

CANDo® Fabric Loop PLUS

- Convenient, pre-cut fabric loops arrive ready-to-use; no need to cut and tie before exercise
- Available in 3 lengths to perform upper, lower and full body exercises:
8" loop is designed for upper body exercises.
12" loop is ideal for lower body exercises.
18" loop is sized for full body (core) exercises.
 *Lengths represent loop when flat
- Available in 8 color-coded resistance levels; sold individually and in 3 piece sets

individual loops		8" loop	12" loop	18" loop
tan	xx-light	10-6620	10-6290	10-6690
yellow	x-light	10-6621	10-6291	10-6691
red	light	10-6622	10-6292	10-6692
green	medium	10-6623	10-6293	10-6693
blue	heavy	10-6624	10-6294	10-6694
black	x-heavy	10-6625	10-6295	10-6695
silver	xx-heavy	10-6626	10-6296	10-6696
gold	xxx-heavy	10-6627	10-6297	10-6697

3 piece sets			8" loop	12" loop	18" loop	
yel	red	grn	set (1 ea)	10-6740	10-6743	10-6746
grn	blu	blk	set (1 ea)	10-6741	10-6744	10-6747
blk	sil	gol	set (1 ea)	10-6742	10-6745	10-6748



WARNING

- Exercise routines should be determined by a doctor, therapist, coach, or trainer
- Read directions and carefully follow exercise instructions at all times
- Avoid using fabric loop in areas where it could accidentally strike others
- Inspect the fabric loop before each use for any nicks or tears that may occur from continued use. If there are nicks or tears then dispose and do not use
- Do not tie multiple strength fabric loops together
- Immediately consult your doctor or therapist if any discomfort is experienced while performing exercise(s)
-  **NOTE:** Wear eye protection while performing any exercises with the fabric loop

Exercise Tips

- Use discretion when choosing fabric loop size and/or resistance for the exercises mentioned
- The exercise tips are guidelines. They do not replace any instructions or directions given by your clinician
- For beginners, practice exercises without the fabric loop until you are comfortable with the movements. Then begin exercises with this product
- Proper body stance is critical while practicing standing exercises. Square your balance at all times. Be sure to practice the safest posture possible by maintaining your natural spinal position
- Avoid hyper-extending or over-flexing joints while exercising. Do not lock-up joints
- Control your breathing while practicing exercises. Never hold your breath while exercising
- Use the exerciser to practice slow and controlled exercises. Always maintain control of your exerciser. Never allow the exerciser to snap back
- When a specific color/resistance is prescribed by your clinician, only perform exercises with that color/resistance level. If the color/resistance level is too easy to use, consult your clinician prior to advancing to the next color/resistance level

REF 10-6620, 10-6621, 10-6622, 10-6623, 10-6624, 10-6625, 10-6626, 10-6627, 10-6290, 10-6291, 10-6292, 10-6293, 10-6294, 10-6295, 10-6296, 10-6297, 10-6690, 10-6691, 10-6692, 10-6693, 10-6694, 10-6695, 10-6696, 10-6697, 10-6740, 10-6741, 10-6742, 10-6743, 10-6744, 10-6745, 10-6746, 10-6747, 10-6748



Upper Body Exercises



Arm Push

- Step 1. Assume a staggered-step posture.
- Step 2. Place a fabric loop around upper back and grasp other end of loop in hands.
- Step 3. Extend arms forward, keeping back straight.
- Step 4. Hold and slowly return.



Wrist Pull

- Step 1. From a seated position place one end of the loop under your foot.
- Step 2. Grasp the other end in your hand (palm down) by your side.
- Step 3. Slowly bend your wrist backward.
- Step 4. Hold and slowly return.



Bent-Over Pull

- Step 1. Begin with one end of a fabric loop underneath your foot.
- Step 2. Stagger your feet and bend slightly forward at the hips.
- Step 3. Pull the other end of the band upward, bending your elbow and pulling your shoulder back.
- Step 4. Hold and slowly return.

Lower Body Exercises



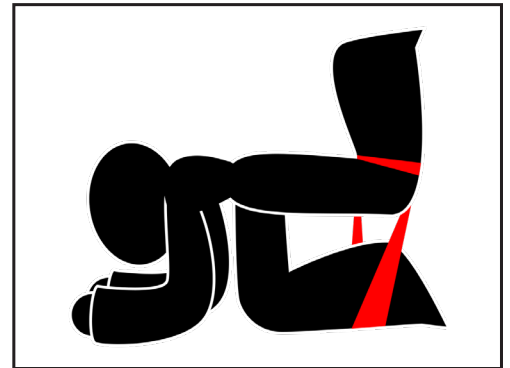
Loop Squat

- Step 1. Stand with a fabric loop around thighs, just above the knees.
- Step 2. Keep feet shoulder-width apart.
- Step 3. Slightly bend the hips forward, keeping back straight and bending knees to about 45 degrees.
- Step 4. Hold and slowly return.



Step Up

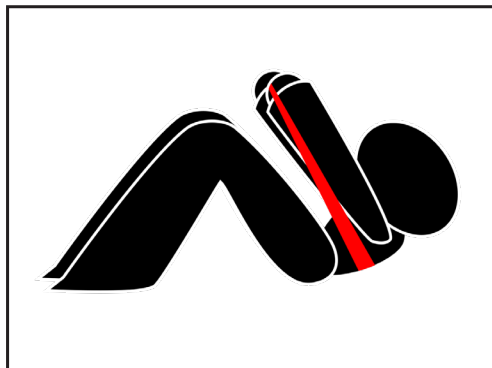
- Step 1. Begin with a fabric loop wrapped around your thighs, above the knees.
- Step 2. Keep your back straight as you step upward against the band. (If you cannot keep balance, use a stepper for support.)
- Step 3. Hold and slowly return.



Kneeling Hip Extension

- Step 1. Begin in a kneeling position on elbows and knees.
- Step 2. Place one end of the fabric loop under one leg and the other end around your knee.
- Step 3. Keeping your back straight, lift your leg toward the ceiling.
- Step 4. Hold and slowly return.

Core Exercises



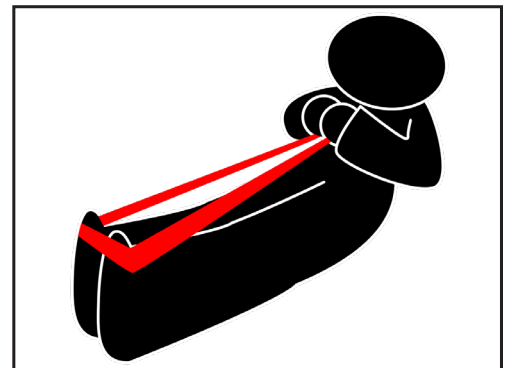
Forward Abdominal Crunch

- Step 1. Lay on back and bend your knees with a fabric loop around your upper back, holding the ends in each hand.
- Step 2. Lift your head and shoulders off ground reaching forward.
- Step 3. Hold and slowly return.



Bridge Knee Lift

- Step 1. Place fabric loop around your knees.
- Step 2. Assume the bridge position with feet flat and rear raised up off floor.
- Step 3. While keeping your back straight, lift one knee towards your head.
- Step 4. Hold and slowly return.



Back Extension

- Step 1. Sit on floor with knees straight and one end of a fabric loop wrapped around both feet. Grasp the other end of the loop at chest level.
- Step 2. Keeping your back straight and upright, lean backward away from your feet. Don't arch your back.
- Step 3. Hold and slowly return.