CanDo® MGE® PLUS exerciser

- Easy to use grips allow for unlimited exercise options
- Each exerciser contains both large (6”) and small (2”) grips
- Cloth exerciser contains no latex, no scent, and no powder coating
- Can be washed / dried
- Progressively exercise with 8 different color-coded resistance levels
- Sold individually and in 3-piece PEP pack® sets

				6 foot exerciser, 9 grips	30 yard roll, 135 grips, 15 exercisers
	tan		xx-light	10-6590	10-6760
	yellow		x-light	10-6591	10-6761
	red		light	10-6592	10-6762
	green		medium	10-6593	10-6763
	blue		heavy	10-6594	10-6764
	black		x-heavy	10-6595	10-6765
	silver		xx-heavy	10-6596	10-6766
	gold		xxx-heavy	10-6597	10-6767
yel	red	grn blu	blk	set of 5 (1 ea)	10-6598	10-6768

PEP pack® (3-piece set of 6 foot exercisers)					
yellow	red	green	easy	set of 3 (1 ea)	10-6585
green	blue	black	moderate	set of 3 (1 ea)	10-6586
black	silver	gold	challenging	set of 3 (1 ea)	10-6587

⚠ 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 exerciser in areas where it could accidentally strike others
- Inspect the exerciser 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
- Always check to see that the exerciser is securely attached before any exercise is performed
- Do not tie multiple strength exercisers 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 exercisers

To Clean: Use a mild soap and warm water to clean, then pat dry. Exerciser is machine washable / dryable.

Exercise Tips

- Use discretion when choosing exerciser 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 exerciser 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. Exhale during the more difficult phase of your exercise repetition
- Use the exerciser to practice slow and controlled exercises. Always maintain control of your exerciser. Never allow the exerciser to snap back
- Only perform exercises with the color/resistance level prescribed to you by your clinician. If the color/resistance level is too easy to use, consult your clinician prior to advancing to the next color/resistance level
- Don’t over-exercise. Take a break between sets

REF 10-6590, 10-6760, 10-6585, 10-6591, 10-6761, 10-6586, 10-6592, 10-6762, 10-6587, 10-6593, 10-6763, 10-6598, 10-6594, 10-6764, 10-6768, 10-6595, 10-6765, 10-6596, 10-6767, 10-6597, 10-6768

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CanDo® MGE® PLUS exercise guide

Upper Body

Biceps Curl

Step 1. Place your hands inside the Large Grips at each end and place your feet on the center of the exerciser hip-width apart. Slip your feet into the grips they are standing on. You should feel tension at the mid-line.

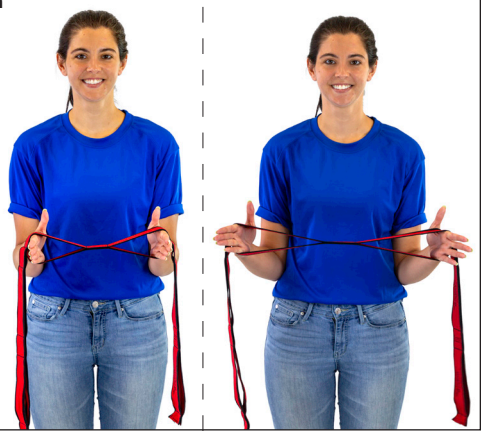
Step 2. With an open or closed hand grip, lower your arms into starting position, keeping your palms supinated. Raise your palms upward to your shoulders, bending your arms at your elbows whilst keeping your elbows to your sides.

Step 3. Hold briefly and slowly return to starting position. If more resistance is desired, move your grip to the next Large Grip down.

Arm and Shoulder Rotation

Step 1. Place both hands into a Large Grip, one Small Grip apart.

Step 2. With your hands in front of you, arms bent at 90° and elbows anchored at your side, slowly begin to spread your arms and hands. Hold briefly, then slowly return to starting position to repeat.

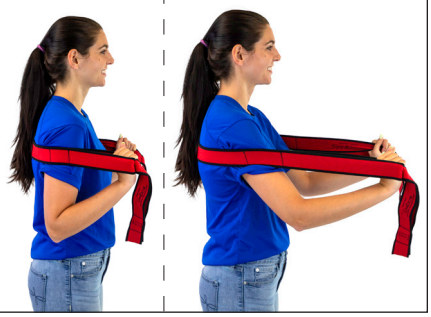


Chest Press

Step 1. Wrap the exerciser around your back and grab the Large Grips that are 2 or 3 from the end until you feel resistance.

Step 2. Keeping your hands at chest level, push your arms straight forward until full extension, making sure they stay level with your chest.

Step 3. Hold briefly and then return to starting position.



Resistant Push Up

Step 1. Place one hand in a Large Grip, wrap the exerciser around your back and place your other hand in the Large Grip that provides the desired resistance.

Step 2. With the exerciser flat across your upper back, kneel-down and assume the traditional push up position. For an added challenge, after a resistant push up, roll into a side plank and perform a full-arm extension with resistance. Switch arms after each successful push up.

Step 3. Slowly return to starting position and repeat on opposite side.

Lower Body

Resistant Squat

Step 1. Place your feet into the Large Grips at each end of the exerciser and step on them. Place your arms through the two center-point Large Grips leaving one Large Grip in-between. Pull the grips up to your biceps.

Step 2. Place feet shoulder-width apart, Raise and cross your arms in front of you so you feel resistance. In this position, slowly squat until your thighs are parallel with the floor.

Step 3. Slowly return to the standing position while maintaining a neutral back and neck alignment. For best results, complete the exercise without leaning forward.

Backward Hip Kick (Kickbacks)

Step 1. Place each foot into a Large Grip, with one Large Grip in-between them, and pull the grip to ankle height. With feet shoulder-width apart, shift your weight onto one leg. If necessary, use a chair to help with balance.

Step 2. With knees straight, slowly kick backwards with the foot you are not placing weight on. Between kicks, gently tap the floor with your kicking leg so that your weight stays on your standing leg.

Step 3. After a series of kicks, return to the standing position and switch legs.

Hip Walk

Step 1. Put your feet through the middle two Large Grips and place them right above your knees on your thighs.

Step 2. With your hands holding the exerciser ends or placed inside the Large Grips, position yourself with your knees and hips slightly bent in a light squat.

Step 3. Take 3 steps sideways in one direction while keeping your back straight and your core locked.

Step 4. Return to your starting position and repeat the exercise, alternating directions.

Core

Side Plank Pull

Step 1. While laying on your side on a padded surface, place both hands in a Large Grip at the desired distance to create the preferred resistance.

Step 2. Your elbow should be directly in line with your shoulder on the arm you are using to hold you up in a side plank position. Raise your hips off the ground with your core stabilized.

Step 3. With your elbow bent at 90° and kept close to your side, rotate your upper hand outward until it can't move any further.

Step 4. Hold briefly and return to starting position and repeat on both sides.