



TBS™ Twist-Bend-Shake Exercise bar



Now available in 3 sizes and 6 resistances

tan braun beige beige marrone marfil	xx-light xx-leicht xx-licht xx-légère xx-leggero xx-ligero	yellow gelb geel jaune giallo amarillo	x-light x-leicht x-licht x-légère x-leggero x-ligero	red rot rood rouge rosso rojo	light leicht licht légère leggero ligero	green grün groen vert verde verde	medium mittel medium moyen medio mediano	blue blau blauw bleu blu azul	heavy stark zwaar fort pesante pesado	black schwarz zwart noir nero negro	x-heavy x-stark x-zwaar x-fort x-pesante x-pesado
Twist-n-Bend™ 1 foot 10-1510	Twist-n-Bend™ 1 foot 10-1511	Twist-n-Bend™ 1 foot 10-1512	Twist-n-Bend™ 1 foot 10-1513	Twist-n-Bend™ 1 foot 10-1514	Twist-n-Bend™ 1 foot 10-1515	TBS™ 2 foot 10-1520	TBS™ 2 foot 10-1521	TBS™ 2 foot 10-1522	TBS™ 2 foot 10-1523	TBS™ 2 foot 10-1524	TBS™ 2 foot 10-1525
TBS™ 3 foot 10-1520	TBS™ 3 foot 10-1521	TBS™ 3 foot 10-1522	TBS™ 3 foot 10-1523	TBS™ 3 foot 10-1524	TBS™ 3 foot 10-1525						



TBS™ Twist-Bend-Shake Exercise bar is an extremely versatile exercise products. It can be used to perform three distinct forms of exercise. The bar can be positioned anywhere to exercise almost all muscle groups. For all exercises, resistance can be changed by changing the distance between the hands and/or by changing to a different resistance bar.

TWIST: Place both hands on the bar. Twist the bar by flexing one wrist and extending the other.

BEND: Place both hands on or near the ends of the bar. Keep your hands in position and exert force to bend the bar. This force will flex the bar in the middle.

TWIST-N-BEND: Combine the Twist and Bend operations for a whole new group on exercises.

SHAKE: Place one or two hands at one end of the bar. Shake (push, pull or rotate) the bar. The bar will flex. The resistance needed to control the bar increases as the amount of flexion increases. You can control the amount of force needed to “work” the bar by slowing down or speeding up the flexion of the bar, or changing to a different resistance bar.

Manufactured in Sri Lanka/Malaysia/China by:
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Contains one
Cando® TBS™ Exerciser