5. VALUE PACK

The Moves shoulder rope pulley VALUE PACK comes in a polybag, with notch handles but **without stoppers** on the nylon cord.

Reference code	Unit
01-400104	1 pc



DOOR ANCHOR AND NYLON CORD



NOTCH HANDLE

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moves

Shoulder tube pulley MD CE

Just like the Moves Shoulder Rope Pulley, the Moves Shoulder Tube Pulley helps increase range of shoulder motion. It can be used for prevention and rehabilitation of shoulder injuries.



SPECIFICATIONS

Resistance: available in 3 different levels

PACKAGING

Pack: containing 1 tube of the selected colour/ resistance, soft handles, pulley and door anchor

Colour	Resistance	Reference code	Unit
	Yellow | Light	01-400202	1 pc
	Red | Medium	01-400203	1 pc
	Green | Heavy	01-400204	1 pc

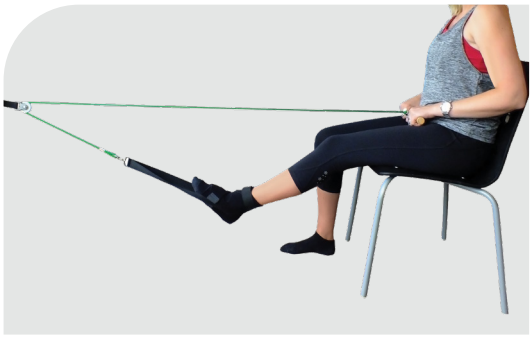
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moves

Knee rope pulley MD CE

The Moves Knee Rope Pulley helps increase range of knee motion. This easy-to-use product can be mounted in a doorway to help you recover from or prevent knee injuries.

While sitting on a chair, put your foot into the ankle strap. A rope starts from the ankle strap, goes through a pulley and ends at a wooden handle designed for a 2-handed grip. Pull your foot carefully upwards by moving the handle towards your abdomen which will generate a rotational movement at your knee.



Reference code	Description	Unit
01-400301	Moves Knee Rope Pulley | Door anchor | 2-handed Wooded handle | Ankle strap	1 pc