

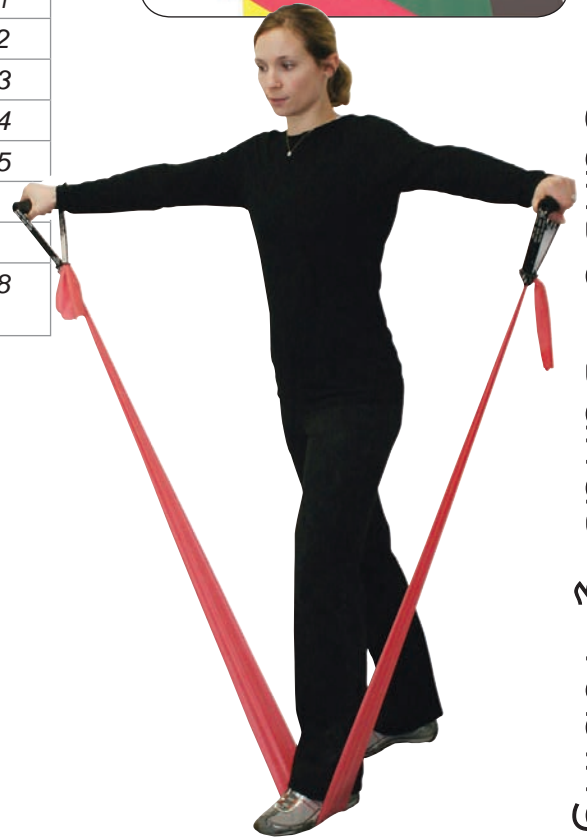


exercise bands and tubing

low powder exercise bands*

- lightweight and portable exercise solution for upper or lower body exercise
- effective when used alone or with handles and anchors
- available in 8 color-coded resistance levels
- Perf 100® is perforated every 5 feet for 60 perfect pieces per roll

color	resistance level	6-yd dispenser	50-yd dispenser	Perf 100® dispenser
<i>tan</i>	<i>xx-light</i>	10-5210	10-5220	N/A
<i>yellow</i>	<i>x-light</i>	10-5211	10-5221	10-5191
<i>red</i>	<i>light</i>	10-5212	10-5222	10-5192
<i>green</i>	<i>medium</i>	10-5213	10-5223	10-5193
<i>blue</i>	<i>heavy</i>	10-5214	10-5224	10-5194
<i>black</i>	<i>x-heavy</i>	10-5215	10-5225	10-5195
<i>silver</i>	<i>xx-heavy</i>	10-5216	10-5226	N/A
<i>gold</i>	<i>xxx-heavy</i>	10-5217	10-5227	N/A
<i>5 roll set</i>	<i>yel, red, grn, blu, blk</i>	10-5218	10-5228	10-5198



Cando® Bands & Tubing

exercise tubing*

- an economic solution for rehabilitation and strength training
- lightweight resistance tubing is compact and portable
- effective when used alone or with handles and anchors
- available in 8 color-coded resistance levels

color	resistance level	25-ft bag	100-ft box
<i>tan</i>	<i>xx-light</i>	10-5510	10-5520
<i>yellow</i>	<i>x-light</i>	10-5511	10-5521
<i>red</i>	<i>light</i>	10-5512	10-5522
<i>green</i>	<i>medium</i>	10-5513	10-5523
<i>blue</i>	<i>heavy</i>	10-5514	10-5524
<i>black</i>	<i>x-heavy</i>	10-5515	10-5525
<i>silver</i>	<i>xx-heavy</i>	10-5516	10-5526
<i>gold</i>	<i>xxx-heavy</i>	10-5517	10-5527
<i>5 roll set</i>	<i>yel, red, grn, blu, blk</i>	10-5518	10-5528

band/tubing accessory kit

- accessories to enhance a band or tubing workout
- includes adjustable foam handles (pair), door anchor, and loop stirrup anchor
10-5334 accessory kit

