

CANDo® Multi-Grip™ exerciser

- **One exerciser does it all!**
- **Use anywhere at anytime**
- **Lightweight and durable**
- **User-friendly**
- **Does not break or snap**



latex-free

With one tool you can rehabilitate post injury, improve flexibility and increase strength

- Hand and foot grips are built into the exerciser enabling an unlimited array of exercise options.
- Change resistance by moving hand position 1 grip (loop) up or down the exerciser, or use a different resistance / color exerciser.
- Available in 8 color-coded resistance levels, each exerciser contains large (6") and small (2") grips. Use large grips for upper, lower, and total body exercises. Small grips are ideal for finger exercises or to use as anchors.
- Sold individually (6 foot exerciser with 9 grips) in retail box or in a continuous roll in a dispenser box (30 yard dispenser roll with 135 grips).

Why choose CanDo® Multi-Grip™ over TheraBand® CLX™?

- Woven elastic band is latex-allergen free!
- User friendly! Exerciser does not get caught on skin or hair during use
- Machine washable / dryable
- Portable and durable for long-lasting use



Uses for CanDo® Multi-Grip™

Flexibility and Mobility (Light resistance levels)

- Use for early rehab, stretching and flexibility
- Ideal for children and elderly for strength training without using heavy exercise equipment

Rehabilitation (Medium resistance levels)

- Use for rehab, Pilates, Yoga, and stretching
- Build strength and range-of-motion while retaining movement patterns

Strength and Performance (Heavy resistance levels)

- Use for strength and resistance training, as well as stretching
- Athletes of any fitness level can build muscles, improve performance and take strength training on-the-go

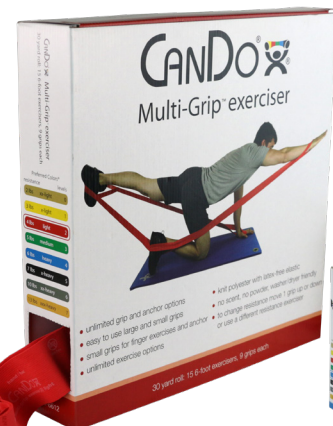
Designed with safety and comfort in mind

Synthetic polyisoprene elastic within each exerciser is latex-free and will not "snap" or tear as traditional exercise bands do. The exerciser's knitted polyester / cotton blend is soft to the touch and won't chafe skin or get caught on hair or clothing.

Featuring the Preferred Colors® sequence

Difficulty level	light		medium			heavy		
Color level	tan 0	yellow 1	red 2	green 3	blue 4	black 5	silver 6	gold 7
Resistance at 100% elongation	2 lb	3 lb	4 lb	5 lb	6 lb	7 lb	10 lb	13 lb
Resistance at 200% elongation	5 lb	7.5 lb	10 lb	12.5 lb	15 lb	17.5 lb	25 lb	32.5 lb

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ENTERPRISES INC



30 yard
dispenser roll



6 foot
exerciser



CANDo® Multi-Grip™ exerciser



The CanDo® Multi-Grip™ Exerciser allows for unlimited exercise options for upper and lower body exercises.

- Easy-to-use grips allow for unlimited exercise options
- Each exerciser contains both large and small grips. Use small grips as anchors or for finger exercises
- Wrap around hands and feet to perform high-impact upper and lower body exercises
- **Cloth exerciser contains no latex, no scent, and no powder coating**
- Can be washed and dried
- Easily change resistance by moving 1 grip (loop) up or down the exerciser, or using a different resistance
- Progressively exercise with 8 different color-coded resistance levels available in the Preferred Colors® sequence
- Available in 9-grip (6 ft. exercisers) and 135-grip, 15 - 6 ft. exercisers (30 yd. dispenser rolls)



active closed grip



passive open grip



no grip required



add resistance to specific activity

9-grip (6 foot) exerciser



30 yard dispenser roll, 15 - 6 ft. exercisers, 135 grips



		9 grips, 6 foot exerciser	9 grips, 6 foot exerciser (24 ea)	135 grips, 30 yard roll, 15 exercisers
	xx-light	10-6600	10-6600-24	10-6610
	x-light	10-6601	10-6601-24	10-6611
	light	10-6602	10-6602-24	10-6612
	medium	10-6603	10-6603-24	10-6613
	heavy	10-6604	10-6604-24	10-6614
	x-heavy	10-6605	10-6605-24	10-6615
	xx-heavy	10-6606	10-6606-24	10-6616
	xxx-heavy	10-6607	10-6607-24	10-6617
	set of 5 (1 ea)	10-6608	10-6608-24	10-6618