

# Speed Pulleys

Versatile rehabilitation and speed training exercises



- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_

Speed pulley 50kg



Mobile speed pulley

Main features of speed pulleys:

1. Possibility of starting with low weight and setting the weight precisely using one or two ropes
2. Not losing the weight even when doing explosive speed exercises
3. You are able to do different (speed) exercises like running with extra resistance, throwing motions and skiing exercises - even with two hands

Speed pulleys allow exercises according to speed variation but are not limited to only those. By moving faster the resistance is a little higher making the exercise a little bit more difficult to perform. You can also do the same exercises as with standard pulleys but the combination of long ropes and two handles enable a variety of different exercises – the only limit is your own imagination. For example you can use one handle for the exercise and the other one for stabilization and core training.

The extremely smooth pulling mechanism of Lojer Speed pulleys allow even explosive exercise movements – without losing or jolting the weight. Speed pulleys have a very light weight stack - you can start from 500 gram resistance. You can also double the weight by connecting both ropes to one handle. Speed pulleys feature two adjustment pins: first one for adjusting the height of the rope and the second one acts as a range motion limiter. By pulling the rope one meter, the weight stack rises only about 20 cm. This enables different motion speed exercises like running with extra resistance, throwing motions et cetera.

**Mobile speed pulley** is the best option for limited space or when wall-attachment cannot be used. It is also an excellent option for rehabilitation that takes place f.ex.in rehabilitation wards. The mobile speed pulley features a 50 kg encased weight stack, casters and two ropes with handles.



**LOJER**® For easy care

|   | Speed pulley 50kg             | Speed pulley 80kg             | Speed pulley 100kg            | Mobile speed pulley           |
|---|-------------------------------|-------------------------------|-------------------------------|-------------------------------|
| Weight stack  | 50 kg                         | 80 kg                         | 100 kg                        | 50 kg                         |
| Weight plates   | 20 x 2,5 kg                   | 16 x 5 kg                     | 20 x 5 kg                     | 20 x 2,5 kg                   |
| Number of ropes   | 2                             | 2                             | 2                             | 2                             |
| Max. length of ropes using 1 rope (halved with 2 ropes) | 12 meters                     | 11,5 meters                   | 11 meters                     | 7,5 meters                    |
| Overall height  | 230 cm                        | 217 cm                        | 217 cm                        | 186 cm                        |
| Width   | 29,5 cm                       | 51 cm                         | 51 cm                         | 74,5 cm                       |
| Depth with adjustment pins                              | 32 cm                         | 54 cm                         | 54 cm                         | 77 cm                         |
| Total weight  | 81 kg                         | 154 kg                        | 174 kg                        | 85 kg                         |
| Casters   | -                             | -                             | -                             | Ø75 mm   central locking      |
| CE-marked   | Yes                           | Yes                           | Yes                           | Yes                           |
| Warranty (years)  | Steel parts 10<br>mechanism 2 | Steel parts 10<br>mechanism 2 | Steel parts 10<br>mechanism 2 | Steel parts 10<br>mechanism 2 |
| Country of Manufacture                                  | Finland                       | Finland                       | Finland                       | Finland                       |

## Resistance matrix for Speed pulley 50 kg and Mobile speed pulley

The Lojer speed pulley resistance ratio with one rope is 1 : 5 and with two ropes 2 : 5. Check the matrix below for more information and examples.

| Weight pin № | Weight of the plate(s)<br>total | Total outcoming resistance<br>with one handle | Total outcoming resistance<br>with two handles |
|--------------|---------------------------------|---|--|
| 1            | 2,5 kg                          | 0,5 kg  | 1,0 kg   |
| 2            | 5, 0 kg                         | 1,0 kg  | 2,0 kg   |
| 5            | 12,5 kg                         | 2,5 kg  | 5,0 kg   |
| 10           | 25,0 kg                         | 5,0 kg  | 10,0 kg  |
| 20           | 50,0 kg                         | 10,0 kg                                       | 20,0 kg  |

## Resistance matrix for Speed pulley 80 kg and 100 kg

| Weight pin № | Weight of the plate(s)<br>total | Total outcoming resistance<br>with one handle | Total outcoming resistance<br>with two handles |
|--------------|---------------------------------|---|--|
| 1            | 5 kg                            | 1 kg  | 2 kg   |
| 2            | 10 kg                           | 2 kg  | 4 kg   |
| 5            | 25 kg                           | 5 kg  | 10 kg  |
| 10           | 50 kg                           | 10 kg   | 20 kg  |
| 16           | 80 kg                           | 16 kg   | 32 kg  |

## Accessories:

- Padded Ankle/Wrist Band 25 x 8 cm **€34 + VAT**
- Padded Thigh/Shoulder Band 55 x 8 cm) **€46 + VAT**
- Padded Waist Band 100 x 8 cm **€60 + VAT**
- Rotation Band **€68 + VAT**
- Support Bar to be Attached to Adjustment Bar **€152 + VAT**
- Leather/Ankle Wrist Strap, short and long **€45 + VAT**
- Leather Waist Strap, short and long **€74 + VAT**
- Leather Knee/Shoulder Strap **€74 + VAT**
- Multipurpose strap **€78 + VAT**
- Triceps Handle **€43 + VAT**
- Rowing Handle **€73 + VAT**
- MTT Training Glove **€44 + VAT**

