



# Ex-Box™

## Multi-Muscle Training:

- LEGS
- BACK
- SHOULDER
- ARMS



Re-Order Number	Description	Units of Measure
708030	Ex-Box Resistance Trainer with Two Handles	Set
914539	Replacement Handgrips	Each



**Product Overview:**

Skil-Care’s Ex-Box<sup>TM</sup> provides a convenient platform for enabling a variety of strength-training, range-of-motion, flexibility-enhancing, and coordination exercises. It features easy-attach and easy-release adjustable sockets that accepts exercise tubes and bands at all resistance levels. Designed for portability, the Ex-Box<sup>TM</sup> may be used anywhere.

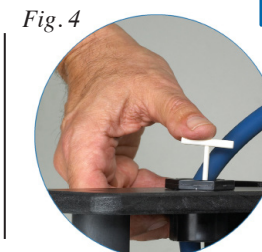
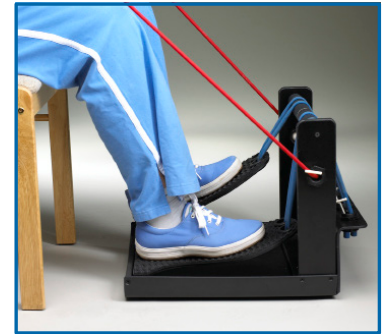
**Note: Tubing/banding must be purchased from your rehab dealer.**

**Ex-Box Setup:**

**Pedals:**

There are four adjustable sockets (two for each pedal) located on the back of the Ex-Box<sup>TM</sup> frame. These are used to secure the resistance tubes or bands used for the pedals.

1. Place tube/band into top of socket and pull up firmly up on T-stem to secure (Fig. 1).
2. Bring tube/band over roller bar and thread through both pedals grommets (Fig. 2).
3. Bring tube/band over roller bar and insert end in socket. Pull up firmly on T-stem to secure (Fig. 3).
4. Release tube/band by pushing in on T-stem (Fig. 4).



**Note:**  
The resistance band color is for aesthetic purposes, colors can vary.

**Handgrips:**

The adjustable sockets used for securing the hand grips to the Ex-Box<sup>TM</sup> are located on the vertical supports for the roller bar. Select tube/band of appropriate resistance level for user. For each exercise, adjust length of resistance material for appropriate range of motion and strength of user. Resistance can be increased by thicker banding or by shorter lengths. Adjustment is made by releasing tube/band on Ex-Box<sup>TM</sup> frame, lengthening or shortening material, and re-securing ball and socket device.



**Please Note:** The Ex-Box comes with two 20” black (Extra heavy resistance) for the arms and two 32” silver (Extra Extra-heavy resistance) for the legs. The Ex-Box can be used with a variety of resistance bands with different strengths. The images used in this insert and on our website show a red band (light resistance) for the arms and green band (medium resistance) for the legs. These images are just for aesthetic purposes.

## Handgrips (cont.):

1. Insert tube/band into socket and pull firmly on T-stem to secure (Fig. 5).
2. Insert opposite end of tube/band into hand grip socket (Fig. 6).
3. Push ball firmly into socket while pulling back on tube/band to secure (Fig. 7).
4. Pull tube/band toward handle to release (Fig. 8).

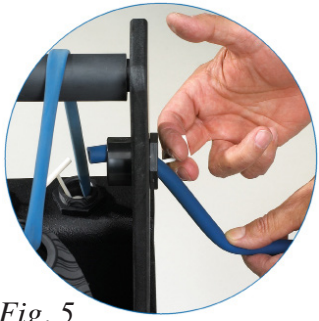


Fig. 5



Fig. 6



Fig. 7



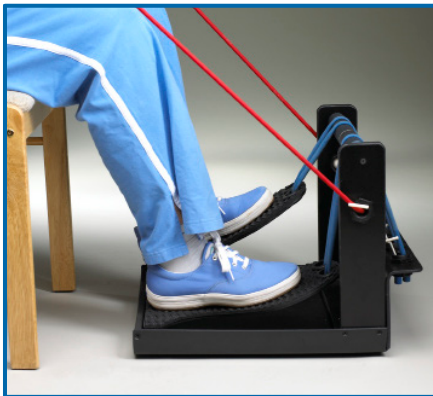
Fig. 8

**Note:** The resistance band color is for aesthetic purposes, colors can vary.

## Ex-Box™ Exercises

### Pedal Press:

User alternately presses down on the pedals to strengthen calf muscles and increase ankle strength and flexibility. This exercise may be done alone or in conjunction with the arm, back, and shoulder exercises shown in this booklet. Combining exercises is recommended for improving overall coordination.



**Pedal Press**



**Pedal Press Combined**

### Important Safety Information for Wheelchair Users

If the Ex-Box™ is being used by an individual in a wheelchair, make certain that the wheelchair brakes are locked and the individual's seat belt is secured.



# Ex-Box™ Exercises



## Wrist Curl:

**Target Muscles:**  
Flexor carpi radialis,  
flexor carpi ulnaris



## Back Extension:

**Target Muscles:**  
Erector spinae,  
Retus abdominis



## Seated Row:

**Target Muscles:**  
Latissimus dorsi, Rhomboids,  
Trapezius



## Parallel Row:

**Target Muscles:**  
Latissimus dorsi,  
Trapezius, Posterior deltoids



## Shoulder Lift:

**Target Muscles:**  
Deltoids



## Bicep Curls:

**Target Muscles:**  
Biceps, Brachioradialis

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