

CANDo® Intensity™ exercise loop



Key Features:

- Build upper and lower body strength
- Improve flexibility and mobility
- Available in 8 color-coded resistance levels
- All Intensity™ exercise loops have a 1.5" (3.8 cm) width for standardized grip
- AccuForce™ technology markers on loop show exerted force
- User manual with exercises included

Intense Resistance

Our Intensity™ exercise loops are designed to give greater resistance than standard CanDo® bands. Ideal for athletes and fitness enthusiasts.

Total Body Workout

Exercise your whole body with Intensity™ exercise loops. They are ideal for banded push-ups, pull-ups, squats, deadlifts, resistance weight training and more.

Warm Up and Cool Down

Improve your flexibility and get a deep stretch using Intensity™ exercise loops.

Use Anywhere at Anytime

Intensity™ exercise loops take up no space and are perfect for using at home, the gym, or on-the-go!



Resistance Level		100% stretch	200% stretch	Sku
		1 to 2 ft	1 to 3 ft	
tan	xx-light	5 lb (2.3 kg)	10 lb (4.5 kg)	10-6630
yellow	x-light	15 lb (6.8 kg)	25 lb (11.3 kg)	10-6631
red	light	25 lb (11.3 kg)	40 lb (18.1 kg)	10-6632
green	medium	40 lb (18.1 kg)	55 lb (24.9 kg)	10-6633
blue	heavy	50 lb (22.7 kg)	70 lb (31.8 kg)	10-6634
black	x-heavy	60 lb (27.2 kg)	90 lb (40.8 kg)	10-6635
silver	xx-heavy	70 lb (31.8 kg)	105 lb (47.6 kg)	10-6636
gold	xxx-heavy	85 lb (38.6 kg)	120 lb (54.4 kg)	10-6637

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CANDo® Intensity™ exercise loop

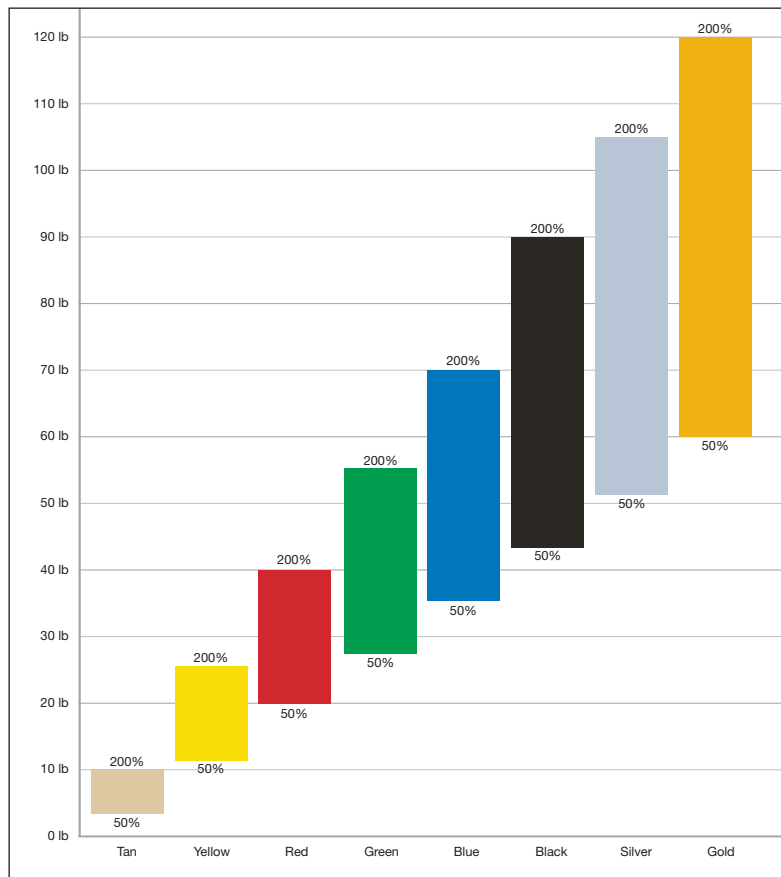
Choosing your Intensity™ exercise loop

For rehabilitation or flexibility exercises, it's best to use a lighter resistance exercise loop (tan - red).

For resistance exercises, it's best to use loops of medium resistance (green - black). This depends on your personal strength.

For exercises where the band is assisting you, like pull-ups, it's best to use a heavy resistance loop (silver - gold).

Each Intensity™ exercise loop has the same width of 1.5" (3.8cm) and lay flat length 41" (1m). This means when the Intensity™ exercise loop becomes too easy to use, you can move up to a higher resistance loop. You do not have to readjust your grip because of the standardized loop width.



Force when loop is stretched			50% stretch	100% stretch	150% stretch	200% stretch
			1 to 1.5 ft	1 to 2 ft	1 to 2.5 ft	1 to 3 ft
tan	xx-light	10-6630	4 lb (1.8 kg)	5 lb (2.3 kg)	7 lb (3.2 kg)	10 lb (4.5 kg)
yellow	x-light	10-6631	12 lb (5.4 kg)	15 lb (6.8 kg)	20 lb (9.1 kg)	25 lb (11.3 kg)
red	light	10-6632	20 lb (9.0 kg)	25 lb (11.3 kg)	34 lb (15.4 kg)	40 lb (18.1 kg)
green	medium	10-6633	28 lb (12.7 kg)	40 lb (18.1 kg)	47 lb (21.3 kg)	55 lb (24.9 kg)
blue	heavy	10-6634	36 lb (16.3 kg)	50 lb (22.7 kg)	61 lb (27.7 kg)	70 lb (31.8 kg)
black	x-heavy	10-6635	44 lb (20.0 kg)	60 lb (27.2 kg)	74 lb (33.6 kg)	90 lb (40.8 kg)
silver	xx-heavy	10-6636	52 lb (23.4 kg)	70 lb (31.8 kg)	88 lb (39.9 kg)	105 lb (47.6 kg)
gold	xxx-heavy	10-6637	60 lb (27.2 kg)	85 lb (38.6 kg)	101 lb (45.8 kg)	120 lb (54.4 kg)

Using AccuForce™

Each Intensity™ exercise loop features rectangular AccuForce™ markings that indicate the force exerted. This is shown when the rectangle becomes a square once the loop is stretched. (Force = Rectangle Squared™)

Read the force level directly on the "square" of the stretched loop to note the force exerted. Each loop has two rectangular markings indicating 100% force exerted and 200% force exerted.

AccuForce™ is great to teach users how much force to exert when using the loop. It also helps for rehabilitation to give patients assigned exercises to do at home.

Unstretched	60 lb 100% 27.2 kg	90 lb 200% 40.8 kg
Stretched 100%	60 lb 100% 27.2 kg	90 lb 200% 40.8 kg
Stretched 200%	60 lb 100% 27.2 kg	90 lb 200% 40.8 kg

