

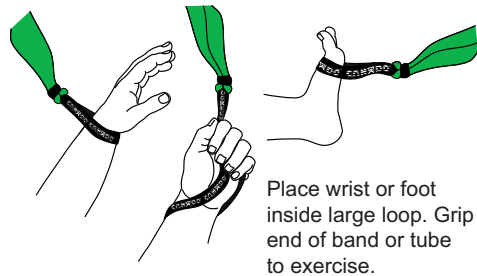
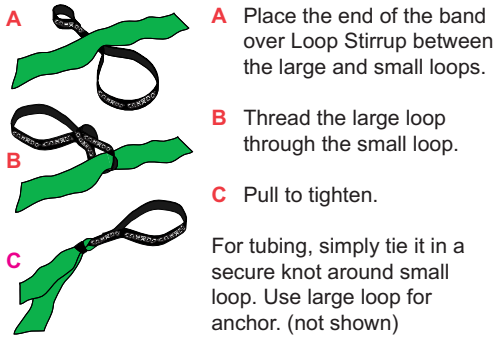
band/tubing accessory kit

Accessory Kit Includes:

1 loop stirrup anchor, 1 disc anchor and 1 pair of adjustable handles

Loop Stirrup Anchor 10-5310 (each)

- Loop stirrup has two heavy-duty webbing loops: one large and one small
- Fastening system secures any size band or tubing
- Can be used in conjunction with or without one handle to facilitate a wide range of exercises



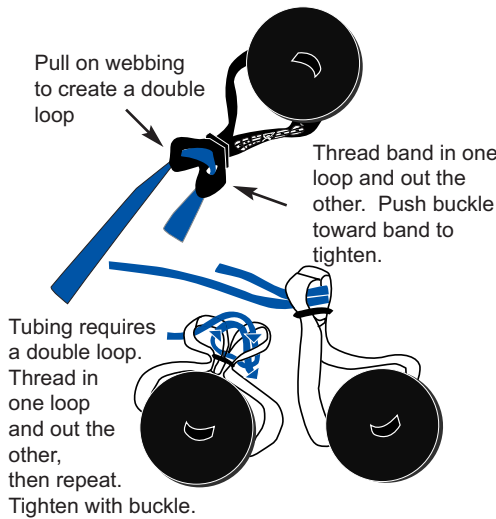
Place wrist or foot inside large loop. Grip end of band or tube to exercise.



Place large loop around stationary object. Thread band in small loop. Grip band and exercise.

Disc Anchor 10-5325 (each)

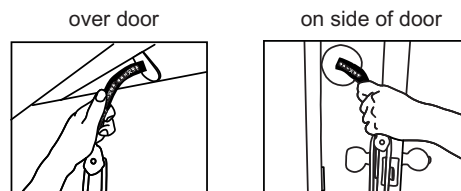
- Place band or tubing at different heights between door and jamb for a total body workout (see mounting instructions below)
- Fastening system secures any size band or tubing
- Heavy-duty webbing for durability



MOUNTING OPTIONS

Choose a door that is not used often and that will allow you ample room to perform your exercises.

Place the Cando® webbing over the top of the door or along the side of the door, so that when the door is closed, the round disc is on the opposite side of the door.

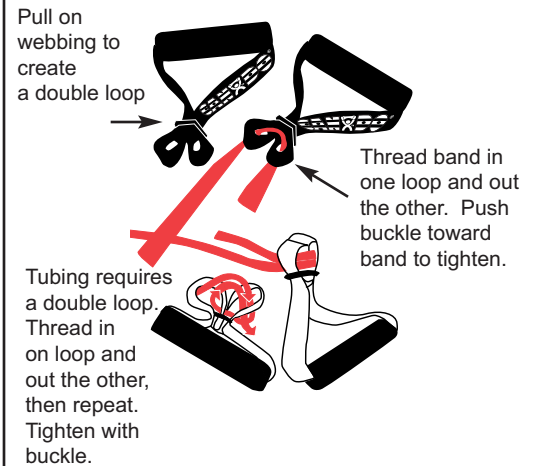


Close and lock the door before starting your exercises. Make sure door latches and locks and that no one opens the door while your exerciser is in use.

Avoid door gaps larger than 1" to maximize safety.

Adjustable Handles 10-5330 (pair)

- Can be used with any exercise bands or tubing
- Handles are soft and comfortable, yet firm to grip
- Adds challenge to resistive exercise
- Heavy-duty webbing for durability
- Fastening system secures all bands or tubing
- Easy to attach! While pulling down the black buckle on the handle, push up the webbing to create a double loop. Thread one end of the band or tubing through one loop and back through the other. Tighten down the buckle to lock in place. Loop the band once and tubing twice to secure safely. Slide buckle towards the looped band or tubing to tighten.



10-5334 Cando® band / tubing accessory kit

