

# Cross-Bow™



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 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.

**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.

## Mechanical Safety Check

**We recommend an inspection schedule as follows**

**Weekly:** Ensure that all nuts, bolts and screws are securely fastened.

**Monthly:** Check wear on stud knob and pop-up pin and replace as necessary.

**FAILURE TO PERFORM RECOMMENDED SAFETY CHECKS, OR USING EQUIPMENT 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:**

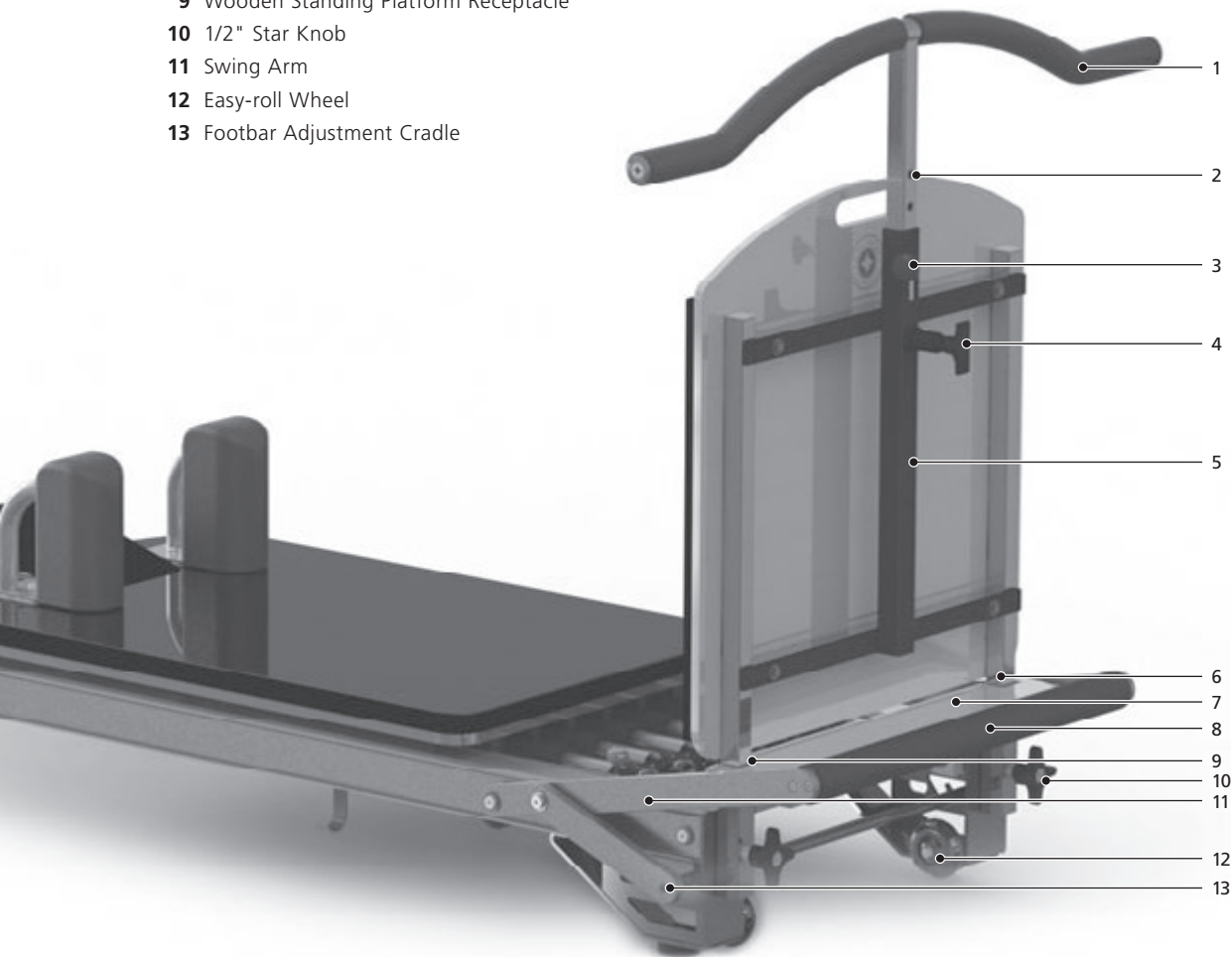
- ▶ Before starting any exercise program, consult a physician.
- ▶ Stop exercising immediately if you experience chest pain, feel faint, have difficulty breathing or experience discomfort.
- ▶ Use equipment for intended exercises only.
- ▶ Ensure the equipment is properly adjusted for your size and ability level.
- ▶ Do not use if equipment appears worn, broken or damaged.
- ▶ Do not allow children to use or be around equipment without adult supervision.

**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.**

# Cross-Bow


- 1 Cross-Bow Handle
- 2 Predrilled Adjustment Holes
- 3 Stub Knob
- 4 Pop-up Pin
- 5 Cross-Bow Frame
- 6 Jumpboard Frame
- 7 Wooden Standing Platform
- 8 Footbar
- 9 Wooden Standing Platform Receptacle
- 10 1/2" Star Knob
- 11 Swing Arm
- 12 Easy-roll Wheel
- 13 Footbar Adjustment Cradle



### Hardware Required

PART NUMBER	ITEM	QTY SUPPLIED
14	 Hex Bolt (21/4" / 57mm)	4
15	 Washer (1/4" / 6mm)	4

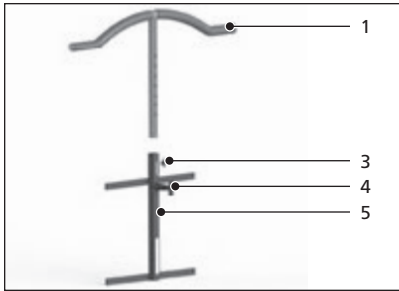
### Required Tools

-  Open End Wrench, 7/16"(14 mm)
-  Combination Wrench

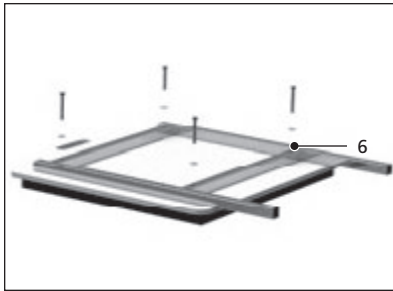
# Assembling the Cross-Bow

Please read these instructions completely before starting.

- ▶ Place all parts from the box in a cleared area and position them on the floor in front of you.
- ▶ Remove all packing materials from the 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.



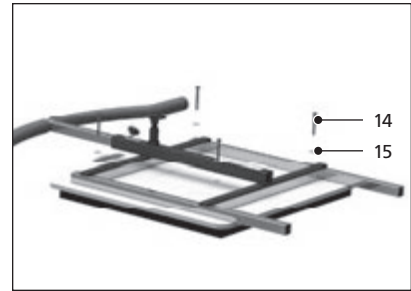
**1.** Insert Cross-Bow [1] handle into Cross-Bow (receptacles) frame [5]. Ensure the pop-up pin [4] and stud knob [3] are loosened (unscrewed) before attempting to pull out.



**2.** Place the Jumpboard, vinyl side down on a smooth flat surface.

**3.** Remove the 4 hex bolts from the Jumpboard frame [6] with an adjustable or 7/16" open wrench. It is recommended to keep the original bolts.

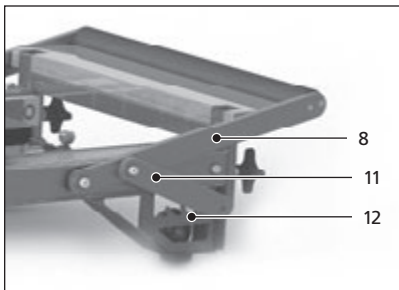
**4.** Place the Cross-Bow as shown aligning the bolt holes.



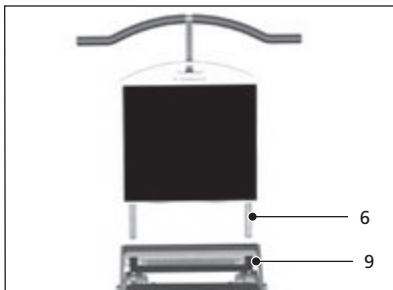
**5.** Attach Cross-Bow with the new bolts and washers [14, 15] provided. Tighten using the adjustable or 7/16" open wrench. Confirm all hex bolts [14] are tightly secured and check regularly as instructed in the "Mechanical Safety Check".

## INSTALLATION

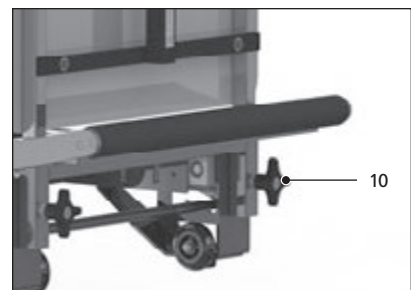
# Inserting the Cross-Bow and Jumpboard



**1.** Lower the footbar [8] by adjusting the swing arm [11] of the Reformer to cradle position #4 [12].



**2.** Slide the rods of the Jumpboard Frame [6] (with Cross-Bow attached) completely into the receptacles [9] in the wooden standing platform.



**3.** Tighten both star knobs [10] to ensure the Jumpboard is securely in place.

# Cross-Bow Set-Up

## Adjusting the Height

The Cross-Bow handle [1] comes with pre-drilled holes [2] to adjust height to accommodate user needs.

1. Loosen the stud knob [3].
2. Loosen (unscrew) and pull out the pop-up pin [4].
3. Adjust handles [1] to the desired height.
4. Release and insert pop-up pin [4] to ensure it has engaged fully into one of the pre-drilled holes.
5. Tighten pop-up pin [4].
6. Tighten the stud knob to secure [3].



# 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.

#### **Limited Lifetime 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, and provided such failure occurs and is reported with part-specific warranty period.

- ▶ Components of the frame and related welding

#### **One (1) Year Limited Warranty**

Merrithew will, at its option, repair or replace all other components that fail for any reason, provided such failure is reported to Merrithew within a period of one year from the invoice date of the original purchase.

#### **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.

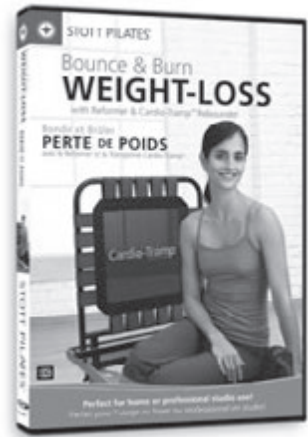
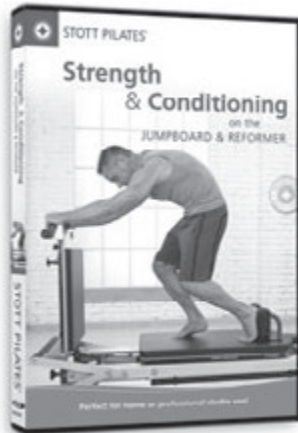
[customercare@merrithew.com](mailto:customercare@merrithew.com)

416.482.4050 | 1.800.910.0001 | 0800.328.5676 UK | ext. 0907



# Take Advantage of our Training Tools

Increase your expertise with Reformer instruction.  
These DVDs feature the Vinyasa Triangle and other Reformer accessories.



**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.



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