

RehabPro Standard Pulley (M100S, M200S, M100FS, M200FS)

User Manual



1. Inspection of Delivery

Before unpacking the Speed 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

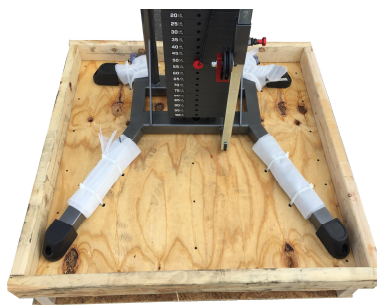
RehabPro wall & module mounted speed pulleys are shipped lying down as shown in the picture below. Accessories, i.e. weight selector pin, straps & bars are normally included in the box unless noted otherwise on the packing slip. Please refer to packing slip for content. If anything is missing please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



Wall and module mounted speed pulleys ship in cardboard boxes (87öx 18öx 14ö). The pulleys ship single stacked (left)



The free-standing speed pulleys ship 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 Speed Pulley versions.

3. Installation of Speed Pulley (Wall Mounts)

Wall mounting pulleys require the following knowledge:

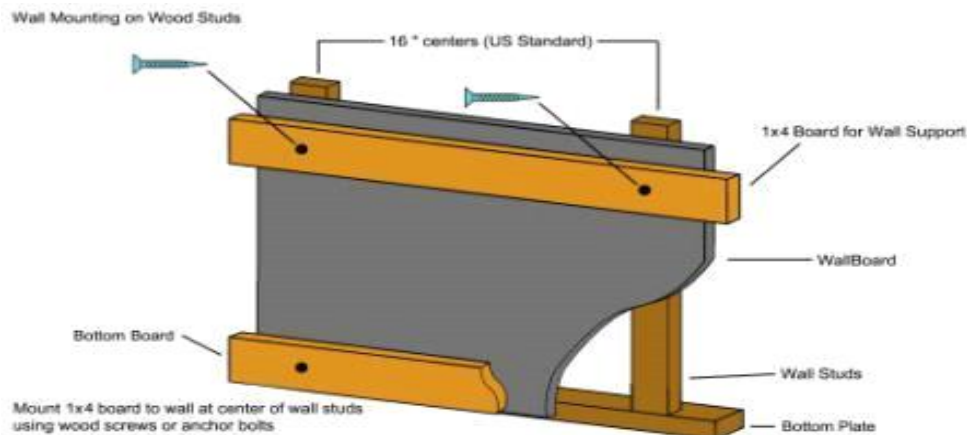
1. Make sure your mounting wall reaches the ceiling. A wall ending at the false ceiling does not offer enough support to secure a pulley.
2. Identify the type of studs you have in your wall. Do you have wood studs or metal studs? Or, is your wall made of concrete. Different types of studs require different hardware in order to attach your pulley equipment safely.

RehabPro wall pulley attachment brackets:

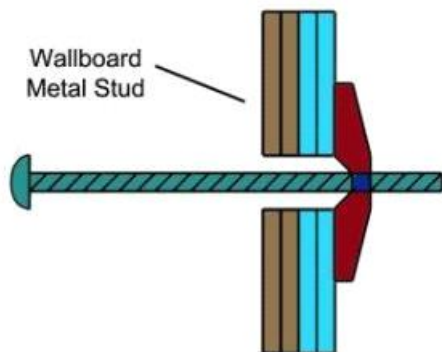
RehabPro speed pulleys have two (2) attachment brackets; the center hole of the lower attachment bracket is 3.5ö above the floor; the center hole of the upper attachment bracket is 80.5ö above the floor. Each attachment bracket is 18ö wide with two (2) holes for mounting hardware, 16.25ö apart center 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), 2.5ö lag bolts that go through the board, drywall and into the studs (see picture below). The center of the lower board must be 3.5ö off the floor. The center of the upper board must be 80.5ö off the floor. The pulley(s) can be anchored wherever along these boards using 1.5ö lag bolts with a 5/16ö 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 2.5ö 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 3.5ö above the floor. The center of the upper board has to be 80.5ö above the floor. The pulley(s) can be attached to these boards by 1.5ö lag bolts with a 5/16ö 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 point of attachment for each attachment bracket 3.5ö & 80.5ö above the floor.

4. Utilization

1. Adjusting the weight

All RehabPro Speed Pulleys are ðmagnetic, pin selectö and all weight stacks are measured in pounds. The Speed Pulleys are 6:1 weight-to resistance ratio pulleys so the resistance per weight plate (using one handle) is as follows:

For M100S, M100FS

Increment	Weight	Resistance	Increment	Weight	Resistance
# 1	5.00 lbs.	0.85 lbs.	# 11	5.00 lbs.	9.35 lbs.
# 2	5.00 lbs.	1.70 lbs.	# 12	5.00 lbs.	10.20 lbs.
# 3	5.00 lbs.	2.55 lbs.	# 13	5.00 lbs.	11.05 lbs.
# 4	5.00 lbs.	3.40 lbs.	# 14	5.00 lbs.	11.90 lbs.
# 5	5.00 lbs.	4.25 lbs.	# 15	5.00 lbs.	12.75 lbs.
# 6	5.00 lbs.	5.10 lbs.	# 16	5.00 lbs.	13.60 lbs.
# 7	5.00 lbs.	5.95 lbs.	# 17	5.00 lbs.	14.45 lbs.
# 8	5.00 lbs.	6.80 lbs.	# 18	5.00 lbs.	15.30 lbs.
# 9	5.00 lbs.	7.65 lbs.	# 19	5.00 lbs.	16.15 lbs.
# 10	5.00 lbs.	8.50 lbs.	# 20	5.00 lbs.	17.00 lbs.

For M200S & M200FS

Increment	Weight	Resistance	Increment	Weight	Resistance
# 1	10.00 lbs.	1.70 lbs.	# 11	10.00 lbs.	18.70 lbs.
# 2	10.00 lbs.	3.40 lbs.	# 12	10.00 lbs.	20.40 lbs.
# 3	10.00 lbs.	5.10 lbs.	# 13	10.00 lbs.	22.10 lbs.
# 4	10.00 lbs.	6.80 lbs.	# 14	10.00 lbs.	23.80 lbs.
# 5	10.00 lbs.	8.50 lbs.	# 15	10.00 lbs.	25.50 lbs.
# 6	10.00 lbs.	10.20 lbs.	# 16	10.00 lbs.	27.20 lbs.
# 7	10.00 lbs.	11.90 lbs.	# 17	10.00 lbs.	28.90 lbs.
# 8	10.00 lbs.	13.60 lbs.	# 18	10.00 lbs.	30.60 lbs.
# 9	10.00 lbs.	15.30 lbs.	# 19	10.00 lbs.	32.30 lbs.
# 10	10.00 lbs.	17.00 lbs.	# 20	10.00 lbs.	34.00 lbs.

Please note: The resistance doubles if you attach both ropes to the same handle.

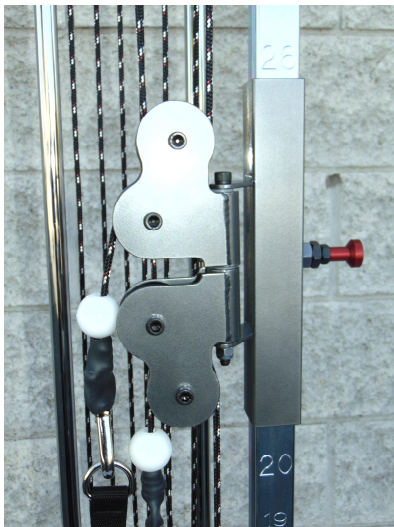
2. Adjusting the Angle of the Rope (based on the length – tension concept)

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 ó Check available range of motion.

B ó Chose which exercise to be performed.

C ó 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).



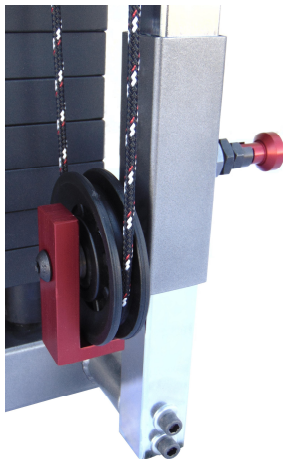
Picture shows the upper rope adjustment bracket correctly attached to the rope adjustment bar. ðPull outð on the red spring-loaded adjustment pin in order to move the rope adjustment bracket up or down the bar.

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 ó You may want to reduce range if the ðinitialð end range becomes painful during an exercise. Move the rope adjustment bracket ðupð towards the upper adjustment bracket to allow more ðslackð.
- B ó 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. ðPull outð on the red 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.

5. Maintenance

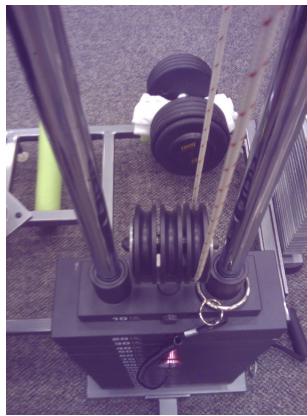
Check the condition of the pulley daily prior to use:

1. **Pay attention to any “loose” nuts or bolts.** Re-tighten nuts and bolts after the pulley has ðsettledð, 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 ðfrayingð. Change the rope when the outer layer has become ðfuzzyð. 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 the 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.
4. Finger prints and other stains can easily be removed by **silicone spray** to all plated parts (guide rods, weight stack and rope adjustment bar). If persistent, use Scots Guard (fine thread) to remove stain before lubricating bars / stack with silicone spray.

1. How to thread / replace the pulley rope



Picture 1



Picture 2



Picture 3

Thread the rope in the following manner:

1. Bring the rope through the upper flopper, front to back. Bring the rope up and over the stationary wheel on the rope adjustment bar (as shown in picture 1).
2. Bring the rope down to the top weight and pull it through the right-most wheel front to back, as shown in picture 2.
3. Then bring the rope up to the top and pull it through the right most wheel, back to front. Repeat this procedure by bringing the rope down to the top weight pulling the rope through the center wheel, front to back. Back up to the top, back to front on the center wheel. And then do the same procedure for the left-most wheel.



Picture 4



Picture 5

4. Coming off the left-most wheel, bring the rope all the way down to the lower glider and bring the rope around (back to front) before bringing the rope up to the lower flopper on the upper glider. Bring the rope through the flopper (back to front) as shown in picture 5.

2. Tying off the Rope at the hook:

1. Pull the rope through the eyelet making a loop & loop it around itself as shown in picture A.
2. Loop the rope around itself, front to back 2 - 3 times & pull the rope through the oval created by the rope (back to front) as shown in picture 2)
3. Tighten the rope on itself by pulling the knot down to the eyelet as shown in picture 3.



Picture 1



Picture 2



Picture 3

4. Apply the heat shrink by pulling it over the knot and shrink it by using a heat gun or a hair blower as shown in pictures 4 & 5.



Picture 4



Picture 5

3. Problem solving:

1. Weight pin does not enter the weight stack normally.
 - Pin may become bent during shipping. It is made of soft steel that can be positioned differently by bending it back to fit into the hole.
2. Pulley wheel is grinding up against the side of the bracket
 - The pulley wheel grinds up against the side of its bracket if the bearing has come loose. Please contact RehabPro, Inc. directly to get a new wheel.
3. The outer layer of my rope has become fuzzy. What should I do?
 - The rope should be changed when the outer layers of the rope starts to fray. Please contact RehabPro, Inc. directly for a new, non-stretchable rope.

4. Example of use

Speed Pulleys help restore the functional qualities of circulation, flexibility, coordination, endurance and strength. The suggested exercise dosages below come from the principles taught in Medical Exercise Therapy (MET) and Scientific Therapeutic Exercise Progressions (STEP) and can be applied to any exercise.



Circulation: Less than 50% of 1 RM, 50x to infinite repetitions of internal / external rotation with the forearm resting in a shoulder rotation device. The shoulder rotation device prevents premature “closure” of the supra-humeral space due to fatigue or pain.



Flexibility: Less than 50% of 1 RM, 50x to infinite repetitions of internal / external rotation making sure each repetition starts in maximal external rotation of the glenohumeral joint.



Flexibility: Less than 50% of 1 RM, 50x to infinite repetitions of knee flexion. The pulley straps are assisting femoral glide in the correct direction in order to increase joint range.



Coordination: Less than 50% of 1 RM, 50x to infinite repetitions of shoulder extension helping to center the humeral head in the glenohumeral joint.



Coordination: Less than 50% of 1 RM, general gait coordination with a normal eccentric return.



Endurance: Less than 60% of 1 RM, 30x repetitions of bilateral shoulder retraction.

6. Technical Information

Total weight:	150 lbs. (M100S), 275 lbs. (M200S)
Width:	18ö
Depth:	8.0ö
Height:	84.5ö
Weight Stack:	100 lbs. (M100S), 200 lbs. (M200S)
Total weight:	225 lbs. (M100FS), 335 lbs. (M200FS)
Width:	36ö
Depth:	36ö
Height:	80ö
Weight Stack:	100 lbs. (M100FS), 200 lbs. (M200FS)

7. Warranty

- RehabPro, Inc. offers a 1 year warranty bumper to bumper on all parts
- RehabPro, Inc. offers a 5 year warranty on all moving parts
- RehabPro, Inc. offers a Life time warranty on frame.

8. Accessories

Item #	Accessory Description		
R282H834	Standard Pulley Handle	2033	50ö Leather Waist Strap
2020	Padded Wrist / Ankle Strap	13107	Standard Triceps Bar
2021	Padded Shoulder / Knee Strap	13108	Pronation / Supination Handle
2022	40ö Padded Waist Strap	13110	Rowing Handle
2024	Padded Multi-Purpose Strap	SE8369	Negative Weight Set
2025	Banana Sling	15106	Gantry
2030	Leather Wrist / Ankle Strap	VH8083	Support Bar (T-Bar)
2031	Leather Shoulder / Knee Strap	SE9220	Baseball Trainer
2032	40ö Leather Waist Strap	SE11579	Eccentric Pulley

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