

# SPRI<sup>®</sup> ACTIVE THERAPY SHOULDER PULLEY

INCREASE RANGE OF MOTION

## SETUP, WORKOUT TIPS, AND CARE & SAFETY GUIDE

*Please read before setting up or using your Shoulder Pulley.*

### SETUP

1. Remove the Shoulder Pulley from box and check for possible shipping damage.
2. Your Shoulder Pulley is now ready for use.

### WORKOUT TIPS

1. Begin using the Shoulder Pulley only after you have become accustomed to the movement.
2. Ensure the Shoulder Pulley is secure in your hands.
3. Use a smooth and steady motion when using the Shoulder Pulley.
4. Avoid holding your breath while exercising.

### CARE

1. Wipe the Shoulder Pulley with a damp cloth to clean. Air dry.
2. Avoid exposing the Shoulder Pulley to heat or excessive sunlight.
3. Store in a cool, dry place.

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### IMPORTANT SAFETY CAUTIONS!

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1. Not all exercise is suitable for everyone. To reduce the risk of injury, consult your doctor before beginning this or any exercise program or before using this or any other exercise equipment. The instruction presented herein is in no way intended as a substitute for medical counseling.
2. If you suffer from heart disease, high blood pressure or any other disease or condition, consult your doctor before beginning the workout.
3. Perform exercises in a slow and controlled manner.
4. Stop and rest if you feel dizzy or short of breath.
5. Use product only as intended.
6. This product is sold without any warranties or guarantees of any kind and manufacturer and distributor disclaim any liability, loss or damage caused by its use.

# SPRI

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