

Choose Exercise Band Color and Material

Preferred Colors® - Latex



CanDo®	page
Twin-Pak® (2 x 50-yard)	7
Perf 100®	6
50-yard	7
25-yard	7
6-yard	7
4-foot dispenser (40 each)	6
4-foot single	6
PEP® Multi-Band Pack	6

AccuForce™

50-yard	5
6-yard	5
4-foot dispenser (40 each)	5
4-foot single	5

Thera-Band®

Twin-Pak® (2 x 50-yard)	11
50-yard	11
6-yard	11
5-foot boxed (30 each)	11
Multi-Band retail packs	11

Preferred Colors® - Latex-Free



CanDo®	page
Twin-Pak® (2 x 50-yard)	9
Perf 100®	8
50-yard	9
25-yard	9
6-yard	9
4-foot dispenser (40 each)	8
4-foot single	8
PEP® Multi-Band Pack	8

Sup-R Band®

Twin-Pak® (2 x 50-yard)	10
50-yard	10
6-yard	10
5-foot single	10

Thera-Band®

Twin-Pak® (2 x 50-yard)	11
50-yard	11
25-yard	11
Multi-Band retail packs	11

Berry Colors® - Latex



Val-u-Band®	page
Twin-Pak® (2 x 50-yard)	12
50-yard	12
6-yard	12

Berry Colors® - Latex-Free



Val-u-Band®	page
Twin-Pak® (2 x 50-yard)	13
50-yard	13
6-yard	13

REP Band®	page
Twin-Pak® (2 x 50-yard)	13
50-yard	13
6-yard	13

How to Alter Resistance

- use different color band
- increase/decrease length of band
- use one or more bands at a time
- fold band on itself

How to Exercise with Band

- hold in hand
- use handle/anchor or wall mount
- tie band into loop

Resistance Chart

Preferred Colors®	level	Berry Colors®
tan	0 xx-light	pear
yellow	1 x-light	peach
red	2 light	orange
green	3 medium	lime
blue	4 heavy	blueberry
black	5 x-heavy	plum
silver	6 xx-heavy	mushroom
gold	7 xxx-heavy	pineapple

easy
↑
↓
difficult

easy
↑
↓
difficult

Band/Tubing Enhancements

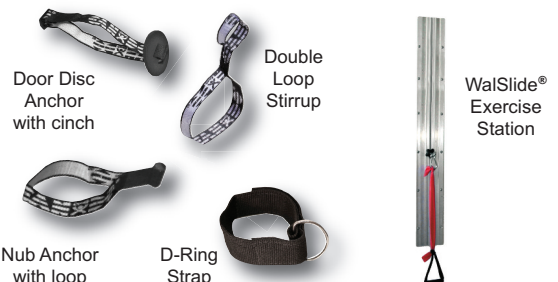
Handles



Hold-Rite™ Handles

Anchors

Wall Mount



Sizes Available

