



hand exercisers

color-coded resistance levels

yellow	red	green	blue	black
x-light	light	medium	heavy	x-heavy

CanDo® Via® hand exerciser



tension levels

		force to compress (lbs.)	
		each finger	whole hand
10-0735	yellow	1.0	4.0
10-0736	red	2.5	10.0
10-0737	green	4.0	16.0
10-0738	blue	5.5	22.0
10-0739	black	7.0	28.0
10-0734	set of 5 (1 each color)		
10-0733	set of 5 with plastic stand		

CanDo® VariGrip® hand exerciser

- each finger pad adjusts individually
- soft finger pads and palm rest
- great for post surgery rehab

adjustable tension levels



adjust pad tension individually with thumb screws

		minimum force (lbs.)		maximum force (lbs.)	
		each finger	whole hand	each finger	whole hand
10-0540	yellow	1.0	4.0	1.5	6.0
10-0541	red	2.5	10.0	3.0	12.0
10-0542	green	1.0	16.0	5.0	20.0
10-0543	blue	5.5	22.0	7.0	28.0
10-0544	black	7.5	30.0	9.0	36.0
10-0545	set of 5 (1 each color)				
10-0548	set of 5 with plastic stand				

CanDo® Pro® hand exerciser

- sized for larger hands
- heavier tensions suitable for athletic training
- contoured palm rest



tension levels

		force to compress (lbs.)	
		each finger	whole hand
10-0835	yellow	3.0	12.0
10-0836	red	5.0	20.0
10-0837	green	7.0	28.0
10-0838	blue	9.0	36.0
10-0839	black	11.0	44.0
10-0834	set of 5 (1 each color)		
10-0833	set of 5 with plastic stand		



CanDo® Via® VariGrip® and Pro® hand exercisers