



MERRITHEW
HEALTH & FITNESS

A Global Health and Fitness Company

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FOR IMMEDIATE RELEASE

MERRITHEW HEALTH & FITNESS™ INTRODUCES THE CARDIO-TRAMP™ REFORMER REBOUNDER

TORONTO, Canada, December 21, 2010 – The Merrithew Health & Fitness Group launched the Cardio-Tramp™ Rebounder, an innovative Reformer accessory that will add punch to any workout. The Cardio-Tramp delivers a rebounding, plyometric workout – its durable and heavy-duty construction features a soft landing surface allowing for extended use without stressing the joints. The Cardio-Tramp Reformer rebounder is a fun way to intensify any Reformer workout by challenging coordination and increasing overall cardiovascular fitness.

“The Cardio-Tramp rebounder facilitates a low-impact, high-energy routine that is ideal for anyone from post-rehab clients to elite athletes looking for a challenging workout,” said Lindsay G. Merrithew, President and CEO, The Merrithew Health & Fitness Group. “Exercisers are able to transform their regular Reformer routines into fun, energizing workouts that will allow them to burn more calories.

“I really like the ease and simplicity of being able to inter-mix cardio with Pilates,” said Nancy Beiger, owner of Power Flo Pilates & Fitness Studio in Flemington, New Jersey. “It is great for everybody! I can use it with teenagers and seniors because it is gentle and easy on the joints,” adds Sandra de Sousa Machado owner of Pilates Holistic Center Hamburg in Germany.

Merrithew’s premier Pilates brand, STOTT PILATES®, is known in the health and fitness industry as the Professionals’ Choice for high-caliber education and equipment. Our equipment is renowned for its superior design, quality and professional craftsmanship. Sleek, versatile and durable, it is the number one choice for health and fitness professionals around the world.

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THE MERRITHEW HEALTH & FITNESS GROUP was founded in 1988 by Lindsay and Moira Merrithew. The company’s mission is to promote the benefits of mind-body exercise worldwide. STOTT PILATES®, Merrithew’s premier Pilates brand, delivers innovation through equipment and high-caliber education with over 28,000 trained from 106 countries. MERRITHEW ENTERTAINMENT produces print and video-based exercise content for professional and consumer markets. For more information visit www.smerrithew.com