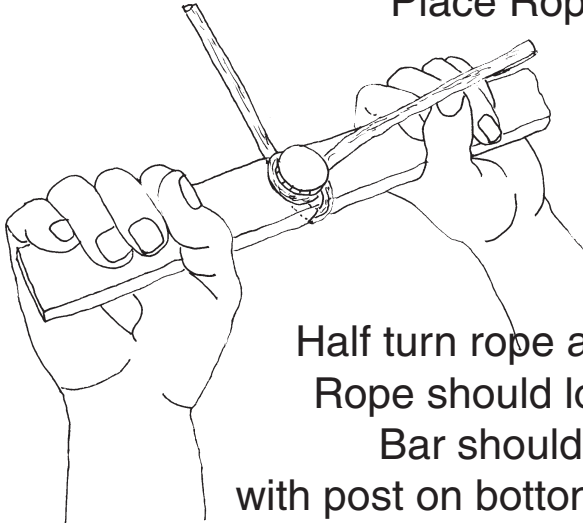


# **Pull-man™ Instructions**

## **ROPE PULL BAR**

Place Rope In “V” Groove



Half turn rope around Post  
Rope should lock on self  
Bar should be flat  
with post on bottom when pulling