

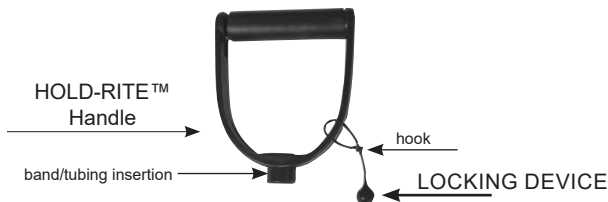


HOLD-RITE™ HANDLE

ASSEMBLY INSTRUCTIONS

- ▲ Accessory attachment for CanDo® exercise bands and tubing
- ▲ HOLD-RITE™ Handle provides better grip for unilateral or bilateral strengthening exercises
- ▲ Adds versatility to resistive exercise session

FIGURE 1



EXERCISE ROUTINE

The actual exercise routine should be determined by a doctor, therapist, coach, or trainer. This exercise routine should include number of reps and sets, times per day and times per week.

DETERMINING APPROPRIATE CANDO® BAND AND TUBING RESISTANCES

Have your doctor or therapist select a CanDo® band/tubing for your present stage of rehabilitation. The CanDo® band/tubing selected should allow you to adhere to all established exercise guidelines and execute each exercise proficiently.

HOW TO ASSEMBLE THE **CANDO® HOLD-RITE™ HANDLE**

STEP ONE:

Locking device comes hooked around handle.

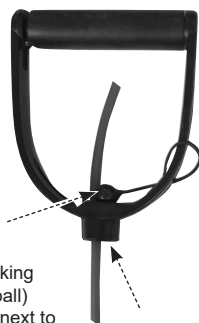


FIGURE 2

STEP TWO:

Insert CanDo® exercise band/tube from the bottom of handle and stick locking device (ball) into the insertion area from the top.

FIGURE 3



push Locking Device (ball) into hole next to band or tube

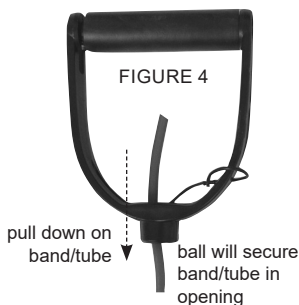
insert band or tube from bottom

See Figure 3.

STEP THREE:

Pull on CanDo® exercise band/tube or push down on Locking Device (ball) to secure band or tube.

See Figure 4.

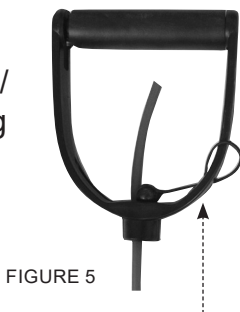


STEP FOUR:

Repeat Steps 1 through 3 for other handle.

STEP FIVE:

To release and remove CanDo® exercise band/tube, pull up on Locking Device (ball). Slide material out.





WARNING

- Avoid using CanDo® band/tubing in areas where product could accidentally strike others.
- Read directions and carefully follow exercise instructions at all times.
- Inspect the band/tubing before each exercise session for any nicks or tears that may occur from continued use.
- Always check to see that the band/tubing is securely attached to Hold-Rite™ handles before any exercise is performed.
- Never tie multiple strength bands/tubings together!
- Avoid looking directly at the CanDo® band/tubing while performing exercises.
- Immediately consult your doctor or therapist if any discomfort is experienced while performing exercise(s).
- This product contains chemicals known to the state of California to cause cancer and birth defects or other reproductive harm.



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