

# CANDo®

## Multi-Grip™ exerciser

### Exercises for use



#### SAFETY INFORMATION:

- Consult with your clinician before starting an exercise program using this exerciser. Anyone with a medical condition should only use this product with a clinician's approval.
- If you have any dizziness, trouble breathing, increasing pain or begin to feel sick while using the exerciser, stop exercising and contact your clinician immediately.
- Children should only use this product when instructed by a clinician, and then only with an adult present.
- Inspect your exerciser for damage before each use. Do not use if knit material or thread is torn, punctured or nicked. Discard damaged product immediately.
- When cutting the exerciser to a different length, only cut on indicated lines.
- Avoid using the exerciser around sharp objects that may puncture or tear the exerciser; such as fingernails, or objects on the floor or under your shoe.
- Before exercising remove all rings, watches and jewelry.
- Use exerciser in an open area where you can move freely so that the exerciser will not get caught on any objects.
- Never use the exerciser to lift a person or any other object off the ground.
- Any exerciser can break or slip from its anchoring point during use. If this happens, it can hit your body or cause you to fall. Take the following precautions when using your exerciser:
  - ◊ Wear eye protection.
  - ◊ Maintain proper stance during exercises.
  - ◊ When using one of the grips as a handle, grasp at its end.
  - ◊ Check the security of any attachment to accessories or to your feet before beginning your exercise.
  - ◊ Do not snap the exerciser towards anyone's face or body.
  - ◊ Do not let go of the exerciser if it is under tension.
  - ◊ Do not over-stretch the exerciser more than three times its unstretched length. This applies to each individual grip, as well as the overall exerciser.
- This product is not a toy. Keep out of reach of children or pets.

#### EXERCISE TIPS:

- The exercise tips are guidelines. They do not replace any instructions or directions given by your clinician.
- As with any exercise program, muscle soreness may be experienced after initial usage over the first few days. If muscle soreness persists for more than a few days, consult your clinician.
- Do not exercise while experiencing pain.
- For beginners, practice exercises without the exerciser until you are comfortable with the movements. Then begin exercises with this product.
- **Proper body stance is critical** while practicing standing exercises. Square your balance at all times. Be sure to practice the safest posture possible by maintaining your natural spinal position.
- Avoid hyper-extending or over-flexing joints while exercising. Do not lock-up joints.
- Control your breathing while practicing exercises. Never hold your breath while exercising. Exhale during the more difficult phase of your exercise repetition.
- Use the exerciser to practice slow and controlled exercises. Always maintain control of your exerciser. Never allow the exerciser to snap back.
- Only perform exercises with the color/resistance level prescribed to you by your clinician. If the color/resistance level is too easy to use, consult your clinician prior to advancing to the next color/resistance level.
- Don't over exercise. Perform the prescribed number of set and repetitions. Take a break between sets.

#### Wrist Pronation

- Step 1. Begin in a seated position, place your whole hand into the end large grip and grasp onto the exerciser. Then place your foot into the large grip that creates the desired resistance allowing your forearm to rest on your thigh.
- Step 2. With a closed hand grip, palm facing upward so your fist is supinated.
- Step 3. Rotate your hand inward toward the center of your body so that your fist is now pronated. Be sure that you are only moving your hand and wrist keeping your elbow stationary and your thumb tight to your hand.
- Step 4. Hold briefly and slowly return to starting position.



#### Upper Body Jump

- Step 1. Place your feet in the middle large grips separated by one small grip.
- Step 2. Hold the ends of the exerciser in each hand with either an open hand or closed hand grip. Spread your feet to hip width apart and assume a semi-squat position.
- Step 3. From your semi-squatted position jump upward while extending your arms against the exerciser. Be sure to land with your knees in line with your shoulders and not let your knees buckle inward.



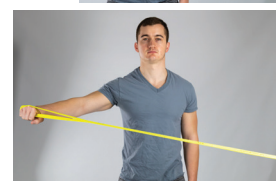
#### Upper Body Bragger

- Step 1. Begin by placing each hand into a large grip so that hands are one large grip apart using an open handed grip.
- Step 2. Rotate your hands facing outward so that palms are supinated.
- Step 3. Raise your hands so that your elbows are at a 90° angle and hands are in front of you. Extend your elbows and shoulders straight outward and retract your shoulder blades.
- Step 4. Hold briefly and slowly return to starting position.



#### Trunk Stabilization Horizontal Abduction

- Step 1. Begin by anchoring your exerciser to a door anchor at chest level. Standing in line with the door anchor and place the last large grip in your open hand.
- Step 2. Beginning with your arm across your body, fully extend arm out to your side holding the exerciser out to your side at about 30°.
- Step 3. Use the other hand to push the exerciser forward while maintaining stability in your core. Hold briefly and return to starting position to repeat.



### Thoracic Extension in Sitting

- Step 1. In a seated position, begin by placing each foot into the end large grips.
- Step 2. Pull the center of the exerciser up and twist to create an "X" in front of you, place your arms through the center large grips over the elbows and fold and raise arms to shoulder height.
- Step 3. Bend your trunk forward rounding your upper back. Return to straight back seated position with arms at shoulder height pulling against the resistance of the exerciser.
- Step 4. Hold briefly and repeat.



### Shoulder Serratus Press

- Step 1. Attach your exerciser securely to a door anchor.
- Step 2. While placing your hand into the last large grip, turn and face your body away from the anchor point.
- Step 3. Move away from the anchor to create appropriate resistance. With an open hand grip and holding your arm fully extended in front of you, push forward against the resistance of the exerciser moving only your shoulder.
- Step 4. Keep your elbow straight and avoid shrugging your shoulder. Hold briefly and return to your starting position.



### Scaption / Elevation - Bilateral

- Step 1. Begin by placing hands inside the end large grips. With a staggered stance place one foot on top of the center of the exerciser.
- Step 2. With a closed hand grip and thumbs pointed upward begin raising your arms to shoulder level, maintaining a 30° angle in front of your body. Be sure not to "shrug" your shoulders and keep your back straight while performing this exercise.
- Step 3. Hold briefly and slowly return to starting position.



### Shoulder Reverse Throw

- Step 1. Beginning in a staggered stance, place your foot in the second to last large grip of your exerciser.
- Step 2. Place your opposite hand in the desired large grip to create the proper resistance when at the top of the exercise.
- Step 3. Lift your hand upward and outward as if you were motioning your shoulder to throw a ball. Slowly allow your throwing arm to come down across your body as if you were throwing a ball and then repeat.



### Shoulder External Rotation - Bilateral

- Step 1. Begin by placing both hands into a large grip, one small grip apart.
- Step 2. With you hands in front of you and arms bent at 90° begin to move your hands away from the mid-line which will create the rotational movement in your shoulders. Be sure to keep your elbow at 90° anchored to your side and perform within a comfortable range of motion.



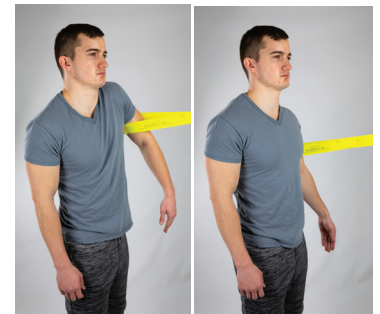
### Shoulder Push Up

- Step 1. Place one hand in a large grip and wrap the exerciser around your back, then place your other hand in the desired large grip to create your desired resistance.
- Step 2. Kneel down on the floor and move your arms and legs in to a push up position. Perform a resisted push up and roll into a side plank and perform a resisted full arm extension.
- Step 3. Slowly return to starting position and repeat on opposite side.



### Shoulder Lower Trap Retraction - Depression

- Step 1. Attach the end large grip of your exerciser securely to a door anchor at a level above your head.
- Step 2. Begin with your body diagonally facing the anchor point. Place your upper arm into the exerciser so that the exerciser is anchored just below your shoulder. Adjust your standing point to create the appropriate resistance.
- Step 3. Pull the exerciser downward and back moving only your shoulder blade. Do not rotate your trunk or hips.
- Step 4. Hold briefly and slowly return to start position.



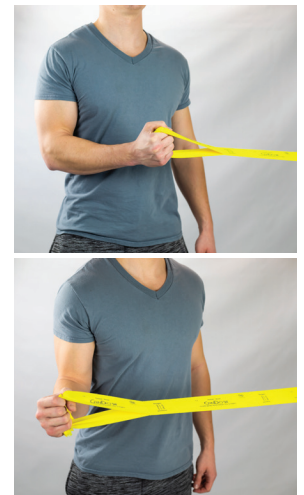
### Shoulder Linton External Rotation

- Step 1. Begin by placing one hand in the last large grip and the other hand 2 or 3 large grips away to create resistance.
- Step 2. Assume a hands-and-knees position with your hands directly below your shoulders. Lift your hand in the last large grip up and anchor the upper arm to your side.
- Step 3. Now externally rotate your shoulder and then lift your arm up and outward against the exerciser with your thumb facing upward until your arm is parallel with the ground.
- Step 4. Hold and slowly return to starting position and repeat.



### Shoulder External Rotation at side

- Step 1. Attach your exerciser securely to a door anchor.
- Step 2. Place your hand into the last large grip and stand so there is slight resistance when your arm is across your body and your elbow is bent at 90°.
- Step 3. With an open hand grip and keeping your upper arm steady begin to rotate your hand out so that it is lined up with the side of your body.
- Step 4. Hold briefly and return to starting position. An alternate exercise you can complete this exercise with a closed hand grip. To do this place a Twist-n' Bend bar or towel under your arm and grip the large grip in your hand and complete exercise as normal.



### Shoulder Dynamic Hug

- Step 1. Begin by placing your hands in the center large grips about 2 to 3 large grips apart to create resistance.
- Step 2. Place the exerciser around your upper back and adjust your hands so that you have an open handed grip and palms are prone.
- Step 3. Abduct your shoulders about 60° and bend your elbows about 45°. Keeping your arms raised and in position, push your arms forward and inward as if you were giving someone a hug. When your hands cross slightly in the middle, hold briefly and then slowly return to the starting position. Avoid shrugging shoulders to perform exercise.



### Shoulder Abduction-External Rotation at 90

- Step 1. Begin by placing your foot through the middle large grip of your exerciser. Then take the last large grip on one end of the exerciser and place your arm through it so that the exerciser is above your elbow.
- Step 2. Grasp the last large grip on the other end of the exerciser with an open hand grip.
- Step 3. Place your body in a staggered stance.
- Step 4. Using an open hand grip, raise your hand and arm upward and outward as if you were cocking your shoulder to throw a ball.
- Step 5. Slowly allow your throwing arm to come down across your body as if you were throwing a ball and then repeat.



### Resisted Push

- Step 1. Begin by placing a foot into the middle large grip of the exerciser. This will become your back foot during the exercise. Place each hand into the end large grips of the exerciser.
- Step 2. With your non-anchored foot, step forward and slightly lunge as you raise your hands into a "blocking" position. Return to starting position and repeat.



### Lateral Lunge

- Step 1. Begin by anchoring both ends of your exerciser to a door anchor at waist level.
- Step 2. Wrap the middle of the exerciser around your waist. Start with feet hip width apart and then step out to your side away from the anchor and perform a small side lunge. Be sure to keep your trunk upright during this exercise.
- Step 3. Hold briefly and slowly return to starting position and repeat.



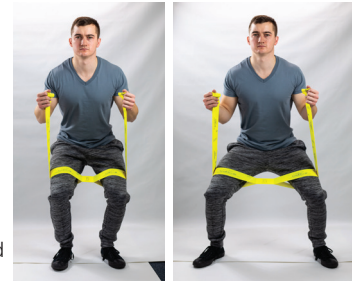
### Hip Quick Kick

- Step 1. Place each foot into a large grip with one large grip in-between. Each grip should be placed around your ankles. With your feet about hip width apart lean to one side and move your balance to that foot, use a chair for added safety if needed.
- Step 2. Keep your knees straight use the other foot to kick outward. Continue to kick outward without letting that leg touch the ground. Keep your back straight and avoid leaning or bending over.



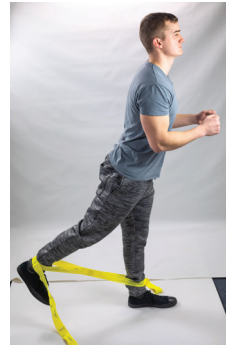
### Hip Monster Walk

- Step 1. Place your feet through the middle two large grips of the exerciser and move the grips right above your knees on our thighs.
- Step 2. Grab the remaining exerciser ends and either hold in hand or place hands inside the large grips. Maintaining an athletic stance with knees and hips slightly bent take 3 side steps laterally against the exerciser while keeping your back straight.
- Step 3. Return to your starting position and repeat.



### Hip Extension

- Step 1. Place each foot into a large grip with one large grip in between them. Move the grips around your ankles.
- Step 2. With your feet hip width apart center your balance onto one leg.
- Step 3. Keeping the opposite leg straight slowly raise and kick backwards. Continue to kick backwards without letting that leg touch the ground.
- Step 4. Once finished place leg back into starting position and repeat with other leg. Keep your back straight and avoid leaning or bending over.



### Front Squat - Russian Squat

- Step 1. Begin by stepping each foot into the end large grips of the exerciser. Then feed each arm through the two center large grips leaving one large grip in between.
- Step 2. Fold and raise arms to shoulder height and place feet hip width apart. Maintain your arms with elbows bent and hands crossed at shoulder level as you slowly squat until your thighs are parallel to the floor.
- Step 3. Without leaning forward slowly return to a standing position maintaining a neutral back and neck alignment.



### Elbow Biceps Curl

- Step 1. Begin by placing your hands inside the end large grips and place your feet on the center of the exerciser hip width apart. You should feel tension at the mid-line.
- Step 2. With an open or closed hand grip lower your arms into starting position, keeping your palms supinated. Begin by raising your hands to your shoulders by bending at the elbow and keeping your upper arms at your sides.
- Step 3. Hold briefly and slowly return to starting position. If more resistance is desired, move your grip to the next large grip down.



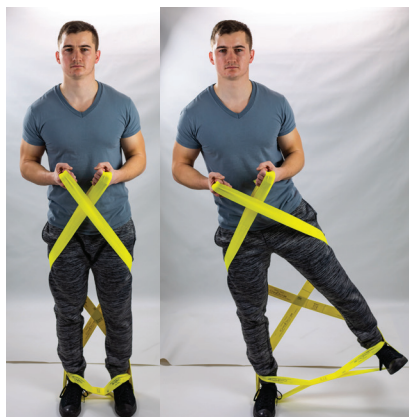
### Chest Press

- Step 1. Wrap the exerciser around your back and grasp the large grip at each end of the exerciser 2 to 3 large grips in until you feel resistance.
- Step 2. Keeping your hands at chest level begin pushing hands straight forward until they are fully extended in front of you at chest level.
- Step 3. Hold briefly and then return to starting position.



### Cross Squat-Hip Abduction Combo

- Step 1. Begin standing with your feet hip width apart. Place your feet and step through the middle large grips.
- Step 2. Cross the exerciser behind your legs to form an X then cross the exerciser in front of your legs creating another X. Grasp the end large grips.
- Step 3. With a slight bend in your knees and maintaining your balance, kick one straight leg out to the side, bring your foot to the ground and then kick the opposite leg. Keep your trunk upright and your back in a neutral position. Don't lean your hips or trunk to either side. For an optional combo, perform a mini-squat movement between leg kicks.



### Core Stabilization Quadruped Arm and Leg

- Step 1. Place each foot into the middle large grips of the exerciser leaving one large grip in between.
- Step 2. Place each hand into the end large grips of the exerciser. Assume a hands and knees position with your arms directly below your shoulders and knees directly below your hips.
- Step 3. Simultaneously lift one leg and the opposite arm while maintaining your balance. When lifting extend the leg until your knee is straight and parallel to the floor while stabilizing the exerciser with your hands and opposite foot. Keep your head and neck in a neutral position throughout the exercise.
- Step 4. Slowly return and repeat on the other side.



### Core Stabilization - Supine Arms and Legs

- Step 1. Place each foot into the middle large grips of the exerciser leaving one large grip in between.
- Step 2. Place each hand into the end large grips of the exerciser.
- Step 3. Lying flat on your back on a padded surface begin the exercise with knees bent and feet on the floor and hands by your side. Simultaneously lift one knee and the opposite arm while stabilizing the exerciser with your other hand and foot. Keep your back in a neutral position during the exercise.
- Step 4. Slowly return and repeat on the other side.



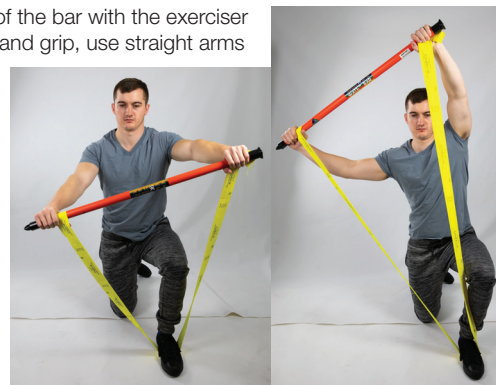
### Core Side Plank with External Rotation

- Step 1. Begin by laying on your side on a padded surface.
- Step 2. Place both hands in a large grip at the desired distance to create appropriate resistance during the exercise.
- Step 3. Resting on your bent arm located directly below your shoulder, lift hips off of ground engaging core to stabilize you.
- Step 4. With the opposite arm close to you side and elbow bent at 90°, rotate your open hand outward until you can rotate no further.
- Step 5. Hold briefly and return to starting position and repeat on both sides.



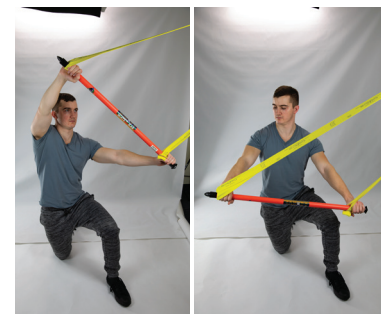
### Core Bar Lift

- Step 1. Place a WaTE™ bar through the end small grips of the exerciser.
- Step 2. Step on the middle of the exerciser with one foot and kneel with the other leg.
- Step 3. Holding the ends of the bar with the exerciser ends inside your hand grip, use straight arms to lift the bar diagonally over your head. Be sure to keep your torso facing forward.
- Step 4. Hold briefly and repeat on both sides.



### Core Bar Chop

- Step 1. Begin by anchoring the middle of your exerciser to a door anchor above your head.
- Step 2. Place a WaTE™ bar through the end small grips of the exerciser and hold onto the bar and grips.
- Step 3. Bend down to one knee and use the other leg to stabilize. Holding both the bar and the exerciser in front of you rotate your trunk and push the end of your bar toward the opposite hip.
- Step 4. Hold briefly and return to starting position and repeat on both sides.



### Cervical Dynamic Isometric Retraction

- Step 1. Using an open hand grip, place your hands through two large grips leaving two large grips in between.
- Step 2. Place the exerciser around the top of your head in line with your ears. Hold arms in front of you at eye level with elbows bent at 90 degrees keeping slight tension on your exerciser.
- Step 3. Keeping your neck in a neutral position and chin slightly tucked in to stabilize, extend your elbows until your arms are straight in front of you.
- Step 4. Hold briefly and slowly return to your starting position.



### Ankle Dorsiflexion-Eversion

- Step 1. Begin in a seated position, place one foot inside the end large grip and the other in the grip next to it so that there is one large grip in between.
- Step 2. Hold the remaining exerciser in your lap. Place feet hip width apart and flex exercising toes toward your body and away from the midline against the resistance of the exerciser until you can lift and rotate no further. Be sure to keep your heel on the ground and your legs stationary.
- Step 3. Hold briefly and slowly return to your starting position.

