



# Twist-n-Bend® bar upper body exerciser

### twist



with both hands on the bar, twist 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



### 6 piece set



## compare then decide

	CanDo® Twist-n-Bend® Bar	TheraBand® FlexBar®
<b>diameters of each</b>	since all bars are 1.75" in diameter, the user exercises the same muscles with each resistance, providing a consistent workout	the diameter increases with each resistance, resulting in inconsistent rehabilitation
<b>resistance levels available</b>	6 levels: including tan for long-term care and black for athletic training	4 levels: yellow through blue
<b>compatibility</b>	complements CanDo®'s Twist-Bend-Shake® Bars (24" and 36" lengths)	no other options

All CanDo® Twist-n-Bend® bars utilize the same graduated progressive color code as other CanDo® products

12" long

tan	xx-light	10-1510
yellow	x-light	10-1511
red	light	10-1512
green	medium	10-1513
blue	heavy	10-1514
black	x-heavy	10-1515
	set of 6	10-1516

tan – black



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