

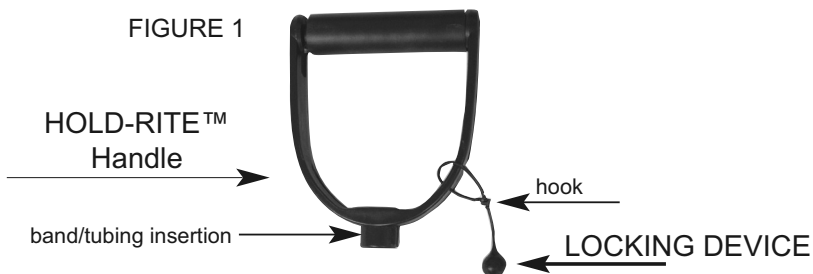


HOLD-RITE™ HANDLE

ASSEMBLY INSTRUCTIONS

- ▲ Accessory attachment for Cando® exercise bands and tubing
- ▲ HOLD-RITE™ Handle provides better grip for unilateral or bilateral strengthening exercises
- ▲ Adds versatility to resistive exercise session

FIGURE 1



EXERCISE ROUTINE

The actual exercise routine should be determined by a doctor, therapist, coach, or trainer. This exercise routine should include number of reps and sets, times per day and times per week.

DETERMINING APPROPRIATE CAN-DO® BAND AND TUBING RESISTANCES

Have your doctor or therapist select a Can-Do® band/tubing for your present stage of rehabilitation. The Can-Do® band/tubing selected should allow you to adhere to all established exercise guidelines and execute each exercise proficiently.

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HOW TO ASSEMBLE THE **CANDO® HOLD-RITE™ HANDLE**

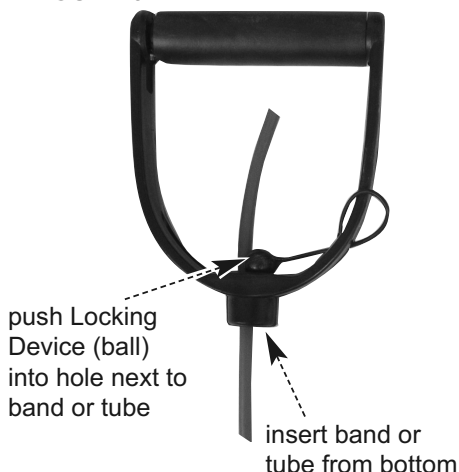
STEP ONE:

Locking device comes hooked around handle.



FIGURE 2

FIGURE 3



STEP TWO:

Insert Cando® exercise band/tube from the bottom of handle and stick locking device (ball) into the insertion area from the top. See Figure 3.

STEP THREE:

Pull on Cando® exercise band/tube or push down on Locking Device (ball) to secure band or tube. See Figure 4.

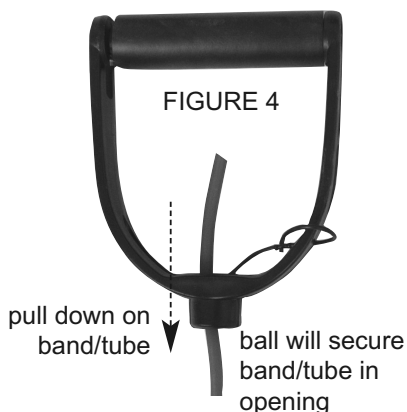


FIGURE 4

STEP FOUR:

Repeat Steps 1 through 3 for other handle.

STEP FIVE:

To release and remove Cando® exercise band/tube, pull up on Locking Device (ball). Slide material out.



FIGURE 5

WARNING

- Avoid using Can-Do® band/tubing in areas where product could accidentally strike others.
- Read directions and carefully follow exercise instructions at all times.
- Inspect the band/tubing before each exercise session for any nicks or tears that may occur from continued use.
- Always check to see that the band/tubing is securely attached to Hold-Rite™ handles before any exercise is performed.
- Never tie multiple strength bands/tubings together!
- Avoid looking directly at the Can-Do® band/tubing while performing exercises.
- Immediately consult your doctor or therapist if any discomfort is experienced while performing exercise(s).



Simple, Cost Effective, Portable Exercise Products



1. Cando® exercise band with adjustable handle
2. AccuForce™ band
3. Tubing with Handles™
4. TBS™ bar
5. Exercise web
6. Digi-Extend™
7. Digi-Flex™
8. Theraputty™ material
9. Wate™ bar
10. Dumbbell
11. Cuff® weight
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17. Jumbo™ foam roller
18. MVP™ balance board
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20. Inflatable ball

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