

vive®



SHOULDER PULLEY

Owner's Manual
RHB1O22BLU

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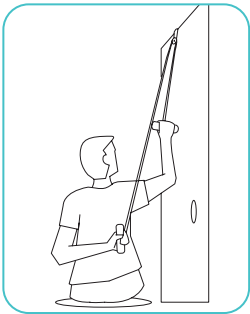
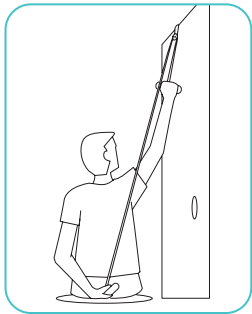
INSTALLATION

Secure your shoulder pulley to a door by following these steps.

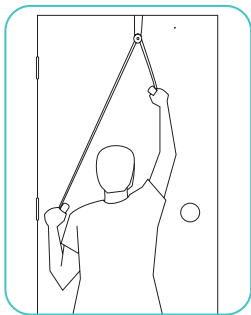
1. Place the webbing over the top of the door.
2. Close the door and be sure that it latches completely before starting your exercise.

SAMPLE EXERCISES

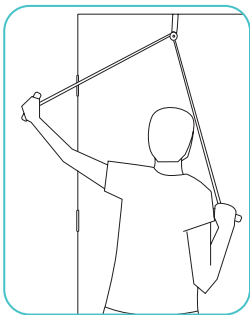
Internal Rotation



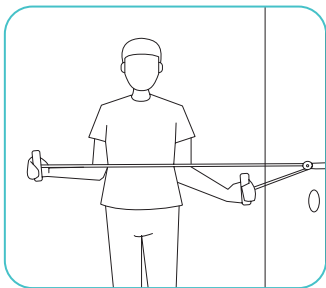
Shoulder Flexion



Shoulder Abduction



External Rotation





QUESTIONS?

Our friendly customer service team is standing by to assist you. Feel free to connect on the phone, email or chat.



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1-800-487-3808



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