

extremity cuff strap w/ cinch



- secure band or tubing into cinch fastening system
- secure padded webbing cuff around extremity (leg, arm) with hook and loop fastener

*measurement is cuff loop circumference

16" diameter webbing loop*

10-5356	1 each
10-5356-10	10 each
10-5356-50	50 each

25" diameter webbing loop*

10-5346	1 each
10-5346-10	10 each
10-5346-50	50 each

extremity strap with D-ring



- position strap around ankle, wrist or thigh and secure with hook and loop
- D-ring can be used as an anchor for the band or tubing to perform various exercises

*measurement is cuff loop circumference

D-ring extremity strap

10-3222	16", 1 each*
10-3221	25", 1 each*

double loop stirrup anchor

- loop stirrup has two webbing loops: one large, one small
- place band or tubing through small webbing loop and put other loop around any stationary object such as your foot, a door anchor, or a wall anchor
- can be used in conjunction with handles to facilitate a wide range of exercises

double loop stirrup anchor

10-5310	1 each
10-5310-10	10 each
10-5310-50	50 each



create "luggage tag" loop around sturdy anchor



band and tubing anchors

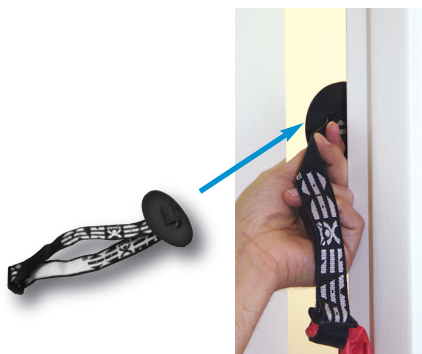
exercise



place foot through loop to create sturdy anchor

door jamb anchors

door disc anchor with cinch



- place flexible disc in door jamb at any height, even on top of door
- close door to anchor disc
- easy to load and unload band or tubing through strap cinch
- heavy-duty webbing for durability

door disc anchor with cinch

10-5325	1 each
10-5325-10	10 each
10-5325-50	50 each

nub anchor with loop



- place nub in door jamb at any height, even on top of door
- close door to workout
- webbing has a loop stirrup on one end and a nub on the other

nub anchor with loop

10-5320	1 each
10-5320-10	10 each
10-5320-50	50 each