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### Merrithew ST-01018

# STOTT PILATES Split-Pedal Stability Chair with Handles User Manual

Model: ST-01018

## PRODUCT OVERVIEW

The Merrithew STOTT PILATES Split-Pedal Stability Chair is a versatile piece of Pilates equipment designed to facilitate a wide range of upper and lower-body strength and conditioning exercises. It is suitable for athletes, fitness enthusiasts, and individuals undergoing rehabilitation, offering a full-body workout while accommodating those who need to remain in a seated or upright position. Its compact design makes it ideal for spaces with limited room, ensuring functionality without compromise.



Figure 1: The STOTT PILATES Split-Pedal Stability Chair with Handles.

## Key Features:

- The Split-Pedal Stability Chair features two pedals that can operate independently or be locked together to function as a single unit.
- Supports expanded Pilates programming options for diverse workouts.
- Aids in rebalancing muscles and provides comprehensive upper- and lower-body conditioning.
- Equipped with fully adjustable handles that can be easily attached, detached, and securely locked for exercises such as lunges and dips.
- Compact dimensions of 22.5 x 55.5 x 21.5 inches (W x H x D) and a weight of 82 pounds.

## SETUP AND ASSEMBLY

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The STOTT PILATES Split-Pedal Stability Chair requires assembly upon delivery. While designed for straightforward setup, careful attention to the instructions is recommended. Ensure all components are present before beginning assembly.

### Assembly Steps:

1. Unpack all components and verify against the packing list.
2. Identify the main frame, seat, pedals, and handles.
3. Attach the main frame components securely using the provided hardware. Do not fully tighten bolts until all parts are aligned.
4. Install the seat onto the main frame.
5. Mount the pedals and connect the springs according to the spring tension system.
6. Attach the adjustable handles to the designated slots on the chair.
7. Once all components are in place, gradually tighten all bolts and fasteners to ensure stability.
8. Perform a stability check by gently rocking the chair and testing the pedal and handle mechanisms.

It is advisable to have assistance during assembly due to the weight and size of some components. Refer to the included assembly guide for detailed diagrams and specific fastener requirements.

## OPERATING THE STABILITY CHAIR

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The Stability Chair offers dynamic functionality through its adjustable handles and split-pedal system, allowing for a wide range of Pilates exercises.

### Adjusting Handles:

The handles are designed for quick and easy height adjustment. To adjust, locate the adjustment knob on the side of the handle support. Loosen the knob, pull out the locking pin, slide the handle to the desired height, and re-engage the locking pin. Tighten the knob securely to fix the handle in place. Ensure both handles are at an equal height for balanced support.



Figure 2: Example of an exercise utilizing the adjustable handles.

### Using Split Pedals:

The chair features two independent pedals. They can be used separately for unilateral movements or locked together for bilateral exercises. To lock the pedals, locate the locking mechanism beneath the pedals. Engage the mechanism to connect the two pedals into a single unit. To disengage, release the mechanism, allowing the pedals to move independently. The spring tension can also be adjusted to vary resistance for different exercises and user strength levels.



Figure 3: A user engaging with the split pedals for a core exercise.





Figure 4: Demonstrating a seated exercise on the Stability Chair.

## MAINTENANCE

Regular maintenance ensures the longevity and safe operation of your Merrithew STOTT PILATES Stability Chair.

### Cleaning:

- Wipe down the frame and upholstered surfaces with a damp cloth after each use to remove sweat and debris.
- For deeper cleaning, use a mild, non-abrasive cleaner. Avoid harsh chemicals that may damage the finish or upholstery.
- Ensure all surfaces are dry before storage or next use.

### Inspections:

- Periodically check all bolts, nuts, and fasteners for tightness. Tighten as necessary to prevent wobbling or instability.
- Inspect springs for any signs of wear, rust, or damage. Replace worn springs immediately.

- Examine the pedals and handles for any cracks, bends, or excessive wear.
- Check the smooth-rolling wheels for proper function and cleanliness.

Do not use the equipment if any part appears damaged or loose. Contact customer support for replacement parts or professional assistance.

## TROUBLESHOOTING

This section addresses common issues you might encounter with your Stability Chair.

Problem	Possible Cause	Solution
Chair feels unstable or wobbly.	Loose fasteners or uneven assembly.	Check and tighten all bolts and nuts. Ensure the chair is on a level surface. Re-check assembly steps if necessary.
Pedals are not moving smoothly or are sticking.	Debris in the mechanism or worn springs.	Inspect for any obstructions and clean the pedal mechanism. Check springs for damage and replace if necessary.
Handles are difficult to adjust or do not lock securely.	Adjustment knob not fully loosened/tightened, or locking pin misalignment.	Ensure the adjustment knob is fully loosened before attempting to move the handle. Verify the locking pin is properly aligned with the holes.
Squeaking noises during use.	Friction between moving parts or loose connections.	Apply a small amount of silicone-based lubricant to moving joints and spring connections. Tighten any loose fasteners.

If the problem persists after attempting these solutions, please contact Merrithew customer support for further assistance.

## SPECIFICATIONS

- **Brand:** Merrithew
- **Model Name:** Split-Pedal Stability Chair
- **Model Number:** ST-01018
- **Manufacturer:** Merrithew Health and Fitness
- **Dimensions (W x H x D):** 22.5 x 55.5 x 21.5 inches
- **Item Weight:** 80 Pounds (Note: Package weight and feature bullets state 82 pounds)
- **Maximum Weight Recommendation:** 82 Pounds
- **Material:** Metal (and wood frame)
- **Included Components:** Fully adjustable handles, two heavy chair springs, two light chair springs, three hook-on spring attachments.
- **UPC:** 690650010186

## WARRANTY AND SUPPORT

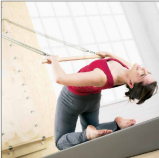




The Merrithew STOTT PILATES Split-Pedal Stability Chair is backed by a **Two (2) year limited warranty** from the date of purchase. This warranty covers defects in materials and workmanship under normal use and service.

For warranty claims, technical support, or any inquiries regarding your product, please contact Merrithew Customer Support. Details for contacting support are typically found on the manufacturer's official website or within your product

packaging.

It is recommended to retain your proof of purchase for warranty validation.

Related Documents - ST-01018

<div><div>Spring Wall</div><div></div><div><small>Please review this manual for assembly, safety, and warranty information about your Merrithew equipment and keep it handy for future reference.</small></div></div>	<p><a href="#">Merrithew Spring Wall Owner's Manual: Assembly, Safety, and Warranty Guide</a></p> <p>Comprehensive guide to the Merrithew Spring Wall, covering setup, safe usage, maintenance, part identification, warranty details, and related training resources from Merrithew.</p>
<div><div>Ladder Barrel</div><div></div><div><small>Please review this manual for assembly, safety, and warranty information about your Merrithew equipment and keep it handy for future reference.</small></div></div>	<p><a href="#">Merrithew Ladder Barrel Owner's Manual: Assembly, Safety, and Warranty Guide</a></p> <p>This owner's manual provides comprehensive guidance for the Merrithew Ladder Barrel, including detailed assembly instructions, crucial safety warnings, user guidelines, maintenance procedures, information on replacement parts and accessories, and a full warranty overview. Essential reading for safe and effective use of Merrithew Pilates equipment.</p>
<div><div>Cardio-Tramp</div><div><div>Rebounder</div></div><div><small>Please review this manual for assembly, safety, and warranty information about your Merrithew equipment and keep it handy for future reference.</small></div></div>	<p><a href="#">Merrithew Cardio-Tramp Rebounder Owner's Manual - Assembly, Safety, and Warranty</a></p> <p>Official owner's manual for the Merrithew Cardio-Tramp Rebounder. Includes detailed instructions for assembly, safe usage, care and cleaning, mechanical checks, and warranty information. Learn how to get the most out of your Merrithew equipment.</p>
<div><div>Halo Trainer Plus</div><div><div>with optional Stability Ball</div></div><div><small>Please review this manual for assembly, safety, and warranty information about your Merrithew equipment and keep it handy for future reference.</small></div></div>	<p><a href="#">Merrithew Halo Trainer Plus Owner's Manual and Safety Guide</a></p> <p>Comprehensive owner's manual for the Merrithew Halo Trainer Plus, covering assembly, safety guidelines, usage, care, and warranty information. Learn how to use this versatile fitness device for functional training.</p>
<div><div>Equipment Price Guide</div><div></div><div><small>Please review this manual for assembly, safety, and warranty information about your Merrithew equipment and keep it handy for future reference.</small></div></div>	<p><a href="#">Merrithew Equipment Price Guide - Pilates Reformers, Accessories &amp; Packages</a></p> <p>Official price guide from Merrithew listing prices for Pilates reformers, equipment bundles, accessories, Cadillac, Stability Chairs, Barrels, and studio packages. Effective July 15, 2025. Includes product codes and pricing in British Pounds Sterling.</p>



