

CANDO® Twist-n' Bend® Exercisers

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

Twist-n' Bend® bar



12" twist

12" bend

- 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

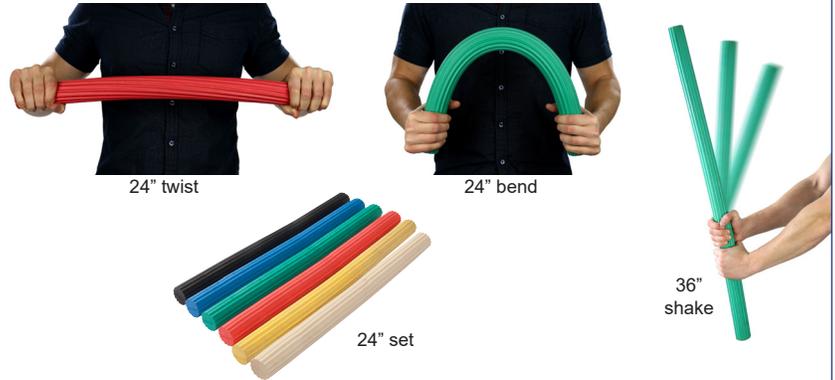


set of 6

12" long

tan	xx-light	10-1510
yellow	x-light	10-1511
red	light	10-1512
green	medium	10-1513
blue	heavy	10-1514
black	x-heavy	10-1515
tan yel red grn blu blk	set of 6	10-1516

Twist-Bend-Shake® bar



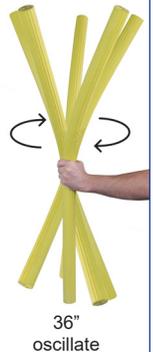
24" twist

24" bend

36" shake

24" set

- 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



36" oscillate

24" long

tan	xx-light	10-1520
yellow	x-light	10-1521
red	light	10-1522
green	medium	10-1523
blue	heavy	10-1524
black	x-heavy	10-1525
tan yel red grn blu blk	set of 6	10-1526

36" long

tan	xx-light	10-1530
yellow	x-light	10-1531
red	light	10-1532
green	medium	10-1533
blue	heavy	10-1534
black	x-heavy	10-1535
tan yel red grn blu blk	set of 6	10-1536

Compare then decide

Diameters of each

CanDo® Twist-n' Bend® bar

Since all bars are 1.75" in diameter, the user exercises the same muscles with each resistance, providing a consistent workout

Resistance levels available

6 levels: including tan for long-term care and black for athletic training

Lengths available

Twist-Bend-Shake® Bars (24" and 36" lengths)

TheraBand® FlexBar®

The diameter increases with each resistance, resulting in inconsistent rehabilitation

4 levels: yellow through blue

no other options



FABRICATION ENTERPRISES INC
 PO Box 1500, White Plains, NY 10602 (USA)
 tel: 800-431-2830 / +1-914-345-9300
 fax: 800-634-5370 / +1-914-345-9800
 FabEnt.com info@fab-ent.com