

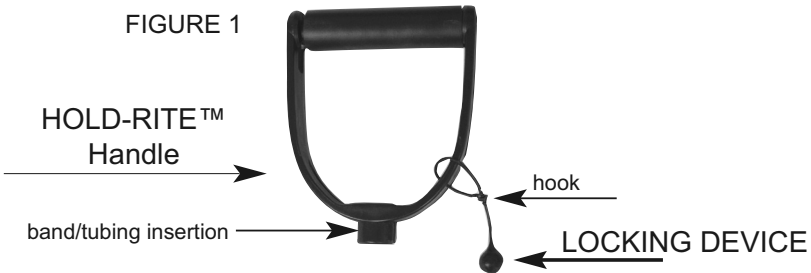


HOLD-RITE™ HANDLE

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.

Fabrication
Enterprises
Incorporated

Fabrication Enterprises, Inc.
PO Box 1500, White Plains, New York 10602
tel: 800-431-2830 914-345-9300
fax: 800-634-5370 914-345-9800
info@FabricationEnterprises.com

www.CandoProducts.com

rev 7/08

HOW TO ASSEMBLE THE CANDO® HOLD-RITE™ HANDLE

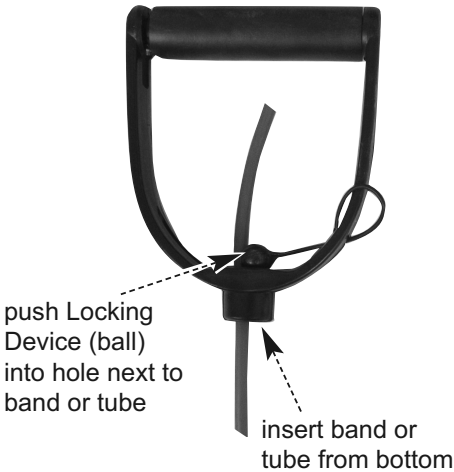
STEP ONE:

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.

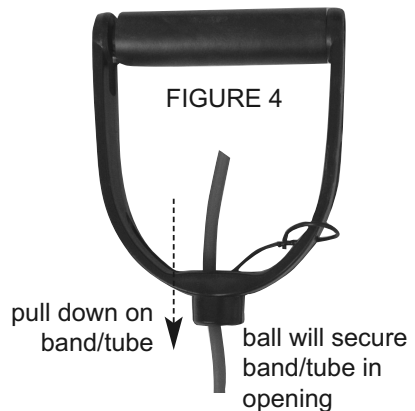


FIGURE 4

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.

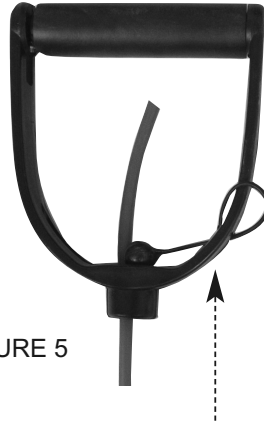


FIGURE 5

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).

CANDO®

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
12. Handy ball
13. Medicine ball
14. Balance pad
15. Closed cell fitness mat
16. Open cell fitness mat
17. Jumbo™ foam roller
18. MVP™ balance board
19. Vestibular disc
20. Inflatable ball

Visit us at

www.CandoProducts.net

for more exercise products

Authorized CE representative:

RMS UK Ltd.

28 Trinity Road

Nailsea, Somerset BS48 4NU (UK)

