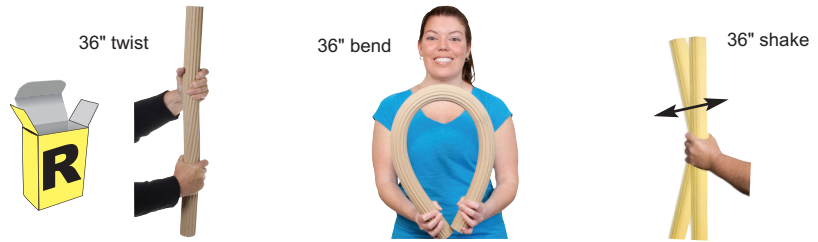


CanDo® Twist-n-Bend® bar

CanDo® Twist-Bend-Shake® bar

all bars are 1.75" diameter so the same muscles are used for all resistance levels



- change resistance by varying distance between hands and/or by using a different resistance bar
- **TWIST:** with both hands on the bar, twist by flexing one wrist and extending the other
- **BEND:** place both hands on or near the ends of the bar; keep your hands in position and exert force to bend the bar
- **TWIST-N-BEND:** combine Twist and Bend methods
- **SHAKE:** place hand(s) at center or end, shake the bar
- **OSCILLATION:** hold bar at center or end, move in circular motion; exercises work best with 36" bar

- lightweight and portable
- use for hand, wrist and shoulder exercises
- great exerciser for tennis elbow
- perfect for rehab and sports training
- each resistance has same bar diameter
- bend, twist and shake

12" long		
tan	xx-light	10-1510
yellow	x-light	10-1511
red	light	10-1512
green	medium	10-1513
blue	heavy	10-1514
black	x-heavy	10-1515
tan yel red grn blu blk	set	10-1516

24" long		
tan	xx-light	10-1520
yellow	x-light	10-1521
red	light	10-1522
green	medium	10-1523
blue	heavy	10-1524
black	x-heavy	10-1525
tan yel red grn blu blk	set	10-1526

36" long		
tan	xx-light	10-1530
yellow	x-light	10-1531
red	light	10-1532
green	medium	10-1533
blue	heavy	10-1534
black	x-heavy	10-1535
tan yel red grn blu blk	set	10-1536



CanDo® web - finger flexion, extension and wrist exerciser



- perform flexion, extension, opposition and supination exercises
- modify exercises by adjusting the hand position or depth of finger insertion
- modify resistance by switching to a different resistance color web
- available in both 14" and 7" diameter size; latex and latex-free
- resistance levels are color-coded

large 14" diameter			
		latex	latex-free
tan	xx-light	10-0850	10-0870
yellow	x-light	10-0851	10-0871
red	light	10-0852	10-0872
green	medium	10-0853	10-0873
blue	heavy	10-0854	10-0874
black	x-heavy	10-0855	10-0875
tan yel red grn blu blk	set	10-0856	10-0876

small 7" diameter			
		latex	latex-free
tan	xx-light	10-0860	10-0880
yellow	x-light	10-0861	10-0881
red	light	10-0862	10-0882
green	medium	10-0863	10-0883
blue	heavy	10-0864	10-0884
black	x-heavy	10-0865	10-0885
tan yel red grn blu blk	set	10-0866	10-0886



multi-resistance 14" large diameter, latex

yellow	green	x-light/medium	10-0857
red	blue	light/heavy	10-0859

