

# weights and exercisers

## chest weight pulley systems

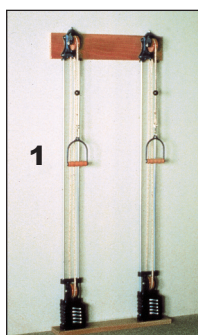
- pulleys come with handles, weights and hardware
- handle is mounted at chest height on single handle unit; chest and floor height on double handle unit; and chest, floor and shoulder height on triple handle unit (ceiling height of 10 feet is required for triple handle unit); choose from single or dual stack (column) set-ups
- select weight level by inserting "pin" into weight stack at increments of 2.2 lb
- exercisers are wheelchair accessible
- handles can be adjusted to any starting height



single handle /  
single weight stack\*

### single handle chest pulley

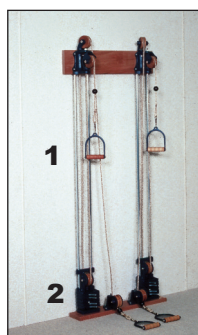
single weight stack  
10-0667 467.50



single handle /  
dual weight stack\*

### single handle chest pulley

dual weight stack  
10-0660 715.00

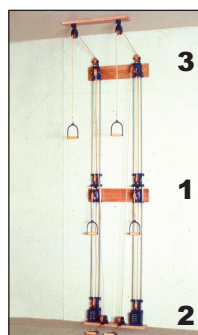


double handle /  
double weight stack\*

### double handle chest/floor pulley

dual weight stack  
10-0661 880.00

single weight stack  
10-0668 577.50  
(not shown)



triple handle /  
dual weight stack\*

### triple handle ceiling/chest/floor

dual weight stack  
10-0662 1,100.00

single weight stack  
10-0669 742.50  
(not shown)

\*each weight stack contains 11 lb of weights (5 x 2.2 lb weights)

## KEY TO HANDLES

**SINGLE HANDLE**  
consists of  
center chest pulley

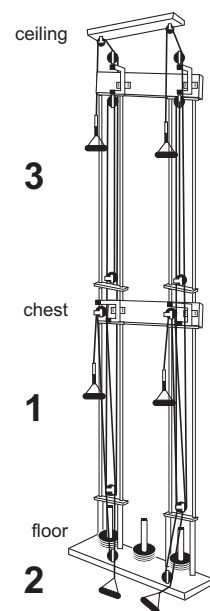
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**DOUBLE HANDLE**  
consists of  
center chest pulley  
and bottom floor pulley

1 & 2

**TRIPLE HANDLE**  
consists of  
top ceiling pulley,  
center chest pulley  
and bottom floor pulley

1, 2 & 3



## chest pulley accessories



10-0673	curl bar	40.00
10-0674	twin ball	35.00
10-3220	webbing handle (pair)	7.50
10-0664	metal handle (pair)	40.00
10-0663	2.2 lb weight	25.00

## Elgin® leg/ankle exerciser



exerciser with weights

- for lower leg and ankle exercises
- use weights for load-resisting inversion, eversion, dorsi-flexion and plantar-flexion
- optional accessories include: two 5 lb and four 2½ lb disk weights

10-1110	leg/ankle exerciser only	900.00
10-1119	with 20 lb of weights	925.00

## parallel dip

- accommodates all width wheelchairs
- improves upper body strength, especially the deltoids and triceps
- forward and backward resistance
- adjustable handles
- optional accessories include: two 5 lb and four 2½ lb disk weights
- product dimensions: 40"L x 36"W x 36"H; 55 lb

10-0691	EN-304 exerciser	750.00
10-0699	with 20 lb of weights	775.00

## Love handles Rx

- lightweight, elliptical arms attach to any chair or wheelchair
- strengthen arms, shoulders, back, stomach and core with up to 8 lb of resistance
- provides cardiovascular exercise
- arms can be moved forward or backwards

10-0705	Love handles Rx	215.00
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