

# Vinyasa Triangle™



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 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.

**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

**Proper maintenance and timely replacement of your equipment or component parts is your responsibility as it helps reduce the risk of injury. Conduct a regular inspection of the following:**

**Weekly:** Ensure that hardware is securely fastened.

**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:

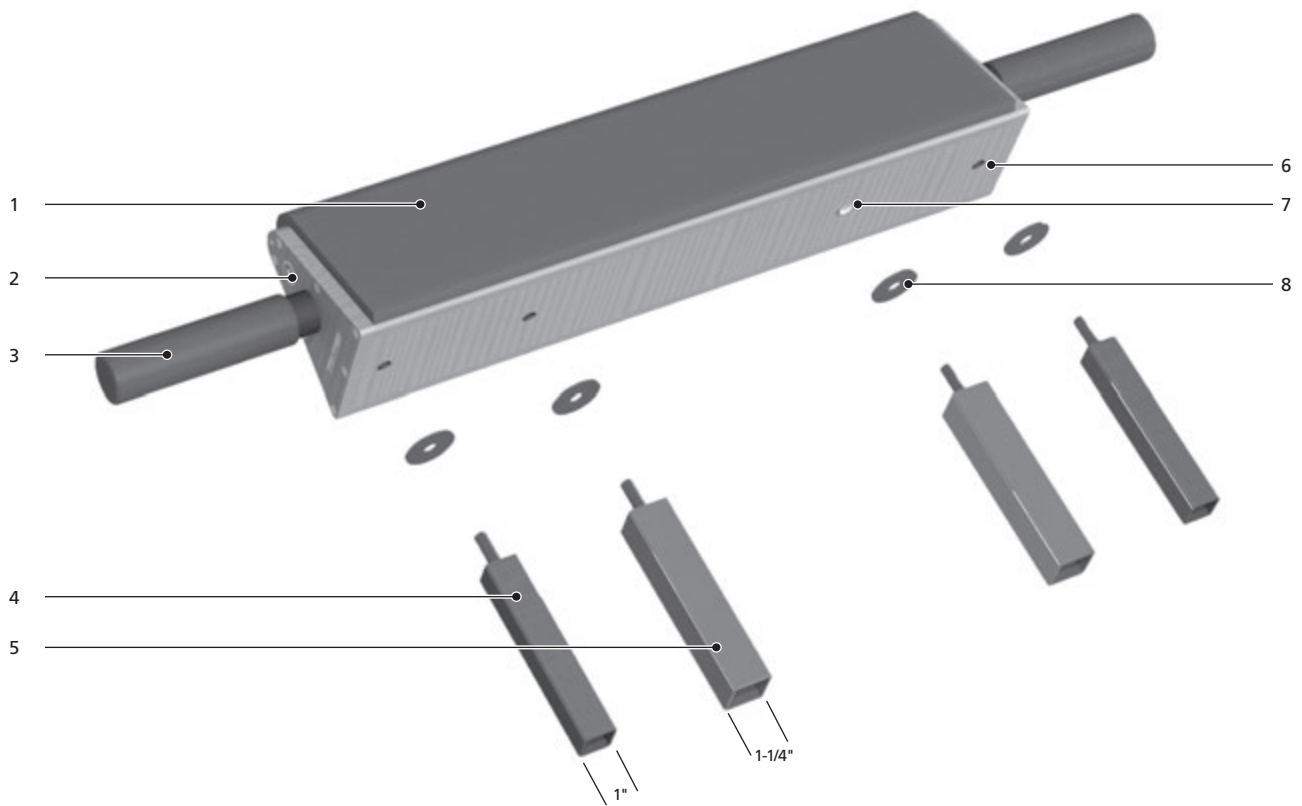
- ▶ Before starting any exercise program, consult a physician.
- ▶ Stop exercising immediately if you experience chest pain, feel faint, have difficulty breathing or experience discomfort.
- ▶ Ensure the equipment is properly adjusted for your size and ability level.
- ▶ Do not allow children to use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


**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.**

# Vinyasa Triangle™

- 1 Cushioned Covering
- 2 Vinyasa Block
- 3 Padded Handle
- 4 1" Support Rod
- 5 1-1/4" Support Rod
- 6 Outer Screw Hole
- 7 Inner Screw Hole
- 8 Washer



Hardware Required			
PART NUMBER	ITEM	QTY SUPPLIED	
8	 Washer (1/4" / 6mm)	4	

**No Tools Required**

# Set Up Your Vinyasa Triangle

The Vinyasa Triangle can be used in two different locations to accommodate different exercises to target different muscles.

## Shoulder Rest Position

*For Reformers with removable shoulder rests only*

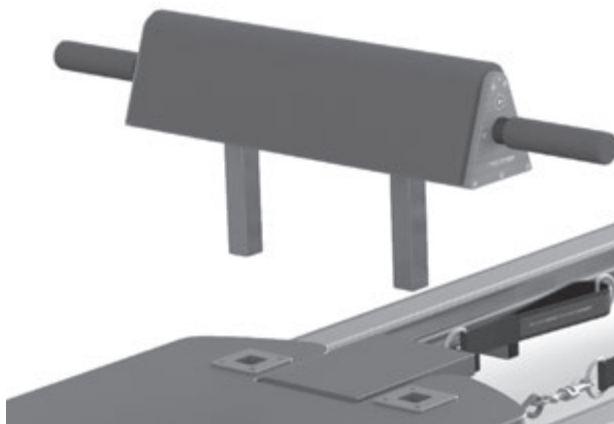
### Assembly

To use your Vinyasa Triangle in the shoulder rest position, insert the thicker support rods [5] in the inner screw holes [7] using the washers [8] provided and turn clockwise until tight.



### Installation

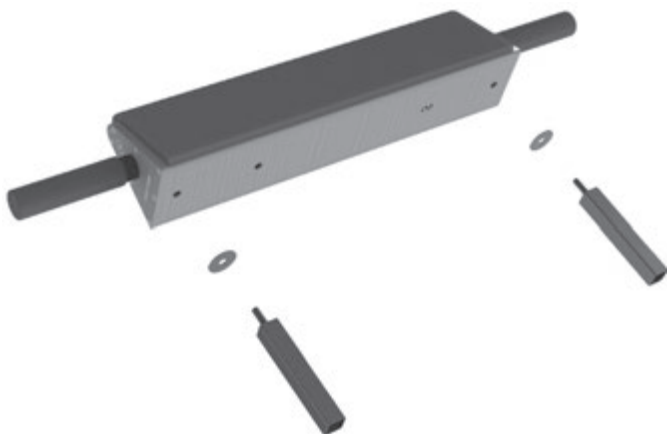
1. Remove shoulder rests.
2. Slide the support rods of the Vinyasa Triangle completely into the shoulder rest receptacles.
3. Ensure the Vinyasa Triangle is fully inserted into the shoulder rest receptacles. Tighten or loosen the rods as needed to align with the receptacles.



## Wooden Standing Platform Position

### Assembly

To use your Vinyasa Triangle in the wooden standing platform position, insert the thinner support rods [4] in the outer screw holes [6] using the washers [8] provided and turn clockwise to tighten.



### Installation

1. Adjust the swing arms to cradle position #4 to lower the footbar.
2. Slide the support rods of the Vinyasa Triangle completely into the receptacles in the wooden standing platform.
3. Ensure the Vinyasa Triangle is fully inserted into the wooden standing platform receptacles. Tighten or loosen the rods as needed to align with the receptacles.



# Optional Items

For more information and to place an order, visit [merrithew.com/replacementparts](http://merrithew.com/replacementparts) or email [equipment@merrithew.com](mailto:equipment@merrithew.com)

## Jumpboard

Often used for plyometric training. The wide platform and firm, padded jumping surface allows for biomechanically sound foot placement for both plyometric and aerobic exercise.



## Padded Platform Extender

Provides a raised padded surface for sitting or standing exercises on the Reformer and extends the wooden standing platform on Reformers. Useful to provide additional height with Stability Chair™, Ladder Barrel and Cadillac.



## Cross-Bow

Curved handles extend above and beyond the Jumpboard offering ideal alignment of the hands, wrists and shoulders and a comfortable grip, in exercises where the user would normally hold the top of the board. Purchased separately and may be added to most existing Jumpboards or sold as a combination.



# 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

# Movement is Power. Flow. Connect. Release.

ZEN•GA® is a unique mindful movement program influenced by a variety of exercise and mind-body modalities that incorporates the latest research in fascial integration, muscle activation, force transmission, postural alignment and proprioception.



**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)