

RehabPro Bilateral Handle Pulley (M100B-SW)

User Manual



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1. Inspection of Delivery

Before unpacking the pulley, please inspect the packaging for shipping damage. Observable damage should be noted **prior** to signing the bill of lading. Please contact RehabPro, Inc. or your local dealer with any concerns or questions about shipping damage.

2. Shipping, Content & Assembly

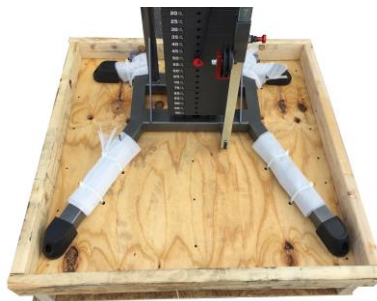
RehabPro wall & module mounted pulleys are shipped lying down as shown in the picture below. Accessories, i.e., weight selector pin, straps & bars are normally included in the box unless noted otherwise on the packing slip. Please refer to packing slip for content. If anything is missing, please contact RehabPro, Inc. or your local dealer immediately.



Bilateral Handle pulleys ship in cardboard boxes (87"x 18"x 14"). The pulleys ship either single or double stacked (left)



Free-standing standard pulleys ship fully assembled standing up. Pulley accessories are normally included in the base box. Please refer to packing slip for content.



(Picture 1)



(Picture 2)

Pulley is zip-tied to the skid (picture 1). Tools to open base box are shown in picture 2.

There is no assembly required on any of the RehabPro Standard Pulley versions.

3. Installation of Wall Mounts

Wall mounting pulleys require the following knowledge:

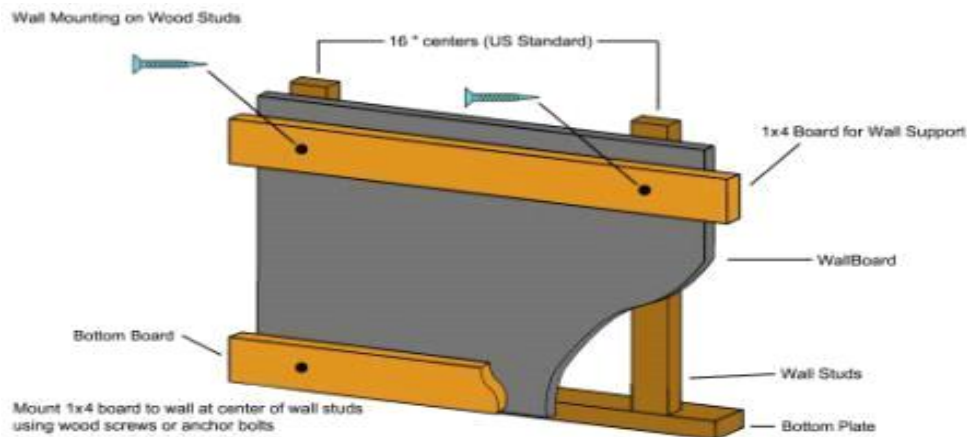
1. When wall mounted, the base of the pulley must rest on the ground. Due to their design, they CANNOT be suspended on the wall.
2. Make sure your mounting wall reaches the ceiling. A wall ending at the false ceiling does not offer enough support to secure a pulley.
3. Identify the type of studs you have in your wall. Do you have wood studs or metal studs? Or, is your wall made of concrete. Different types of studs require different hardware in order to attach your pulley equipment safely.

RehabPro wall pulley attachment brackets:

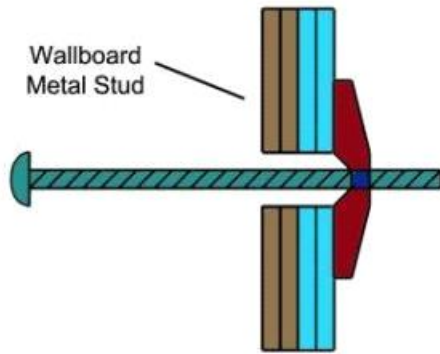
RehabPro standard pulleys have two (2) attachment brackets; the center hole of the lower attachment bracket is 3.5" above the floor; the center hole of the upper attachment bracket is 80.5" above the floor. Each attachment bracket is 18" wide with two (2) holes for mounting hardware, 16.25" apart center to center.

Below, you will find three attachment suggestions based on the type of wall you plan on attaching your pulley to:

1. Drywall attached to wood studs. Attach two 1x4 boards horizontally in space, long enough to span two studs (4 studs for parallel pulleys), 2.5" lag bolts that go through the board, drywall and into the studs (see picture below). The center of the lower board must be 3.5" off the floor. The center of the upper board must be 80.5" off the floor. The pulley(s) can be anchored wherever along these boards using 1.5" lag bolts with a 5/16" flat washer.



2. Drywall attached to aluminum studs. Attach two 1x4 boards horizontally in space, long enough to span two studs (4 studs for parallel pulleys). Use 2.5" anchor bolts (see picture below) to sandwich the boards against the wall. Like attachment option # 1 the center of the lower board has to be 3.5" above the floor. The center of the upper board has to be 80.5" above the floor. The pulley(s) can be attached to these boards by 1.5" lag bolts with a 5/16" flat washer.



Drill your holes large enough for the anchors to pass through.

C. Pulleys attached directly to a concrete wall. Attach the pulley directly onto the concrete wall by placing correct hardware (concrete anchor bolts) at the two points of attachment for each attachment bracket 3.5" & 80.5" above the floor.

4. Utilization

1. Adjusting the weight

All RehabPro pulleys are "magnetic, pin select" and all weight stacks are measured in pounds. The M100B weight stack has a 2:1 weight-to-resistance ratio if you move the weight stack using one rope / handle. The resistance becomes 1:1 weight-to-resistance ratio if you hook two ropes to the same handle.

M100B resistance per weight increment measures as follow (using one rope / one handle)

Increment	Weight	Resistance	Increment	Weight	Total Weight
# 1	5.00 lbs.	2.50 lbs.	# 11	5.00 lbs.	27.50 lbs.
# 2	5.00 lbs.	5.00 lbs.	# 12	5.00 lbs.	30.00 lbs.
# 3	5.00 lbs.	7.50 lbs.	# 13	5.00 lbs.	32.50 lbs.
# 4	5.00 lbs.	10.00 lbs.	# 14	5.00 lbs.	35.00 lbs.
# 5	5.00 lbs.	12.50 lbs.	# 15	5.00 lbs.	37.50 lbs.
# 6	5.00 lbs.	15.00 lbs.	# 16	5.00 lbs.	40.00 lbs.
# 7	5.00 lbs.	17.50 lbs.	# 17	5.00 lbs.	42.50 lbs.
# 8	5.00 lbs.	20.00 lbs.	# 18	5.00 lbs.	45.00 lbs.
# 9	5.00 lbs.	22.50 lbs.	# 19	5.00 lbs.	47.50 lbs.
# 10	5.00 lbs.	25.00 lbs.	# 20	5.00 lbs.	50.00 lbs.

M100B resistance per weight increment measures as follows (hooking two ropes to one handle).

Increment	Weight	Resistance	Increment	Weight	Total Weight
# 1	5.00 lbs.	5.00 lbs.	# 11	5.00 lbs.	55.00 lbs.
# 2	5.00 lbs.	10.00 lbs.	# 12	5.00 lbs.	60.00 lbs.
# 3	5.00 lbs.	15.00 lbs.	# 13	5.00 lbs.	65.00 lbs.
# 4	5.00 lbs.	20.00 lbs.	# 14	5.00 lbs.	70.00 lbs.
# 5	5.00 lbs.	25.00 lbs.	# 15	5.00 lbs.	75.00 lbs.
# 6	5.00 lbs.	30.00 lbs.	# 16	5.00 lbs.	80.00 lbs.
# 7	5.00 lbs.	35.00 lbs.	# 17	5.00 lbs.	85.00 lbs.
# 8	5.00 lbs.	40.00 lbs.	# 18	5.00 lbs.	90.00 lbs.
# 9	5.00 lbs.	45.00 lbs.	# 19	5.00 lbs.	95.00 lbs.
# 10	5.00 lbs.	50.00 lbs.	# 20	5.00 lbs.	100.00 lbs.

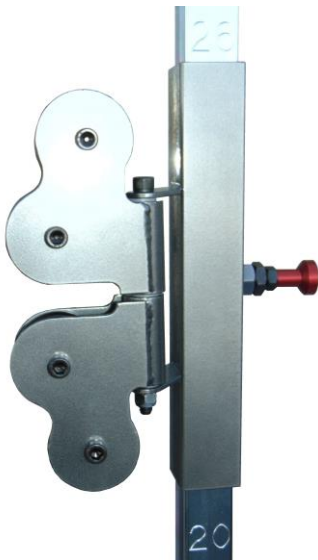
2. Adjusting the Angle of the Rope (based on the length – tension concept)

The upper rope adjustment bracket changes the angle of pull, allowing each exercise to be performed correctly from an anatomical and physiological point of view. The rule of thumb is as follows:

A – Check available range of motion.

B – Chose which exercise to be performed.

C – Pulley rope should be at 90 degrees with the lever arm at mid-range (mid-range may change as motion around the joint(s) improve).



Picture shows the upper rope adjustment bracket correctly attached to the rope adjustment bar. “Pull out” on the black spring-loaded adjustment pin to move the rope adjustment bracket up or down the bar. Make sure the spring-loaded pin pops back into place (all the way) before attempting to exercise using the pulley.

3. Adjusting the Length of the Rope

The lower rope adjustment bracket changes the range of motion of the exercise that is being performed. The rule of thumb is as follows:

- A – You may want to reduce range if the “initial” end range becomes painful during an exercise. Move the rope adjustment bracket “up” towards the upper adjustment bracket to allow more “slack”.
- B – In the initial stages of rehab you may want to give the muscle group(s) a break between each repetition. Adjust the rope adjustment bracket up allowing the weights to hit the stack at the completion of each repetition before starting a new rep.



Picture shows the lower rope adjustment bracket correctly attached to the rope adjustment bar. “Pull out” on the black spring-loaded adjustment pin to move the rope adjustment bracket up or down the bar. Pull and rotate the spring-loaded pin head to allow the lower rope adjustment bracket to move together with the upper rope adjustment bracket.

Make sure you counter-rotate the spring-loaded pin head so it pops back into place (all the way) before attempting to exercise using the pulley.

5. Maintenance

Check the condition of the pulley daily prior to use:

1. Pay attention to any “loose” nuts or bolts. Re-tighten nuts and bolts after the pulley has “settled”, normally within a week or two after the pulley has been put into use. Check the pulley monthly after initial check.
2. Pay attention to the rope. On the average, the pulley rope lasts for 12 months with normal pulley use. Make sure the rope glides smoothly on the pulley wheels. AND look for “fraying”. Change the rope when the outer layer has become “fuzzy”. You can contact RehabPro, Inc. directly or your local dealer for a rope replacement kit.

3. Wipe off the guide rods with a clean rag weekly. After the wipe down spray **silicone lubricant** on a rag and wipe down the rods with the lubricant. You may want to do this with the rope adjustment bar also for smoother glide of the rope adjustment assemblies.



6. Technical Information

Total weight:	175.00 lbs.
Width:	18"
Depth:	8.0"
Height:	84.5"
Weight Stack:	100.00 lbs.

7. Warranty

1-year bumper to bumper on all parts manufactured by RehabPro, Inc.
5 years on all moving parts
Lifetime on frame.

Rope, pulley hooks and pop-pins are not manufactured by RehabPro. These items have a 3-month warranty.

8. Accessories

Item #	Accessory Description		
R282H834	Standard Pulley Handle	13107	Standard Triceps Bar
2020	Padded Wrist / Ankle Strap	13108	Pronation / Supination Handle
2021	Padded Shoulder / Knee Strap	13110	Rowing Handle
2022	40" Padded Waist Strap	13110	Rowing Handle
2024	Padded Multi-Purpose Strap	15106	Gantry
2025	Banana Sling	VH8083	Support Bar (T-Bar)