



- lightweight 36" channel attaches to wall studs
- anchor (included) moves along center channel and locks in place by tightening with screwdriver
- adjust anchor to any height along 36" channel
- works with any exercise band or tubing (not included)



### INSTRUCTIONS

- Securely attach the top, center, and bottom of WalSlide® Slim® to studs in the wall. Make sure unit is securely attached to wall before using.
- To reposition WalSlide® Slim® sliding anchor along center groove loosen both screws above and below eye-bolt, position sliding anchor to desired height, re-tighten both screws.
- Band or tubing should be fastened to sliding anchor assembly with loop-stirrup anchor.

### PARTS

- 10-5070 WalSlide® Slim® 2.0™
- 10-5071 WalSlide® Slim® 2.0™ sliding anchor
- 10-5310 additional loop stirrup anchor

*exercise band, tubing, and mounting hardware sold separately*

### ⚠ CAUTION

- Consult your healthcare professional before beginning any exercise program
- Check that the WalSlide® Slim® is securely attached to the wall before each use
- Use the WalSlide® Slim® with exercise band and tubing only



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