

# Leg Pulley System

**PARTS:** Foot Harnesses (2), Ankle Harness (1), Cable Extension Kit with 6", 12" and 18" extensions, Snap Links (6)



## ACCESSORY IN USE



Foot Harnesses for bilateral exercise (both legs at once).



Ankle Harness for unilateral exercise (one leg at a time).

## DETACH ARM PULLEY CABLE

**TO BEGIN INSTALLATION:** Lower the folding foot holder.

**STEP 1.** Unhook the arm pulley cable's snap link from the glideboard ring.



**STEP 2.** Store the arm pulley cable by attaching the center pulley snap link to the pulley storage ring located on the back of the tower.



## ASSEMBLE AND ATTACH LEG PULLEY SYSTEM

**STEP 1.** Attach the pulley snap link to a tower crosspin in the center channel of the tower. **NOTE:** Reverse side shows set up variations for unilateral or bilateral usage.



# Leg Pulley System



## FOOT HARNESS ACCESSORY FOR BILATERAL EXERCISES

**NOTE:** Attach cable extension(s) to the end of the cables as necessary to adjust for leg length and flexibility.

**STEP 1.** Hold the ends of the cables securely in one hand. Sit at the bottom of the glideboard and lie back with your head resting at the top of the glideboard. Anchor the glideboard by placing one foot on the squat stand.

**STEP 2.** Continue to hold both cables in one hand and slide one foot at a time into a Foot Harness so that it wraps just under the arch of the foot and around the heel. Maintain cable tension and control of the glideboard at all times until both feet are secured in the Foot Harnesses. Then let go of the cables.



## ANKLE HARNESS ACCESSORY FOR UNILATERAL EXERCISES

**STEP 1.** Attach one end of the Leg Pulley System to the glideboard ring with the snap link.

**STEP 2.** Attach the Ankle Harness to the other end of the Leg Pulley System cable with the snap link. Place the snap link on any of the clips on the Ankle Harness.

**STEP 3.** Holding the cable and Ankle Harness securely in one hand, sit at the bottom of the glideboard and lie back.

Loosen the Ankle Harness and slide your foot into it so the lower strap wraps under the arch of your foot. Tighten the Ankle Harness comfortably at the ankle.

Position yourself on the glideboard to perform the exercise and remember to maintain tension on the cable and control of the glideboard at all times.

**NOTE:** Some prefer to attach the Ankle Harness to the ankle first, get into the proper position for the exercise and then attach the Ankle Harness to the cable.

