

Band Capture / Selecting Pounds of Tension process:

Internal Pull Mechanism (D) contains ten pull bands (C). Each pull band has a tension of 10 lbs. Mechanism is designed to pull either 2, 4, 6, 8, and 10 pull bands at a time enabling either 20, 40, 60, 80 or 100 lbs of tension.

Selection Dial (A) has five settings marked with the associated 20, 40, 60, 80 and 100 pounds of tension. By rotating the Selection Dial to 20 you are rotating the band capture mechanism (B) to engage two of the ten pull bands, thusly resulting in 20 lbs of tension. These two pull bands are 180 degrees apart for a balanced weight / tension distribution.

In example depressing the foot petals (not shown) at the 20 pound setting on the Selection Dial will stretch only two 10 lb pull bands, thusly requiring 20 lbs of exertion from the user. The remaining eight pull bands will not be engaged and remain unstretched when used.

In example by selecting 80 on the Selection Dial, you are rotating the band capture mechanism to engage eight of the ten pull bands, thusly resulting in 80 lbs of tension. These eight pull bands are 180 degrees apart for a balanced weight / tension distribution.

Depressing the foot petals at the 80 lb setting on the selection dial will stretch only eight 10 lb pull bands, thusly requiring 80 lbs of exertion to depress. The remaining two pull bands will not be engaged and remain unstretched when used.

