

CANDo[®] Intensity[™] exercise loop

User Manual



Introduction

Intense Resistance

Our Intensity[™] exercise loops are designed to give greater resistance than standard CanDo[®] bands. Ideal for athletes and fitness enthusiasts.

Total Body Workout

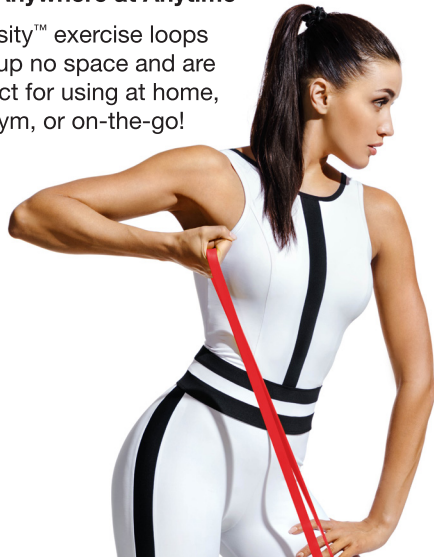
Exercise your whole body with Intensity[™] exercise loops. They are ideal for banded push-ups, pull-ups, squats, deadlifts, resistance weight training and more.

Warm Up and Cool Down

Improve your flexibility and get a deep stretch using Intensity[™] exercise loops.

Use Anywhere at Anytime

Intensity[™] exercise loops take up no space and are perfect for using at home, the gym, or on-the-go!



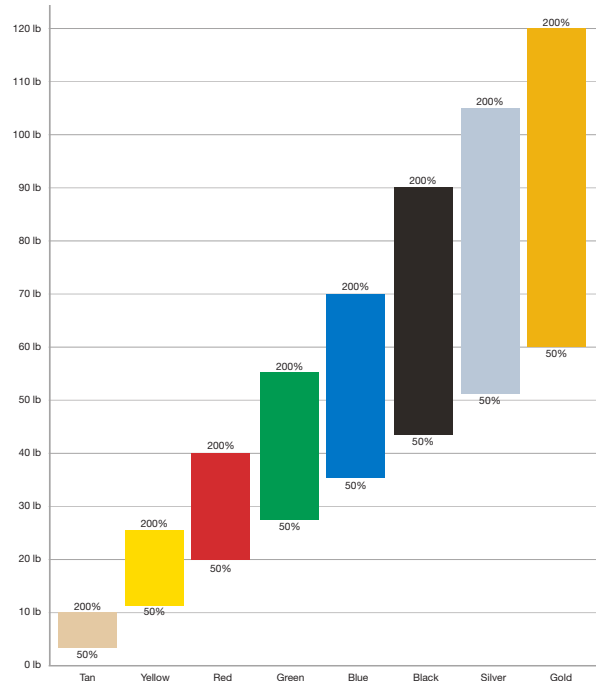
Choosing your Intensity[™] exercise loop

For rehabilitation or flexibility exercises, it's best to use a lighter resistance exercise loop (tan - red).

For resistance exercises, it's best to use loops of medium resistance (green - black). This depends on your personal strength.

For exercises where the band is assisting you, like pull-ups, it's best to use a heavy resistance loop (silver - gold).

Each Intensity[™] exercise loop has the same width of 1.5" (3.8cm) and lay flat length 41" (1m). This means when the Intensity[™] exercise loop becomes too easy to use, you can move up to a higher resistance loop. You do not have to readjust your grip because of the standardized loop width.



Force when loop is stretched			50% stretch	100% stretch	150% stretch	200% stretch
			1 to 1.5 ft	1 to 2 ft	1 to 2.5 ft	1 to 3 ft
tan	xx-light	10-6630	4 lb (1.8 kg)	5 lb (2.3 kg)	7 lb (3.2 kg)	10 lb (4.5 kg)
yellow	x-light	10-6631	12 lb (5.4 kg)	15 lb (6.8 kg)	20 lb (9.1 kg)	25 lb (11.3 kg)
red	light	10-6632	20 lb (9.0 kg)	25 lb (11.3 kg)	34 lb (15.4 kg)	40 lb (18.1 kg)
green	medium	10-6633	28 lb (12.7 kg)	40 lb (18.1 kg)	47 lb (21.3 kg)	55 lb (24.9 kg)
blue	heavy	10-6634	36 lb (16.3 kg)	50 lb (22.7 kg)	61 lb (27.7 kg)	70 lb (31.8 kg)
black	x-heavy	10-6635	44 lb (20.0 kg)	60 lb (27.2 kg)	74 lb (33.6 kg)	90 lb (40.8 kg)
silver	xx-heavy	10-6636	52 lb (23.4 kg)	70 lb (31.8 kg)	88 lb (39.9 kg)	105 lb (47.6 kg)
gold	xxx-heavy	10-6637	60 lb (27.2 kg)	85 lb (38.6 kg)	101 lb (45.8 kg)	120 lb (54.4 kg)

Using AccuForce[™]

Each Intensity[™] exercise loop features rectangular AccuForce[™] markings that indicate the force exerted. This is shown when the rectangle becomes a square once the loop is stretched. (Force = Rectangle Squared[™])

Read the force level directly on the "square" of the stretched loop to note the force exerted. Each loop has two rectangular markings indicating 100% force exerted and 200% force exerted.

AccuForce[™] is great to teach users how much force to exert when using the loop. It also helps for rehabilitation to give patients assigned exercises to do at home.



Warnings

CAUTION: This product contains natural rubber latex which may cause allergic reactions.

Read directions and carefully follow exercise instructions at all times.

- Consult with your clinician before starting an exercise program using Intensity[™] exercise loops. Anyone with a medical condition should only use this product with a clinician's approval.
- Inspect your exercise loop for damage before each use. Do not use if material is torn, punctured or nicked. Discard damaged product immediately.
- Avoid using the exercise loop around sharp objects that may puncture or tear the exerciser.
- NOTE:** Wear eye protection during the use of any band or tubing exercisers.
- This product is not a toy. Keep out of reach of children or pets.
- Immediately consult your doctor or therapist if any discomfort is experienced while performing exercise(s).

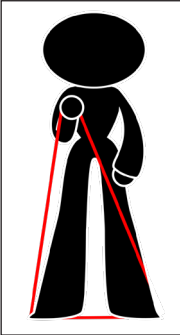
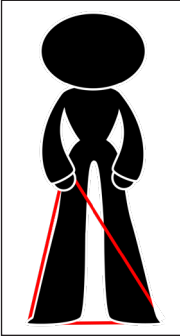
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Exercises

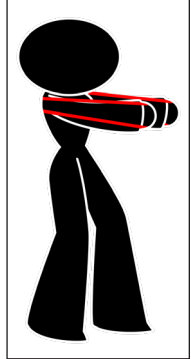
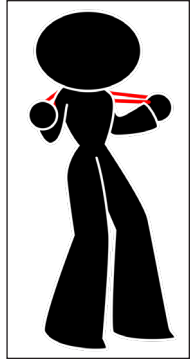
Bicep Curls

1. Place your feet shoulder-width apart inside the banded loop.
2. Grasp the loop with your right / left hand, palm up, keeping your right / left elbow tucked into your side.
3. Curl your arm upward in a slow and controlled movement keeping your arm close to your chest.
4. Bring your arm back down to its initial position.
5. Practice 2 to 3 sets of 10 reps, before repeating with the other arm.



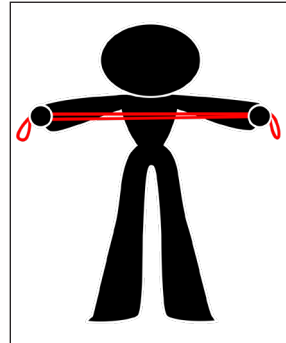
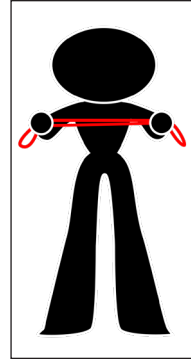
Banded Chest Fly

1. Stand with your knees slightly bent and feet shoulder-width apart.
2. Grab onto the inside of the loop at opposite ends and place the banded loop behind your back.
3. Stretch your arms out to your sides so your body forms a "T-shape".
4. Keeping your arms level, extend your arms straight out in front of you until your hands meet.
5. Hold this position for 1-2 seconds, then return to your initial position.
6. Repeat for 2 to 3 sets of 10 reps. Work up to 3 to 5 sets of 10 reps over time.



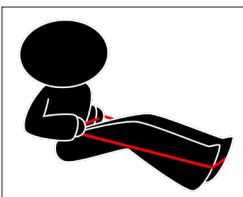
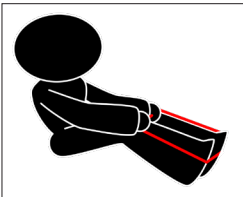
Banded Front Stretch

1. Stand with your feet shoulder-width apart.
2. Grab the banded loop keeping your hands shoulder-width apart and extend your arms parallel straight in front of you.
3. Slowly stretch your arms out to your sides, creating a "T-shape" with your body. You should feel resistance.
4. Hold this position, and return to your initial position.
5. Repeat for 2-3 sets of 10 reps. Work up to 3-5 sets of 10 reps over time.



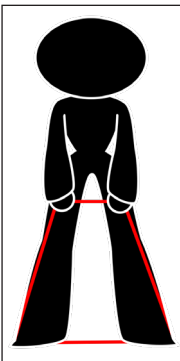
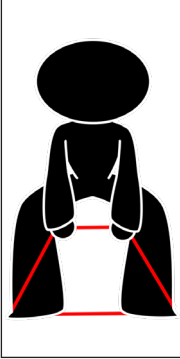
Banded Row

1. Begin in a seated position with your knees slightly bent and your legs stretched out in front of you.
2. Place the inside of the banded loop across the arch of your feet, and grasp the other end of the loop with both your hands.
3. Sit up straight and with your arms extended straight in front of you, palms facing each other.
4. Keep your arms close to your sides and pull the banded loop towards you until your hands reach the sides of your body.
5. Hold for 1-2 seconds, then slowly return to the initial position. Repeat for 2 to 3 sets of 10 reps. Work up to 3 to 5 sets of 10 reps.



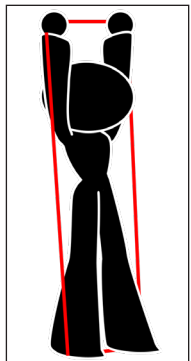
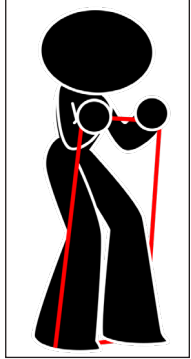
Deadlifts

1. Place your feet slightly more than shoulder-width apart inside the banded loop. Point your toes forward.
2. Squat down and grab the top of the loop with both hands, keeping your hands shoulder-width apart. Make sure your back is straight.
3. Keeping your back straight, straighten your knees and stand straight with your arms at your sides. You should feel resistance.
4. Hold this position for 1-2 seconds, then return to a squatting position.
5. Repeat for 2 to 3 sets of 10 reps. Work up to 3 to 5 sets of 10 reps over time.



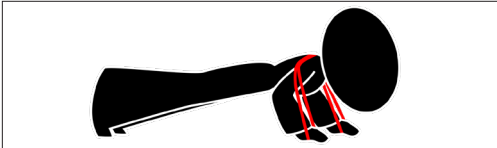
Banded Overhead Press

1. Place your feet shoulder-width apart inside the banded loop.
2. Partially bend your knees and grab the top of the loop with both hands, keeping your hands shoulder-width apart. Your elbows should be bent and your hands should be in front of your shoulders.
3. Straighten your legs and back, and extend your arms straight overhead above your shoulders. You should feel resistance.
4. Slowly return to your initial position. Repeat 8-12 times.



Banded Push-ups

1. Position your body on the ground in a push up stance.
2. Place the banded loop across your back and grab onto either end of the loop. The loop should be laid across your shoulders.
3. With your body in the push-up stance, perform a push-up by straightening your elbows and raising your body off the ground. Keeping your back straight and engaging your core. You should feel resistance against the band.
4. Slowly lower your body to the ground and repeat for 5-10 reps. Work up to 10-20 reps over time.



Banded Kickback

1. Kneel on the ground with your hands in front of you shoulder-width apart in a push-up stance.
2. Place the banded loop around the arch of one of your feet and hold the other end of the loop with both hands.
3. Keeping your back straight, slowly kick back your foot with the band so that you feel resistance.
4. Hold this position for 1-2 seconds, then slowly return to the initial position.
5. Repeat for 2 to 3 sets of 10 reps. Work up to 3 to 5 sets of 10 reps.
6. Repeat these steps with the other leg.

