

Pulley Series

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QSP-7030 Free Standing Speed Pulley

Speed Pulley System

- Bilateral / Double Pulley Handles are Standard
- 150lb Stack in 10lb Increments
- 4:1 / 1:1 Ratio
- (2.5lb start weight using single handle or 10lb start weight using both pulleys)
- Weight Stack Options from 75lb to 200lb Available
- Modular - Add a Maximum of 5 Pulley Stations Together
- Perform All of the Exercises of a Standard Pulley Plus Resistive/Explosive Gate and Static/Dynamic Movements.

- Extreme Duty Rope and Pulleys for Flawless and Dependable Usage

Free Standing Standard Pulley

Standard Pulley System with Dual Pulleys

- Bilateral / Double Pulley Handles are Standard
- 75lb Weight Stacks in 5 lb Increments Standard
- 2:1 / 1:1 Ratio
- (2.5lb start weight using single handle or 5lb start weight using both pulleys simultaneously)

OPTIONAL ITEMS

- Handrails
- Shoulder Rotation Pad
- Weight Stack Shroud
- Adjustable Lat Pulldown

Lat Pulldown Option

Some of the Exercises That Can Be Done

Supine Chest Press

Supine Fly

Incline Fly

Seated Shoulder Press

Shoulder Extension

Shoulder Flexion

Internal/External Rotation

Lateral Raise

Rear Deltoid Row

High/Mid/Low Row

Arm Curl

Triceps Extension

Triceps Pushdown

Triceps Kick Back

Abdominal Crunch

Hip Abduction

Hip Adduction

Hip Extension

Hip Flexion

Wrist Extension

Wrist Flexion