



Re-Order #	Description	Unit
914555	Exercise Banding w/Handles (Set Includes: Two Handles and 6ft Banding)	Set
914556	25ft Replacement Banding	Each
914539	Replacement Handles	Pair

### Purpose

This exercise kit is light and portable and can be used in the home, office or on travel. It can easily fit in all types of carry-on luggage. With it's use most of the upper and lower body muscle groups can be exercised.

### Advantages

Several banding kits are available but the advantage of this kit is that the tubing length can be increased or decreased for greater or less resistance. Most other systems need to be discarded after the tubing ruptures, whereas this system allows for complete banding replacement.

### Easy to Use

The bi-handle arrangement of exercise banding and handles can be adjusted to provide a range of resistance exercise for the arms or legs.

### Application

The handle set is provided with a six foot long banding which length can be changed, the shorter the length the greater the resistance. This device is shipped with a high resistive banding but lighter banding can be purchased elsewhere.

### Adjusting the Banding

Place the banding through the socket as in figure 1. While pulling the banding place pressure on the red ball until the banding is secure. Adjust the length according to the exercise, desired resistance or body stature (On the back of this insert are some suggested exercises). Adjust the length according to the exercise, desired resistance or body stature. The following are some suggested exercises

- A) Foot in loop and doing curls
- B) Foot in loop and raising arm with palm down
- C) Hands extended at side
- D) While seated on the floor hold the handle and extend legs
- E) Nylon handle in door and doing curls
- F) Nylon handle in door and pull straight out



Fig. 1



### **Caution**

Consult with a therapist or professional to get approval of the types of exercises to be performed and the exertion level allowed. Make sure that the ball is securely set otherwise it could become loose and the banding will release.

### **Easy Care**

The handles can be cleaned with soap and water or a mild disinfectant.