

CanDo® Twist-n-Bend® bar

CanDo® Twist-Bend-Shake® bar

all bars are 1.75" diameter so the same muscles are used for all resistance levels



- change resistance by varying distance between hands and/or by using a different resistance bar
- **TWIST:** with both hands on the bar, twist by flexing one wrist and extending the other
- **BEND:** place both hands on or near the ends of the bar; keep your hands in position and exert force to bend the bar
- **TWIST-N-BEND:** combine Twist and Bend methods
- **SHAKE:** place hand(s) at center or end, shake the bar
- **OSCILLATION:** hold bar at center or end, move in circular motion; exercises work best with 36" bar

- lightweight and portable
- use for hand, wrist and shoulder exercises
- great exerciser for tennis elbow
- perfect for rehab and sports training
- each resistance has same bar diameter
- bend, twist and shake

12" long			
tan	xx-light	10-1510	15.00
yellow	x-light	10-1511	15.00
red	light	10-1512	15.00
green	medium	10-1513	15.00
blue	heavy	10-1514	15.00
black	x-heavy	10-1515	15.00
tan	yel	red	grn
blu	blk	set	10-1516 85.00

24" long				36" long			
tan	xx-light	10-1520	30.00	10-1530	45.00		
yellow	x-light	10-1521	30.00	10-1531	45.00		
red	light	10-1522	30.00	10-1532	45.00		
green	medium	10-1523	30.00	10-1533	45.00		
blue	heavy	10-1524	30.00	10-1534	45.00		
black	x-heavy	10-1525	30.00	10-1535	45.00		
tan	yel	red	grn	blu	blk	set	10-1526 170.00
				10-1536	255.00		



CanDo® web - finger flexion, extension and wrist exerciser



- perform flexion, extension, opposition and supination exercises
- modify exercises by adjusting the hand position or depth of finger insertion
- modify resistance by switching to a different resistance color web
- available in both 14" and 7" diameter size; latex and latex-free
- resistance levels are color-coded

		large 14" diameter						small 7" diameter						
		latex		latex-free		latex		latex-free						
tan	xx-light	10-0850	30.00	10-0870	32.50	10-0860	17.50	10-0880	20.00					
yellow	x-light	10-0851	30.00	10-0871	32.50	10-0861	17.50	10-0881	20.00					
red	light	10-0852	30.00	10-0872	32.50	10-0862	17.50	10-0882	20.00					
green	medium	10-0853	30.00	10-0873	32.50	10-0863	17.50	10-0883	20.00					
blue	heavy	10-0854	30.00	10-0874	32.50	10-0864	17.50	10-0884	20.00					
black	x-heavy	10-0855	30.00	10-0875	32.50	10-0865	17.50	10-0885	20.00					
tan	yel	red	grn	blu	blk	set	10-0856	170.00	10-0876	185.00	10-0866	97.50	10-0886	112.50



multi-resistance 14" large diameter, latex			
yellow	green	x-light/medium	10-0857 35.00
red	blue	light/heavy	10-0859 35.00

