

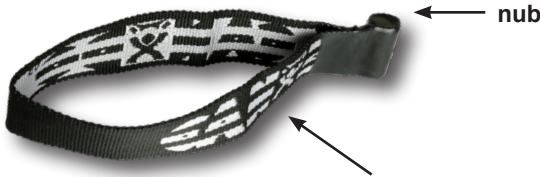
# CANDO®



## Band and Tubing Accessory

### **ANCHOR STIRRUP WITH NUB**

**USE YOUR DOORWAY TO  
CREATE A WORKOUT STATION!**



Thread CanDo® exercise band or tubing through loop of Anchor Stirrup.

Place nub in doorway at comfortable height and close door to create your workout station.



- Heavy-duty webbing has a loop on one end and a nub on the other.
- Nub can be placed in a door jamb or wall pulley system
- Alternate between bands and tubing placed at different heights for a total body workout.

**REF** 10-5320, 10-5320-10, 10-5320-50

#### **FOR EXERCISE AND FUN**

Exercise routines should be determined by a doctor, therapist, coach, or trainer. Routines should include number of reps, sets, times per day and times per week.



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