

Exercise pulley



- With support - 831039

- Standard - 831065

- **Prevention and rehabilitation of shoulder injuries**
- **Gentle gymnastics**
- **Model with handle support**

Standard model:

This pulley fits over or to the side of your closed door in order to perform upper limb mobilisation exercises (flexion, abduction, rotation...). Many exercises are possible standing, sitting or lying down. The set includes the support with pulley, a 2 m long nylon rope with 2 handles at the ends.

Model with support :

Allows you to mobilise your muscles without having to hold the handles, the straps allow you to put your hands on them.

To be stuck in a door.

Variantes :

- With support
- Standard