

# CANDo® weight straps

## Exercise Manual



**Note:** Before performing any of these exercises, read the exercise tips on the back of this manual

### HOW TO USE

Step 1. Place weight on wrist or ankle and thread hook material strap through metal D-ring.

Step 2. Pull the strap tight to give the weight a snug fit and press the strap down to fasten it with the hook / loop fastener for secure closure.

**NOTE:** Make sure the weight strap is securely fastened with hook / loop fastener before exercising.



### UPPER BODY EXERCISES

#### Biceps Curl

Step 1. Attach the weight strap to your wrist.

Step 2. Keep your elbow by your side and lift your forearm upward.

Step 3. Hold this position and slowly return.

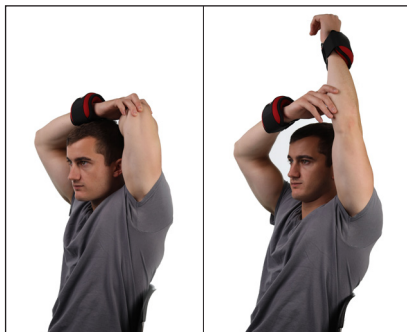


#### Triceps Extension

Step 1. Attach the weight strap to your wrist.

Step 2. Raise your arm overhead and bend your elbow. Use your opposite hand to hold your elbow for support.

Step 3. Extend your elbow upward, hold the position, then slowly return.



### Prone Lift with Extension

- Step 1. Attach the weight strap to your wrist.
- Step 2. Lie on a table or weight bench on your stomach with your arm hanging down off the table or weight bench.
- Step 3. Lift your elbow upward.
- Step 4. Extend your arm backward.
- Step 5. Hold this position and slowly return.



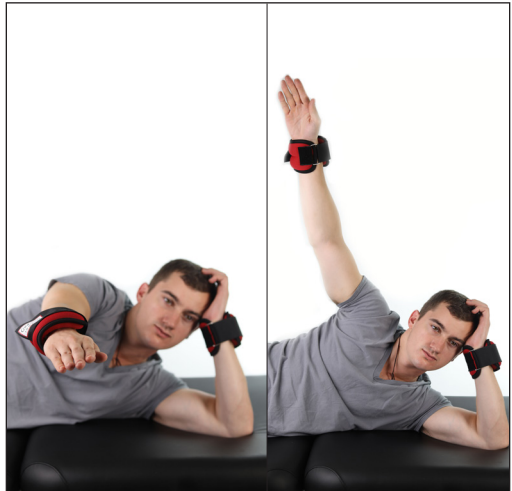
### Shoulder Lift

- Step 1. Attach the weight strap to your wrist.
- Step 2. Lie on your back with your arm extended upward and elbow straight.
- Step 3. Holding this position, lift your shoulder slightly upward and then slowly return.



### Side Lying Arm Reach

- Step 1. Attach the weight strap to your wrist.
- Step 2. Lie on your side with your arm extended outward in front of you. Keep your elbow straight.
- Step 3. Lift your arm upward with your fingers pointed towards the ceiling while keeping your elbow straight.
- Step 4. Hold this position and slowly return.



### Side Lying Shoulder Rotation

- Step 1. Attach the weight strap to your wrist.
- Step 2. Lie on your side with your elbow bent at your hip.
- Step 3. Place your forearm perpendicular to your body outward in front of your body. Then lift your forearm toward the ceiling rotating your shoulder.
- Step 4. Hold this position and slowly return.



### Shoulder Extension

- Step 1. Attach the weight strap to your wrist.
- Step 2. Lie on your side with your arm extended outward in front of you and slightly above your body.
- Step 3. Keeping your elbow straight, move your arm over your head using your shoulder muscles.
- Step 4. Hold this position and slowly return.



### Front Shoulder Reach

- Step 1. Attach the weight straps to both of your wrists.
- Step 2. Position your arms in front of you with your thumbs pointing to the ceiling, keeping your arms straight.
- Step 3. Lift your arms up, keeping your arms straight, as high as your arms can go.
- Step 4. Hold this position and slowly return.



## Side Shoulder Reach

- Step 1. Attach weight straps to both of your wrists.
- Step 2. Position your arms out to your sides, keeping your elbows straight, with your thumbs pointing to the ceiling.
- Step 3. Raise your arms upward and hold the position then slowly return.



## Wrist Curls (Flexion)

- Step 1. Hold the weight strap in your hand wrapped around your palm.
- Step 2. Sit in a chair and place your forearm on your knee with your wrist extended down and your palm facing upward.
- Step 3. Lift your palm upward, flexing your wrist.
- Step 4. Hold this position and slowly return.



## Wrist Extension

- Step 1. Hold the weight strap in your hand wrapped around your palm.
- Step 2. Sit in a chair and place your forearm on your knee with your wrist flexed downward and your palm facing down.
- Step 3. Lift your hand upward, extending your wrist.
- Step 4. Hold this position and slowly return.



# LOWER BODY EXERCISES

## Knee Extension with Support

- Step 1. Attach the weight strap to your ankle.
- Step 2. Lie on your back and place a ball or positioning roll under your knee.
- Step 3. Extend your knee until your leg straightens.
- Step 4. Hold this position and slowly return.



## Leg Raise

- Step 1. Attach the weight strap to your ankle.
- Step 2. Bend your opposite leg to about 90 degrees.
- Step 3. Keeping your leg straight, lift your leg until it is parallel with your opposite leg.
- Step 4. Hold this position and slowly return without letting your knee bend.



## Seated Knee Lift

- Step 1. Attach the weight strap to your ankle.
- Step 2. Sit on the edge of a table or chair.
- Step 3. Lift your knee upward. This will flex your hip.
- Step 4. Hold this position and slowly return.



### Seated Leg Lift

- Step 1. Attach the weight strap to your ankle.
- Step 2. Sit on the edge of a table or chair.
- Step 3. Lift and extend your leg forward until your knee is straight.
- Step 4. Hold this position and slowly return.



### Side Lying Hip Lift

- Step 1. Attach the weight strap to your ankle.
- Step 2. Lie on your side and scissor your legs so that the upper leg is forward and the lower leg is back.
- Step 3. Lift the lower leg, keeping it straight.
- Step 4. Hold this position and slowly return.



### Prone Leg Lift

- Step 1. Attach the weight strap to your ankle.
- Step 2. Lie on your stomach with your legs straight and rest your head on your arms.
- Step 3. Raise one of your legs upward keeping your leg straight.
- Step 4. Hold this position and slowly return.



### Side Lying Leg Lift

- Step 1. Attach the weight strap to your ankle.
- Step 2. Lie down on your side and rest your head on your arm.
- Step 3. Bend your legs at the knees
- Step 4. Keeping your leg straight, lift the leg that is on top.
- Step 5. Hold this position and slowly return.



## CORE EXERCISE

### Prone Arm & Leg (Superman)

- Step 1. Attach the weight straps to your ankles and wrists.
- Step 2. Lie on your stomach with your legs straight and arms extended in front of you.
- Step 3. Raise your opposite arm and leg, while keeping them straight.
- Step 4. Hold this position and then slowly return. Alternate sides and repeat.



# CANDO weight straps

## Key Features

- Use weight straps for aerobic and fitness training
- Helps increase strength and tones arms, wrists, shoulders and ankles
- Soft and comfortable – weights fit snugly and won't slip off your wrist or ankle
- Durable covering with padding
- Hook/loop strap with D-ring closure for snug fit
- Sold in pairs

weight	color	sku
0.5 lb	yellow	10-3380-2
1 lb	red	10-3381-2
1.5 lb	green	10-3382-2
2 lb	blue	10-3383-2
2.5 lb	black	10-3384-2



## EXERCISE TIPS

- The exercise tips are guidelines. They do not replace any instructions or directions given by your clinician.
- As with any exercise program, muscle soreness may be experienced after initial usage over the first few days. If muscle soreness persists for more than a few days, consult your clinician.
- Do not exercise while experiencing pain.
- Before each use, check the strap and stitching on each weight for any signs of damage, fraying or breakage. Do not use if any of these conditions are found.
- For beginners, practice exercises without the additional weight until you are comfortable with the movements. Then begin exercises with this product.
- Check the strap before beginning an exercise to ensure it is securely fastened and periodically check during your exercise routine.
- To prevent possible chafing, wear the weight strap over light, breathable clothing for skin protection.
- **Proper body stance is critical** while practicing standing exercises. Square your balance at all times. Be sure to practice the safest posture possible by maintaining your natural spinal position.
- Never hyperextend your arms or legs while using these weights. Joint damage can occur.
- Control your breathing while practicing exercises. Never hold your breath while exercising. Exhale during the more difficult phase of your exercise repetition.
- Practice exercises in a slow and controlled motion.
- Don't over exercise. Perform the prescribed number of sets and repetitions. Take a break between sets.

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