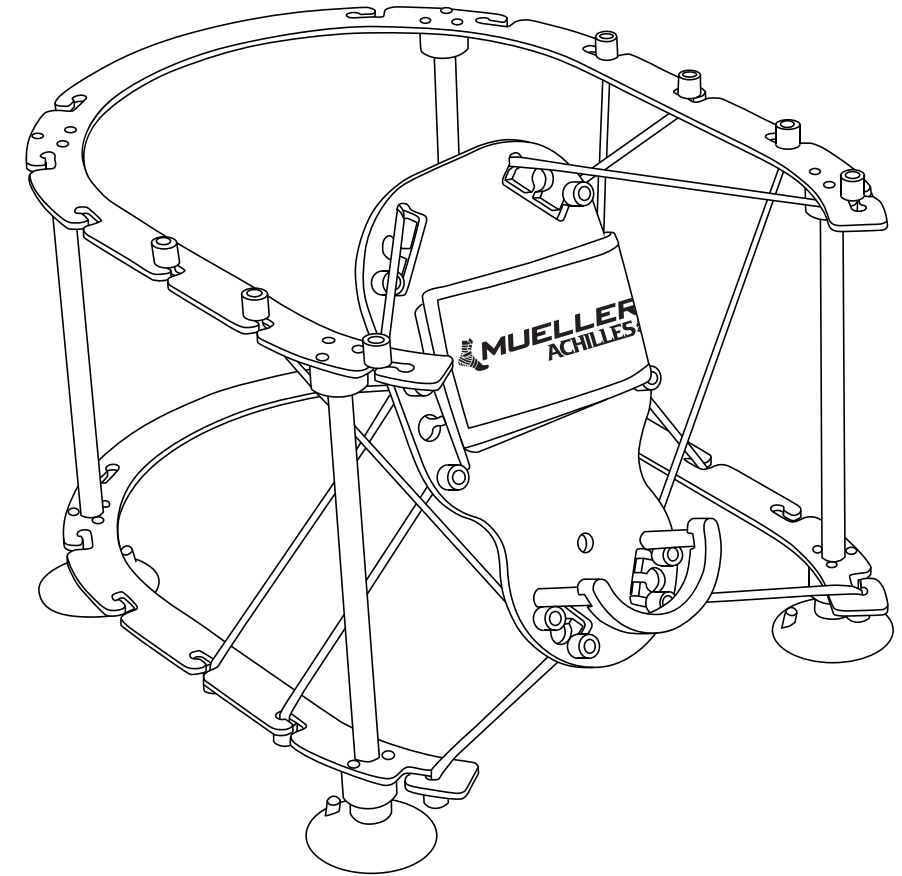




WARNING: Ensure straps and closures are properly secured before use. Improper use may result in entrapment or injury.

WARNING: Use only on flat, stable surfaces.

WARNING: Resistance components are under tension and may recoil unexpectedly. Keep face and body clear.

WARNING: Keep fingers, hands, hair, and loose clothing away from moving parts. Pinch hazard may exist during adjustment and use.

WARNING: Exercise equipment and accessories may create a trip hazard. Keep surrounding area clear during use.

WARNING: Loss of balance may occur during use. Use only on a stable surface and maintain support as needed.

WARNING: Not a toy. Keep out of reach of children when not in use.



SCAN HERE FOR LANGUAGE
TRANSLATIONS



SCAN HERE TO LEARN MORE
ABOUT OUR LIMITED WARRANTY

ACHILLES™: ASSEMBLY & INSTRUCTION MANUAL



Mktd. by:



MUELLER SPORTS MEDICINE, INC.

1 Quench Drive, P.O. Box 99,

Prairie du Sac, WI 53578 USA

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This Product Contains Dry Natural Rubber which may cause allergic reactions. If rash develops or pain persists, discontinue use and consult a physician.

The word MUELLER and the Taped Ankle design are registered trademarks, and the word ACHILLES and the Helmet Design are trademarks, of Mueller Sports Medicine, Inc.

ASSEMBLY :

PARTS LIST:

- **A1:** Top Horseshoe
- **A2:** Bottom Horseshoe
- **B:** (4) Connecting Rods
- **C:** (4) Suction Cups
- **SHOE PLATE**
- **GOLD BANDS** – Light Resistance (12)
- **RED BANDS** – Medium Resistance (12)

ASSEMBLY INSTRUCTIONS:

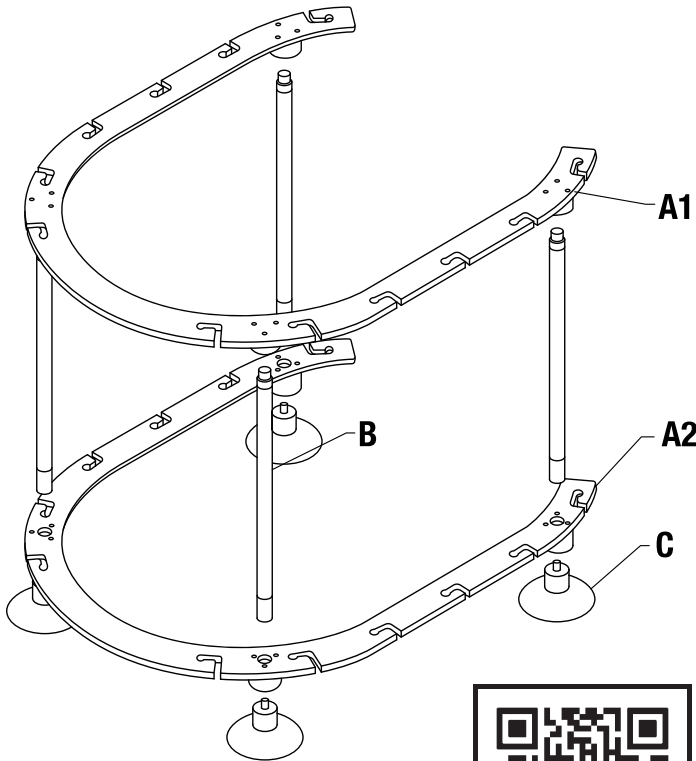
1. Place the Top Horseshoe (**A1**) upside down on a level surface with the numbers and logos facing down.
2. Twist the 4 Connecting Rods (**B**) into the 4 threaded holes in the Top Horseshoe (**A1**).
3. Place the Bottom Horseshoe (**A2**) onto the ends of the rods (**B**) with the numbers facing down. Take care to align all the holes before pressing it into place.
4. Firmly thread the suction cups (**C**) into the threaded holes in the Rods (**B**) ensuring that they are fully seated.
5. Turn the frame over to begin configuring the device to the desired setting.

SELECTING APPROPRIATE RESISTANCE BANDS:

GOLD: Best for those seeking gentle resistance to focus on mobility support and enhanced flexibility.

RED: Best for those seeking increased strength, stability, and performance.

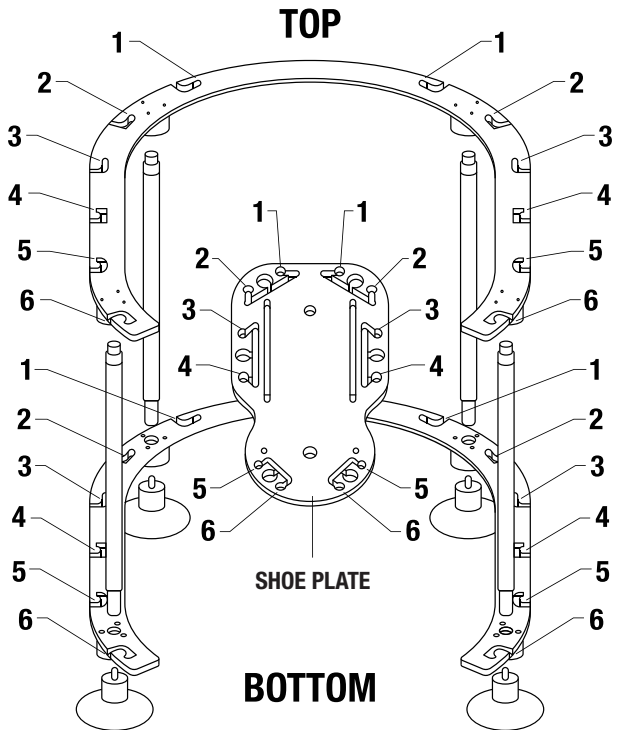
HEAVY RESISTANCE BAND SET - Sold Separately for advanced athletes seeking maximum resistance.



SCAN HERE FOR SETUP
AND WORKOUTS

INSTRUCTIONS FOR USE:

- This product is intended for general fitness and wellness use only and is not intended to diagnose, treat, cure, or prevent any medical condition.
- Keep your foot (use shoes) in the center of the Achilles frame and use slow, controlled motion to move your ankle through your full range of motion in all directions.
- Create workouts with reps of flexion, extension, eversion, and inversion movements.
- Combine movements to create more advanced workouts.
- Keep knee stationary while exercising to ensure optimal engagement of the ankle and lower leg muscles.
- It is strongly recommended to foam roll and stretch both before and after using Achilles. You may activate muscles that are not frequently trained, which can result in post-exercise soreness. If you experience soreness, allow a few days for recovery before your next session.
- For optimal results, train on Achilles 2–3 times per week. The lower-leg muscles require adequate recovery just like any other muscle group.
- Pushing through muscular fatigue is important. Complete all repetitions before stopping. Rest 30 seconds to 1 minute between sets. If you are unable to finish a set with proper form, decrease the resistance to successfully complete the remaining repetitions.
- When setting up your device, all band configurations must be symmetrical left to right. Do not combine resistance levels.
- Don't overdo it. For best results, use Achilles 2–3 times per week. The only exception is when you're using it as a warm-up before training or competition.
- Don't force it. Avoid pressing all the way to the ground or overstretching the bands. If it starts to feel too easy, switch to a stronger resistance band or increase reps instead of pushing harder.
- Don't store it under tension. You can leave the bands on the shoe plate, but after each session, remove the shoe plate from the device. This helps keep the bands from overstretching and extends their lifespan.
- Inspect bands before each use and replace if there are any signs of damage or loss of elasticity, as continued use could result in sudden breakage and potential injury.
- The suction cups are designed to stick to smooth surfaces. The available weight plate accessory may be used to help secure the device on other surfaces such as carpet.



- VISIT OUR YOUTUBE CHANNEL FOR TUTORIALS AND INSTRUCTIONS.
- VISIT WWW.MUELLERSPORTSMED.COM/ACHILLES FOR A FULL LIST OF AVAILABLE ACCESSORIES.

THE SHIELD: BEST FOR LOWER LEG WARM UP

The SHIELD configuration is engineered to provide progressive resistance and controlled movement patterns that enhance strength, balance, and joint stability and is an excellent option for warming up the lower leg and ankles. This configuration should be used in a seated position with the knee bent to 90 degrees. Apply pressure downward to keep foot centered in the frame. After gaining experience, it can also be used in a standing position with the knee slightly bent.

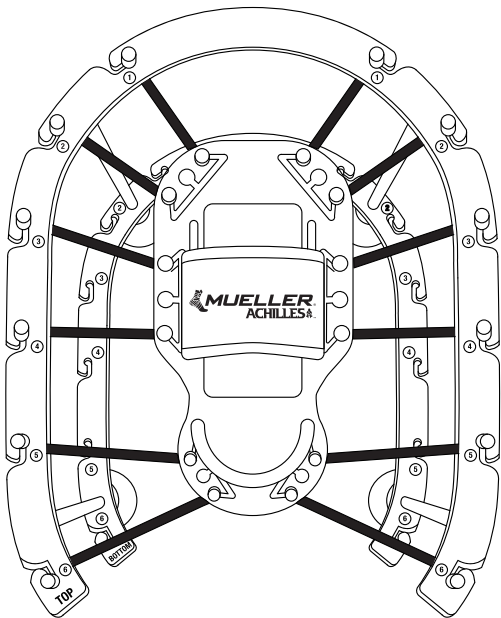
SETUP INSTRUCTIONS:

1. Review the image and band configuration chart below.
2. Start by placing all the bands into the designated slots on the shoe plate.
3. Hold the shoe plate in the center of the device with one hand
4. With your other hand, attach the other ends of the bands to the designated locations on either the top horseshoe (TH) or bottom horseshoe (BH)
5. Note whether the band should be pulled from the top (T) or bottom (B) of the shoe plate.
6. The setup is symmetrical left to right. Connect both sides of each number before moving to the next step in the order shown

SHOE PLATE TO HORSESHOE

- 1 B – TH:1
- 2 B – TH:2
- 3 B – TH:3
- 4 B – TH:4
- 5 B – TH:5
- 6 B – TH:6

T = BAND PULLED FROM TOP OF SHOE PLATE
B = BAND PULLED FROM BOTTOM OF SHOE PLATE



TH = TOP HORSESHOE
BH = BOTTOM HORSESHOE

THE CHAMBER: BEST FOR ANKLE TRAINING

The CHAMBER configuration is designed for targeted ankle strengthening and exercise, with an emphasis on dorsiflexion to effectively engage the anterior compartment of the lower leg. Use this setting in a seated position with the knee slightly bent.

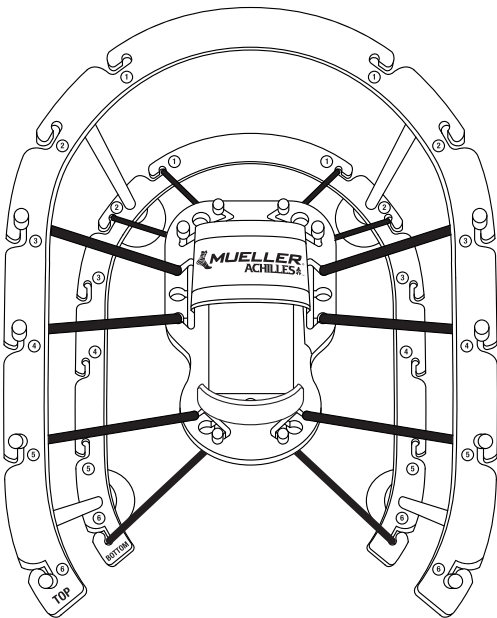
SETUP INSTRUCTIONS:

1. Review the image and band configuration chart below.
2. Start by placing all the bands into the designated slots on the shoe plate.
3. Hold the shoe plate in the center of the device with one hand.
4. With your other hand, attach the other ends of the bands to the designated locations on either the top horseshoe (TH) or bottom horseshoe (BH).
5. Note whether the band should be pulled from the top (T) or bottom (B) of the shoe plate.
6. The setup is symmetrical left to right. Connect both sides before moving to the next step in the correct order.

SHOE PLATE TO HORSESHOE

- 2 B – BH:2
- 1 B – BH:1
- 3 T – TH:3
- 4 T – TH:4
- 5 T – TH:5
- 6 B – BH:6

T = BAND PULLED FROM TOP OF SHOE PLATE
B = BAND PULLED FROM BOTTOM OF SHOE PLATE



TH = TOP HORSESHOE
BH = BOTTOM HORSESHOE

THE WEB: BEST FOR TOTAL LOWER LEG TRAINING

The WEB configuration is designed for training all major muscle groups of the lower leg. It delivers targeted resistance and dynamic movement engagement to support strength, stability, and overall physical performance. This configuration is specifically designed to promote mobility, coordination, and active training for individuals seeking to maintain joint function and support an active lifestyle. Use this setting in a seated position with the knee slightly bent.

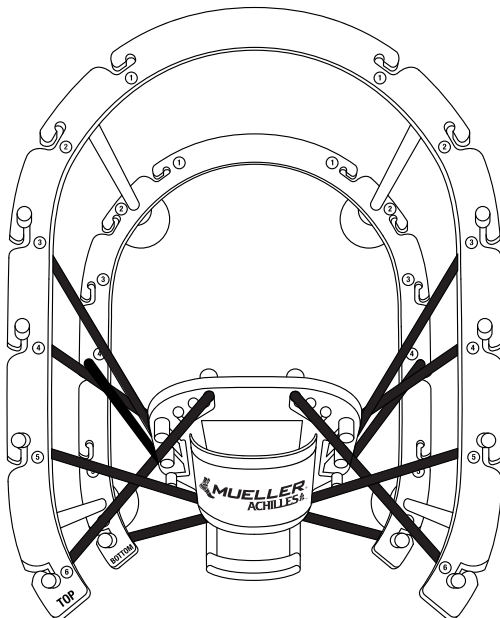
SETUP INSTRUCTIONS:

1. Review the image and band configuration chart below.
2. Start by placing all the bands into the designated slots on the shoe plate.
3. Hold the shoe plate in the center of the device with one hand
4. With your other hand, attach the other ends of the bands to the designated locations on either the top horseshoe (TH) or bottom horseshoe (BH)
5. Note whether the band should be pulled from the top (T) or bottom (B) of the shoe plate.
6. The setup is symmetrical left to right. Connect both sides before moving to the next step in the correct order

SHOE PLATE TO HORSESHOE

- 5 T – TH:5
- 6 B – BH:6
- 1 T – TH:6
- 2 B – TH:4
- 3 B – TH:3
- 4 B – BH:4

T = BAND PULLED FROM TOP OF SHOE PLATE
B = BAND PULLED FROM BOTTOM OF SHOE PLATE



TH = TOP HORSESHOE
BH = BOTTOM HORSESHOE