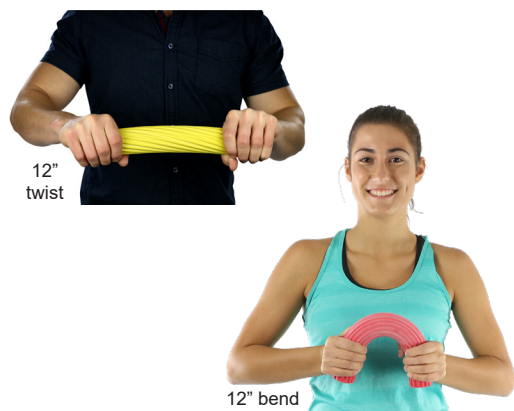


CANDo® Twist-n' Bend® Exercisers

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

Twist-n' Bend® bar



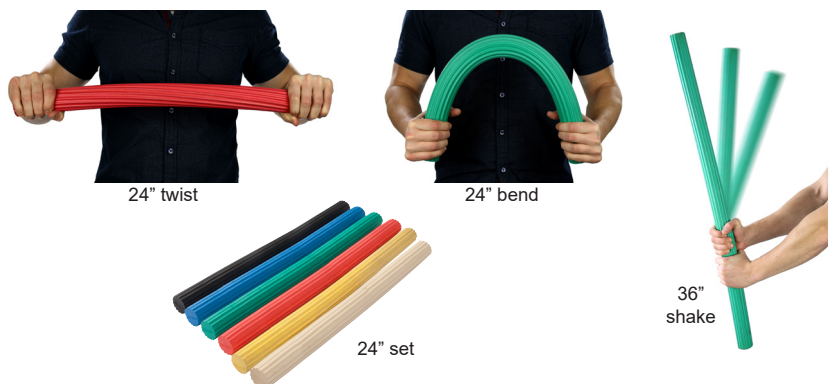
- Lightweight and portable
- Use for hand, wrist and shoulder exercises
- Great exerciser for tennis elbow
- Perfect for rehab and sports training
- Each resistance has same bar diameter
- Bend, twist and shake



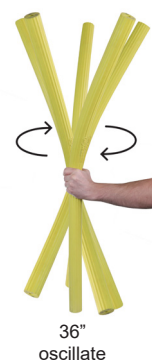
12" long

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 of 6	10-1516

Twist-Bend-Shake® bar



- 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



24" long

36" long

tan	xx-light	10-1520	10-1530
yellow	x-light	10-1521	10-1531
red	light	10-1522	10-1532
green	medium	10-1523	10-1533
blue	heavy	10-1524	10-1534
black	x-heavy	10-1525	10-1535
tan yel red grn blu blk	set of 6	10-1526	10-1536

Compare then decide

	CanDo® Twist-n' Bend® bar	TheraBand® FlexBar®
Diameters of each	Since all bars are 1.75" in diameter, the user exercises the same muscles with each resistance, providing a consistent workout	The diameter increases with each resistance, resulting in inconsistent rehabilitation
Resistance levels available	6 levels: including tan for long-term care and black for athletic training	4 levels: yellow through blue
Lengths available	Twist-Bend-Shake® Bars (24" and 36" lengths)	no other options