



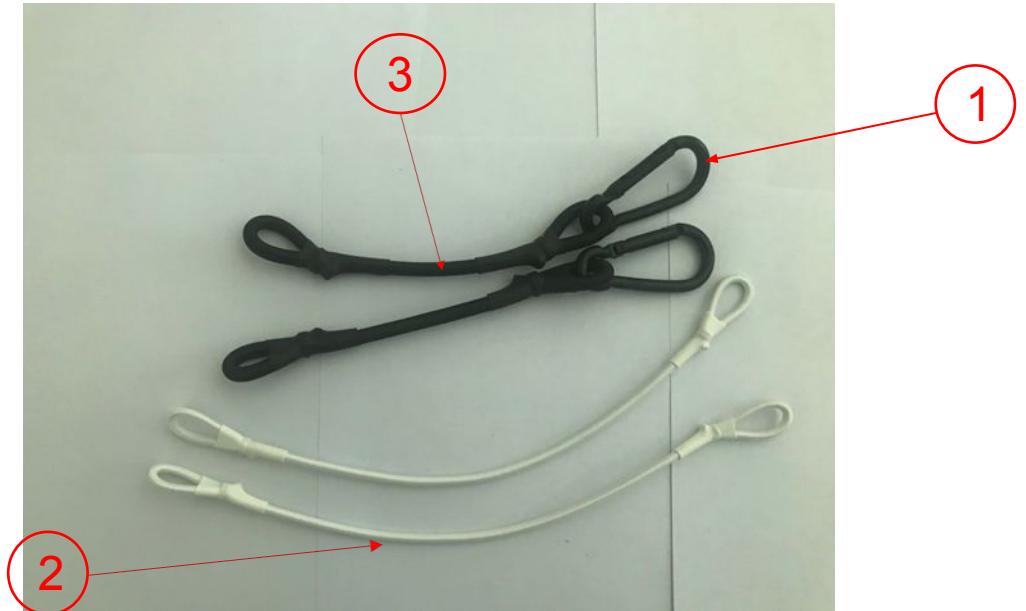
REHAB SLED



Dynamic Strengthening Bands Assembly

Dynamic Tension Bands

1. Snap Hook
2. 2lb Dynamic Tension Band
3. 6Lb Dynamic Tension Band



Attaching the Dynamic Tension Bands.

- Unclip the pre-assembled Snap Hooks that connect the rope assembly to each left and right side of the Rehab Sled.
- The Rehab Sled should now be disconnected from the two “rope handles”.
- Now insert all four open ends of the Tension Bands onto rope assembly using Snap Hooks.



Attaching the Dynamic Tension Bands.

- Fasten one side of the open-loop end from the Tension Band onto the Snap Hook found on the Rehab Sled rope.
- Fasten the “extra”/separate* Snap Hook onto the “other open-loop end” of the Dynamic Tension Band. *”extra” snap hooks included
- Then insert this “extra” Snap Hook onto the open loop from the rope. This will complete Tension Band attachment on one side.
- Perform the same steps on the opposite side of the Rehab Sled rope assembly.
- Rehab Sled is now ready to use as a Dynamic Strengthening Device.

