

# Exercise Pulley System

Item # 18305



- **Overview.** The Exercise Pulley system offers a total body workout from either a standing or seated position. It helps increase upper and lower body strength and can be used in a physical therapy setting, fitness centers, schools and everywhere exercise bands are used. It can be attached to the wall vertically or horizontally and used by individuals or partners.
- **What Are the Educational Applications?**
  - Upper body fitness
  - Core stability
  - Balance and coordination
  - Conditioning
  - The Exercise Pulley System makes exercise with resistive band and tubing more versatile and easier than ever! It is an easy safe way to improve upper body strength, develop coordination and increase cardiovascular conditioning. The Exercise Pulley System can also help develop balance and body control.
  - Meets NASPE Standard #4: Achieves and maintains a health-enhancing level of physical fitness.
- **How Can I Use This Product With My Students?**
  - **Where:** The Exercise Pulley System can be attached to the wall vertically or horizontally. Vertically the system can be adjusted for use by students of different heights and horizontally the system can be used by one or two students.
  - **Age:** 6 through adult
  - **Group Size:** Vertical for individuals; horizontally for pairs.
  - **Basic Skills Needed:** Students need to understand the basic concepts of each exercise, and be able to perform them successfully before using the Pulley System.
- **Set Up/Instructions**
  - Check the Exercise Pulley System before each use.
  - Properly attach the Exercise Pulley System to the wall in a safe area, and adjust with care.
  - Adjust the height and appropriate distance away from the Pulley System for each student.
  - With the Exercise Pulley System in the horizontal position there may be room for more than one student to exercise safely with some of the exercises. In this position you cannot adjust the height of band raises.
  - Teach exercises without the Exercise Pulley System before using the system.
  - Talk about the safety rules and proper use of the Exercise Pulley System before using.
  - Teacher should assign the # of repetitions and # of sets for each student.

## The Games/Activities

### WITH THE EXERCISE PULLEY SYSTEM ATTACHED VERTICALLY

#### Activities Facing the Pulley System

- **Activity #1: Chest Level Pulls, Extensions and Curls**
  - a. NASPE Standard: #4
  - b. Set Up: Stand arm's length away facing the Exercise Pulley System. Adjust the band attachment to chest level. Adjust your distance away from the wall to give yourself more resistance.

c. How to Play: Grasp one band in each hand. Do number of repetitions and sets below assigned by teacher.

d. Extensions:

- **Double Arm Pull or Row** - Pull the bands towards your chest both at the same time, keeping elbows out to the side.
- **Alternating Arm Pull or Row** - Pull the bands towards your chest with elbows out, alternating right and left arm pulls.
- **Double Arm Pull Arm Extensions** - Pull the bands out to the side at shoulder height.
- **Alternating Arm Pull Arm Extensions** - Pull the bands out to the side at shoulder height, alternating right and left arm.
- **Double Arm Pull Bicep Curls**: Pull the bands towards your chest both at the same time, keeping elbows against your side.
- **Alternating Arm Pull Bicep Curls**: Pull the bands towards your chest alternating right and then left band, keeping elbows against your side.

• **Activity #2: Knee Level Raises & Extensions**

a. NASPE Standard: #4

b. Set Up: Stand arm's length away facing the Exercise Pulley System. Lower the band attachment to knee level. Adjust your distance away from the wall to give yourself more resistance.

c. How to Play: Grasp one band in each hand. Do number repetitions and sets below assigned by teacher.

d. Extensions:

- **Front Raises** - Pull the bands up in front of you to shoulder height, both arms at the same time.
- **Alternating Raises** - Pull the bands up in front of you to shoulder height, alternating right and left arm.
- **Double Arm Pull Extensions** - Pull the bands out to the side at shoulder height.
- **Alternating Arm Pull Arm Extensions** - Pull the bands out to the side at shoulder height, alternating right and left arm.

• **Activity #3: Push & Pull and Balance**

a. NASPE Standard: #4

b. Set Up: Stand at arm's length away from the Pulley System facing the system.

c. How to Play: Grasp the handles of the bands and begin to pull towards you. Try to keep your balance while:

- Walking slowly backwards
- Standing on one foot, then try the other foot
- Closing one eye, then try the other eye
- Closing both eyes

d. Extensions:

- Grasp the handles of the bands and begin to push away from you. Try to keep your balance while performing the activities above.
- Add an Exercise Dome or balance object to stand on.

**Activities Facing Backwards - Away from the Pulley System**

• **Activity #4: Chest Level Pulls, Pushes and Extensions**

a. NASPE Standard: #4

b. Set Up: Stand arm's length away facing away from the Exercise Pulley System. Adjust the band attachment to chest level. Adjust your distance away from the wall to give yourself more resistance.

c. How to Play: Grasp one band in each hand. Do the number of repetitions and sets below as assigned by teacher.

d. Extensions:

- **Double Arm Pull Bicep Pushes**: Push the bands away from your chest, both at the same time.
- **Alternating Arm Pulls Bicep Pushes**: Push the bands away from your chest, alternating right and left arm pushes.
- **Double Arm Pull Arm Extensions**: Pull the bands out to the side at shoulder height.
- **Alternating Arm Pull Arm Extensions**: Pull the bands out to the side at shoulder height, alternating right and left arm.

• **Safety Issues & Concerns**

- The bands should be held with the hands without releasing the tension quickly so that the bands don't snap back during or after exercising.
- The students should not pull the bands beyond their stretching point, or they could possibly break.

**Meets These NASPE Standards**

1. Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.
2. Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.
3. Participates regularly in physical activity.
4. Achieves and maintains a health-enhancing level of physical fitness.
5. Exhibits responsible personal and social behavior that respects self and others in physical activity settings.
6. Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

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