

# Stability Barre™



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 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.

## Care and Cleaning

Wipe surfaces using warm water with mild soap and clear water rinses for day-to-day cleaning. Ensure soap does not leave an oily residue, or make surfaces slippery.

**CAUTION:** We do not recommend using chemical-based products.

## User Guidelines

Pilates equipment when used effectively can facilitate many Pilates exercises safely and effectively. However, care and caution must be taken as there are some inherent dangers when using any exercise equipment.

**For inexperienced or first-time users, this equipment should only be used under the supervision of a trained professional.**

Please ensure that you and your clients/patients have received proper instruction regarding the correct and safe use of this equipment.

This manual includes general guidelines for setup and usage. To get the most out of this equipment, Merrithew offers instructional DVDs and manuals. Personalized training is offered through our Corporate, Licensed and Host Training Centers. Visit [merrithew.com](http://merrithew.com) for more information.

## Mechanical Safety Check

**We recommend an inspection schedule as follows**

**Monthly:** Check wear on all pop-up pins and knobs and replace as necessary.

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



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

- ▶ The Stability Barre is designed to provide balance and support during ballet and standing exercises. It is not intended to carry full body weight. **Do not lean against, hang from, sit or stand on this equipment.**
- ▶ Before starting any exercise program, consult a physician.
- ▶ Use equipment for intended exercises only.
- ▶ 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 discomfort.
- ▶ Do not use if equipment appears worn, broken or damaged.
- ▶ Do not allow children to use or be around equipment without adult supervision.
- ▶ Do not hang from the barre or use it to pull yourself up.
- ▶ The Stability Barre should not be used by persons weighing over 350 lbs / 159 kgs.
- ▶ Flex-Band® exercisers or other resistance equipment should only be used in conjunction with the Parallel Stability Barres.

**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.**

# Stability Barre

- 1 Wooden Barre
- 2 Guide Tubes
- 3 3-Prong Knob
- 4 Pre-Drilled Holes
- 5 Plastic Sleeve
- 6 Pop-Up Pin
- 7 Telescopic Support (Upright)
- 8 Weighted Base Plate
- 9 Rubber Feet
- 10 Metal Plate

## Stability Barre™ Options

- ▶ Available as Single or Parallel Barres
- ▶ White or Gray finish
- ▶ 6', 8' and 12' lengths
- ▶ For 8' Wall-Mounted Stability Barre  
See page 8



# Stability Barre Connectors

FOR PARALLEL BARRES ONLY

- 11 Clamp
- 12 Connector
- 13 Fold-Over Locking Lever



6' or 8' Parallel Stability Barres include 4 connectors



12' Parallel Stability Barre includes 6 connectors

# Assembling the 6' and 8' Stability Barres

**STOP!** Read these instructions completely before beginning or refer to our online assembly video at: [merrithew.com/eq-assembly](http://merrithew.com/eq-assembly)



**1.** Attach the telescopic support (upright) [7] to the weighted base plate [8] by turning clockwise until tightened.

**NOTE:** Ensure the weighted base plate is aligned perpendicular to the vertical hole in the telescopic support (upright) to ensure proper threading when attaching the weighted base plate.

**2.** Insert guide tube [2] into telescopic support (upright) [7]. Line up pre-drilled holes [4] with pop-up pins [6]. Tighten off the pop-up pin [6] by securely screwing closed. Repeat for the other upright.



**3.** Insert the wooden barre [1] into the guide tubes [2] allowing a minimum 3"/7.5 cm to protrude. Ensure the metal plate [10] of the wooden barre is facing down.

**NOTE:** The tips of the 3-prong knobs [3] must be in contact with the metal plate [10] at all times when in use.

**4.** Tighten the 3-prong knobs [3] clockwise to secure the wooden barre at both ends, ensuring the metal plate is in contact with the 3-prong knobs.

# Assembling the 12' Stability Barre

**STOP! Read these instructions completely before beginning or refer to our online assembly video at: [merrithew.com/eq-assembly](http://merrithew.com/eq-assembly)**

1. Repeat steps 1 and 2 from the Stability Barre Assembly (page 4) for all three uprights.
2. Insert one 6' wooden barre [1] into the first guide tube [2] allowing a minimum 3"/ 7.5 cm overhang. Ensure the metal plate [10] of the wooden barre is always facing down.
3. Insert the other end of the wooden barre [1] half-way (5"/ 12.7 cm) into the center of the next guide tube [2].
4. Insert the next 6' wooden barre into the guide tube [2] from previous step.
5. Finally, place the other end of the wooden barre through the remaining guide tube [2] allowing a minimum 3"/ 7.5 cm overhang and tighten all 3-prong knobs.



# Assembling the Parallel Stability Barres

**STOP!** Read these instructions completely before beginning.

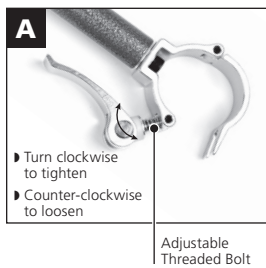
1. Assemble two Stability Barres as described in the Stability Barre Assembly [Page 4].
2. Use connectors [12] to join two Stability Barres.  
To open Clamp [11]: release the fold-over locking lever [13] and fold it away from the Clamp [fig.A].
3. Place the Clamp [11] around the telescopic support (upright) [7] positioning it against the weighted base plate [8]. Close and lock the Clamp using the fold-over locking lever [fig.B].

**NOTE:** fold-over locking lever may be rotated clockwise or counter-clockwise to adjust the length of the lever's threaded bolt [fig.A].

4. Attach the other end of the connector to the second Stability Barre at the same height.
5. Attach the second Clamp to the telescopic support (upright) [7] just below the pop-up pin [6].
6. Repeat steps 2-6 above until all connectors are attached and the unit is fully assembled.

**NOTE:** Parallel Stability Barres are sold as a kit with all the connectors included.

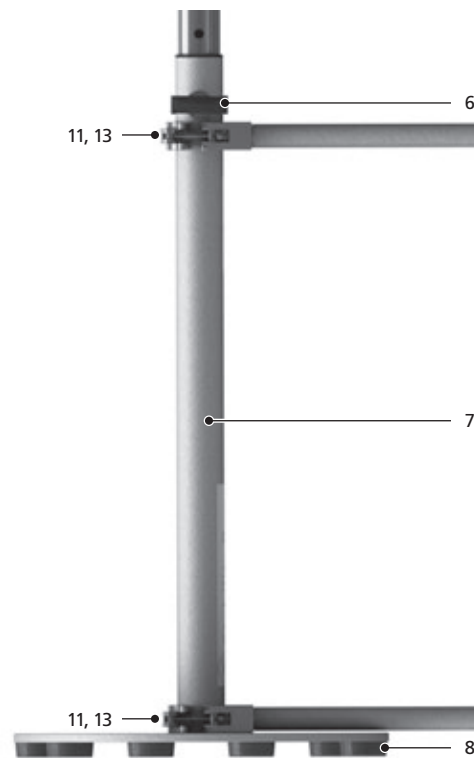
If you have purchased single 6', 8' or 12' Stability Barres and wish to join them together, connectors are also sold separately in pairs.



6' or 8' require  
4 connectors



12' require  
6 connectors



# Setting Up the Stability Barre

## Adjusting the Wooden Barre Height

The telescopic support (upright) comes with Pre-drilled Holes [4] for height adjustment to accommodate the users' needs, and can be adjusted from 36-1/2"/ 92.7 cm to 44"/ 111.8 cm.

1. Loosen (unscrew) and pull out the pop-up pin [6].
2. Adjust wooden barre to the desired height.
3. Release and insert pop-up pin to ensure it has engaged fully into one of the Pre-drilled Holes.
4. Tighten the pop-up pin.

**NOTE:** Place your foot onto the Weighted base to hold it down prior to adjusting the height.

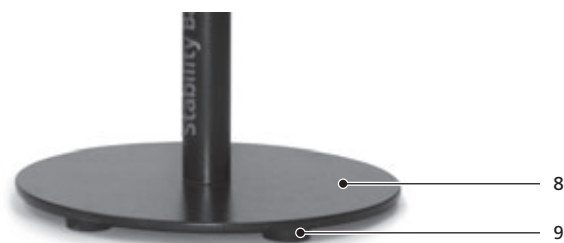
**IT IS RECOMMENDED THAT ANY ADJUSTMENTS IN HEIGHT BE MADE SIMULTANEOUSLY USING TWO PEOPLE, ONE AT EACH END.**



## Leveling the Base Adjustment

The weighted base plate [8] comes with adjustable Rubber Feet [9] to accommodate most flooring.

Loosen (unscrew) or tighten (screw) Rubber Feet [8] as required to assist in the leveling of your Stability Barre.



# Assembling the Wall-Mounted Stability Barre

PLEASE DO NOT ATTEMPT TO ASSEMBLE ON YOUR OWN.

We highly recommend that you have this product installed by a professional contractor. Read instructions completely before beginning assembly. Improper installation voids equipment warranty. Merrithew will not be responsible for any injury or damage resulting from improper installation.

- ▶ Place all parts from the box in a cleared area and position them on the floor in front of you.
- ▶ Remove all packing material from your area and place them back into the box.
- ▶ Do not dispose of the packing materials until assembly is completed.
- ▶ To prevent unsafe or improper use, please read each step carefully before beginning.



1. Find support studs in wall (typically 16"/ 40.64 cm apart) and mark location.
2. Position one of the brackets at your desired height, ensuring it is level.
3. Using a builder's level ensure the bracket is perpendicular to the floor. Mark attachment point holes against the wall with a pencil.
4. Remove the bracket and drill appropriately sized holes through the wall.
5. Repeat steps 2 to 4 for the other bracket, ensuring that the second bracket is at the same height as the first, and there is a minimum of 3" of the barre protruding past either end of the brackets' guide tube on each bracket.
6. Position each bracket and screw them firmly into the wall. There are three [3] attachment point screw holes per bracket.
7. Insert the barre through one bracket, then into the next. Ensuring there is a minimum of 3" protruding past either end of the guide tubes.
8. Using a 1/8" Allen key, lock the set screws (2 per bracket) to secure the barre

**NOTE:** On a standard drywall surface, when only one support stud can be found, affix the remaining bracket to the wall using butterfly toggle anchors, slotted hex head wall anchors or other appropriate heavyduty drywall anchor fasteners. Brick walls require six masonry fasteners.

**CAUTION:** Before use, test that the brackets are securely attached to the wall.




**HEIGHT TIP:** Standard single wall mount barre height ranges from 32"-46" from floor which is approximate waist-level.

## Part Identification

- 1 Bracket (2)
- 2 8' Metal Barre

Hardware Required	QTY
<i>not included</i>	
<b>Affixing to Drywall</b>	
Butterfly toggle or slotted hex head wall anchors	6
<b>Affixing to Brick Wall</b>	
Masonry fasteners	6

**Required Tools** *(not supplied)*

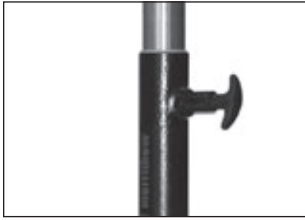
-  Builder's Level
-  Electric Drill
-  1/8" Allen Key



# Replacement Parts

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)

## Pop-up Pin



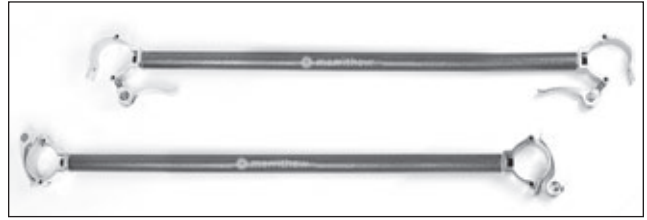
Use to adjust telescopic supports (Uprights).

## 3-Prong Knob



Secures or unlocks the Wooden Barre.

## Stability Barre Connectors



Configure individual Stability Barres into Parallel Stability Barres. Sold in sets of two. Included in the Parallel Barre Kits. Available in gray or white.

## ACCESSORIES

# Optional Items

## Soft Dumbbells and Mini Handweights



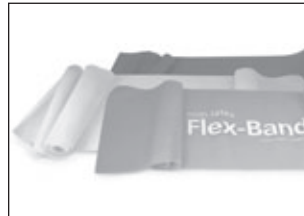
For toning arms or increasing intensity. Straps ensure a snug fit in the palm of the hand. Sold in pairs.

## Mini Stability Ball™



Create instability to fire up your muscles. Four sizes, 5", 7.5", 10" and 12". Sold individually.

## Flex-Band® Exerciser



Additional resistance for the arms, challenges control of elbow, shoulder and wrist movements. Two strengths. Also available in three latex-free strengths.

## Strength Ankle Tubing



Provides additional resistance for the legs, challenging strength, balance and stability of the ankle, knee and hip joint. Three strengths. Sold individually.

# 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.

- ▶ Telescopic Supports (Uprights)
- ▶ Guide Tubes
- ▶ Weighted Base Plates
- ▶ Wall Mount Bracket

#### **Two (2) 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 two years 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

# Expand Your Barre Repertoire

**Get the most out of your equipment with ongoing training!**

Our high-energy, dynamic Total Barre™ program integrates elements of Pilates, dance, cardio and strength training. This program emphasizes correct biomechanics of movement combined with the power of music to increase strength, flexibility, stamina and dynamic stability. Following a progressive template, suggested beats per minute are provided and close attention is paid to the importance of selecting and modifying exercises for specific clientele to create safe and fun classes.

**Total Barre is a program geared for everyone—no dance experience required!**

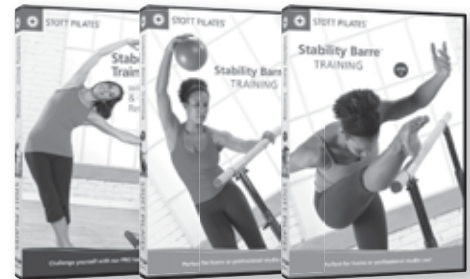
Provide your clients with the safest and most impactful barre program available and watch them have fun doing it!

Explore [merrithew.com/total-barre/instructor-training](http://merrithew.com/total-barre/instructor-training) for courses and workshops near you.



**Total Barre™: The Foundation Manual — A Comprehensive Guide to Building a Great Barre Program** is the most all-encompassing guide available. Offering fully illustrated, step-by-step instructions and modifications to create fully rounded Total Barre classes, the manual is perfect for experienced fitness professionals and those taking the Total Barre Foundation course.

**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.



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