

# Roll-Up Pole

Includes  
6 Exercises:



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Exercises can be performed with 2lb or metal or maple pole.

Used in conjunction with any Merrithew™ Reformer, the Roll-up Pole can facilitate a number of standard Reformer moves. The pole can be incorporated with the Soft Reformer Loops or on its own to bring awareness to arm and shoulder placement and to ensure ideal alignment and stability.

## Side Twist Sitting



**Starting position:** One spring, Roll-Up Pole through one strap. Seated as tall as possible on Reformer, facing side, legs crossed, one hand holding pole above strap, one hand below, arms long in front of torso, torso rotated toward pulleys.

INHALE Prepare.

EXHALE Keep arms in front of torso and rotate toward footbar.

INHALE Return to starting position.

*Complete 5-8 repetitions on each side.*

## Tricep Press



**Starting position:** One spring, pole through both straps. Seated on Reformer facing footbar, spine long and hinged forward, legs crossed, holding pole outside straps, elbows bent, pole behind head Inhale prepare.

INHALE Prepare.

EXHALE Keep torso still and extend arms reaching pole up and forward

INHALE Return to starting position.

*Complete 8-10 repetitions.*

## Roll Down with Bicep Curl



**Starting position:** One to two springs, pole through both straps. Seated on Reformer facing pulleys, knees bent with feet on headrest between shoulder rests, lower back curved toward carriage, holding pole, arms reaching forward, palms up.

INHALE Prepare.

EXHALE Flex elbows to bring pole to shoulders.

INHALE Keep torso still and return to starting position.

*Complete 8-10 repetitions.*

## Back Row with Rotation



**Starting position:** One to two springs, pole through both straps. Seated on Reformer facing pulleys, legs long with ankles crossed between shoulder rests, lower back curved toward carriage, torso rotated toward one side, holding pole, arms reaching forward, palms down.

INHALE Prepare.

EXHALE Flex elbows to bring pole toward chest.

INHALE Keep torso still and return to starting position.

*Complete 5-8 repetitions on each side.*

## Bicep Curls

**Starting position:** One to two springs, pole through both straps. Seated as tall as possible on Reformer, facing pulleys, legs crossed, holding pole, arms reaching forward, palms up.

INHALE Prepare.

EXHALE Keep elbows lifted and flex elbows to bring pole to shoulders.

INHALE Return to starting position.

*Complete 8-10 repetitions.*



## Bicep and Hamstring Curls



**Starting position:** One to two springs, padded platform extender on rails behind carriage, headrest in top position. Seated on platform extender as tall as possible, facing footbar, heels resting against crease of head rest, arms reaching forward holding pole, palms up.

INHALE Prepare.

EXHALE Pull heels toward seat and flex elbows to bring pole toward shoulders.

INHALE Return to starting position.

*Complete 8-10 repetitions.*

## WARRANTY, CARE AND USAGE FOR ROLL-UP POLE

The Merrithew Roll-Up Pole is designed to enhance a large number of Reformer exercises. Use in conjunction with the complete line of Reformer videos and Essential and Intermediate Reformer Manuals to engage deep core muscles and target and tone arms, shoulders and torso.

### Warranty

This product is sold without any warranties or guarantees of any kind. The manufacturer and distributor disclaim any liability, loss or damage caused by its use.

### Safety and Usage

Improper use of exercise equipment may cause serious injury. To reduce risk, please read the following information carefully.

- Before starting any exercise program, consult a physician.
- Stop exercising if you experience chest pain, feel faint, have difficulty breathing, or experience muscular or skeletal discomfort.
- Do not allow children to use or be around equipment without adult supervision.
- Maintain control of the Roll-Up Poles at all times while exercising.
- Perform exercises in a slow and controlled manner, avoid excessive tension in neck and shoulders.
- Do not use equipment if it appears worn, broken or damaged, and do not attempt to repair equipment yourself.
- Use equipment only for intended exercises.