

RehabPro Free-Standing Bilateral Handle Pulley (M100FB)

User Manual



M100FB (2017-2019)



M100FB (2020)



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

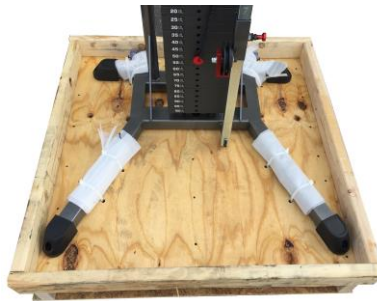
RehabPro wall & module mounted pulleys are shipped lying down as shown in the picture below. Accessories, i.e. add-on weights, weight selector pin, straps & bars are normally included in the box unless noted otherwise on the packing slip. Please refer to packing slip for content. If anything is missing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



Wall and module mounted standard pulleys ship in cardboard boxes (87"x 18"x 14"). The pulleys ship either single or double stacked (left)



The Bilateral Handle Free-Standing Pulley ships fully assembled standing up (left). 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. Utilization

1. Adjusting the weight

All RehabPro pulleys are “magnetic, pin select” and all weight stacks are measured in pounds. The weight stack measures as follows:

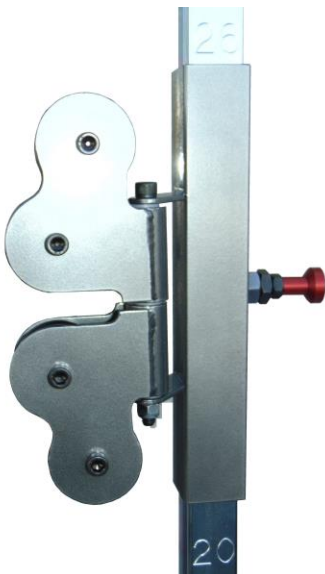
For M100FB

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

4. Maintenance

The RehabPro M100FB is virtually maintenance free apart from a few considerations:

1. Pay attention to any “loose” nuts or bolts. Nylon jam nuts do not unscrew themselves (5/16” -18 nuts). However, 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 on a monthly basis 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. (Replacement Kit Item # PR50316)



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.

Blaster Silicone Spray can be purchased at any Home Depot Store.

5. Technical Information

Total weight: 175 lbs.
Width: 28"
Depth: 39"
Height: 82"
Weight Stack: 100.00 lbs.

6. Warranty

- One-year bumper to bumper on all parts
- Five years on all moving parts
- Life time on frame

7. Accessories

Item #	Accessory Description
R282H834	Standard Pulley Handle
2020	Padded Wrist / Ankle Strap
2021	Padded Shoulder / Knee Strap
2022	40" Padded Waist Strap
2024	Padded Multi-Purpose Strap
2025	Banana Sling
2027	Standard Strap Package
2028	Specialty Strap Package
13107	Standard Triceps Bar
13108	Pronation / Supination Handle
13110	Rowing Handle
15106	Gantry
VH8083	Support Bar
SE8345	Rotation Plate

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