

# exercise stations



exercise

## CanDo® bungee exercise cords and accessories

- each color-coded bungee cord has a snap hook on one end AND a door jamb anchor nub and loop anchor on the other end
- use with a variety of accessories for complete upper and lower body workout



7-foot bungee cord



exercise cords					
	Strength	4-foot cord		7-foot cord	
tan	xx-light	10-5810	15.00	10-5800	17.00
yellow	x-light	10-5811	16.00	10-5801	18.00
red	light	10-5812	17.00	10-5802	19.00
green	medium	10-5813	18.00	10-5803	20.00
blue	heavy	10-5814	19.00	10-5804	21.00
black	x-heavy	10-5815	20.00	10-5805	22.00
silver	xx-heavy	10-5816	22.00	10-5806	24.00
gold	xxx-heavy	10-5817	24.00	10-5807	26.00
yel red grn blu blk	set (1 ea)	10-5819	85.00	10-5809	95.00



accessories			
	extremity strap (25")	10-3221	10.00
A	foam-padded handle (pair)	10-3220	7.50
B	adj. large strap (thigh)	10-3241	17.50
C	adj. medium strap (ankle)	10-3240	15.00
D	adj. small strap (wrist)	10-3242	12.50
E	adj. shoulder harness	10-3243	30.00
F	adj. head harness	10-3244	25.00
G	door mount	10-5150	25.00
H	wall mount	10-5152	20.00



shoulder harness



head harness



wall mount: vertical strap is 5½" long; horizontal strap is 16" long with 5 ring attachments (bungee cord not included)



door mount: vertical strap is 16" long to wrap around length of door

## CanDo® shoulder pulley set

- helps increase ROM in shoulder for prevention and rehabilitation of injuries
- mount in any doorway
- includes elastic tubing (below), handles, pulley and door anchor
- combines shoulder pulley with ELASTIC resistance!



yellow	x-light	10-5040	22.50
red	light	10-5041	22.50
green	medium	10-5042	22.50
blue	heavy	10-5043	22.50
black	x-heavy	10-5044	22.50
yel red grn blu blk	set (1 ea)	10-5048	37.50

NOTE: non-elastic overhead pulleys available on page 81

## CanDo® overdoor exercise bar



- use standing, sitting, or balancing
- exercise superficial and deeper muscles
- use for isometric and dynamic exercise
- includes tubing (below), exercise bar and door anchor

yellow	x-light	10-5060	35.00
red	light	10-5061	35.00
green	medium	10-5062	35.00
blue	heavy	10-5063	35.00
black	x-heavy	10-5064	35.00
yel red grn blu blk	set (1 ea)	10-5068	50.00

**NEW**

## CanDo® door anchors

- use with existing band or tubing for overdoor, underdoor or in door jamb

### overdoor bracket

10-5780	nub door anchor	7.50
10-5781	disc door anchor	7.50
10-5782	overdoor bracket	10.00



nub anchor



disc anchor



overdoor/underdoor bracket