

MMS1 Module Set Up

User Manual



Thank you for your purchase of a MMS1 modular set up. The module is seldom purchased by itself and as a result it is normally shipped together with a pulley set up. So this manual will cover an example set up that most likely will be close to what you have purchased.

1. Delivery

It is your responsibility to inspect all packaging for damage. Observable damage should be noted prior to signing the bill of lading. Damage claims will be denied by the carrier if the signed copy of receipt does not state anything about damage. Please contact RehabPro, Inc. or your local dealer immediately with any damage concerns.

2. Shipment



Your order is most likely ship as shown to the left. Each pulley is packaged in a separate box. The two heaviest pulleys are on the bottom and they are bolted to the wood skid. The upper two are banded to the skid. Mounting hardware, the modular upright and other ordered accessories are inside the boxes. Please confirm your order with the attached packing slip. Cut the bands and unpack one pulley at a time. Look for additional accessories in each box.

3. Overview & Assembly

The System Completed



The system set up will look similar to the 3 example pictures shown above, the lat pull being on one side and the speed pulley on the opposite side to counterweigh the lat pull. The remaining two sides hold the remaining pulleys or one pulley and a ladder.

The Module



The module ships in 3 pieces, the base, the upright and the top. The base and top are packed together. The adjustable legs are already in place, screwed all the way in.

The three pieces assemble together with 8x 5/16"-18, 2" long socket head bolts, 5/16" washers and 5/16" jam nuts. This hardware is in a bag marked for "module".

Attach the base and top to the upright, socket heads facing down at the base and facing up at the top. Tighten the base bolts all the way. Keep the top bolts loose. They will be tightened when all four items are on the module.

The Lat Pulley



The lat pulley ships without the overhang attached. The overhang is attached to the backbone with 2x 1/2" bolts and 1/2" nylon nuts.

In addition, after attaching the overhang you have to connect the wire to the top weight plate, pull the wire through the wheel system and attach the hook at the end. The attachment of the overhang and wire is done when all the pulleys are attached to the module.

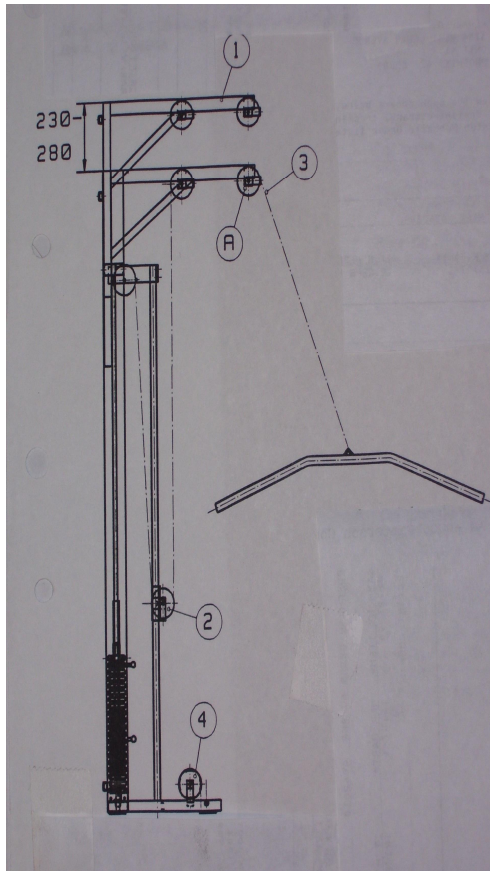
System Assembly

1. Assemble the module as described above (tighten the base bolts and keep the top bolts loose) and choose a location in the room where the module should be.
2. Choose which direction the lat pull should face and attach it to that side of the module. You will have to "lift up" the base since the module legs are screwed in all the way. All the pulleys are attached to the module with 4x 5/16"-18, 2" long socket head bolts using 3/8" washers and 5/16" jam nuts. Attach all the lat pull bolts loosely (do not tighten all the way).
3. Attach the speed pulley to the module facing the opposite way from the lat pulley. Again, you will have to "lift up" the base of the module in order to be able to attach the bolts since the legs are all the way in. Do not tighten the bolts all the way.
4. When these two pulleys are on the module level the base and extend the legs down by turning them counter-clockwise.
5. Then attach the remaining items to the two empty sides. The ladder attaches to the module with 4x 5/16"-18, 5" long socket head bolts, 3/8" washers, 3/4" long spacers and 5/16" jam nuts. With all items attached to the module tighten all the bolts, 20 bolts total, including the 4x module bolts at the top.

Lat Pull Assembly



Attach the overhang to the backbone with the 2x, 40 long, 1/2" socket head bolts and tighten them all the way using the provided 1/2" nylon nuts.

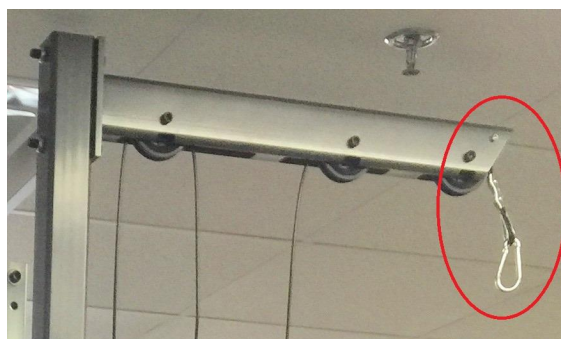


Unscrew the bolt on top of the first weight increment and thread the provided lat wire through the center hole. Re-attach the bolt and tighten the counter nut. Please disregard this step if the wire is zip-tied to the guide rod (this step is already done).

Then bring the wire up vertically, through the top box, and bring it around the wheel closest to the backbone (back to front). Bring the wire downward and thread it around the wheel on the adjustment glider front to back (wheel marked as 020 on the drawing to the left). **Make sure the glider is placed at its lowest position (down by wheel "4")**. Bring the wire back up and thread it over the two remaining wheels so it stick out the front of the wheel 0A0, the wheel furthest away from the backbone.



Wire Tightener Assembly



1. Disassemble the wire tightener by removing the plate and the 2x 8mm nuts. Place the lat wire in the tightener as shown in photo # 2 below (as close to the overhang as possible). **Make sure the wire adjustment glider is at its lowest position on the number pole when you position the wire tightener.**



2. Apply the thimble just below the tightener and bring the lat wire around it as shown in photo # 3 above. Wind the wire around the two bolts as a figure eight. This will ensure the wire stays secure after the nuts are tightened.
3. Place the cover plate over the two bolts and secure the nuts (8mm) on the two bolts as shown in photo # 4 above.

Note: Tighten the nuts on the bolts as hard as you can to ensure a secure fit. The plate on top of the wire should bend in the middle when the nuts are tightened all the way.

4. Place supplied heat shrink over the wire tightener assembly and shrink it by using a heat gun or a hair dryer. A finished assembly should resemble photo # 5 below.



At this point the module should be fully operational. Please contact RehabPro, Inc. with any issue you have either by calling 602-317-7207 or e-mail Kris van Scheers at kris@rehabpropulleys.com.