Please review this important assembly, safety and warranty information about your new Merrithew™ equipment and keep it handy for future reference.
PART IDENTIFICATION

Tower Trainer™

1. Eyehook  
2. Upper Tube Assembly  
3. Safety Chain  
4. Spring Clip  
5. Large Securing Knob  
6. Light Arm Springs (Yellow)  
7. Left Sliding Stability Bar Holder  
8. Roll-Down Bar  
9. Foam Grip Handles  
10. Left Upright  
11. Wheel Cap  
12. Outer Cover  
13. Base Frame  
14. Main Frame  
15. Handle Strap  
16. Round Feet  
17. Serial Number Sticker (see pg. 5 for detail)  
18. Extension Frame  
19. Raised Extension Mat  
20. Raised Main Mat  
21. Locking Knob  
22. Raised Base Mat  
23. Inner Cover  
24. Right Upright  
25. Push-Thru Bar  
26. Push-Pin  
27. Fuzzy Hanging Straps [fig. A]  
28. Right Sliding Stability Bar Holder  
29. Spring-loaded Pin  
30. Sliding Stability Bar  
31. Padded Sliding Stability Bar Sleeve  
32. Rolldown Spring (Black)  
33. Single D-ring Strap [fig. B]  
34. Leg Springs (White) [fig. C]  
35. Padded Long Spine Straps [fig. C]  
36. Push-Thru Spring (Blue)  
37. Vinyl Spring Cover [fig. D]  
38. Locking Spring Clip [fig. D]  
39. Bolt-on Wheels [fig. E]

Hardware Identification

<table>
<thead>
<tr>
<th>QTY</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>4</td>
<td>Screw, Round Head (M4 x 20mm)</td>
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<tr>
<td>2</td>
<td>Bolt, Button Head (M8 x 1.25 x 50mm)</td>
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<tr>
<td>2</td>
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<td>4</td>
<td>Bolt, Button Head (M8 x 1.25 x 60mm)</td>
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<td>8</td>
<td>Bolt, Button Head (M8 x 1.25 x 76mm)</td>
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<tr>
<td>4</td>
<td>Acorn Nut (M8 x 1.25)</td>
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<tr>
<td>12</td>
<td>Nylock Nut (M8 x 1.25)</td>
</tr>
<tr>
<td>8</td>
<td>Washer (M8)</td>
</tr>
<tr>
<td>16</td>
<td>Arc Washer (M8)</td>
</tr>
<tr>
<td>4</td>
<td>Lock Washer (M8)</td>
</tr>
</tbody>
</table>

Covered by one or more of the following patents and/or patent applications:
US Application No. 60/642,985, PCT International Application No. 2006000814.

Required Tools

1/4" (6mm) Hex Key  
Adjustable Wrench
SAFETY & USAGE

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.

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.

The Trainer comes equipped with a full compliment of springs, straps and a safety chain. The springs can be attached to various locations on the frame, or on the straps hooked around the sliding bar. Be sure your spring clips are completely closed and secure.

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 Host, Licensed and Corporate Training Centers. Visit merrithew.com for more information.

CAUTION

IMPROPER USE OF EXERCISE EQUIPMENT MAY CAUSE SERIOUS BODILY INJURY. TO REDUCE RISK, PLEASE READ THE FOLLOWING:

- The Tower Trainer™ must be used under the supervision of a trained professional.
- Before starting any exercise program, consult a physician. Stop exercising immediately if you experience chest pain, feel faint, have difficulty breathing or experience discomfort.
- Before using equipment, read and follow the safety instructions in this manual and obtain thorough instruction from a qualified trainer. Use equipment for intended exercises only.
- Do not use if equipment appears worn, broken or damaged. Do not attempt to repair equipment yourself without contacting Merrithew.
- Do not wear loose clothing while using the Tower Trainer.
- Set up and operate the Tower Trainer on a solid level surface. Do not position the Tower Trainer on loose rugs or uneven surfaces.
- Make sure that adequate space is available for access to and around the Tower Trainer.
- Ensure the equipment is properly adjusted for your size and ability level.
- When springs are used, ensure spring clips are fully closed at both ends of springs. A spring clip that is only half closed risks coming undone and detaching with high force.
- When using the push-thru bar with spring from below, locking spring clips must be used to attach to the frame or uprights, and the safety chain must be attached.
- When using the push-thru bar, a trained professional must keep a hand on the bar at all times.
- Ensure that the Main Frame is secured properly on the Base Frame with the locking knobs before using the Tower Trainer.
- Always make sure that the Dowel Holder is adjusted to the same height with Spring Pins in parallel holes in Uprights.
- 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.
- Be careful to maintain your balance while using, mounting, dismounting or assembling the Tower Trainer, loss of balance may result in a fall and serious injury.
- The Tower Trainer should not be used by persons weighing over 250 lbs (113 kgs).
- The Tower Trainer should be used by only one person at a time. 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.
Assembling the Tower Trainer

STOP! Please do not attempt to assemble on your own. This is, at minimum, a job for two people. Read these instructions completely before beginning.

1. Attach the bolt-on wheels [39] to the base frame [13] by inserting the button head bolts [44] and arc washer [48], secure with arc washer [48] and nylock nut [46].


NOTE: The correct positions of the holes and eyehooks on the left upright and right upright in the illustration. The holes face away from the raised base mat [22] and the eyehooks face to the outside.

3. Pull the spring-loaded pin [29] then slide the right sliding stability bar holder [28] onto the right upright [24]. Release the spring-loaded pin so it catches in one of the adjustment holes and locks the holder in place. Repeat with the left sliding stability bar holder [7] and left upright [10]. Position the left and right sliding stability bar holders so they are the same distance from the top of the left and right uprights.

NOTE: The correct position of the eyehooks on the sliding stability bar holders in the illustration. The eyehooks face to the outside.
Assembling the Tower Trainer cont’d


   NOTE: The padded stability sleeve can easily be removed by undoing the zipper.

5. Insert the upper tube assembly [2] into the left and right uprights [10, 24] and secure with the large securing knobs [5].


6. Tighten the button head bolts [43] to secure the sliding stability bar [30]. Tighten the button head bolts [44] to secure the left and right upright [10, 24].

7. Attach the outer cover [12] and inner cover [23] to the right upright [24] with round head screws [40]. Repeat on other side.
8. Place the main frame [14] with the mat side face down. Attach the extension frame [18] by placing it (mat side up) on top of the mat frame, aligning hinge brackets. Use button head bolts [42], washers [47] and nylock nuts [46] to secure together.


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**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 all metal surface areas as required, using a soft cloth and gentle cleaner. **CAUTION:** We do not recommend using chemical-based products.

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**WARNING**

Replace all springs every 24 months and spring clips every 12 months, or as needed within that period.

**FAILURE TO PERFORM RECOMMENDED SAFETY CHECKS, OR USING EQUIPMENT WITH IMPROPERLY ADJUSTED, BROKEN OR WORN PARTS, COULD RESULT IN SERIOUS BODILY INJURY.**
Safety & Usage

Sliding Stability Bar Adjustment

To adjust the height of the Sliding Stability Bar [30], pull out on the spring-loaded pins [29] and carefully slide the bar to the desired location. Release the pins and ensure they are fully locked in one of the holes. The bar also comes with a soft padded covering to increase comfort and usability.

**NOTE:** Always make sure that the sliding stability bar holders [7, 28] are adjusted so the bar is parallel with the mat.

Set-Up For The Push-Thru Bar

Attach the push-thru bar [25] to the top adjustment hole in the uprights [10, 24] with two upper push-pins [26].


Lock the push-thru bar [25] to the uprights [10, 24] with two lower push-pins [26].

**NOTE:**
- There are three adjustment holes in the uprights that allow you to attach the push-thru bar [25] at one of the different heights.
- Refer to the inset illustration. Push down the button on the “T” end of the push-pins [26] to release. Then you can insert the push-pin [26] into the adjustment hole.
- Always make sure the safety chain [3] is connected when the push-thru bar [25] is in use in the rotating positions.
Using the Push-Thru Bar

Springs from Above
When doing exercises that require the spring resistance to come from above the bar, attach the push-thru spring [36] to the eyehook on the upper side of the push-thru bar [25] with the locking spring clip [38]. Attach the other end of the push-thru spring [36] to one of the eyehooks [1] on the upper tube assembly [2] with the spring clip [4].

CAUTION: To prevent accidental injury, never put your face (or another body part) above the push-thru or roll-down bars while spotting an exercise.

Springs from Below

CAUTION! If using the push-thru bar with springs from below, attach safety chain first.


2. Hook the spring to the eyehooks located at the base on the other side of the upright [10 or 24] with the spring clip [4]; see illustration below. Ensure that the vinyl spring cover [37] which covers the push-thru spring [36] is moved over the lower part of the spring to avoid catching the user’s hair or clothing, and to keep the spring from coming into contact with the upholstered raised mat.

3. Attach the push-thru spring [36] to the loop on the underside of the push-thru bar [25] with the locking spring clip [38], as per illustration below.

Be sure that the safety chain is always connected to the push-thru bar when in use with springs from below.
Safety & Usage cont’d

**Roll-Down Bar**


**Springs**

**Light Arm Springs – yellow**

Attach light arm springs [6] to eyehooks at desired height with the locking spring clip [38]. Attach the other ends of the springs to the foam grip handles [9] with the spring clips [4]. Ensure the spring clips are completely closed and secured.

**Leg Springs – white**

Attach leg springs [34] to eyehooks at desired height with the locking spring clips [38]. Attach the other ends of the springs to the padded long-spine straps [35]. Ensure the clips are completely closed and secured.
Storage & Mobility

**WARNING:** When folding or unfolding the Tower Trainer™, keep all children away from the Tower Trainer and make sure hands and feet are clear of any folding or pinch point.

**Folding**

a. Move any attached accessories to the back side of the tower so the mats can fold up against the sliding stability bar [30].

b. Ensure upper and lower push-pins (26) are inserted with the push thru bar (25) locked down.

c. Remove the locking knobs [21] to unlock the main frame [14].

d. With one hand on one of the handle straps [15] on the raised main mat [20], and one hand on the extension frame [18], slowly lift the main frame [14] and extension frame [18]. The extension frame [18] will fold down against the main frame [14] as you lift.

e. When both frames are in the most vertical position possible, parallel to the left and right uprights [10, 24], secure the main frame [14] to the left and right uprights [10, 24] with the locking knobs [21].

**Unfolding**

a. Unscrew the locking knobs [21] from the uprights completely.

b. With one hand on the handle strap [15] of the raised main mat [20], and one hand on the extension frame [18], carefully extend it completely to rest on the floor.


**Moving**

To move the Tower Trainer, it must be folded. The push-thru bar must be locked down. While on the wheeled side of the folded Tower Trainer, grasp the upper tube assembly [2] with one hand, place your foot against the base frame [13], and hold the upright with your other hand. Pull the Tower Trainer toward you while holding the base steady with your foot until the wheels come in contact with the floor. Then roll the Tower Trainer while holding the upper tube assembly [2] and right upright [24] to steady and guide the Tower Trainer.

**Storing**

Store the Tower Trainer in a clean, dry place.

To order, visit [merrithew.com/replacementparts](http://merrithew.com/replacementparts) or email [equipment@merrithew.com](mailto:equipment@merrithew.com)
Replacement Parts

For more information and to place an order, visit merrithew.com/replacementparts or email equipment@merrithew.com

**Replacement Spring Package**

Replace springs every 24 months, or as needed within that period. A complete replacement spring package is available and includes:
- leg springs (2)
- roll-down springs (2)
- arm springs (2)
- push-thru springs (2)
- spring clips (10)
- locking spring clips (6)

**Roll-Down Springs, Black**

Supports the roll-down bar. Can also function as regular arm springs. Sold as a pair with four spring clips.

**Roll-Down Bar**

Shown with springs attached. Sold separately.

**Fuzzy Hanging Straps**

Soft and woolly, these add extra comfort and security. Sold in pairs.

**Large Securing Knob**

Use to secure upper tube assembly to uprights.

**Foam Grip Handles**

Cushioned and rounded, these provide extra comfort.

**Locking Knob**

Use to lock in folded or unfolded position.

**Push-Thru Springs, Blue**

For use with push-thru bar. Sold as a pair with four spring clips (2 locking/2 regular).

**Light Arm Springs, Yellow**

Sold as a pair with four spring clips.

**Leg Springs, Green**

Sold as a pair with four spring clips.

**Single D-Ring Straps**

Connector for attaching springs to stability bar.

**Padded Long Spine Straps**

Also available without padding.

**Roll-Down Springs, Black**

Shown with springs attached. Sold separately.

**Roll-Down Bar**

Supports the roll-down bar. Can also function as regular arm springs. Sold as a pair with four spring clips.

**Fuzzy Hanging Straps**

Soft and woolly, these add extra comfort and security. Sold in pairs.

**Large Securing Knob**

Use to secure upper tube assembly to uprights.

**Foam Grip Handles**

Cushioned and rounded, these provide extra comfort.

**Locking Knob**

Use to lock in folded or unfolded position.

**Roll-Down Springs, Black**

Supports the roll-down bar. Can also function as regular arm springs. Sold as a pair with four spring clips.

**Roll-Down Bar**

Shown with springs attached. Sold separately.

**Fuzzy Hanging Straps**

Soft and woolly, these add extra comfort and security. Sold in pairs.

**Large Securing Knob**

Use to secure upper tube assembly to uprights.

**Foam Grip Handles**

Cushioned and rounded, these provide extra comfort.

**Locking Knob**

Use to lock in folded or unfolded position.
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 [64], roll-down bar [62], uprights or placed on upholstered beds.

Foam Cushions

Available in three sizes. Used for comfort and additional support when performing a wide variety of exercises.

A: 9”x6”x1” / 23 x 15 x 2.5 cm
B: 9”x6”x3” / 23 x 15 x 7.6 cm
C: 13”x10”x2.5” / 33 x 25.4 x 6.4 cm

Push-Pin

Used to secure push-thru bar.

Safety Chain

For use with push-thru bar.

CAUTION: Safety chain must be in place when using push-thru springs from above.

Spring Clips

Replace spring clips every 12 months or earlier as needed.

CAUTION: Locking spring clips are required when using push-thru bar with springs from below. Do not use non-locking spring clips.

Eco-Friendly Pilates Pad

Non-slip eco-friendly pads can help establish correct alignment and positioning or to provide cushioned support.

Reformer Box

Used to facilitate or vary exercises.

Arc Barrels

Ideal to increase or decrease challenge and to assist rehab clients. The Arc Barrel Deluxe adds comfort with Baltic Birch hand grips on the sides.

Padded Platform Extender

Provides a raised padded surface on the upholstered bed for seated or standing exercises.

Padded Sliding Stability Bar Sleeve

Removable covering adds cushioning to sliding stability bar.

Metal & Maple Roll-Up Poles

This solid maple roll-up pole is used to increase scapular awareness while performing exercises. Sold separately.

Extension Straps

Assists alignment of the knee joint. Available in 24” or 26” lengths.
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.

Five (5) 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:
- vertical bars and overhead frame
- components of the frame and related welding

Two (2) Year Limited Warranty
Merrithew will replace springs 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. We recommend that springs be changed every two (2) years.

One (1) Year Limited Warranty
On other parts and components. We recommend that spring clips be changed annually.

90-Day Upholstery Fabric Warranty
The vinyl fabric upholstery and spring sleeves 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 fabrics cleaned with abrasive, corrosive or chemical cleansers. If the identical fabric is not available, Merrithew will provide an equivalent.

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
416.482.4050 | 1.800.910.0001 | 0800.328.5676 UK | ext. 0907

Mechanical Safety Check
Proper maintenance and timely replacement of your equipment or component parts is your responsibility.
Conduct a regular inspection of the following:

Daily
- Clean all surface areas after each use, using a soft cloth and gentle cleanser.

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

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

Yearly
- Replace all spring clips.

Every Two Years
- Replace all springs.

REPLACE ALL SPRINGS EVERY 24 MONTHS AND SPRING CLIPS EVERY 12 MONTHS OR AS NEEDED WITHIN THAT PERIOD.
FAILURE TO PERFORM RECOMMENDED SAFETY CHECKS, OR USING THE MACHINE WITH IMPROPERLY ADJUSTED, BROKEN OR WORN PARTS, COULD RESULT IN SERIOUS BODILY INJURY.
Take Advantage of our Training Tools

**Instructional DVD:** Focusing on the biomechanical principles of STOTT PILATES® while using the various components of the Tower Trainer™ to develop core stability and improve flexibility. Enjoy this hybrid workout of Pilates and traditional fitness moves that increase overall strength and conditioning.

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

**Tower Trainer™ Wall Chart:** This full-size poster, measuring 27” x 39”, depicts exercises featured in the STOTT PILATES® Programming on the Tower Trainer™ and CORE Athletic Conditioning & Performance Training on the Tower Trainer™ programs. Each exercise is described with name, equipment accessories, one photo, as well as suggested repetitions. Our Wall Charts are printed with vegetable-based inks on FSC paper.

A step-by-step exercise guide for the Tower Trainer repertoire can be downloaded by visiting merrithew.com/guide

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

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 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 Tower Trainer Serial Number: