



Economy Over Door Pulley

NC52060

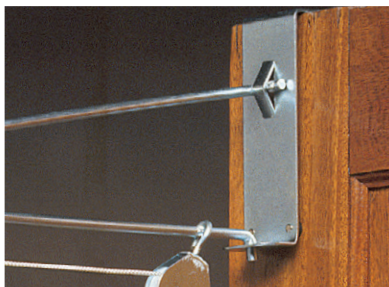


Indications

Rebuild wrist, arm and shoulder muscles with this exercise unit. The Economy Over Door Pulley also promotes increased range of motion.

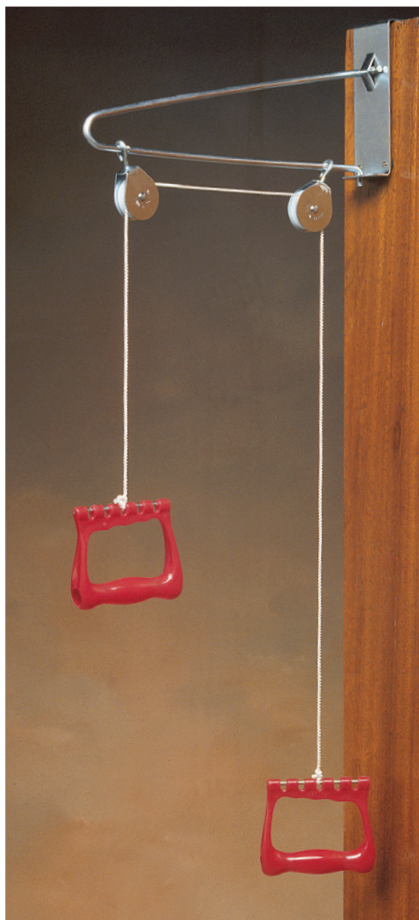
Assembly Instructions

1. Insert the V-shaped metal pulley support into the door mounting bracket as shown below.



To do this, first slide the end of the metal pulley support into the metal flap located near the top of the door mounting bracket. Then squeeze the V-shaped pulley support and slip its other end into the hole located on the lower lip of the bracket.

2. Thread the rope through both of the pulleys.
3. Thread the ends of the rope through the middle slots of the hand grips and tie securely.
4. Place the assembled exercise unit over a door.



Note: Various types of weights can be attached to the hand grips for added resistance. Use without weights for beginners or those with limited range of motion. Use with weights for more advanced patients. Can be used for one and two handed exercise routines.