

exercise stations

CanDo® bungee exercise cords and accessories

- each color-coded bungee cord has a snap hook on one end AND a door jamb anchor nub and loop anchor on the other end
- use with a variety of accessories for complete upper and lower body workout

exercise cords

	Strength	4-foot cord	7-foot cord
tan	xx-light	10-5810	10-5800
yellow	x-light	10-5811	10-5801
red	light	10-5812	10-5802
green	medium	10-5813	10-5803
blue	heavy	10-5814	10-5804
black	x-heavy	10-5815	10-5805
silver	xx-heavy	10-5816	10-5806
gold	xxx-heavy	10-5817	10-5807
yel red grn blu blk set (1 ea)		10-5819	10-5809

accessories

	extremity strap (25")	10-3221
A	foam-padded handle (pair)	10-3220
B	adj. large strap (thigh)	10-3241
C	adj. medium strap (ankle)	10-3240
D	adj. small strap (wrist)	10-3242
E	adj. shoulder harness	10-3243
F	adj. head harness	10-3244
G	door mount	10-5150
H	wall mount	10-5152

E shoulder harness



7-foot bungee cord

A foam-padded handle

C medium strap

B large strap

D small strap

F head harness

H wall mount: vertical strap is 5½' long; horizontal strap is 16" long with 5 ring attachments (bungee cord not included)

G door mount: vertical strap is 16' long to wrap around length of door

CanDo® shoulder pulley set

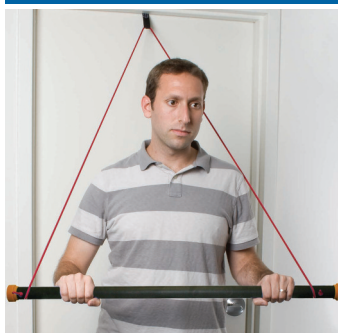
- helps increase ROM in shoulder for prevention and rehabilitation of injuries
- mount in any doorway
- includes elastic tubing (below), handles, pulley and door anchor
- combines shoulder pulley with ELASTIC resistance!



yellow	x-light	10-5040
red	light	10-5041
green	medium	10-5042
blue	heavy	10-5043
black	x-heavy	10-5044
yel red grn blu blk set (1 ea)		10-5048

NOTE: non-elastic overhead pulleys available on page 81

CanDo® overdoor exercise bar



- use standing, sitting, or balancing
- exercise superficial and deeper muscles
- use for isometric and dynamic exercise
- includes tubing (below), exercise bar and door anchor

yellow	x-light	10-5060
red	light	10-5061
green	medium	10-5062
blue	heavy	10-5063
black	x-heavy	10-5064
yel red grn blu blk set (1 ea)		10-5068

CanDo® door anchors

- use with existing band or tubing for overdoor, underdoor or in door jamb

overdoor bracket

10-5780	nub door anchor
10-5781	disc door anchor
10-5782	overdoor bracket



nub anchor



disc anchor



overdoor/underdoor bracket