

Owner's MANUAL

FOR STOTT PILATES® REFORMERS

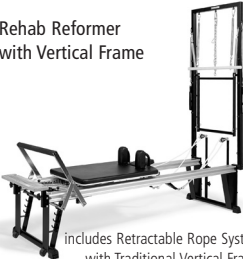


Please review this important **assembly**, **safety** and **warranty** information about your new STOTT PILATES® Reformer and keep it handy for future reference.



The STOTT PILATES® Family of Reformers

STOTT PILATES Reformers are favored among Pilates professionals for their superior adaptability, versatility, craftsmanship and smooth carriage ride. All of our units feature easy adjustments to accommodate different sizes and abilities. The unique spring resistance of this machine helps generate smooth muscular contractions that develop strength without bulk.

V2 Max Plus™ Reformer*  includes Retractable Rope System and Vertical Frame with Traveling Pulley System	V2 Max Plus™ Rehab Reformer*  includes Retractable Rope System and Vertical Frame with Traveling Pulley System	SPX Max Plus™ Reformer*  includes Retractable Rope System and Vertical Frame with Traveling Pulley System
Professional Reformer™  includes Retractable Rope System	Rehab Reformer™  includes Retractable Rope System	SPX Max™ Reformer*  includes Retractable Rope System
Rack & Roll Reformer  includes Traditional Rope System	Rehab Reformer with Vertical Frame  includes Retractable Rope System with Traditional Vertical Frame	

IMPORTANT!

This manual contains important assembly, safety and warranty information. Read the manual carefully before using your new STOTT PILATES Reformer and keep the manual handy 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 which can occur while using your Reformer. Merrithew Health & Fitness™ makes no representation about the safe use of the Reformer under all conditions. There are risks associated with the use of any exercise equipment which cannot be predicted or avoided, and you assume the responsibility for that risk.

Merrithew Health & Fitness recommends cautious assembly and usage and wishes you many hours of safe and effective exercise.

User's Guidelines

The STOTT PILATES Reformer is a sophisticated piece of equipment that, when used properly, 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.

For inexperienced or first-time users, the STOTT PILATES Reformer should only be used under the supervision of a trained professional.

This manual includes general guidelines for setup and usage. To get the most out of your Reformer, STOTT PILATES offers a full range of instructional DVDs and manuals. Personalized training is offered through our Licensed and Corporate Training Centers. For more information, visit merrithew.com.

For questions or technical assistance, please email equipment@merrithew.com.

Safety Check

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

- ▶ Replace springs every 24 months, or as needed within that period if deformation occurs.
- ▶ Check wear on single, locking and double-ended spring clips and replace every 12 months.
- ▶ Ensure footbar is securely fastened.
- ▶ Ensure swing arm support is securely fastened.
- ▶ Ensure carriage stopper is fully inserted in one of the six positions **at all times**.
- ▶ Ensure all nylon locknuts and spring bolts are securely fastened.
- ▶ Check wear on all star knob threads, replace as needed.
- ▶ Check wear on ropes, straps and spring clips, replace as needed with 12 month period.
- ▶ Ensure shoulder rests are inserted completely.
- ▶ Check that nylon locknuts, spring bolts and spring balls are securely fastened.
- ▶ Inspect the retractable rope system to confirm the ropes are in position and the threaded bolts of the cleats and pulley blocks are secure (if applicable).
- ▶ Check that all hex bolts on the Reformer's two vertical frame receptacles are tight and that the vertical frame is securely anchored (if applicable).

Refer to the assembly section in this manual for initial assembly instructions and part labeling.

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.

Care & Cleaning

Wipe vinyl surfaces with a mixture of water and tea tree oil, a natural disinfectant. Add 1tsp of tea tree oil to a 1L or 1qt spray bottle of water. A mixture of mild soap and water may be used to remove more persistent dirt. Ensure cleaner does not leave an oily residue, or make surfaces slippery.

Clean c-channels and rollers weekly with a damp cloth. Avoid spraying liquid directly onto surfaces.

CAUTION: Never use oil lubricants as they may damage rollers.

Part Identification for STOTT PILATES® Reformers

- 1

Wooden Standing Platform
- 2

Plastic Foot PRO & REHAB
- 3

1/2" Star Knob
- 4

Easy-Roll Wheel
- 5

Accessory Board Receptacle
- 6

Footbar Adjustment Cradle
- 7

Swing Arm Support
- 8

Gearbar Slot [fig. B]
- 9

Gearbar [fig. B]
- 10

Footbar
- 11

Spring [fig. A & B]
- 12

Spring Ball
- 13

Spring Coil [fig. A]
- 14

Fixed Cube Nut [fig. A]
- 15

Spring Bolt [fig. A]
- 16

Nylon Locknut [fig. A]
- 17

Spring Holding Loop [fig. B, E & F]
- 18

Floating Roller [fig. E & F]
- 19

Fixed Roller [fig. E & F]
- 20

Bronze Bushing [fig. E & F]
- 21

Spring Anchoring Bar [fig. E & F]
- 22

Chrome Tube [fig. E] TRADITIONAL ROPE SYSTEM
- 23

Rope Housing Reel [fig. F] RETRACTABLE ROPE SYSTEM
- 24

Cotter Pin [fig. F] RETRACTABLE ROPE SYSTEM
- 25

Self-Locking Cleat [fig. F & G]
RETRACTABLE ROPE SYSTEM
- 26

Rope Retaining Hook [fig. G]
RETRACTABLE ROPE SYSTEM
- 27

Socket Head Cap Screw
- 28

C-channel [fig. C]
- 29

Carriage Stopper Position [fig. H]
- 30

Carriage Stopper [fig. C & H]
- 31

Small Swing Arm Bar
- 32

Large Swing Arm Bar
- 33

Aluminum Rail [fig. H]
- 34

Soft Reformer Loop
- 35

Carriage [fig. E, F & G]
- 36

Headrest
- 37

Padded Shoulder Rest
- 38

Double-Ended Swivel Spring Clip
RETRACTABLE ROPE SYSTEM
- 39

Serial Number [fig. C]
- 40

Pulleybar Receptacle
- 41

Rope [fig. E & F]
- 42

Horizontal Metal Bar PRO & REHAB
- 43

Horizontal Metal Frame [fig. D]
- 44

Pulley [fig. I]
- 45

Pulley Spring [fig. I]
- 46

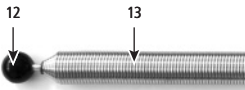
Eyehook [fig. D & I]
- 47

Pulleybar [fig. D]
- 48

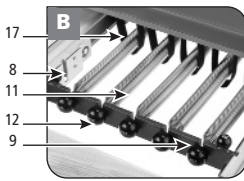
Receptacle Cap
- 49

3/8" Star Knob [fig. D & E]

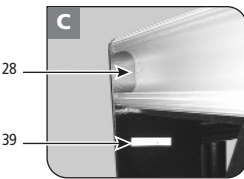
FIG A – SPRING



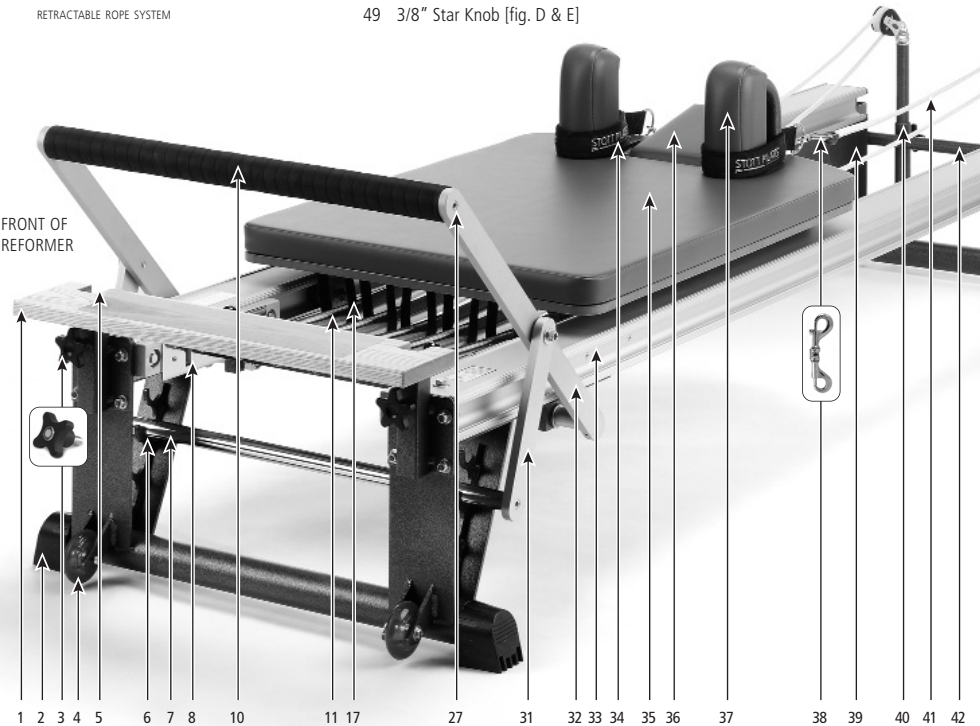
BALL END OF SPRING



GEARBAR & SPRINGS



SERIAL NUMBER STICKER



FRONT OF REFORMER

FIG E – TRADITIONAL ROPE SYSTEM CARRIAGE [35]

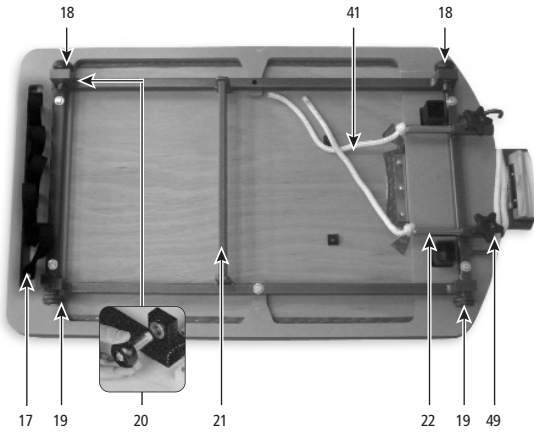
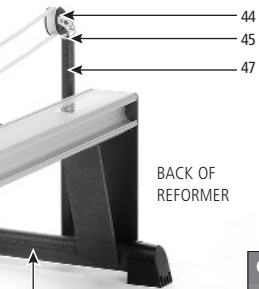
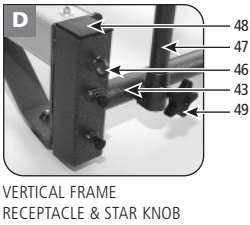
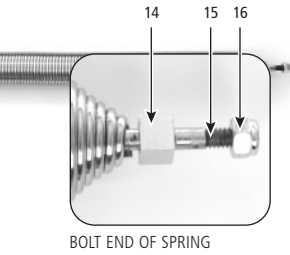
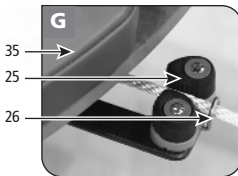
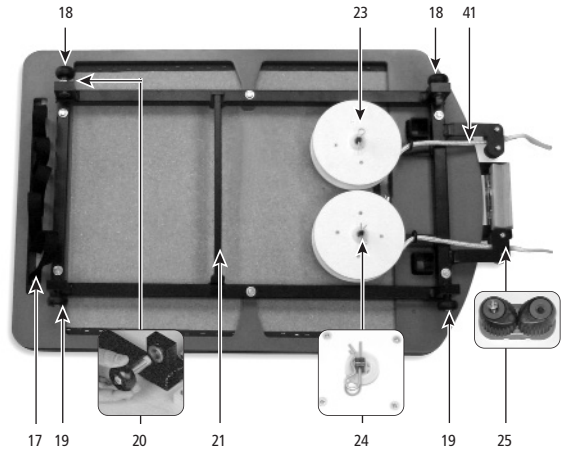
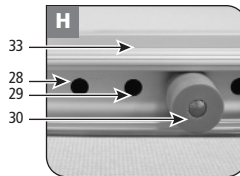


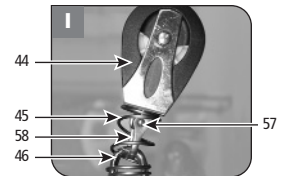
FIG F – RETRACTABLE ROPE SYSTEM CARRIAGE [35]



CLEAT SYSTEM



CARRIAGE STOPPING SYSTEM



PULLEY BLOCK

REQUIRED TOOLS:

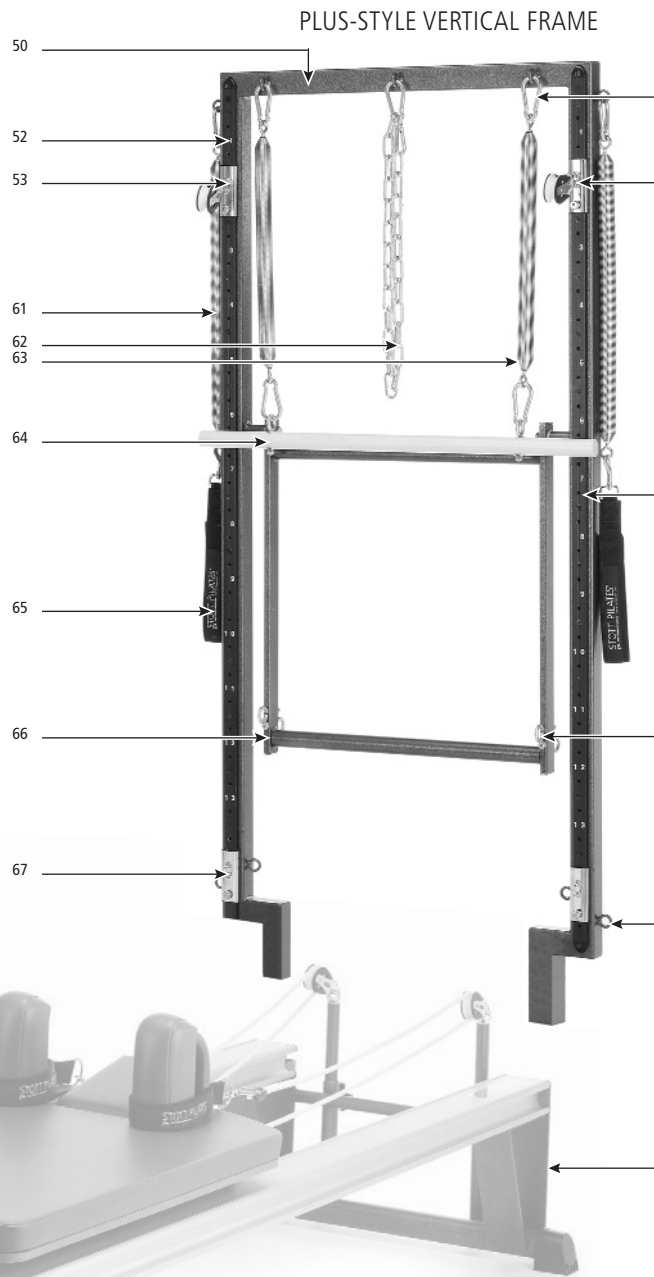
-  ONE FLAT-HEAD SCREWDRIVER
-  ONE 1/4" (6MM) HEX KEY (SUPPLIED)
-  ONE OPEN-END WRENCH (SUPPLIED):
1/2" (13MM) X 7/16" (11MM)

NOTE: Parts may not be exactly as shown. Photo shown is a Professional Reformer. Part IDs are the same for other Reformer models (SPX Max, Rehab and V2 Max Plus).

Part Identification for STOTT PILATES® Vertical

- 50 Vertical Frame [fig. J]
- 51 Spring Clip
- 52 Vertical Sliding Track PLUS-STYLE
- 53 Traveling Pulley PLUS-STYLE
- 54 Traveling Pulley Eyehook
- 55 Pulley Spring
- 56 Pulley
- 57 Threaded Bolt
- 58 Swivel Harness
- 59 Spring-Loaded Stopper PLUS-STYLE
- 60 Stopper Position PLUS-STYLE
- 61 Leg Spring, white
- 62 Safety Chain
- 63 Roll-Down Spring, black
- 64 Roll-Down Bar
- 65 Padded Long Spine Strap
- 66 Push-Thru Bar
- 67 Traveling Spring Hook
- 68 Fixed Eyehook [fig. J]
- 69 Light Arm Spring, yellow [fig. K]
- 70 Foam-Grip Handle [fig. K]
- 71 Hex Bolt
- 72 Vertical Frame Receptacle
- 73 Push-Thru Spring, blue [fig.L]
- 74 Extension Strap [fig. M]
- 75 Locking Spring Clip [fig. L]

NOTE: Parts may not be exactly as shown. Photo shown is a Professional Reformer. Part IDs are the same for other Reformer models (SPX Max, Rehab and V2 Max Plus).



Frames

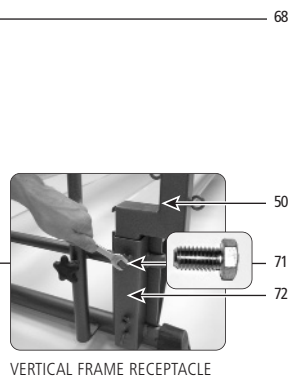
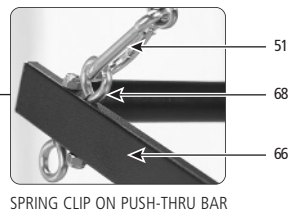
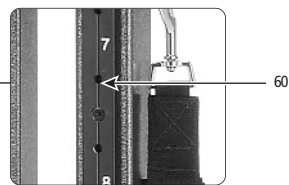
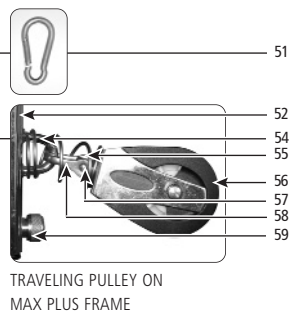
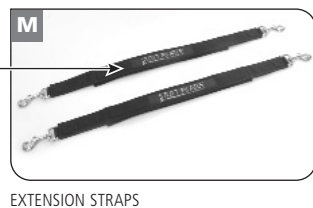
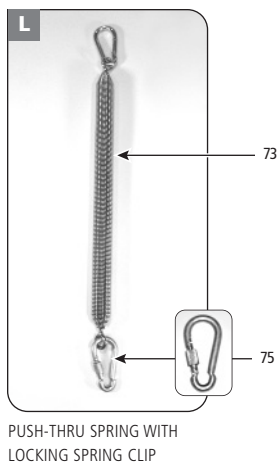
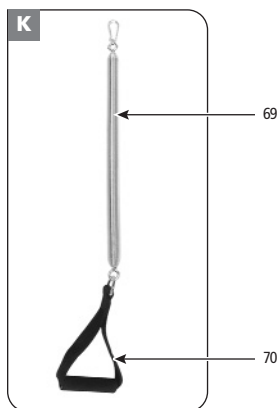
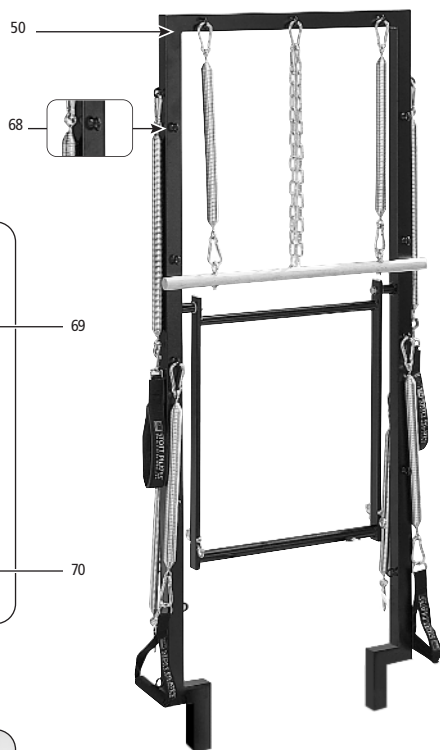


FIG J – TRADITIONAL VERTICAL FRAME



REQUIRED TOOLS:



ONE OPEN-END WRENCH (SUPPLIED):
1/2" (13MM) X 9/16" (14MM)

Assembly Instructions



- 1** Place metal plate of wooden standing platform [1] on threaded bolts on front of Reformer and fasten with 5/16" lock nuts and washers.

CAUTION: If you are using a ratchet system to tighten nuts, be careful not to over-tighten.

NOTE: Steps 1 to 7 are complete upon delivery for all SPX Max™ models.

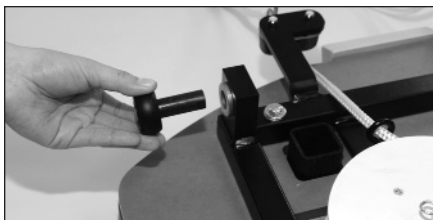


- 2** Place swing arm support [7] in one of the footbar adjustment cradles [6] and fasten to small swing arm bars [31] with socket head cap screws [27].



- 3** Fasten footbar [10] to top of large swing arm bars [32] with socket head cap screws [27].

NOTE: To help ensure proper alignment, do not tighten completely until all components of footbar are assembled. Apply pressure to footbar before tightening all socket head cap screws.



- 4** On Reformer carriage, insert floating rollers [18] into bronze bushings [20].



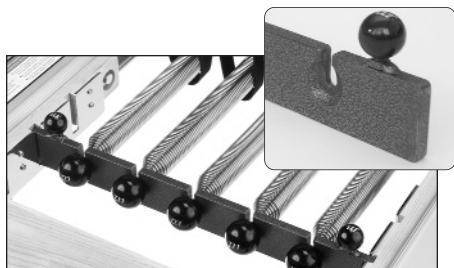
- 5** Wipe c-channels [28], with a damp cloth to remove dust and dirt. Insert carriage stopper [30] in one of six positions.

CAUTION: The carriage stopper must be inserted into one of the six positions AT ALL TIMES. Never use oil lubricants as they may damage rollers.



- 6** Align fixed rollers with c-channels, then adjust floating rollers as necessary before guiding carriage into rails.

CAUTION: We strongly advise that two people perform this operation to prevent damaging rollers.



- 7** Insert gearbar [9] into the middle gearbar slots [8] with the concave indentations [inset above] facing the wooden standing platform [1].

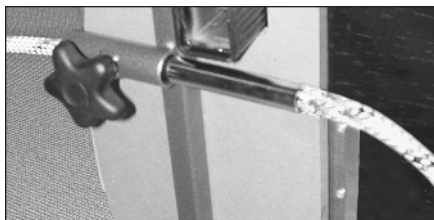


- 8** Insert shoulder rests [37] into receptacles with handles facing pulleybars and closest to outside edges of carriage.



- 9** Insert pulleybars [47] into receptacles [40] at back of Reformer and tighten star knobs [3]. Ensure eyehooks [46] on top of pulleybars are parallel to rails [33].

PROFESSIONAL & REHAB MODELS: Align top of pulleys with top of shoulder rests.



- 10 TRADITIONAL ROPE SYSTEM [FIG E]:** Insert free end of ropes [41] through back of pulleys [44], then through chrome tubes [22] underneath carriage.



- 11 TRADITIONAL ROPE SYSTEM:** Tie a knot, leaving 6-8" tails to prevent ropes from passing back through chrome tubes.



- 12 RETRACTABLE ROPE SYSTEM [FIG F]:** To extend ropes, depress below rope retaining hooks [26] and lift out of self-locking cleats [25]. Reel out length of rope required.

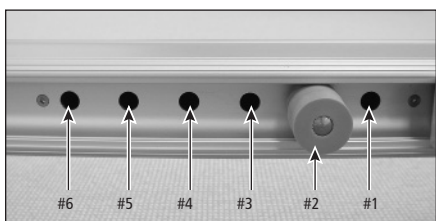
Assembly Instructions CONT'D



13 RETRACTABLE ROPE SYSTEM [FIG F]: Remove double-ended swivel spring clips [38], pinch end loop of ropes [41] and insert through the front of pulleys [44].



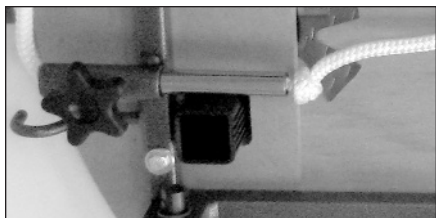
14 RETRACTABLE ROPE SYSTEM: Reattach double-ended swivel spring clips and soft Reformer loops [34].



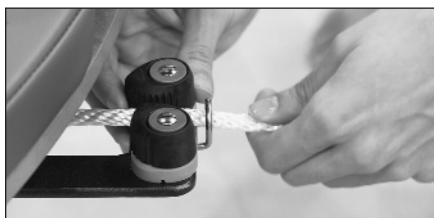
15 BOTH ROPE SYSTEMS: To determine correct length of ropes, set carriage stopper [30] in the second position. Attach springs to gearbar [9] to ensure carriage [35] does not move.



16 Place soft Reformer loops on carriage to line up fixed D-rings on straps with end of metal plate of shoulder rests [37].



17 TRADITIONAL ROPE SYSTEM [FIG E]: Subtle adjustments can be made to rope length by sliding chrome tubes [22]. Secure by tightening star knobs [3].



18 RETRACTABLE ROPE SYSTEM: Once rope length has been established, reset ropes in self-locking cleats [25] then set fully into rope retaining hooks [26].



19 RETRACTABLE ROPE SYSTEM: To shorten length slightly, pinch ropes [41] between carriage [35] and self-locking cleats [25] and pull toward carriage. Grasp ropes at retaining hooks [26] and tug to engage cleats.



20 Carefully lift Reformer and slide on plastic foot [2]. Ensure they sit flat on floor.

NOTE: Not necessary on SPX Max models.

Assembly Instructions VERTICAL FRAME



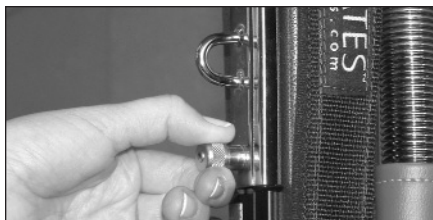
21 Remove receptacle caps [48] with a flat-head screwdriver. Slide vertical frame into receptacles [72]. For plus-style models, position pulley system facing carriage. For traditional models, position highest eyehooks facing carriage. Tighten all four hex bolts [71]. Attach springs, roll-down bar and safety chain as illustrated on page 7.



22 PLUS-STYLE: To use traveling pulleys [53] extend ropes and detach double-ended swivel spring clips [38] and soft Reformer loops [34]. Pinch end loop of ropes and insert through the bottom of traveling pulleys. Re-attach double-ended spring clips and soft reformer loops.



23 To alter the height of traveling pulleys, pull out spring-loaded stoppers [59]. Shift the traveling pulleys up or down vertical sliding tracks [52] and release spring-loaded stoppers. Shake pulleys to confirm they are fully locked into stopper positions [60].



24 For exercises using arm [69] or leg springs [61], attach springs to traveling spring hooks [67], and adjust height in the same way as traveling pulleys. After changing position, shake spring hooks to confirm they are fully locked into stopper positions.

Safety & Usage



CAUTION

STOP! Before getting on, ensure that the carriage stopper is inserted and at least one spring is securely attached to the gearbar!

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.
- Use equipment for intended exercises only.
- NEVER stand with both feet on wooden standing platform of an SPX Max™ Reformer. Step onto secured carriage first before placing one foot onto wooden standing platform. Always keep one foot on secured carriage.
- Before moving a STOTT PILATES® Reformer, ensure ropes do not drag and springs are attached so carriage is secure.
- Ensure the equipment is properly adjusted for your size and ability level.
- Stop exercising immediately if you experience chest pain, feel faint, have difficulty breathing or experience any discomfort.
- Keep body, clothing and hair free from all moving parts.
- Do not use if equipment appears worn, broken or damaged.
- Do not attempt to repair equipment yourself.
- Do not allow children to use or be around equipment without adult supervision.
- For optimal performance, allow at least two feet of clear space on either side of a STOTT PILATES Reformer.
- When springs are used on the vertical frame, 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 springs attached from below, a trained professional must keep a hand on the bar at all times, and the safety chain must be attached. (See Safety & Usage on page 16.)

GETTING ON THE REFORMER

SUPINE POSITION (LYING ON BACK)

- Sit on Reformer carriage, facing side.
- Reach hand nearest the footbar across your body and place it onto the shoulder rest.
- Tuck opposite shoulder under arm and roll onto back, lowering head onto headrest.
- Bring legs up and place feet on footbar, lowering arms by sides.

STANDING OR KNEELING POSITIONS

The carriage is a moving platform. Special attention must always be paid to maintaining balance and stability, especially when performing kneeling or standing exercises.

- Before you begin, ensure one or more springs are engaged in the gearbar to secure the carriage.

For SPX Max™ Reformers:

- **NEVER stand with both feet on wooden standing platform.**
- Place one foot on secured carriage.
- Carefully place other foot onto the wooden standing platform. A gripper mat may be used to prevent slipping. (See Safety & Usage on page 19.)
- Chemical-based cleansers used around Reformer feet may cause permanent marking on floors. Our warranty does not cover this damage. We highly recommend avoiding chemical-based products and suggest placing a non-slip mat under the machine.

For all other STOTT PILATES Reformers:

- Place one foot on wooden standing platform.
- Carefully place other foot onto the secured carriage. A gripper mat may be used to prevent slipping. (See Safety & Usage on page 19.)

All models of Reformers:

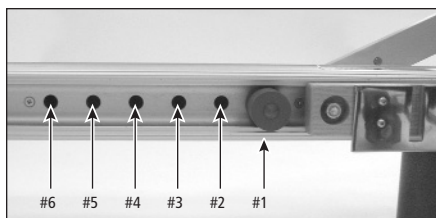
- When standing on the carriage with two feet, it is advisable to have a spotter to steady the carriage.

KEEP HANDS & FEET SECURE

Whenever placing hands or feet on the footbar, shoulder rests or headrest, ensure they will not slip during exercise. Gripper mats may be used.

SITTING OR LYING ON A BOX

Always place Reformer box in a stable position on the Reformer and sit directly in the middle to avoid tipping (see Safety & Usage on page 18). When using footstrap, ensure it is underneath the wooden standing platform and securely clipped together.



CARRIAGE STOPPER

The carriage stopper position determines how close the carriage slides in toward the wooden standing platform and dictates the body's range of motion. The hole closest to the wooden standing platform is referred to as position #1; the next is position #2, etc.

Adjusting the carriage stopper

- ▶ Do not sit on carriage while adjusting.
- ▶ Remove all springs from gearbar.
- ▶ Insert carriage stopper in one of six positions.
- ▶ Ensure carriage stopper is completely inserted.

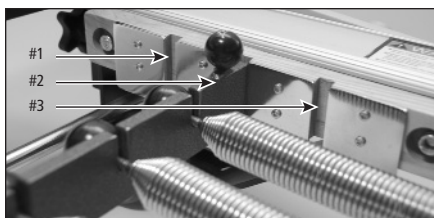
The carriage stopper position should be chosen to give the optimal range of motion based on the exercise and the individual performing it. It will also affect the initial tension on the springs in relation to the gearbar.

NOTE: The carriage stopper must be inserted in one of the six positions AT ALL TIMES. **USING THE REFORMER WITHOUT THE CARRIAGE STOPPER MAY CAUSE DAMAGE TO THE GEARBAR BLOCK AND ROLLERS.**



RETRACTABLE ROPE SYSTEM

Prior to use, confirm that the retractable rope system is in good order and rope is secured through self-locking cleats and rope retaining hook. (See Assembly Instructions on page 9 and 10.)



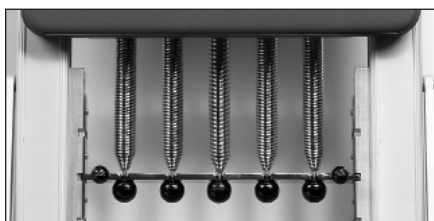
GEARBAR

The gearbar position determines the amount of initial tension on the springs. The slot closest to the wooden standing platform is referred to as position #1, the next is position #2, the last is position #3.

Adjusting the gearbar

- ▶ Do not sit on carriage while adjusting.
- ▶ Remove all springs while holding gearbar in place.
- ▶ Place gearbar in desired position.
- ▶ Ensure gearbar slides fully into slots.
- ▶ Face concave indentations toward Footbar.

Position gearbar relative to the carriage stopper to create initial tension on the springs, i.e. the gearbar should not be in position #3 if the carriage stopper is in position #1 or #2 as there will not be any initial spring tension.



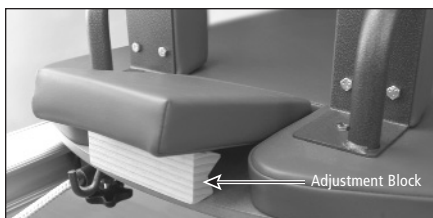
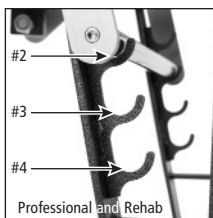
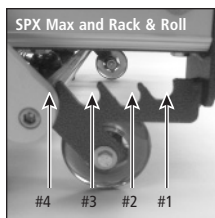
SPRINGS

The number of springs attached to the gearbar determines the total amount of resistance. Reformers are equipped with either one 50% and four 100%-tension springs OR one 25%, one 50%, and three 100%-tension springs. (See page 24 for more details.)

Adjusting springs

- ▶ Take care when attaching and detaching springs.
- ▶ For safety, place one hand on gearbar.
- ▶ Firmly grasp spring, (not spring ball), and stretch it to hook to or unhook from gearbar.
- ▶ Ensure ball rests securely in concave indentations of gearbar.

Safety & Usage CONT'D



FOOTBAR

The footbar can be set at four different heights to facilitate various Reformer exercises and to accommodate physical differences and abilities. The cradle closest to the gearbar is position #1, the cradle farthest away is position #4.

Adjusting the footbar

- ▶ The footbar can be adjusted while standing beside the Reformer or sitting on the carriage.
- ▶ Gently pull footbar up and lift swing arm support out of footbar adjustment cradle.
- ▶ Lift or lower footbar to the desired height and place swing arm support securely into nearest cradle.

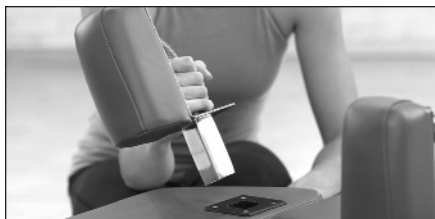
HEADREST

The headrest adjusts to three positions: flat, half-raised or fully raised. It should be adjusted on an individual basis to ensure neck and shoulders are comfortable and tension-free when lying supine.

In exercises where the hips are lifted higher than the shoulders, the headrest should be flat – even when beginning from a supine position. In some exercises it is raised to provide a brace for the feet.

Adjusting the headrest

- ▶ With no weight on headrest, lift it and hinge adjustment block to rest securely onto wooden edge of carriage.



SHOULDER RESTS

Shoulder rests are removable to allow storage of the Reformer and to facilitate the use of a mat converter.

Attaching the shoulder rests

- ▶ Slide square posts into receptacles in the carriage. Padded sides face footbar and handles are positioned closest to edges of carriage.
- ▶ To remove, pull directly up on handles.



PULLEYBARS

SPX MAX AND RACK & ROLL REFORMER ONLY: Pulleybars detach for storage without disengaging ropes. To remove, loosen star knobs and remove pulleybars from receptacles.

When replacing pulleybars, ensure they are firmly within the receptacles. Ensure eyehooks on top of pulleybars are parallel to aluminum rails. Tighten star knobs securely.



STORING SHOULDER RESTS

SPX MAX REFORMERS ONLY: When stacking, shoulder rests slide conveniently into brackets affixed to the underside of the rail.



STORING PULLEYBARS

SPX MAX REFORMERS ONLY: When stacking, pulleybars can be removed without disengaging ropes and stored in receptacles under Reformer.



MOVING REFORMERS

The front end of all Reformers features easy-roll wheels which make repositioning simple.

Preparing to reposition

- ▶ Ensure ropes do not drag and springs are attached to gearbar so carriage is secure.
- ▶ Stand at the back of Reformer, grasp the horizontal metal bar or frame and gently lift. Lift Reformer high enough to engage easy-roll wheels.



STACKING REFORMERS

STOTT PILATES offers two stackable Reformer models. Up to five SPX Max™ or Rack & Roll Reformers can be stacked on the optional rolling base or a maximum of six on a level floor without the rolling base.

CAUTION: Do not stack Reformers higher than your height comfortably allows lifting them.

Stacking SPX Max Reformers

- ▶ Lower footbar, insert carriage stopper into third position and engage two springs to secure carriage.
- ▶ Remove shoulder rests and insert onto brackets under the rail. Remove pulleybars without disengaging ropes and insert into receptacles under the frame.
- ▶ Stacking requires two people. The stronger person should take the front (footbar) end.
- ▶ Hold the steel plate beneath wooden standing platform.
- ▶ Hold the back end by gripping horizontal metal frame.

Stacking Rack & Roll Reformers

OPTIONAL PURCHASE

- ▶ The addition of custom-made wooden blocks are required to stabilize Rack & Roll Reformers when stacked.
- ▶ Each stacking block has compartments to safely store and protect the pulleybars and shoulder rests.



Safety & Usage CONT'D



PUSH-THRU BAR

SAFETY CHAIN

The Safety Chain must be attached when using the push-thru bar with springs from below. Attach safety chain first, from middle eyehook of vertical frame to either upper eyehook of push-thru bar. Ensure spring clips are completely closed and secure.

SPRINGS FROM BELOW

When using the push-thru bar with springs from below, attach springs to eyehooks on lowest eyehooks on vertical frame using locking spring clips. Then attach one or two springs to eyehooks on lower side of bar, ensuring spring clips are completely closed and secure.

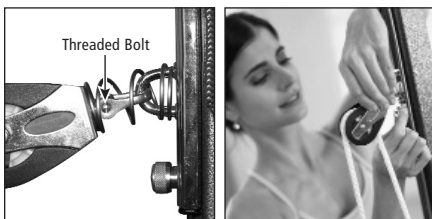
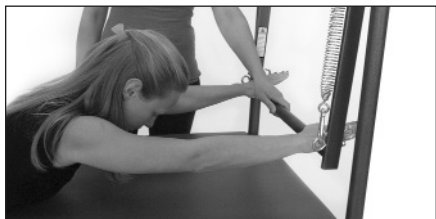
A trained professional must keep a hand on the bar at all times and safety chain must be used.

SPRINGS FROM ABOVE

A trained professional must keep a hand on the push-thru bar for any exercises with the springs attached from above.

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

Locking spring clips must be used to attach push-thru springs from below to the vertical frame. DO NOT use non-locking spring clips.



ADJUSTABLE PULLEY SYSTEM

PLUS-STYLE ONLY: The spring-loaded track system provides adjustability for pulleys and spring hooks throughout the range of the vertical frame.

Altering height of traveling pulleys and traveling spring hooks

- ▶ Pull out the spring-loaded stopper on traveling pulley.
- ▶ Shift traveling pulley up or down the track and release the spring-loaded stopper. The pulley will spring-lock into the nearest stopper position.
- ▶ Shake traveling pulley to confirm it is fully locked into stopper position.
- ▶ The same method applies to adjusting traveling spring hooks.
- ▶ Adjust rope length as necessary.

CAUTION: Prior to use, confirm that the traveling pulley system is in good order and that the traveling pulley's threaded bolts are securely fastened.



ROLL-DOWN BAR

Attach roll-down springs to roll-down bar, then to the fixed eyehooks at the top of the vertical frame (see page 7). Both springs must be attached. To decrease or increase, spring tension, substitute light arm springs or leg springs respectively.

CAUTION: Roll-down bar can release at high velocity due to spring tension. Ensure a secure grip at ALL times. Gripper mats may be used.



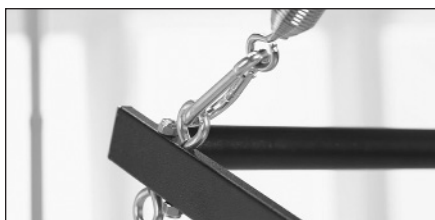
LEG SPRINGS

Attach leg springs to traveling spring hooks or fixed eyehooks at desired height. Ensure spring clips are completely closed and secure. Shown with padded long spine straps attached.



LIGHT ARM SPRINGS

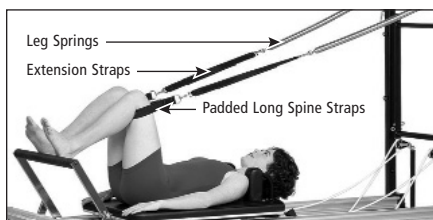
Attach light arm springs to traveling spring hooks or fixed eyehooks at desired height. Ensure spring clips are completely closed and secure. Shown with foam-grip handles attached.



SPRING CLIPS

Whenever springs are used, ensure the spring clips at both ends are closed completely. If a spring clip is only half closed and catches on the eyehook, it may come undone and detach with high force.

CAUTION: Locking spring clips must be used to attach push-thru springs from below to the vertical frame. DO NOT use non-locking spring clips.



EXTENSION STRAPS

The extension straps are valuable in supporting the knees or legs in various exercises.

Attaching extension straps

- ▶ Move traveling spring hook to desired height along vertical frame and release spring-loaded stopper or select desired fixed eyehook.
- ▶ Attach leg springs, then attach extension straps to springs and attach padded long spine straps or Reformer loops to straps. Ensure all spring clips are completely closed and secure.
- ▶ Ensure spring tension on Reformer is sufficient to return carriage completely.

Safety & Usage CONT'D



MAT CONVERTER

OPTIONAL PURCHASE

The addition of a mat converter creates a safe, stable surface for matwork or vertical frame work.

Installing the mat converter

- ▶ Remove footstrap (if applicable), lower Footbar completely and detach springs.
- ▶ Slide carriage back against pulleybars, ensuring ropes are out of the way.
- ▶ Place mat converter on aluminum rails, ensuring it is pressed completely into place.
- ▶ Remove shoulder rests to create a clear mat surface.



ACCESSORY BOARDS

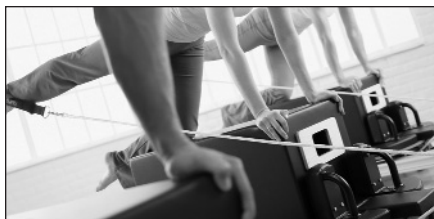
OPTIONAL PURCHASE

Accessory boards can be added to further increase exercise options. Currently available:

- ▶ Jumpboard and Cardio-Tramp™ for plyometric exercises.
- ▶ Rotational Diskboard™ for controlled internal and external rotation.
- ▶ Rotational Diskboard Deluxe™ allows greater range and asymmetrical movements when working in controlled rotation.
- ▶ Soft footbar accommodates sensitive feet.

Installing accessory boards

- ▶ Lower footbar to lowest position.
- ▶ Insert accessory board into receptacles in wooden standing platform, ensuring it slides down fully.
- ▶ Tighten star knobs on receptacles, located under wooden standing platform.



REFORMER BOX

OPTIONAL PURCHASE

Reformer boxes are used to facilitate or vary exercises. There are a range of exercises in the Reformer repertoire that require the use of a box.

Positioning the reformer box

- ▶ Place Reformer box on top of carriage with either long or short side pressed against shoulder rests.
- ▶ In the "short box" position, box can also be placed over shoulder rests with the headrest fully lowered.



FOOTSTRAP

INCLUDED WITH REFORMER BOX PURCHASE

The footstrap is used to secure the feet during most "short box" exercises.

Attaching the footstrap

- ▶ Loop footstrap around wooden standing platform and adjust the length by attaching spring clip to one of three D-rings.
- ▶ Footstrap should be adjusted so that there is tension with knees slightly flexed. It is important to keep feet hooked securely under footstrap.
- ▶ Gripper mat may be used.



PADDED PLATFORM EXTENDER

OPTIONAL PURCHASE

This accessory extends the wooden standing platform and can accommodate a variety of exercises, providing added comfort and safety. It can also be used on the carriage for seated exercises.

Installing the padded platform extender

- Remove footstrap (if applicable) and lower footbar completely.
- Place desired springs in gearbar.
- Place padded platform extender on aluminum rails. Press it firmly against wooden standing platform to ensure it does not move.
- Gripper mats may be placed on carriage and padded platform extender to prevent slipping. (See page 12 for Safety & Usage: Caution getting on the Reformer.)
- Always remove padded platform extender to change spring settings.



GRIPPER MATS

OPTIONAL PURCHASE

Versatile, non-slip rubber mats are handy to increase traction and prevent slipping.

- For standing exercises, gripper mats may be placed under one foot.
- A gripper mat can also be wrapped around footbar, roll-down bar or elsewhere to increase traction.



DOUBLE LOOP STRAPS

OPTIONAL PURCHASE

Conveniently switch from arm work to leg work without having to detach straps.



ANKLE STRAPS

OPTIONAL PURCHASE

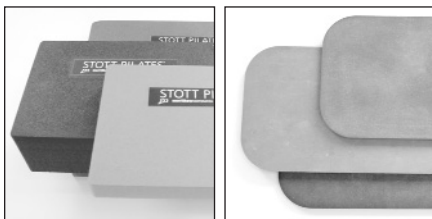
Attach to Reformer ropes and fasten around ankles to provide a more secure connection for leg work.



MAPLE ROLL-UP POLE

OPTIONAL PURCHASE

Perfect to provide added scapular awareness, it can be used with multiple Reformer exercises.



FOAM CUSHIONS & RUBBER PADS

OPTIONAL PURCHASE

Ideal to correct alignment and provide cushioned support.

Replacement Parts

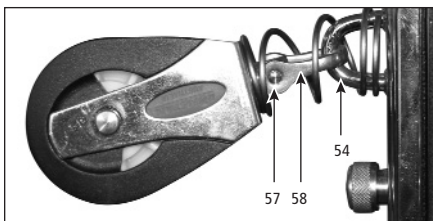
To place an order, visit merrithew.com/replacementparts or email equipment@merrithew.com.



FOOTBAR

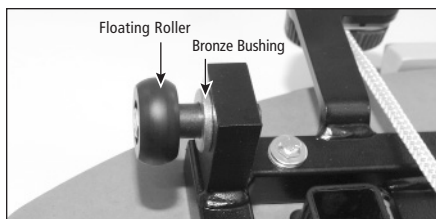
With 1/4" hex key, fasten footbar to the large swing arm bars with socket head cap screws. With footbar in place, apply pressure to footbar before tightening socket head cap screws. Tighten completely only when both sides of footbar are attached to ensure proper alignment.

NOTE: Socket head cap screws are attached to the ends of the replacement footbar when it is shipped.



PULLEY BLOCK FIXED & TRAVELING

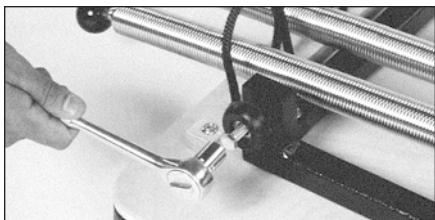
- Unscrew threaded bolt [57] that passes through end shaft of pulley block and the left and right arms of the swivel harness [58].
- Remove swivel harness from eyehook [54], and remove pulley block and replace with new pulley block.
- Pass swivel harness through eyehook.
- Pass bolt through right side of swivel harness and the center of the end shaft of pulley block.
- Screw bolt through left side of swivel harness.



FLOATING ROLLERS

With carriage removed from aluminum rails, (see page 22) slide floating rollers into bronze bushings. Replace carriage (see page 28).

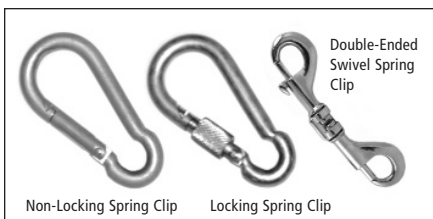
CAUTION: Never use oil lubricants as they may damage rollers.



FIXED ROLLERS

Attach fixed rollers with the aid of a ratchet and 1/2" socket attachment.

CAUTION: Never use oil lubricants as they may damage rollers.



SPRING CLIPS

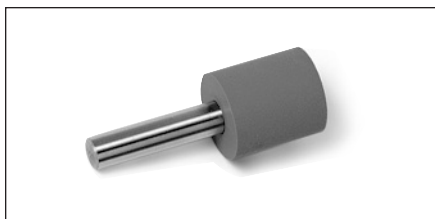
Replace spring clips every 12 months or earlier as needed.

CAUTION: Locking spring clips must be used to attach push-thru springs to the vertical frame from below. Do NOT use non-locking spring clips.



SAFETY CHAIN

For use with push-thru bar.



CARRIAGE STOPPER

NOTE: Only one is needed per Reformer.
Must be in one of the six positions AT ALL TIMES.



PADDED SHOULDER RESTS

NOTE: Only shoulder rest pads are shipped for replacement. Loosen bolts on handle frames, remove worn pads, replace with new and tighten bolts.



Traditional Rope System



Retractable Rope System

REFORMER ROPES

TRADITIONAL ROPE SYSTEM: See page 9 for installation.

RETRACTABLE ROPE SYSTEM: See page 26 for installation.



PLASTIC FOOT

For use on Professional and Rehab Reformers.



STAR KNOB

Found in several locations on all Reformer models.



SOFT REFORMER LOOPS

Attach to Reformer ropes for arm and leg work.



PADDED LONG SPINE STRAPS

Attach to soft Reformer loops to extend the length. Also attach to leg springs for leg work with any vertical frame.



FOAM GRIP HANDLES

Provide cushioned hand grips for Reformer arm work, or attach to light arm springs for use with vertical frame.



EXTENSION STRAPS

Used between leg springs and soft Reformer loops or padded long spine straps to provide extra length.

Removing Carriage

Required for replacement of Reformer springs, carriage rollers and ropes.

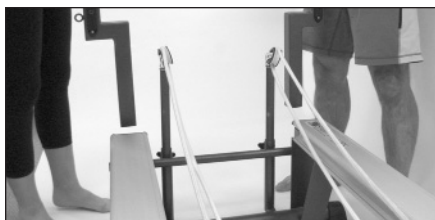
REQUIRED TOOLS:



(SPX MAX, RACK & ROLL MODELS ONLY)



1/2" (13mm) x 9/16" (14mm) OR PLIERS



- 1 VERTICAL FRAME:** Remove all springs from vertical frame, including roll-down bar and safety chain. Loosen all four hex bolts at the base of receptacles. Secure push-thru bar in place by hand while removing vertical frame.

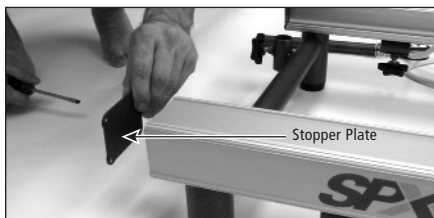
NOTE: Requires two people.



- 2** To remove carriage, remove pulleybars and place them on floor, on either side of aluminum rails.

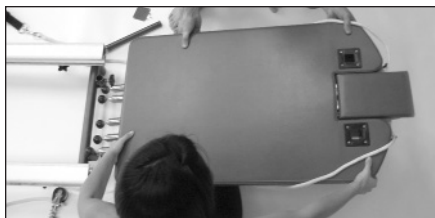


- 3** Remove shoulder rests (if applicable).



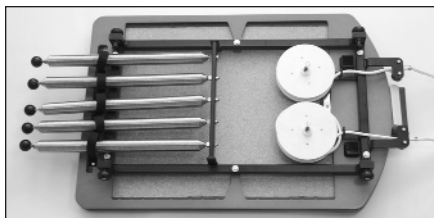
- 4 SPX MAX AND RACK & ROLL:**

Remove stopper plates using a flat-head screwdriver.



- 5** Detach all springs from gearbar. Carefully slide carriage out of aluminum rails keeping carriage level until completely free of rails. Turn carriage over, ensuring rollers are secure and do not come in contact with the floor.

NOTE: Requires two people.



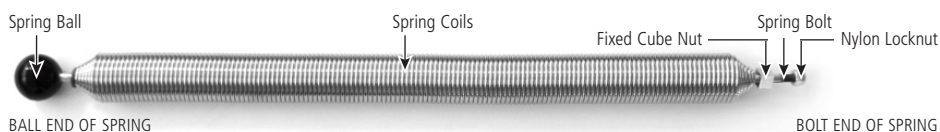
- 6** Place carriage face down on floor.

Replacing Springs

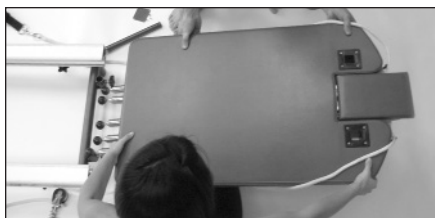
REQUIRED TOOLS:



TWO 1/2" (13MM) x 7/16" (11MM)



Removing Springs



1 Remove carriage, see page 22 for full instructions.

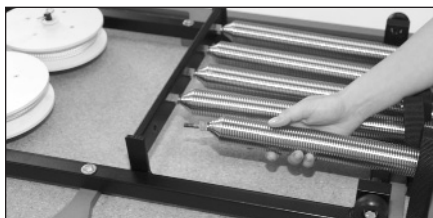


2 With 7/16" wrench or pliers, hold fixed cube nut in place.



3 Using second 7/16" wrench on opposite side, loosen nylon locknut. This may require a bit of force.

NOTE: DISCARD used nylon locknuts. New ones are provided with new springs.



4 Remove spring bolt from spring anchoring bar, then pull ball end of the spring out of spring holding loop.



5 Repeat steps 2 to 4 on remaining springs.

IMPORTANT: We recommend that you replace the springs on your Reformer every two years to ensure maximum performance and safety of your Reformer at all times.

Replacing Springs CONT'D

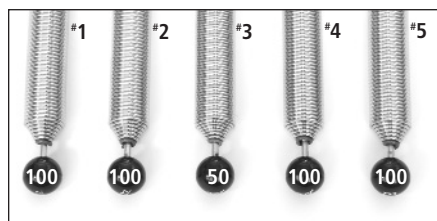
Installing New Springs

Determine Replacement Spring Package.

Springs are color-coded at the ball end. Red = 100%, Blue = 50%, White = 25%

TRADITIONAL SPRING PACKAGE

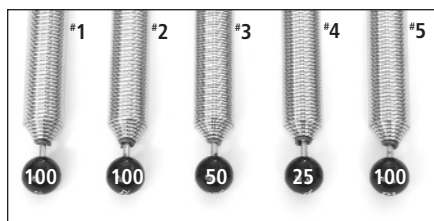
4 x 100%, 1 x 50% arrange as follows:



Place 50% spring in the center and two 100% springs on either side.

HIGH-PRECISION SPRING PACKAGE

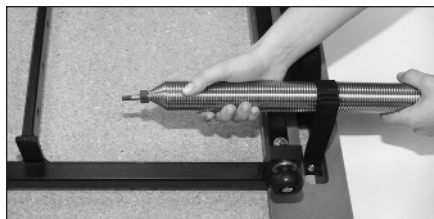
3 x 100%, 1 x 50%, 1 x 25% arrange as follows:



Place 50% spring in the center, and 25% spring to one side. Place 100% springs in remaining positions.



1 Remove nylon locknut from spring bolt.



2 Thread the spring bolt through the spring holding loop.



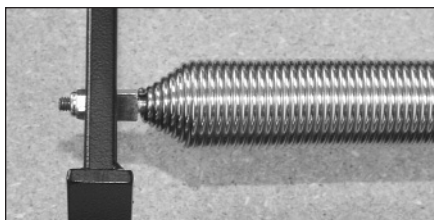
3 Insert spring bolt through the corresponding hole on spring anchoring bar.



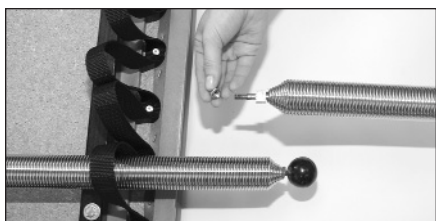
4 Thread nylon locknut onto spring bolt.



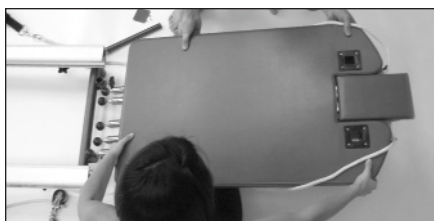
- 5** Hold fixed cube nut in place with 7/16" wrench. Using second 7/16" wrench, tighten nylon locknut.
NOTE: DO NOT REUSE old nylon locknuts.



- 6** Both nylon locknut and fixed cube nut should be snug up against spring anchoring bar.



- 7** Repeat steps 1 to 6 for remaining springs.

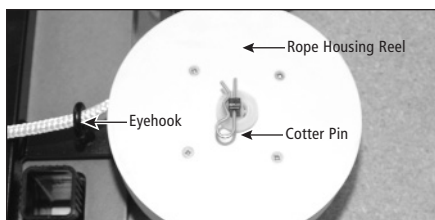


- 8** Replace carriage, see page 28 for full instructions.

IMPORTANT: We recommend that you replace the springs on your Reformer every two years to ensure maximum performance and safety of your Reformer at all times.

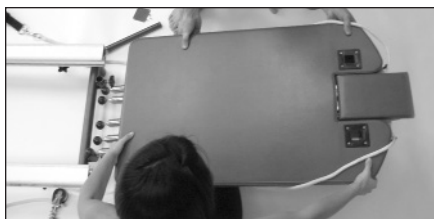
Replacing Retractable Ropes

NOTE: Please read full directions before beginning rope replacement.



- 1 Expose underside of carriage to locate rope housing reels and cotter pin.

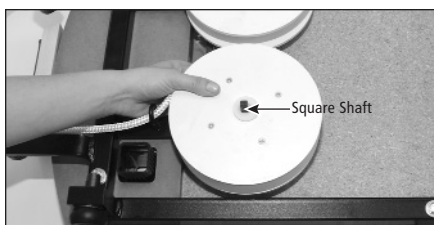
NOTE: This step can be done by either removing carriage or turning Reformer onto its side with springs engaged.



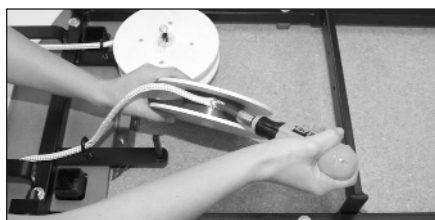
- 2 Remove carriage if necessary, see page 22 for full instructions.



- 3 Pull out cotter pin and remove plastic washer from rope housing reel.



- 4 Remove rope housing reel from square shaft and uncoil rope.



- 5 Undo screw and separate from rope. Retain screw and cup washer. Remove old rope and discard.

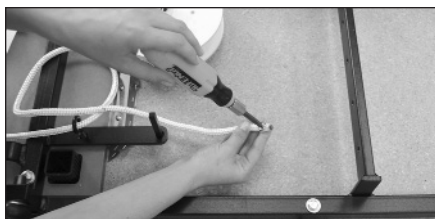


- 6 Feed straight end of new rope through eyehook projecting from reel bracket (refer to image in step 1). This is the end of the rope to use in step 7.

REQUIRED TOOL:



ONE FLAT-HEAD SCREWDRIVER

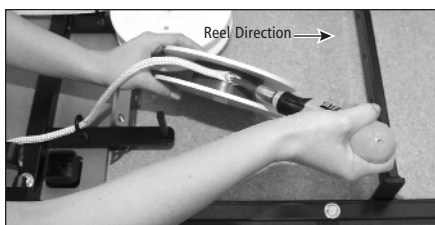


- 7 Place screw and rimmed washer directly in the center of replacement rope, 1/2" from the end and thread completely through rope.

NOTE: Screw must be placed exactly in the center of rope to create a secure and safe interlock with rope housing reel.

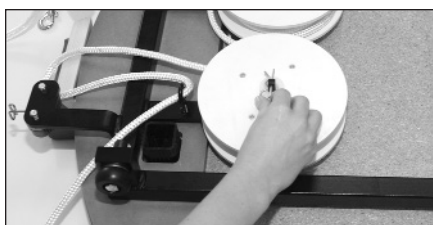


- 8 To determine the direction rope must coil, place empty reel on square shaft. Rotate reel in each direction. An audible clicking sound will indicate the correct direction to wind reel.

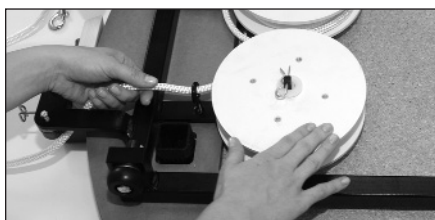


- 9 Remove Reel. Place screw in pre-drilled hole located on grey plastic hub of reel and affix rope securely. Screw in completely without over-tightening.

NOTE: Rope should be attached to reel so it lies flat when reel turns in the correct direction.



- 10 Place reel back on square shaft and replace plastic washer. Secure cotter pin so middle curve fits over square shaft.



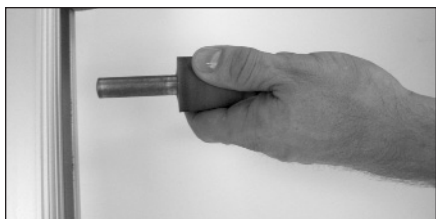
- 11 Wind rope around rope housing reel so rope lays flat against hub. There should be some resistance on reel and you should hear clicking as spring mechanism engages. Recoil full length of rope.



- 12 Replace carriage (see page 28 for full instructions) or return Reformer to upright position.

Feed ropes through pulleys, attach Reformer loops and set ropes to desired length (see pages 9-11). Reset ropes between self-locking cleats then set fully into rope retaining hooks.

Replacing Carriage



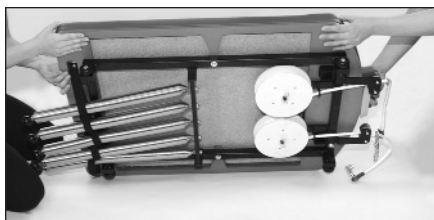
- 1 Remove carriage stopper.



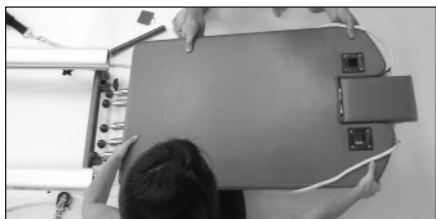
- 2 Wipe inside of aluminum rails with a damp cloth to remove dust or dirt. Spray onto cloth first. Avoid spraying liquid directly onto surfaces, rollers or rails.
Insert carriage stopper in one of six positions.



- 3 Write date of installation on the sticker provided with Spring Replacement Package. Affix sticker on the underside of Reformer carriage. Springs should be replaced every 24 months, or as needed within that period.

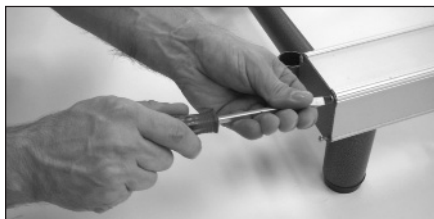


- 4 Ensure pulleybars are still on either side of aluminum rails. Carefully turn carriage over. Ensure rollers are secure and do not come in contact with the floor
NOTE: Requires two people.



- 5 Align fixed rollers with c-channels, then adjust floating rollers as necessary before guiding carriage into rails.

CAUTION: We strongly advise that two people perform this operation to prevent damaging rollers.



- 6 **SPX MAX AND RACK & ROLL:**
Using a flat-head screwdriver, replace stopper plates.

REQUIRED TOOLS:



ONE FLAT-HEAD SCREWDRIVER



1/2" (13MM) x 9/16" (14MM) OR PLIERS



- 7 ALL MODELS:** Insert pulleybars into receptacles at back of Reformer and tighten star knobs. Ensure eyehooks on top of pulleybars are parallel to rails.

PROFESSIONAL & REHAB MODELS: Align top of pulleys with top of shoulder rests.



- 8 VERTICAL FRAME MODELS:** Slide vertical frame into receptacles. For plus-style models, position pulley system facing carriage. For traditional models, position highest eyehooks facing carriage. Tighten all four hex bolts. Attach springs, roll-down bar and safety chain as illustrated on page 7.



- 9** Replace shoulder rests and attach springs to gearbar.

NOTE: Ensure carriage stopper is in place before attaching springs.

Warranty

STOTT PILATES® REFORMERS

Merrithew Health & Fitness™ warrants that all new Reformer products are 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.

This warranty applies to the STOTT PILATES Reformer only:

- » While it remains in the possession of the original purchaser and proof of purchase is demonstrated
- » If claims are made within the warranty period
- » If upgrades are made as required by Merrithew Health & Fitness

THIS WARRANTY SHALL BE NULL AND VOID SHOULD:

- » **The equipment be used for any other purpose other than as intended**
- » **All safety and usage guidelines are not followed as specified**
- » **If equipment failure is a result of improper maintenance**
- » **If equipment has been subjected to accident, misuse, abuse, improper service, or any modification not authorized by Merrithew Health & Fitness**

This warranty does not cover damage to the finish of any STOTT PILATES equipment, or 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 Health & Fitness 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:

- » Aluminum Rails
- » Components of the frame and related welding
- » Gearbar
- » Footbar mechanism

ONE (1) YEAR LIMITED WARRANTY

On ropes, straps and spring clips. We recommend that spring clips (including those attached to traditional-style ropes) be changed annually.

TWO (2) YEAR LIMITED WARRANTY

Merrithew Health & Fitness will, at its option, repair or replace all other components other than upholstery, ropes, straps and spring clips that fail for any reason, provided such failure is reported to Merrithew Health & Fitness within a period of two years from the invoice date of the original purchase.

90-DAY UPHOLSTERY FABRIC WARRANTY

The vinyl fabric upholstery on your STOTT PILATES Reformer will be replaced if it fails 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 Health & Fitness will provide an equivalent fabric.

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 Health & Fitness 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 Health & Fitness, misuse, transportation, abuse, hostile environments (inclement weather, acts of nature), improper installation or installation not in accordance with local codes or printed instructions.

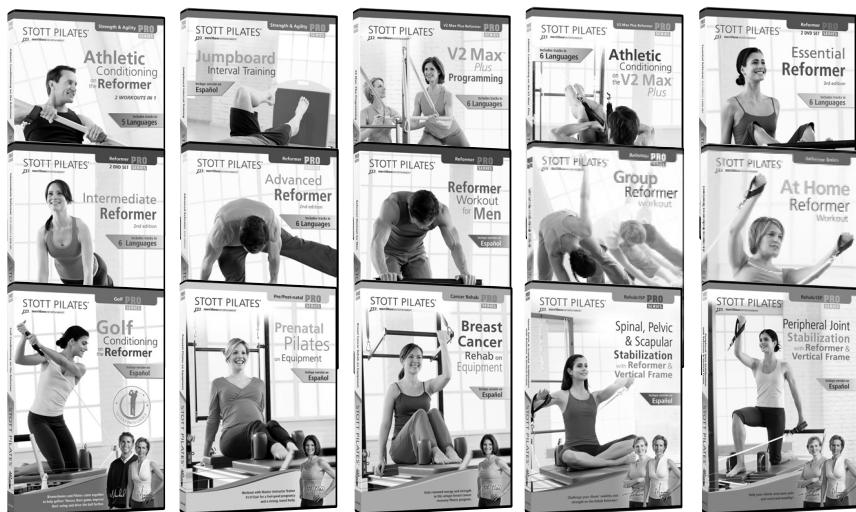
This limited warranty is the sole express warranty given by Merrithew Health & Fitness. No product performance, specification or description wherever appearing is warranted by Merrithew Health & Fitness except to the extent set forth in this limited warranty. Any implied warranty protection arising under 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 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 Health & Fitness maximum liability, in any event, shall not exceed the purchase price of the product paid by the original purchaser.

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IMPORTANT

Please keep this manual in a safe place.

This is your STOTT PILATES Reformer Serial Number:



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