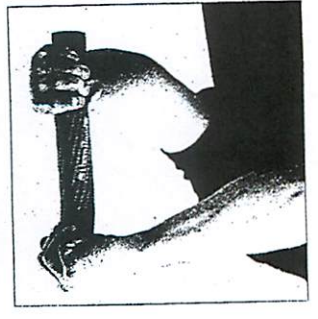
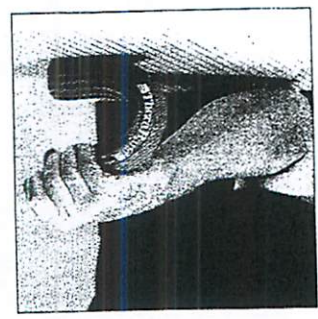
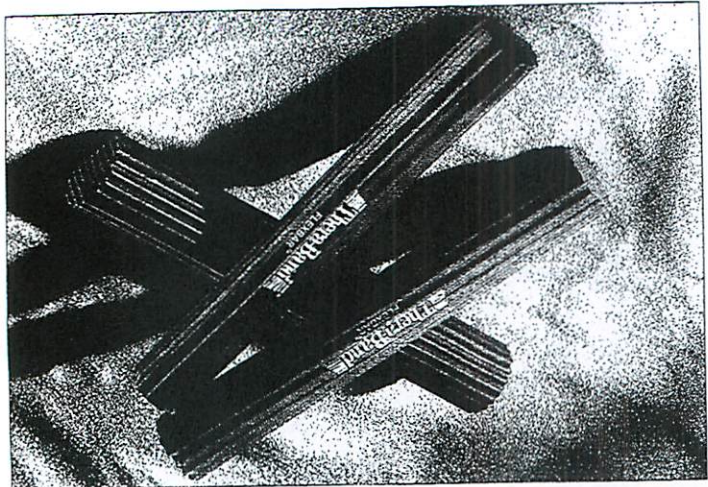


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Use Red FlexBar when beginning, then progress to Green FlexBar and Blue to increase resistance and challenge when needed.

ITEM #
 26100 - FlexBar Red - Light (10lbs)
 26101 - FlexBar Green - Medium (15lbs)
 26102 - FlexBar Blue - Heavy (25lbs.)



The Thera-Band® FlexBar® is a lightweight, easy to grip, portable resistance exerciser for improving dexterity, mobility and grip strength; and for rehabilitating and strengthening hands, wrists, forearms and shoulders. Increasing diameters increase resistance for each of the three color-coded FlexBars.

FlexBar® Exercises

Thera-Band® FlexBar®

Research-Proven Exercise for Tennis Elbow



Step 1: Hold bar upright with hand of involved arm, wrist extended.



Step 2: While holding bar, grasp bar as shown with the other hand.



Step 3: Twist bar by flexing non involved wrist.



Step 4: Bring arms forward with elbows extended while maintaining twist in bar.



Step 5: Bar is slowly untwisted by allowing involved wrist to move as it unwinds.

Great for athletes, guitarists, painters, fishermen, and others...

For a free demonstration video, visit:
<http://info.thera-bandacademy.com/flexbarelbow>

