



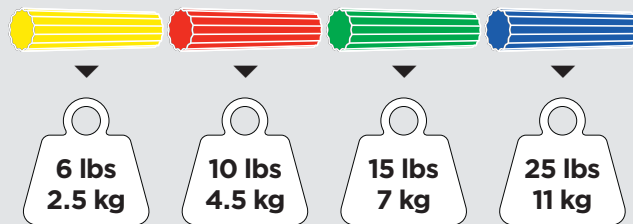
FLEXBAR®

Improve grip and forearm strength

Eliminate pain in the arm, hand and shoulder with an effective, non-surgical option to increase strength and dexterity

- Simple, effective and high-quality treatment for elbow pain and strength building
- Designed and engineered by the original, global leader in resistance products

FLEXBAR ► FORCE



FlexBar* (single/individually wrapped) N.Am./Int.

- 26107 ● Yellow/Extra Light
 - 26100 ● Red/Light
 - 26101 ● Green/Medium
 - 26102 ● Blue/Heavy
- Exercise manual included.

FlexBar* retail cartons Int./EU

- 12344 ● Yellow/Extra Light
 - 12345 ● Red/Light
 - 12346 ● Green/Medium
 - 12347 ● Blue/Heavy
- Includes multi-lingual instructional insert.








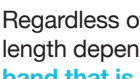
*This product contains dry natural rubber

Not all products available in all markets

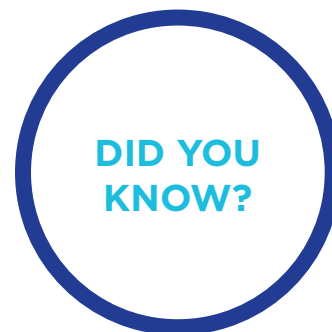
TRUSTED PROGRESSION™ SYSTEM

Elastic resistance force and torque

Elastic resistance is a unique type of resistance training compared to other traditional forms, such as isotonic or isokinetic resistances. **The resistance provided by elastic bands or tubing is based on the amount that the band or tubing is stretched.** This resistance can be measured in pounds/kilograms of force depending on the percentage the band or tubing is stretched from its resting length; this is known as force-elongation.

| Color | Resistance at 100% elongation | | Resistance increase |
|--|-------------------------------|--------------------|---------------------|
|  | Max | 14.2 lbs 6.5 kg | 40% |
|  | Super heavy | 10.2 lbs 4.6 kg | 40% |
|  | Special heavy | 7.3 lbs 3.3 kg | 25% |
|  | Extra heavy | 5.8 lbs 2.6 kg | 25% |
|  | Heavy | 4.6 lbs 2.1 kg | 25% |
|  | Medium | 3.7 lbs 1.7 kg | 25% |
|  | Thin | 3 lbs 1.3 kg | 25% |
|  | Extra thin | 2.4 lbs 1.1 kg | — |

Regardless of how long the band or tubing is before it is stretched, the force produced at its stretched length depends on the percent elongation. **For example, an initial 2-foot (60 cm) length of green band that is stretched to 4 feet (120 cm, double its resting length) is at 100% elongation.** Therefore, the resistance of the band is 4.6 lbs/2.1 kg at that elongation. Each progressive step represents a consistent pull-force increase of 25% in the clinical range (Tan through Black) and 40% in the advanced range (Silver and Gold).



What is 100% elongation?

When a length of band is stretched to twice its original measurement, it reaches 100% elongation.

- ✓ **Patients should progress to the next-level band after achieving three sets of 10-15 repetitions.** *Refer to RISE study below

Resistance intensity scale for exercise (RISE)



When using elastic resistance products, always wear eye protection.

Developed by Juan Carlos Colado, PHD, University of Valencia, Valencia, Spain

1. Colado et al. 2012. *J Strength Cond Res.* 26 (11):3018-3024

2. Colado et al. 2014. *J Sports Sci Med.* 13:758