

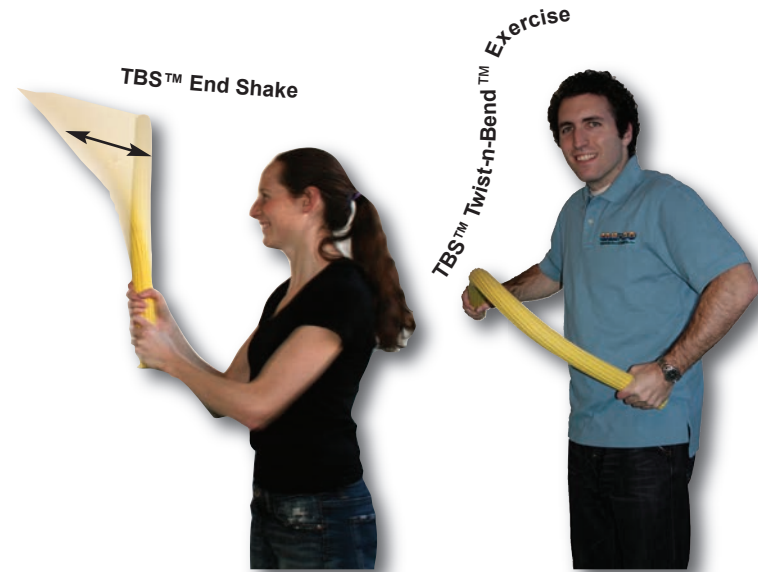


TBS™ Twist-Bend-Shake Exercise bar



Now available in 3 sizes and 6 resistances

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|---|---|---|---|--|---|--|---|--|--|--|--|
| tan braun beige beige marrone marfil | xx-light xx-leicht xx-licht xx-légère xx-leggero xx-ligero | yellow gelb geel jaune giallo amarillo | x-light x-leicht x-licht x-légère x-leggero x-ligero | red rot rood rouge rosso rojo | light leicht licht légère leggero ligero | green grün groen vert verde verde | medium mittel medium moyen medio mediano | blue blau blauw bleu blu azul | heavy stark zwaar fort pesante pesado | black schwarz zwart noir nero negro | x-heavy x-stark x-zwaar x-fort x-pesante x-pesado |
| Twist-n-Bend™ 1 foot 10-1510 | Twist-n-Bend™ 1 foot 10-1511 | Twist-n-Bend™ 1 foot 10-1512 | Twist-n-Bend™ 1 foot 10-1513 | Twist-n-Bend™ 1 foot 10-1514 | Twist-n-Bend™ 1 foot 10-1515 | TBS™ 2 foot 10-1520 | TBS™ 2 foot 10-1521 | TBS™ 2 foot 10-1522 | TBS™ 2 foot 10-1523 | TBS™ 2 foot 10-1524 | TBS™ 2 foot 10-1525 |
| TBS™ 3 foot 10-1520 | TBS™ 3 foot 10-1521 | TBS™ 3 foot 10-1522 | TBS™ 3 foot 10-1523 | TBS™ 3 foot 10-1524 | TBS™ 3 foot 10-1525 | | | | | | |



TBS™ Twist-Bend-Shake Exercise bar is an extremely versatile exercise products. It can be used to perform three distinct forms of exercise. The bar can be positioned anywhere to exercise almost all muscle groups. For all exercises, resistance can be changed by changing the distance between the hands and/or by changing to a different resistance bar.

TWIST: Place both hands on the bar. Twist the bar 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. This force will flex the bar in the middle.

TWIST-N-BEND: Combine the Twist and Bend operations for a whole new group on exercises.

SHAKE: Place one or two hands at one end of the bar. Shake (push, pull or rotate) the bar. The bar will flex. The resistance needed to control the bar increases as the amount of flexion increases. You can control the amount of force needed to “work” the bar by slowing down or speeding up the flexion of the bar, or changing to a different resistance bar.

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Contains one
Cando® TBS™ Exerciser