



WHAT'S INCLUDED

- 1x Wooden Finger Ladder
- 1x Nylon Hanging Strap
- 4x Wall Mounting Screws
- 1x Wooden Dowel

HOW TO ATTACH OVER DOOR

1. Using the included nylon hanging strap, locate the open slot at the top of the finger ladder.



2. Insert the thin end of the hanging strap from the back end to the front.



3. Use the included wooden dowel and insert between the strap opening.



4. Open available door and hang ladder using the thick end of the hanging strap. Place the strap in between the top door crease and slowly close the door until the strap is secure.



NOTE: Test ladder before use.

HOW TO MOUNT ON WALL

The ladder comes with 4 wall screws that can be used to mount the ladder to a wall.

Tools you may need:

- Drill
- Pencil
- Level
- Step Ladder

1. Locate a wall stud near the location you want to mount the ladder. Mark the studs approximately where the top and bottom of the ladder will be mounted with a pencil.

2. Determine the height you want the finger ladder to reach by extending your arm over your head and adding at least 2 inches. Use a step ladder to reach and mark the height with a pencil, making sure the mark is on the stud.

3. Place the finger ladder on the wall at the marks with at least one screw inserted on the top end.

4. Use a drill to mount the top screw into the wall, making sure you are hitting the wall stud. Do not screw in all the way.

5. Let the ladder hang with one screw and use a level to make sure the ladder is straight before mounting the rest of the screws.

NOTE: If wall studs are not an option, anchor screws can be used as an alternative.

INSTRUCTIONS FOR USE

Facing Forward

Facing forward looking at the finger ladder, stand about one foot away.

1. Starting at shoulder height, walk your fingers slowly up the ladder.



2. Move closer to the ladder as you raise your arm. Go as high as you can without feeling pain.



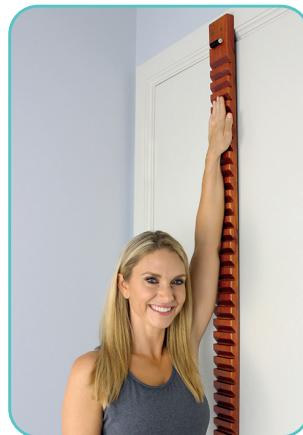
3. Hold for 5 seconds and walk your fingers back down the ladder to shoulder height. Repeat up to 5 times per set. Try to reach a little higher each day.



Facing Sideways

Face sideways and align your shoulder with finger ladder; one foot away.

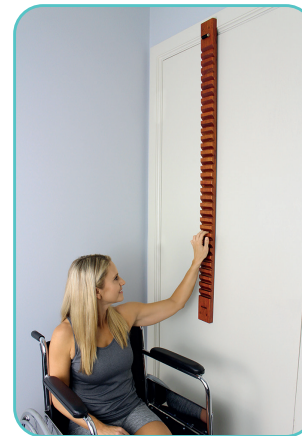
Repeat steps 1-3 from above.



Sitting Down

Position the chair sideways and align your shoulder with finger ladder; one foot away.

Repeat steps 1-3 from above.



WARNING

- Do not start any exercise plan without consulting a physician first.
- If you feel extreme pain or discomfort, immediately stop the exercise and consult a physician.

CARE INSTRUCTIONS

- Wipe down with damp cloth and dry immediately.

SPECIFICATIONS

- Length: 54"
- Width: 3.12"
- Thickness: 1"
- Material: Merbau wood
- Strap length: 8"
- Strap material: Nylon
- Steps: 34 total, 1.38" apart at 60 degrees
- Includes 4 pre-drilled holes for mounting
- Latex free

QUESTIONS?

Our friendly customer service team is standing by to assist you. Feel free to connect on the phone, email or chat.

 service@vivehealth.com

 1-800-487-3808

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