

35
YEARS OF
EXCELLENCE



merrithew™

Equipment & Accessories Catalog

2024-25





The Merrithew™ seal represents our commitment to and guarantee of maintaining the highest standards for superior design, education and craftsmanship.

Visionary Leadership

As Leaders in Mindful Movement™, our products serve the growing mind-body modalities, and support our customers in achieving their fitness goals.

Craftsmanship

Our products are synonymous with the highest quality and finest manufacturing materials in the industry, and are crafted with pride and precision. Sleek and aesthetically pleasing, our versatile and durable equipment is designed for absolute safety and effectiveness.

Commitment to Education

Since 1988, we have been committed to developing effective and responsible exercise for fitness professionals and exercise enthusiasts with the creation of unique, high-integrity fitness programs spanning a variety of exercise modalities.

Passion

With a bright and talented team of fitness and health care professionals and mind-body enthusiasts, we're continually evolving and staying ahead of the curve as a driving force in the industry.

Environmental Commitment

We place great emphasis on the health of our planet and continue to grow our eco-friendly product offerings. Our eco-friendly products are made with high-quality materials, including hypo-allergenic options. All of our products comply with California Proposition 65 and many meet or even exceed Europe's RoHS and REACH standards.

Best-in-class equipment built with passion, integrity & quality

As the world of fitness science moves steadily forward, our education and equipment continue to do the same, without compromising our commitment to originality, safety, effectiveness and quality.

Over the past years, the range of mind-body modalities has continued to grow and become more inclusive. We continually see a range of diverse populations including elite athletes, rehabilitation clients and active aging patrons enter into the world of mindful movement to improve the quality of their lives and their overall performance. To reflect the expanding horizon of mind-body fitness, we work in tandem with an exceptional team of engineers, physical therapists, sports medicine and fitness professionals to deliver new offerings that will help your business welcome new students to the practice of mind-body movement.

Some of our offerings include Parallel Stability Barres™, perfect for dynamic and plyometric movements and can accommodate a group twice as large. Cost-effective Studio and Accessory Bundles, complete with multiple Reformers and complementary accessories, make creating or upgrading a studio simple. The Stability Barrel™ is perfect for further challenging balance on or off the Reformer, and the High-Precision Gearbar offers twice as many settings on the Reformer.

As we mark our 35th anniversary, we humbly reflect on more than three decades of transformative fitness, innovation and shared wellness journeys. We remain dedicated, as we drive forward our mission of bringing the benefits of mind-body exercise to people of all ages and fitness levels. We're honored to be recognized as The Professional's Choice™ worldwide by studios, fitness facilities and fitness professionals. We continue to create safe and effective equipment that in turn will provide safe and effective exercise to support your studio and clients' needs.



Lindsay G. Merrithew
PRESIDENT & CEO



Reformers

Engineered for precision and performance

Our entire line of Professional Reformers features superior adaptability, versatility and craftsmanship. Ongoing development by our in-house team of fitness professionals and engineers allows us to refine and continually improve our equipment so they keep pace with the advancements in exercise science and client needs.

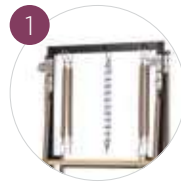


Get the most out of your equipment with digital workouts on the Merrithew Connect™ App. **Free 60-day access** included with large equipment purchases*.

**First-time users only.*



Anatomy of a Reformer



1 Max Plus™ Vertical Frame

Combines the features of a Cadillac, offering maximum functionality in minimum space with the patented Travelling Pulley System.



2 Patented Retractable Rope System

Recoiling rope reels and self-locking cleats allow for easy and precise rope adjustments on the go. Longer ropes add increased range of motion and fluidity to exercises.



3 Neoprene Spring Sleeves

Minimizes noise, allows for smoother spring extension and provides a handy grip for changing springs.



4 Comfort Footbar

Foam covering provides superior comfort and less compression on feet and hands.



5 Wooden Standing Platform

Solid wood platform provides a continuous surface for standing or sitting. Non-skid surface for added safety.



6 Strap Hooks

Carriage-mounted hooks provide easy access to straps when changing exercises.



7 Roll-Up Pole Hooks

Keep Roll-Up Pole handy with convenient under-carriage hooks.



8 High-Traction Reformer Feet

Durable silicon rubber and PVC provides superior grip and keeps Reformer firmly in place on all types of flooring.

Available only on V2 Max™ & Rehab V2 Max Reformers



9 Easy-Roll Wheels

Wheels at the front and back make it easy to reposition the Reformer.

Choosing a Reformer



1 SPX® Max Reformer

- Ideal for fitness clubs or multi-purpose studios
- Standing option
- Delivers a dynamic full-body workout
- Stackable for convenient storage when not in use or with Vertical Stand
- Accommodates Vertical Frame
- Limited Lifetime Warranty
- **CE** The SPX Max Reformer is a CE Marked Class I Medical Device in conformity with the new European Medical Device Regulation (EU) 2017/745 (MDR).*

SPX® Max Reformer

ST-01077

SPX® Max Plus™ Reformer

ST-01076

Vertical Frame Upgrade: SPX® Max Plus,™ 22"

ST-02047

2 V2 Max™ Reformer

- Ideal for boutique studios and dedicated spaces
- Merrithew's best-selling Reformer and a favorite among health and fitness professionals
- Added carriage height and width increases accessibility and comfort
- Suitable for all client types
- Provides versatile programming options
- Accommodates Vertical Frame
- Limited Lifetime Warranty
- **CE** The V2 Max Reformer is a CE Marked Class I Medical Device in conformity with the new European Medical Device Regulation (EU) 2017/745 (MDR).*

V2 Max™ Reformer

ST-01071

V2 Max Plus™ Reformer

ST-01067

Vertical Frame Upgrade: V2 Max™/Rehab V2 Max Plus,™ 24"

ST-02045

*This certifies the equipment across most of Europe, allowing it to be formally used in hospitals and health care settings by medical professionals to improve the health and quality of life of patients.

3



3 Rehab V2 Max™ Reformer

- Ideal for therapy and rehabilitation
- Higher carriage supports seniors and mobility-challenged clients
- Added height also eases physical demands on practitioner
- Can double as a treatment table with use of Mat Converter
- Accommodates Vertical Frame
- Limited Lifetime Warranty
- **CE** The Rehab V2 Max™ Reformer is a CE Marked Class I Medical Device in conformity with the new European Medical Device Regulation (EU) 2017/745 (MDR).*

Rehab V2 Max™ Reformer

ST-01073

Rehab V2 Max Plus™ Reformer

ST-01069

Vertical Frame Upgrade: V2 Max™/Rehab V2 Max Plus,™ 24"

ST-02045

4



4 MPX™ Essential Reformer

- Accommodates all exercise levels
- Delivers a dynamic full-body workout
- Entry-level commercial Reformer
- Pairs with additional accessories
- Stores upright with the Vertical Stand
- 10-year Limited Warranty

MPX™ Essential Reformer with Vertical Stand

ST-11091

Optional Accessories: Mat Converter - MPX™ (Black)

ST-02250

Reformer Bundles

Merrithew Reformer Bundles include the Reformer Box with Footstrap, Padded Platform Extender and Roll-Up Pole. These prepackaged bundles are a great way to ensure your Reformer can be used at its full functionality by expanding its exercise options and you'll save by purchasing the add-ons as a bundle. Merrithew Plus Bundles include a Vertical Frame and Mat Converter, in addition to the other Bundle items.



SPX® Max Reformer Bundle

Lightweight and stackable, a great option for facilities with limited space or multi-purpose exercise rooms and home users.

- SPX® Max Reformer Bundle with Tall Box* ST-11049
- SPX® Max Reformer Bundle with Vertical Stand* ST-11032
- SPX® Max Reformer Bundle with Vertical Stand and Tall Box* ST-11054
- SPX® Max Reformer Bundle* ST-01080
- SPX® Max Plus™ Reformer Bundle* ST-01081
- SPX® Max Plus™ Reformer Bundle with Tall Box* ST-11050
- SPX® Max Reformer Bundle with Vertical Stand (Jet Black)* ST-11078
- SPX® Max Reformer Bundle with Vertical Stand and High-Precision Gearbar (Jet Black)* ST-11068
- SPX® Max Reformer Bundle with Vertical Stand, Tall Box and High-Precision Gearbar (Jet Black)* ST-11076
- SPX® Max Plus™ Bundle with High-Precision Gearbar (Jet Black)* ST-11108



V2 Max Plus™ Reformer Bundle

Includes a Mat Converter, Reformer Box with Footstrap, Padded Platform Extender, and Maple Roll-Up Pole.

- V2 Max Plus™ Bundle*
- With the High-Precision Gearbar* ST-11079
- Without the High-Precision Gearbar* ST-01083
- V2 Max™ Reformer Bundle* ST-01082
- V2 Max™ Reformer Bundle with High-Precision Gearbar* ST-11080
- V2 Max™ Reformer Bundle (Jet Black)* ST-11105
- V2 Max™ Reformer Bundle with High-Precision Gearbar (Jet Black)* ST-11101
- V2 Max Plus™ Reformer Bundle (Jet Black)* ST-11106
- V2 Max Plus™ Reformer Bundle with High-Precision Gearbar (Jet Black)* ST-11100



Rehab V2 Max Plus™ Reformer Bundle

With its higher carriage, this Reformer facilitates catering to a senior or mobility-challenged client-base.

- Rehab V2 Max™ Reformer Bundle* ST-01084
- Rehab V2 Max Plus™ Bundle* ST-01085
- Rehab V2 Max Plus™ Reformer Bundle (Jet Black)* ST-11112



MPX™ Reformer Package with Vertical Stand

The perfect start-up Reformer for new boutique, fitness or franchise studios.

- MPX™ Reformer Package with Vertical Stand* ST-11095
- Optional Accessories: Mat Converter - MPX™ (Black)* ST-02250

Upgrades & Customization



Colors

Choose from six standard colors or 20 custom colors.

High-Precision Gearbar System™



Twice as many gearbar positions than on our traditional system; with more resistance/spring tension options.

ST-05109

Reformer Extension

Add an additional 6"/15 cm to both the frame and the carriage on your Reformer. For additional support, the Extension Upgrade also includes mid-rail legs. A great option for tall clients or those with long torsos.

Reformer Extension Upgrade - Rehab V2 Max™	ST-02098
Reformer Extension Upgrade - SPX® Max	ST-02094
Reformer Extension Upgrade - SPX® Max (Jet Black)	ST-02248
Reformer Extension Upgrade - V2 Max™	ST-02096
Reformer Extension Upgrade - V2 Max™ (Jet Black)	ST-02249

Max Plus™ Vertical Frame

Adding a Vertical Frame to your Reformer dramatically increases programming options — along with the full Reformer repertoire, perform 80% of Cadillac exercises with just one piece of equipment. Includes the patented Travelling Pulley System.

V2 Max™/Rehab V2 Max Plus,™ 24"	ST-02045
SPX® Max Plus,™ 22"	ST-02047



BONUS ITEM

Reformer Rail and Roller Cleaning Kit

The Reformer Rail and Roller Cleaning Kit comes complimentary with every Reformer purchase and can also be purchased separately.

ST-02222



Reformer Accessories



Cardio-Tramp® Rebounder

V2 Max™/Rehab V2 Max, 24" ST-02067
 SPX®/SPX® Max/MPX™, 22" ST-02068



Jumpboard

V2 Max/Rehab V2 Max, 24" ST-02017
 SPX/SPX Max, 22" ST-01043
 V2 Max/Rehab V2 Max, 24" (Jet Black) ST-02255
 SPX Max/MPX, 22" (Jet Black) ST-02227



Rotational Diskboard™

V2 Max/Rehab V2 Max, 24" ST-02051
 SPX/SPX Max, 22" ST-02054



Soft Footbar

V2 Max/Rehab V2 Max, 24" ST-02004
 SPX/SPX Max, 22" ST-01040



Rotational Disks

Sturdy and versatile to help improve strength through rotation.

10" pair ST-06024
 12" pair ST-06002
 19" single ST-06039



Reformer Box with Footstrap

Regular ST-02000
 Extra Tall ST-02001
 Extra Long ST-02002
 Reformer Box with Footstrap (Jet Black) ST-02244
 Reformer Box with Footstrap - Extra Long (Jet Black) ST-02260
 Reformer Box with Footstrap - Extra Tall (Jet Black) ST-02259

Mat Converter

V2 Max~/Rehab V2 Max,™ 24" ST-02006
 SPX~/SPX Max, 22" ST-02048
 Mat Converter - MPX™ (Black) ST-02250



Padded Platform Extender

V2 Max~/Rehab V2 Max, 24" ST-02015
 SPX~/SPX Max, 22" ST-02069



Weighted Bar

2 lbs/0.9 kg ST-02115



Vinyasa Triangle™

V2 Max~/Rehab V2 Max, 24" ST-02111
 SPX~/SPX Max, 22" ST-02112



Maple Roll-Up Pole

0.6 lbs/272 g ST-06008



Reformer Protective Cover

ST-02246



Gripper Mat

Black ST-02224

The Cross-Bow™

Fits both 24" and 22" Jumpboard ST-02102
 Jumpboard & The Cross-Bow Combo -
 24 inch (V2 Max~/Rehab V2 Max) ST-02103
 Jumpboard & The Cross-Bow Combo -
 22 inch (SPX~/SPX Max) ST-02104

Foam Cushions

A, 9" x 6" x 1" ST-06004
 B, 9" x 6" x 3" ST-06003
 C, 13" x 10" x 2.5" ST-06005



Eco-Friendly Pilates Pad

Blue ST-02101





Padded Fitness Gloves

M - AP-60096

L - AP-60097



Foam Grip Handles

ST-02007



Fuzzy Hanging Straps Deluxe (pair) (sheepskin)

ST-02237



Fuzzy Footstrap Cover

ST-02238



Halo[®] Trainer Plus

Bodyweight training with no limits



Stability Ball™
22" (55 cm) diameter

Halo Trainer Plus

Weighted frame 8.5 lbs (3.85 kg)

Hand Pump

Halo Trainer Plus

8.5 lb/3.85 kg

ST-02208

**Halo Trainer Plus with
Stability Ball & pump**

8.5 lb/3.85 kg

ST-02209

**Halo Trainer Plus with
Stability Ball & pump**

6 pack – 8.5 lb/3.85 kg

ST-11047

Check out the **Merrithew Connect™ App** for digital workouts



Our products are available in a variety of bundles and options. Visit merrithew.com for more information.

Split-Pedal Stability Chair™ (Jet Black)

ST-11111

Split-Pedal Stability Chair ST-01018



Commercial Equipment

Multiple options for every studio or facility



Ladder Barrel

Ladder Barrel *ST-01010*
Ladder Barrel (Jet Black) *ST-11109*



Cadillac/Trapeze Table

ST-01003



Spine Corrector

Spine Corrector *ST-01011*
Spine Corrector (Jet Black) *ST-11113*



Stability Barrel™ Lite

ST-02230



Mini Stability Barrel™ Lite with Mat

Mini Stability Barrel Lite Bundle (mini & mat) *DC-85221*
Mini Stability Barrel Lite *ST-02231*
Mat - Mini Stability Barrel Lite *ST-02236*



Arc Barrel

Arc Barrel *ST-01012*
Arc Barrel Deluxe (wood sides) *ST-01013*
Arc Barrel Deluxe (Jet Black) *ST-11110*



Spine Supporter

ST-01016



The **Merrithew Connect™ App** provides variety and inspirational workouts for all Merrithew equipment.



Our barres come in multiple sizes and configurations to fit your space, all available in gray or white.

Stability Barre™

Expand a home or studio practice with professional-grade barres



Stability Barre - 6 ft (Gray)

👤 *ST-02113*



Stability Barre Connectors

ST-05113



Parallel Stability Barre - 8 ft (White)

👤👤👤 *ST-02207*



Stability Barre - 12 ft (Gray)

👤👤👤👤 *ST-02169*

Wall-Mounted Stability Barre - 8 ft (White)

👤👤👤 *ST-02211*



Adjust to multiple heights



Move barre to add more length



Weighted circular base with non-skid grip

Merrithew equipment is now available in Jet Black

The sleek, all-black color option meets the skyrocketing demand from studios and fitness clubs for a monochromatic design aesthetic.



V2 Max™ Reformer Bundle (Jet Black)

ST-11105



**SPX® Max Reformer Bundle
with Vertical Stand (Jet Black)**

ST-11078

Reformer Extension Upgrade - SPX® Max (Jet Black) ST-02248



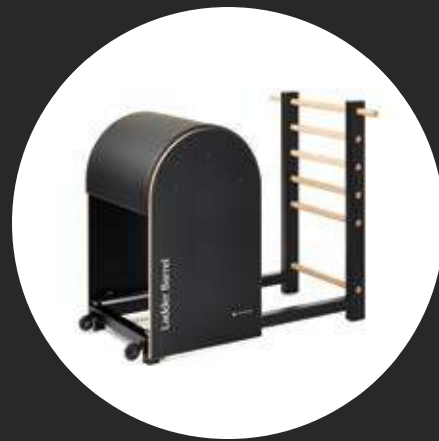
Spring Wall™ (Jet Black)

ST-11114



Split-Pedal Stability Chair™ (Jet Black)

ST-11111



Ladder Barrel (Jet Black)

ST-11109



Arc Barrel Deluxe (Jet Black)

ST-11110



Spine Corrector (Jet Black)

ST-11113

At Home Reformers



The **Merrithew Connect™ App** comes **free** for 60 days for first time users.*



At Home SPX® Reformer Package

The professional-quality At Home SPX Reformer is durable, versatile and easy to use. It provides a challenging workout for users of all fitness levels and backgrounds. Enjoy the benefits of increased core strength, flexibility, mobility and endurance without stressing the joints. Accommodates heights up to 6'4"/1.93 m with easy adjustments and a whisper-smooth, patented rolling mechanism. Spring resistance develops longer, leaner muscles.

ST-11010

Includes

- At Home SPX Reformer
- Reformer Box with Footstrap
- Padded Platform Extender
- Metal Roll-Up Pole
- Double Loop Straps
- Digital Workouts
- Easy Start Poster

Carriage

W 22"/56 cm x L 38.5"/98 cm

Reformer

W 26"/66 cm x L 96.5"/245 cm x H 10"/25.4 cm
115 lb / 52 kg



At Home SPX® Reformer Package with Vertical Stand

Work out conveniently at home with the At Home SPX Reformer Package with Vertical Stand. With its Vertical Stand, the Reformer stores upright, making it perfect for any-sized space. Challenge endurance, build core strength and improve flexibility with hundreds of exercises ranging in level from beginner to advanced.

ST-11089

At Home SPX® Reformer
Essential with Vertical Stand
ST-11090

Includes

- At Home SPX® Reformer with Vertical Stand
- Reformer Box with Footstrap
- Padded Platform Extender
- Metal Roll-Up Pole
- Double Loop Straps

• Traditional Springs Package with five Reformer springs (4 × 100%, 1 × 50%)

• 5 Neoprene spring covers for reduced noise during use

• Carriage Stopper

• Easy Start Poster

• Owner's manual

Carriage

W 22"/56 cm x L 38.5"/98 cm

Reformer

W 26"/66 cm x L 97.5"/248 cm

Minimum ceiling height 98.5" / 2.50 m (to perform standing exercises on platform (based on 5'8" person))

Minimum ceiling height 97.5" / 2.48 m (to store in standing position)

118 lb / 53.5 kg



At Home V2 Max™ Reformer Package

For those looking to replicate the studio-quality workout experience at home, this Reformer is equipped with the same commercial-grade features as the V2 Max™ professional Reformer, providing the ultimate in performance and functionality. The At Home V2 Max features our High-Precision Spring Package for better, faster and stronger fluidity of movement, and maximum extension of the carriage for a smoother, more balanced ride.

ST-01087

Includes

- At Home V2 Max Reformer
- Reformer Box with Footstrap
- Padded Platform Extender
- Maple Roll-Up Pole
- High-Precision Spring Package with five Reformer springs (Included strengths: 3 × 100%, 1 × 50%, 1 × 25%)

Carriage

W 24"/61 cm x L 38.5"/98 cm

Reformer

W 29.25"/74.3 cm x L 100.5"/255.25 cm x H 106.5"/2.71 m (minimum ceiling height)
145 lb / 65.8 kg

*With large equipment purchase. Applies to monthly subscription only. Cannot be applied to previous purchases. Credit card required at sign-up. Subscription auto-renews; cancel anytime. You will be notified of impending charges no later than 7 days prior to the expiry of your subscription. We reserve the right to cancel any order and resulting access due to unauthorized, altered or ineligible use of a discount. Can only be redeemed once per customer and is only valid for new users. Promotion has no cash value. Offer cannot be sold or otherwise bartered. Void where prohibited, taxed or otherwise restricted. Subject to change, terms apply.

Office Wellness

Focus on wellness, even while at work. Challenge core stability, increase circulation and encourage correct alignment while you sit.



Sitting Cushion

ST-06242



Stability Ball™ Base

ST-06223



Stability Ball™ with Base Bundle

Ball 75 cm

DC-85217



Balance & Therapy Wedge

ST-06213



Small Props



Resistance Loop™

XL, Light Strength, Blue, 45"	ST-06295
XL, Regular Strength, Green, 45"	ST-06292
Light Strength, Yellow, 41"	ST-06284
Regular Strength, Red, 41"	ST-06193



Flex-Band® Loop

Regular Strength, Yellow, 10"	ST-02234
Regular Strength, Blue, 12"	ST-02235
Extra Strength, Red, 10"	ST-02232
Extra Strength, Green, 12"	ST-02233



Flex-Band®

Regular Strength, Green	ST-06021
Extra Strength, Blue	ST-06022
2-pack (1 of each)	ST-02033
Roll 24 m, Regular Strength, Green	ST-06170
Roll 24 m, Extra Strength, Blue	ST-06171



Non-Latex Flex-Band®

Light Strength, Orange	ST-06058
Regular Strength, Lemon	ST-06059
Extra Strength, Lime	ST-06060



Flex-Band® Handles

ST-06043



Strength Tubing™ - Ankle Tubing

Light Strength, Orange	ST-06124
Regular Strength, Lemon	ST-06125
Extra Strength, Lime	ST-06126



Strength Tubing™ for Core

Regular Strength, Red	ST-06119
Extra Strength, Blue	ST-06120



Toning Balls™

- Purple, 1 lb ST-06037
- Blue, 2 lbs ST-06035
- Pink, 2 lbs ST-06047
- Green, 3 lbs ST-06036



Toning Ball™ Two-Pack

- Orange, 1 lb ST-06052
- Lemon, 2 lbs ST-06053



Medicine Ball

- Purple, 4 lbs ST-06094
- Blue, 6 lbs ST-06095



Twist Ball™ with pump

ST-06234



Soft Kettlebells Plus

Pair, 5 lbs ea. ST-06220



Soft Dumbbells

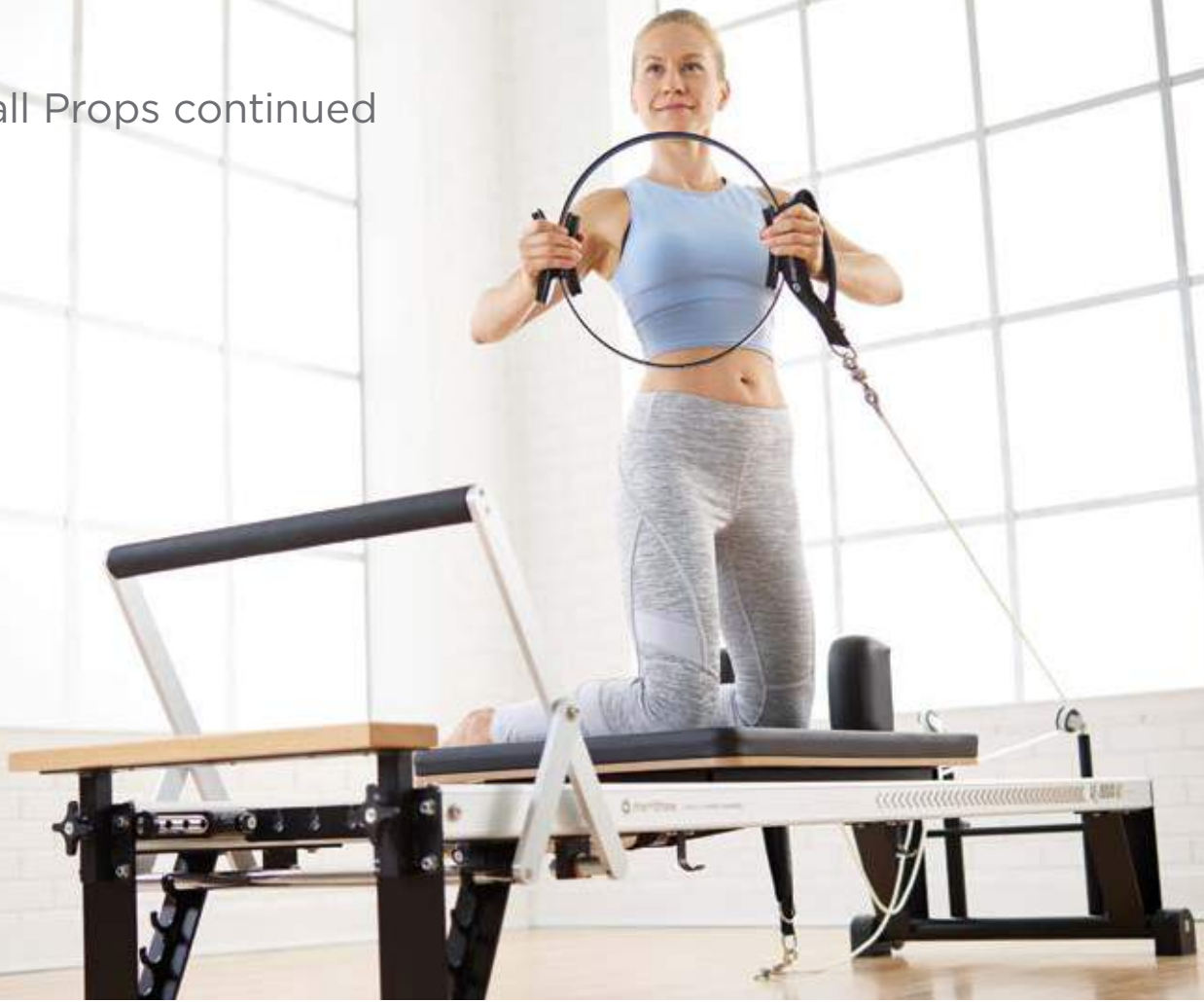
- Pair, Orange, 1.1 lbs ea. ST-06107
- Pair, Lemon, 1.65 lbs ea. ST-06108
- Pair, Lime, 2.2 lbs ea. ST-06109



Mini Handweights, pair

- Pink, 1.1 lbs ea. ST-06103
- Green, 2.2 lbs ea. ST-06105
- Blue, 2.75 lbs ea. ST-06106

Small Props continued



Fitness Circle® Pro

Black, 12" dia. ST-06023 Blue, 14" dia. ST-02099
Purple, 12" dia. ST-02100 Black, 14" dia. ST-06000



Fitness Circle® Lite

Black, 14" dia. ST-06031



Fitness Circle® Flex

Blue ST-06189

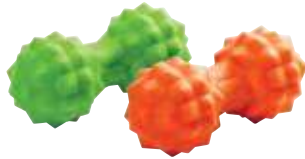


Foam Roller™ Deluxe

- A Purple, 36" ST-06041
- B Purple, Half, 36" ST-06070
- C Black, 36" ST-06091
- E Black, 24" ST-06092
- F Black, 18" ST-06093

Foam Roller™ Soft Density

- D Blue, 36" ST-06169
- G Blue, 18" ST-06203
- H Blue, Half, 36" ST-06252



Twistable Massage Roller

Pair
ST-06264



Flex-Massage Stick

ST-06183



Balance & Therapy Domes

ST-06192



Massage Point Foam Roller™

Black, 15" ST-06161



Massage Point Two-in-One Foam Roller™

Black, 24" ST-06162



Peanut Massage Ball

with pump, Large ST-06263
Red, 2-pack, Small ST-06195



Massage Ball

Pair, 7 cm, Red ST-06099
Single, 10 cm, Red ST-06098
Combo 2-pack, Red ST-06233



Small Props continued



Stability Ball™ with pump

- Black, 55 cm ST-06206
- Silver, 65 cm ST-06207
- Gray, 75 cm ST-06208



Mini Stability Ball™

- Small (Black) ST-06306
- Medium (Silver) ST-06307
- Large (Gray) ST-06308
- Red, XSmall ST-06215
- Blue, Small ST-06045
- Green, Medium ST-06115
- Orange, Large ST-06116



Air Balance Ball

Includes needle-point pump

ST-06117



Mini Stability Ball™, Foam

7.5" ST-06188



Yoga Block

ST-06259



Yoga Strap

ST-06132



Mat Strap Plus

ST-06214



Yoga Block (Orange)

ST-06285



Balance Pad, Large

Charcoal, Single

ST-06243



Conditioning Towel

Wine, 44"x 12"

ST-06137



Stability Cushion™

Green, 14"

ST-06071

Charcoal, 14"

ST-06235

Blue, 20"

ST-06110



Flex & Therapy Bar

ST-06270



Sliding Mobility Disks™

Set of 2

ST-06297



Mats & Racks



Eco-Lux™ Imprint Mat

12 mm ST-06299
17 mm, PRO ST-02228



Eco-Friendly Mat

6 mm, Black ST-02193
6 mm, Eggplant ST-02194
6 mm, Orange ST-06291



Eco Yoga Mat

3 mm, Maroon / Charcoal ST-02199



Pilates Express™ Mat

10 mm, Sapphire ST-02141
10 mm, Teal ST-02179

10 mm, Stone ST-02128
10 mm, Deep Violet ST-02129



Folding Travel Mat (PER)
1.4 mm ST-06283



Deluxe Pilates Mat
15 mm, Graphite ST-02173
15 mm, Midnight Blue ST-02176



Deluxe Pilates Mat with Grommets
15 mm ST-02188



The Grande - Extra Large Exercise Mat by Merrithew™
ST-02243



Mat Hanger Rack
DISCONTINUED



Stability Ball™ Rack
DISCONTINUED



Medicine Ball Rack
Holds 10 balls
ST-06256



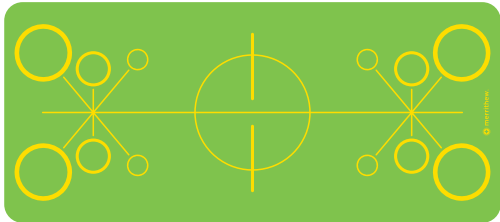
merrithew.

Kids



Stability Ball™ for Kids with pump

ST-06224



Alignment Mat for Kids

ST-02214



Play & Exercise Kit for Kids™

GP-85137



Balance & Therapy Wedge for Kids

ST-06226



Yoga Block for Kids

Orange

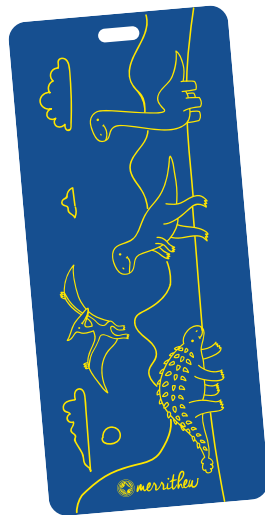
ST-06225

Green

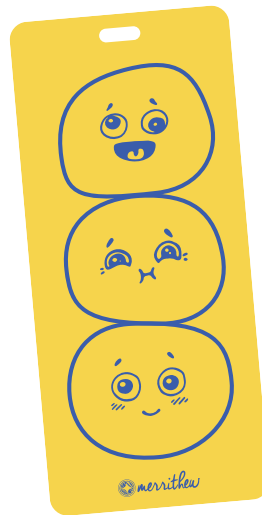
ST-06211



Eco Mat for Kids
Big Kitty
ST-06302



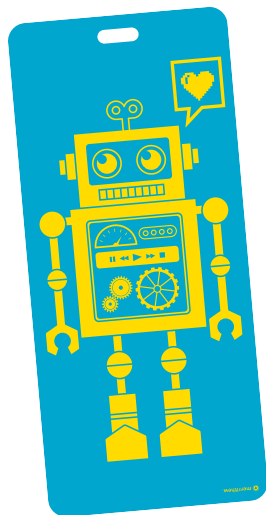
Eco Mat for Kids
Dinoland
ST-06303



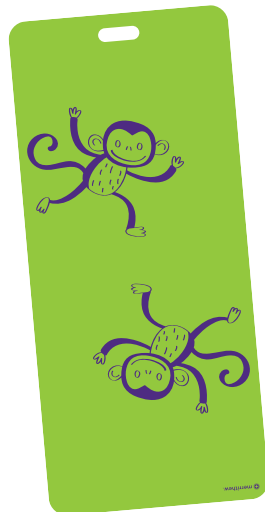
Eco Mat for Kids
Hot Potatoes
ST-06304



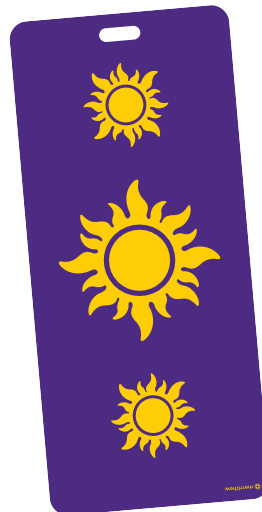
Eco Mat for Kids
Unicorn of the Sea
ST-06305



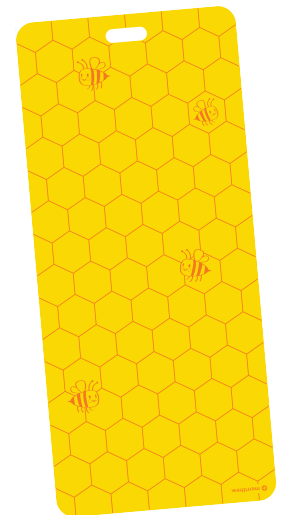
Eco Mat for Kids
Pixel the Robot
ST-02200



Eco Mat for Kids
Funky Monkeys
ST-02201



Eco Mat for Kids
Triple Sundog
ST-02204



Eco Mat for Kids
Bee Happy
ST-02205



Mat Bag for Kids
Blue ST-06202
Orange ST-06199
Red ST-06200



Flying Foam Disks for Kids
2-pack
Purple & Lime ST-06219
Blue & Yellow ST-06191

The Merrithew Connect™ App

Discover new ways to learn and move with digital workouts for on-the-go movement!

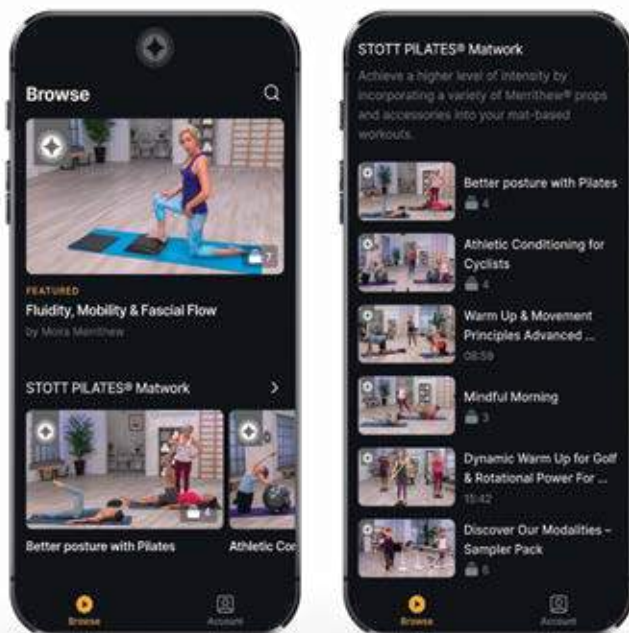
Merrithew Connect™ is an experiential online Pilates, fitness and mind-body workout platform designed to empower and inspire fitness professionals and enthusiasts.

This digital streaming platform encapsulates more than 35 years of innovation, research and expertise in the mind-body education and equipment space, providing fitness professionals and enthusiasts with access to the latest workouts and education content from Merrithew.

Our team of globally recognized presenters take you deep into each workout to teach you the origin, research, and evolution of our education modalities, helping you elevate your teaching skills and achieve your training goals.

Professional Video Content

In addition to the subscription workout videos, professional video content is available for purchase with the platform. These professional repertoire videos serve as supplementary materials for coursework, continuing education, and professional development. If you are a fitness professional taking Merrithew Education, this video content is the perfect companion to your training experience.



Bringing Merrithew Connect Closer to You

Experience the freedom of accessing Merrithew Connect videos from anywhere in the world, without any limitations. Select overview workout and professional videos even offer subtitles in multiple languages, including French, Mandarin, Spanish, Japanese and Korean with more languages to come. In addition, select videos are available with voiceover in Italian.

HERE IS WHAT'S AVAILABLE IN THE APP:

Offline Access: Enjoy the flexibility of accessing workout videos on Merrithew Connect even without an internet connection.

Optimized Streaming: Immerse yourself in a fast and seamless streaming experience, perfectly optimized for your mobile device.

Anytime, Anywhere Accessibility: Discover convenient and accessible video content at an affordable price, allowing you to exercise whenever and wherever suits you best.

Personalized Experience: Save curated video content to easily access your favorite workouts and create a personalized fitness journey.

Discover Tailored Programs: Curated collections and customized workout programs for every fitness level can now be saved for easy access.

Learn more at
merrithewconnect.com





Look out for new, **multiple language content** in digital format!

Fitness DVDs

Our extensive library of workouts covers a broad range of topics from beginner to expert. Our new DVD content incorporates the latest in exercise science. Look out for new content in DVD and digital format!



Education Materials

Merrithew™ is the largest mind-body exercise training organization in the world. Our renowned manuals are step-by-step, illustrated guides to the STOTT PILATES® and Total Barre® methods practiced around the world. Select manuals are available in a number of languages.



Learn more at merrithew.com/instructor-training



Evolving in the age of mindfulness

As the popularity of mind-body movement expands around the world, we're thrilled to be recognized as leaders in this space. People understand the importance of movement and exercise, but moving well and mindfully adds a completely new dimension to fitness, wellness and health.

We collaborate with tens of thousands of fitness, health care and movement professionals every year to offer high-quality education and best-in-class equipment to help people of all ages, levels and abilities experience the benefits of mindful movement.

Through our premium equipment and education programs, we provide services and solutions to a range of markets. These include fitness studios, clubs, rehabilitation hospitals and clinics, universities and colleges, hotels, resorts and retirement communities, and professional sports teams and their athletes.

Quality is our signature, innovation our focus, and mindfulness our guiding star. You'll see this reflected in the workmanship and durability of our professional and personal equipment lines, in the versatility of our range of accessories, and in our expansive and substantive education offerings based on the latest in exercise science.

With over 35 years in the industry, we're proud to say that over 70,000 professionals across 135 countries have been trained in our education programs, bringing safe, effective and intentional exercise to clients around the world. Our programs include STOTT PILATES®, ZEN•GA®, Total Barre®, CORE™ Athletic Conditioning & Performance Training™, Halo® Training and Merrithew™ Fascial Movement.

With the demand for Pilates in fitness growing, Pilates education is a popular choice for instructors. With no age or fitness barriers, personal trainers can expand their careers in this booming field. The benefits are extensive, allowing instructors to diversify their skills, attract more clients and increase income. Merrithew's expansive education options empower fitness professionals to reach their career goals. Instructors can cross-promote their training abilities, incorporate new fitness skills, and expand their client base with expertise in core strength, functional fitness and muscle conditioning. Whether you're aiming to enhance personal training or pursue certification, our goal is to support success in every fitness endeavor.

Thank you for sharing in our commitment and passion for mindful movement. It is needed now more than ever and we are deeply grateful and inspired by our community's dedication to connecting through movement.

Yours in good health,



Lindsay G. Merrithew
PRESIDENT & CEO



Moira Merrithew
EXECUTIVE DIRECTOR, EDUCATION



A Foundation for Success

At Merrithew™, we believe that education is the foundation for success in mindful movement. Our education programs offer certification and professional development courses and workshops for fitness, health care and movement professionals. Whether you want to build a career in mind-body fitness, or sharpen your existing skillset and diversify your client base with new knowledge, Merrithew Education offers programs that cater to clients of all ages and fitness levels.



STOTT PILATES™

A safe and effective movement system that creates a framework for exercise that combines modern principles of exercise science and rehabilitation.



zenoga™

A unique fusion of Pilates, yoga and mindfulness that integrates the fascial system to restore the body's strength, balance and flow.



totalbarre.

A dynamic music-driven program that provides a template for creating innovative classes for every type of client.



HALO™
TRAINING

A versatile and adaptable core-integrated bodyweight training program that develops functional strength, power and control.



Merrithew™
Fascial Movement

A program that teaches how movement variables that influence fascia can be applied to increase function and overall health.



CORE™

A high-intensity, results-driven program that focuses on athletic performance and coaching that connects biomechanics and mindfulness.



Become an Instructor Trainer
merrithew.com/instructor-training



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host-merrithew-training](https://merrithew.com/for-businesses/host-merrithew-training)



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Education questions? Contact us at education@merrithew.com



2200 Yonge Street, Suite 500, Toronto, Ontario, Canada M4S 2C6
416.482.4050 | 1.800.910.0001 | 0800 328 5676 (UK)

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