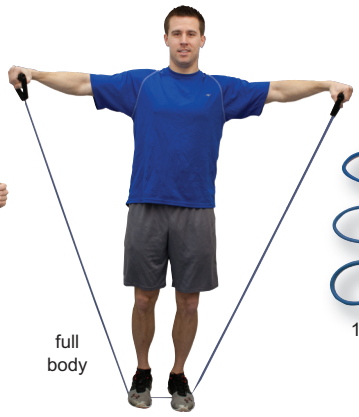
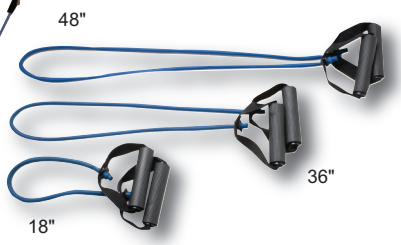
# tubing exercisers

## CanDo® Tubing-with-Handles™

- 3 sizes to accommodate upper, lower and full body workouts
- lightweight, compact and portable
- perform strengthening workouts anywhere
- two pre-attached durable foam-covered handles for comfort and firm grip
- **FULL BODY SETS** contain 18", 36" and 48" tubing for total body workout



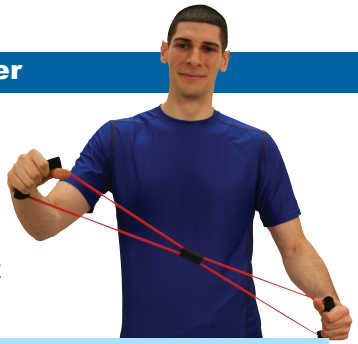



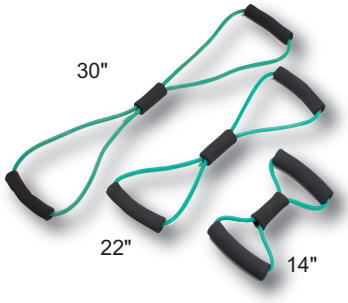

| | | each | | | set |
|---|---|---|---|---|---|
| | | 18 inch* | 36 inch* | 48 inch* | full body set |
| tan | xx-light | 10-5540 | 10-5550 | 10-5560 | 10-5820 |
| yellow | x-light | 10-5541 | 10-5551 | 10-5561 | 10-5821 |
| red | light | 10-5542 | 10-5552 | 10-5562 | 10-5822 |
| green | medium | 10-5543 | 10-5553 | 10-5563 | 10-5823 |
| blue | heavy | 10-5544 | 10-5554 | 10-5564 | 10-5824 |
| black | x-heavy | 10-5545 | 10-5555 | 10-5565 | 10-5825 |
| silver | xx-heavy | 10-5546 | 10-5556 | 10-5566 | 10-5826 |
| yel red grn blu blk | set (1 ea) | 10-5549 | 10-5559 | 10-5569 | 10-5829 |

*length of tubing from end to end when unit is laid flat

## CanDo® BowTie™ exerciser

- 3 sizes are all lightweight, compact and portable
- use for strength training, conditioning and rehabilitation
- durable foam-covered handles for comfort and firm grip
- **FULL BODY SETS** contain 14", 22" and 30" tubing for total body workout






| | | each | | | set |
|---|---|---|---|---|---|
| | | 14 inch* | 22 inch* | 30 inch* | full body set |
| tan | xx-light | 10-5570 | 10-5580 | 10-5590 | 10-5830 |
| yellow | x-light | 10-5571 | 10-5581 | 10-5591 | 10-5831 |
| red | light | 10-5572 | 10-5582 | 10-5592 | 10-5832 |
| green | medium | 10-5573 | 10-5583 | 10-5593 | 10-5833 |
| blue | heavy | 10-5574 | 10-5584 | 10-5594 | 10-5834 |
| black | x-heavy | 10-5575 | 10-5585 | 10-5595 | 10-5835 |
| silver | xx-heavy | 10-5576 | 10-5586 | 10-5596 | 10-5836 |
| yel red grn blu blk | set (1 ea) | 10-5579 | 10-5589 | 10-5599 | 10-5839 |

*length of tubing from end to end when unit is laid flat

## CanDo® tubing with cuffs exerciser

- use on arms or legs for strength training, conditioning and rehabilitation
- continuous tubing loop with two padded ankle/wrist cuffs
- exerciser has 36" circumference

| | | 18 inch* | |
|---|---|---|---|
| tan | xx-light | 10-5760 | |
| yellow | x-light | 10-5761 | |
| red | light | 10-5762 | |
| green | medium | 10-5763 | |
| blue | heavy | 10-5764 | |
| black | x-heavy | 10-5765 | |
| silver | xx-heavy | 10-5766 | |
| gold | xxx-heavy | 10-5767 | |
| yel red grn blu blk | set (1 ea) | 10-5769 | 85.00 |

*length of tubing from end to end when unit is laid flat










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