b>length</b>	29.5"   75 cm
<b>height</b>	6.25"   16 cm
<b>weight</b>	22 lbs   10 kg

## Safety and Usage

**The Stability Barrel is an innovative piece of equipment that, when used properly, can facilitate many Pilates exercises safely and effectively. This manual includes general guidelines for usage.**

- ▶ The Stability Barrel may be used for inverted position work. Follow step-by-step instructions provided.
- ▶ Ensure there is adequate space around you when working in an inverted position. You may need to step off quickly, so make sure you have space to comfortably do so. Only use this product on a dry, level surface, free of obstacles and away from stairs.
- ▶ We recommend using a Gripper Mat to provide additional traction.
- ▶ On wood or hard surfaces use a mat or exercise pad to reduce risk of injury.
- ▶ Although the surface of the Stability Barrel has non-slip coating, ensure that your footwear provides extra traction while standing. Athletic footwear, bare feet, no-slip socks are appropriate.
- ▶ If needed, wipe sweat off upholstered surfaces while working out.
- ▶ To prevent unsafe or improper use of Merrithew equipment, please read all safety information thoroughly and follow directions carefully.

To get the most out of your equipment, Merrithew offers a full range of 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.

**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.**

# Getting On and Off Step-by-Step

## To Stand on an Inverted Stability Barrel

Before beginning, please ensure you have a spotter or are near a sturdy object for support.



Stand beside the center of the Stability Barrel with feet shoulder-width apart.



Bend and grasp the ends of the Stability Barrel firmly on opposite sides.



Place one foot on the flat surface of the Barrel



You can choose to lean one knee on the Barrel to keep it stable.



Once you feel stable, place your other foot on the opposite side of the Barrel.



Carefully stand upright. Adjust your stance while maintaining core connection to establish balance.



OR grasp onto a sturdy object, or you can take your spotter's hand and place one foot onto the Barrel.



Once you feel stable, place your other foot on the opposite side of the Barrel.

## To Dismount



Always maintain proper upright posture with your head up, back straight and knees slightly bent.



Bend and grasp the opposite sides of the Stability Barrel.



OR grasp onto a sturdy object or use your spotter for support.



Carefully place one foot on the floor before placing your other foot on the floor.

## 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.

### Instructional DVDs



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

# 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 surface, 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 Surface Warranty

The mats covering your Merrithew equipment 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 materials cleaned with abrasive, corrosive or chemical cleansers. If the identical foam is not available, Merrithew will provide an equivalent foam covering, or replace the unit at its discretion.

#### 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

## Discover our Family of Barrels



#### Arc Barrels

Featuring a gentle curve to decompress and lengthen the spine. Dense EVA foam cushioning provides optimal comfort and faithful proprioceptive feedback. The Arc Barrel Deluxe adds wooden side panels and contoured handles.



#### Spine Corrector

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.



#### Ladder Barrel

Designed for serious core conditioning and increasing flexibility and mobility. Solid steel frame construction ensures maximum strength, stability and durability. An adjustable sliding base and six ladder rungs delivers a perfect fit.



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