

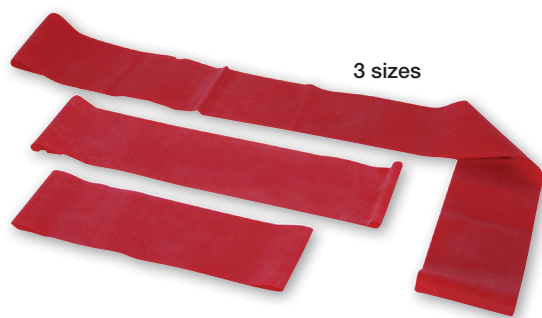
CANDo® Latex-Free Exercise Band Loops

REF

10-8130, 10-8131, 10-8132, 10-8133, 10-8134, 10-8135, 10-8136, 10-8137, 10-8140, 10-8141, 10-8142, 10-8143, 10-8144, 10-8145, 10-8146, 10-8147, 10-8150, 10-8151, 10-8152, 10-8153, 10-8154, 10-8155, 10-8156, 10-8157

Instructions for Use

- Made from high quality latex-free material pre-formed into a loop
- Available in 3 lengths to perform upper, lower and full body exercises
- Lengths represent loop when flat
- Loops are 3" (7.6 cm) wide



3 sizes

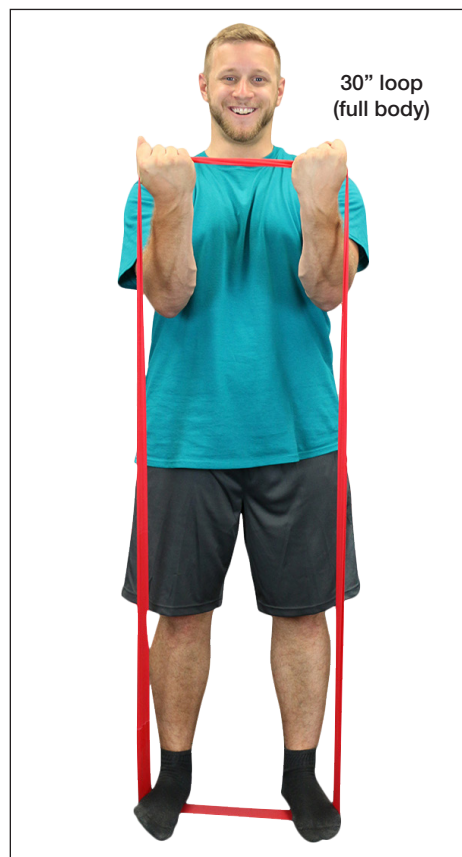
		10" (25.4 cm) lower body	15" (38.1 cm) upper	30" (76.2 cm) whole body
tan	xx-light	10-8130	10-8140	10-8150
yellow	x-light	10-8131	10-8141	10-8151
red	light	10-8132	10-8142	10-8152
green	medium	10-8133	10-8143	10-8153
blue	heavy	10-8134	10-8144	10-8154
black	x-heavy	10-8135	10-8145	10-8155
silver	xx-heavy	10-8136	10-8146	10-8156
gold	xxx-heavy	10-8137	10-8147	10-8157



10" loop
(upper body)



15" loop
(lower body)



30" loop
(full body)

⚠ CAUTION

- Use discretion when choosing band loop 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.
- Examine loops before each use and discard if nicks or tears are present.
- As with any exercise program, muscle soreness may be experienced after initial usage over the first few days. If muscle soreness persists for more than a few days, consult your clinician.
- Do not exercise while experiencing pain.
- For beginners, practice exercises without the band loop 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.

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UPPER BODY EXERCISES

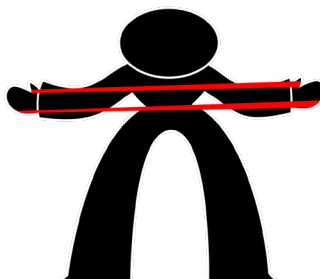
Arm Push

- Step 1. Assume a staggered-step posture.
- Step 2. Place a 15" band loop around upper back and grasp other end of loop in hands.
- Step 3. Extend arms forward, keeping back straight.
- Step 4. Hold and slowly return.



Double Shoulder Rotation

- Step 1. Grasp the ends of a 15" band loop in both hands in front of you with elbows bent at your side.
- Step 2. Extend both arms outward, keeping your elbows by your side and forearms parallel to the ground.
- Step 3. Hold and slowly return.



Bent-Over Pull

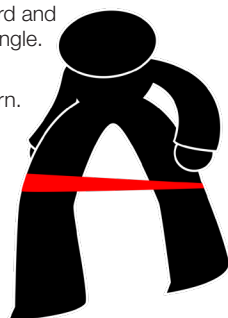
- Step 1. Begin with one end of a 15" band loop underneath your foot.
- Step 2. Stagger your feet and bend slightly forward at the hips.
- Step 3. Pull the other end of the band upward, bending your elbow and pulling your shoulder back.
- Step 4. Hold and slowly return.



LOWER BODY EXERCISES

Lunge

- Step 1. Begin with 15" band loop wrapped around your thighs, above the knees.
- Step 2. Slightly bend your hips and knees into an athletic position.
- Step 3. Keep your back straight as you step forward and out at an angle.
- Step 4. Hold and slowly return.



Loop Squat

- Step 1. Stand with 10" or 15" band loop around thighs, just above the knees.
- Step 2. Keep feet shoulder-width apart.
- Step 3. Slightly bend the hips forward, keeping back straight and bending knees to about 45 degrees.
- Step 4. Hold and slowly return.



Kneeling Leg Extension

- Step 1. Begin in kneeling position on elbows and knees.
- Step 2. With one end of 30" loop around your foot, hold the other end with your hands on the floor.
- Step 3. Extend leg backward, keeping your back straight.
- Step 4. Hold and slowly return.



CORE EXERCISES

Forward Abdominal Crunch

- Step 1. Lay on back and bend your knees with 15" band loop around your upper back, holding the ends in each hand.
- Step 2. Lift your head and shoulders off ground reaching forward.
- Step 3. Hold and slowly return.



Side Bend

- Step 1. Stand with one end of a 15" band loop secured under your foot.
- Step 2. Grasp other end of band at your waist.
- Step 3. Bend your trunk away from the band, keeping your elbow straight.
- Step 4. Hold and slowly return.



Back Extension

- Step 1. Sit on floor with knees straight and one end of a 15" band loop wrapped around both feet. Grasp the other end of the loop at chest level.
- Step 2. Keeping your back straight and upright, lean backward away from your feet. Don't arch your back.
- Step 3. Hold and slowly return.

