



Store these instructions in a safe place or with the enclosed maintenance checklist

## Instruction Sheet

### Single / Double Flexion Extension Pulley 1901 / 1902



Take time to familiarize yourself with the use and maintenance of this equipment before using. Please file this Instruction Sheet in an accessible location: the Instruction Sheet must be read and familiar to anyone who is using Southpaw Enterprises Equipment.

**IMPORTANT:** Please check equipment immediately for any damage that may have resulted during shipping. If any damage has occurred, please contact Southpaw Enterprises, Inc. immediately.

**Warning:** Failure to properly install a forged steel eyebolt (1/2" or 5/8") may result in serious injury or death. If you have any questions about the installation of the forged steel eyebolt, please contact Southpaw Enterprises Customer Service at 1-800-228-1698.

#### MATERIALS LIST FOR SINGLE PULLEY

- 1 - Pulley with 9 ft. Stretch Rope Assembly
- 2 - Soft - webbed Loop Handles
- 1 - Instruction Sheet
- 1 - Maintenance Checklist

#### MATERIALS LIST FOR DOUBLE PULLEY

- 2 - Pulleys with 10 ft. Stretch Rope Assembly
- 2 - Soft - webbed Loop Handles
- 1 - Instruction Sheet
- 1 - Maintenance Checklist

#### MINIMUM HEIGHT REQUIREMENT

Minimum height requirement is 8 ft.

Caution must be used to keep a clear distance of 6 ft. from walls and other objects.

#### HEIGHT ADJUSTER AND SAFETY ROTATIONAL NEEDED

Use of the Southpaw Height Adjuster (5000) is recommended for ease of adjusting your equipment if you have a high ceiling.

A Southpaw Safety Rotational Device (2000) must be used with this equipment.

#### INSTRUCTIONS:

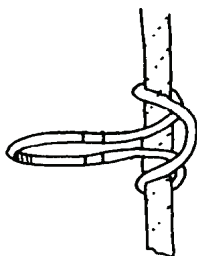
**THE FLEXION EXTENSION PULLEY COMES FULLY ASSEMBLED.**

**IMPORTANT: KEEP ALL PARTS TOGETHER.**

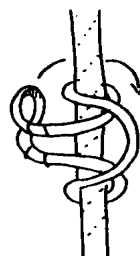
1. Check all parts.
2. If handles become detached during shipping, re-attach soft - webbed loop handles (see Figure A). Handles can be slid up or down to adjust for each client. Keep knot straight and tighten to avoid slipping.

**Figure A**  
Knot Instructions

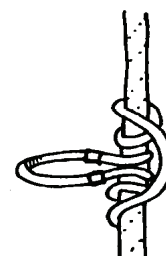
Wrap handle around rope and tuck handle under loop



Wrap handle around again and tuck under loop



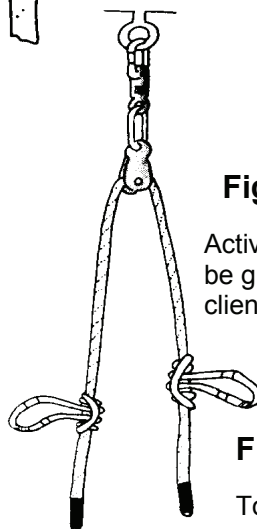
Handle should look like this when properly tied



Keep knot straight and tighten to avoid slipping

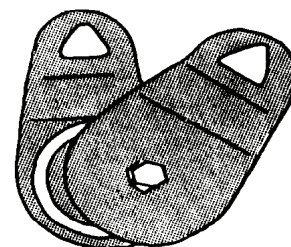
**Figure B**

Activity must be graded to clients level



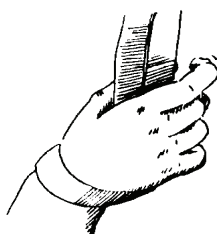
**Figure C**

To remove rope - disconnect pulley, then slide one half to the side



**Figure D**

Holding suggestion for low grip strength



- ◆ **Note:** Before every use, straighten and tighten knots.
- 3. Attach to Southpaw Safety Snap on the Safety Rotational Device and suspend from ceiling eye bolt (see Figure B).
- ◆ **Note:** To remove stretch rope - disconnect pulley from Safety Snap and twist one half of the pulley to the side (see Figure C).
- ◆ **Special Note:** Holding suggestion for low grip strength client (see Figure D).

**MATTING PRECAUTIONS:** Always use appropriate matting.

#### **MAINTENANCE CHECKLIST**

All of the following wear points should be checked on a monthly basis and recorded on the checklist enclosed.

- Frayed stretch rope.
- Loose stitches on handle.
- Pulley bolt for tightness.

If any of the above conditions are found, discontinue use immediately until repairs or replacements are made.

#### **STORAGE PROCEDURES**

- Store out of direct sunlight.
- Store where not accessible by clients without proper supervision.

### **CAUTION**

- ◆ **Check ceiling eye bolt for wear and movement. Use a Southpaw Safety Rotational Device to prevent abnormal wear.**
- ◆ **Floor mats of proper thickness should be positioned properly under and around all suspended equipment.**

**Safety Precautions** - The safety of your clients is dependent on the appropriate choice of activity to match, yet challenge their physical abilities. Use appropriate spotting / safety techniques. In addition, the layout of your activity area, proper installation and maintenance of your equipment is critical. Southpaw equipment is not intended for recreational or outdoor use. Under no condition should this equipment be used without proper supervision.

**This sheet is for example only.** It is not meant to, in any way, replace local, county, state, or Federal standards. Be aware - it is your responsibility to find all pertinent safety information that pertains to your facility.



If you have any questions or comments, please call or write  
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