

# CANDo® Intensity™ exercise loop



## Key Features:

- Build upper and lower body strength
- Improve flexibility and mobility
- Available in 8 color-coded resistance levels
- All Intensity™ exercise loops have a 1.5" (3.8 cm) width for standardized grip
- AccuForce™ technology markers on loop show exerted force
- User manual with exercises included

## 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!



Resistance Level		100% stretch	200% stretch	Sku
		1 to 2 ft	1 to 3 ft	
tan	xx-light	5 lb (2.3 kg)	10 lb (4.5 kg)	10-6630
yellow	x-light	15 lb (6.8 kg)	25 lb (11.3 kg)	10-6631
red	light	25 lb (11.3 kg)	40 lb (18.1 kg)	10-6632
green	medium	40 lb (18.1 kg)	55 lb (24.9 kg)	10-6633
blue	heavy	50 lb (22.7 kg)	70 lb (31.8 kg)	10-6634
black	x-heavy	60 lb (27.2 kg)	90 lb (40.8 kg)	10-6635
silver	xx-heavy	70 lb (31.8 kg)	105 lb (47.6 kg)	10-6636
gold	xxx-heavy	85 lb (38.6 kg)	120 lb (54.4 kg)	10-6637



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# CANDO® Intensity™ exercise loop

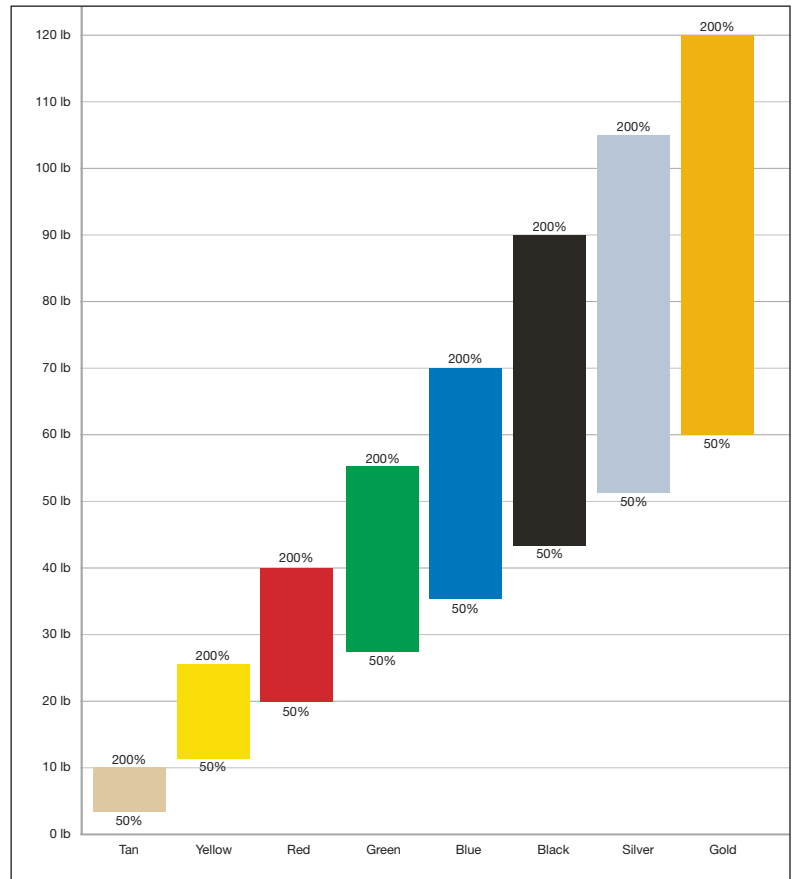
## Choosing your Intensity™ exercise loop

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.



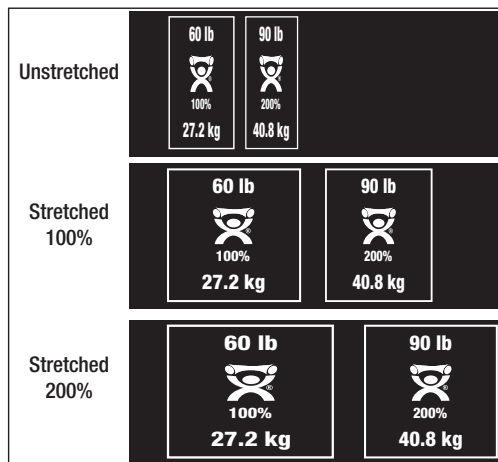
Force when loop is stretched			50% stretch	100% stretch	150% stretch	200% stretch
			1 to 1.5 ft	1 to 2 ft	1 to 2.5 ft	1 to 3 ft
tan	xx-light	10-6630	4 lb (1.8 kg)	5 lb (2.3 kg)	7 lb (3.2 kg)	10 lb (4.5 kg)
yellow	x-light	10-6631	12 lb (5.4 kg)	15 lb (6.8 kg)	20 lb (9.1 kg)	25 lb (11.3 kg)
red	light	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.



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