

# RehabPro Mobile Pulley M30MP

User Manual



**REHAB-PRO**  
[www.rehabpropulleys.com](http://www.rehabpropulleys.com)

## 1. Inspection of Delivery

Before unpacking the Pulley please inspect the packaging for shipping damage. Observable damage has to be noted **prior** to signing the bill of lading. A claim **cannot** be file unless damage is noted. Please contact RehabPro, Inc. or your local dealer with any concerns or questions about shipping damage.

## 2. Shipping, Content & Assembly

The RehabPro Mobile Pulley is shipped fully assembled standing upright on a wooden skid (below). It is zip-tied to the base board of the skid. Pulley accessories are normally included inside the bas box. Please refer to the packing slip for content. Contact RehabPro or your local dealer immediately if items orders are missing.



**Pulley is zip-tied to the skid**



**Tools needed to open base & undo pulley**

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

### 3. Utilization

#### 1. To move



#### Tilt & Go

The RehabPro Mobile Pulley rolls easily on two 2.5” ball-bearing castor wheels. The wheels are engaged immediately when the unit is tilted backwards as shown in picture to the left.

The base is 100% maintenance free. It is TIG welded and RehabPro offer a life-time warranty on this frame.

#### 2. Adjusting the weight

The RehabPro Mobile Pulley weight stack is “magnetic, pin select” and the resistance is measured in pounds. The weight stack measures as follows:

##### M30MP

Increment	Weight	Resistance	Increment	Weight	Total Weight
# 1	1.25 lbs.	1.25 lbs.	# 8	2.50 lbs.	17.50 lbs.
# 2	1.25 lbs.	2.50 lbs.	# 9	2.50 lbs.	20.00 lbs.
# 3	2.50 lbs.	5.00 lbs.	# 10	2.50 lbs.	22.50 lbs.
# 4	2.50 lbs.	7.50 lbs.	# 11	2.50 lbs.	25.00 lbs.
# 5	2.50 lbs.	10.00 lbs.	# 12	2.50 lbs.	27.50 lbs.
# 6	2.50 lbs.	12.50 lbs.	# 13	2.50 lbs.	30.00 lbs.
# 7	2.50 lbs.	15.00 lbs.	lbs.		

The RehabPro Mobile Pulley come with 3x 0.5 lb. add-on weights and 1x Pulley Handle as standard accessories.

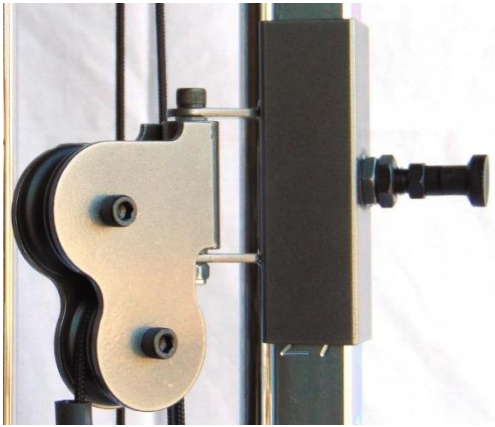
### 3. Adjusting the Angle of the Rope (based on the length – tension concept)

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 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.

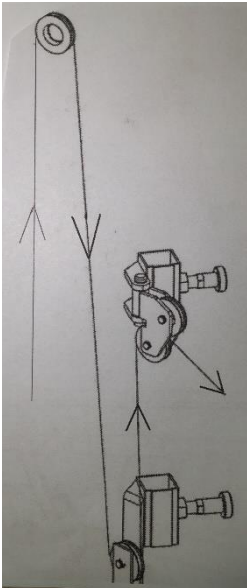
Make sure you counter-rotate the spring-loaded pin head so it pops back into place (all the way) before attempting to exercise using the pulley.

## 4. Maintenance

### 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 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.
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.

### 1. How to thread / replace the pulley rope



1. Thread the rope through the hole in the center rod (from below – up) Make a simple knot to ensure that it cannot “pull out / up” through the hole).
2. Bring the rope up to the pulley wheel under the top box. Thread it around / over this wheel back to front.
3. Bring the rope all the way back down to the wheel on the lower glider. Thread the rope around this wheel back to front.
4. Bring the rope up to the upper glider. Thread the rope between the two pulley wheels, back to front.

## 2. Tying off the Rope at the hook:

1. Pull the rope through the eyelet making a “U” & 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 B)
3. Tighten the rope on itself by pulling the knot down to the eyelet as shown in picture C.



Picture A



Picture B



Picture C

4. Pull the shrink rubber over the knot and shrink it by using a heat gun or a hair blower as shown in pictures D & E.



Picture D



Picture E

## 3. Problem solving:

1. 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.
2. 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.

## 6. Technical Information

Total weight:	75.00 lbs.
Width:	26”
Depth:	30”
Height:	68”
Weight Stack:	30.00 lbs.

## 7. Warranty

- RehabPro, Inc. offers a lifetime warranty on pulley frame.
- RehabPro, Inc. offers a 3- year warranty on all moving parts.
- RehabPro, Inc. offers a 90-day warranty on pulley rope and snap hooks.

## 8. 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
2030	Leather Wrist / Ankle Strap
2031	Leather Shoulder / Knee Strap
2032	40" Leather Waist Strap
2033	50" Leather Waist Strap
13107	Standard Triceps Bar
13108	Pronation / Supination Handle
13110	Rowing Handle
SE8369	Negative Weight Set
15106	Gantry
VH8083	Support Bar (T-Bar)
SE11579	Eccentric Pulley

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