



### 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
564773	yellow	1.0	4.0
564774	red	2.5	10.0
564775	green	4.0	16.0
564776	blue	5.5	22.0
564777	black	7.0	28.0

564778 set of 5 (1 each color)

### Cando® VariGrip® hand exerciser

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



adjust pad tension individually with thumb screws

### adjustable tension levels

		minimum force (lbs.)		maximum force (lbs.)	
		each finger	whole hand	each finger	whole hand
562750	yellow	1.0	4.0	1.5	6.0
562751	red	2.5	10.0	3.0	12.0
562752	green	1.0	16.0	5.0	20.0
562753	blue	5.5	22.0	7.0	28.0
562754	black	7.5	30.0	9.0	36.0

562755 set of 5 (1 each color)

562756 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
563184	yellow	3.0	12.0
563185	red	5.0	20.0
563186	green	7.0	28.0
563187	blue	9.0	36.0
563188	black	11.0	44.0

563189 set of 5 (1 each color)

563190 set of 5 with plastic stand

