CanDo® MGE™ exerciser

Exercise and Care Manual

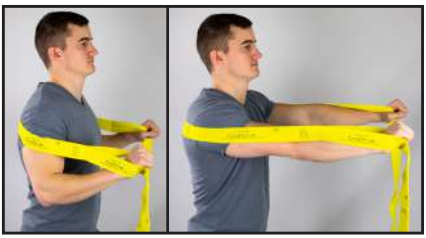




Note: Before performing any of these exercises, read the safety and care instructions on the back of this manual

UPPER BODY EXERCISES

Chest Press



Step 1. Wrap the exerciser around your back and grab the Large Grips that are 2 or 3 from the end until you feel resistance.

Step 2. Keeping your hands at chest level, being pushing your arms straight forward until they are fully extended in front of you at chest level.

Step 3. Hold briefly and then return to starting position.

Biceps Curl

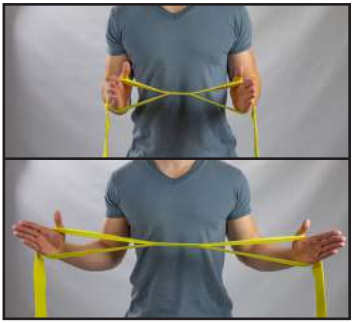


Step 1. Place your hands inside the Large Grips at each end and place your feet on the center of the exerciser hip-width apart. Slip your feet into the grips they are standing on. You should feel tension at the mid-line.

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.

Arm and Shoulder Rotation



Step 1. Place both hands into a Large Grip, one Small Grip apart.

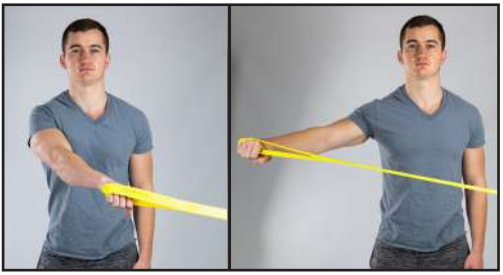
Step 2. With your hands in front of you, arms bent at 90° and elbows anchored at your side, slowly begin to spread your arms and hands. Hold briefly, then slowly return to starting position to repeat.

Upper Torso Abduction

Step 1. Attach your exerciser to a door anchor at chest level. Stand in line with the door anchor and place the last Large Grip in your open hand.

Step 2. With your arm straight across your body, fully extend it out to your side at about a 30° angle.

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.



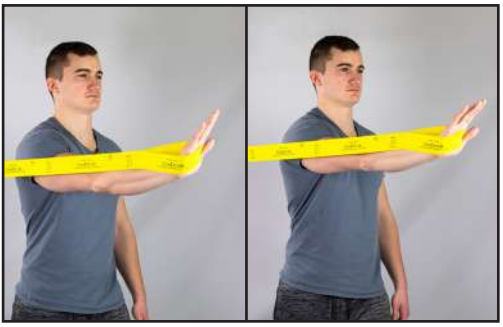
Shoulder Pull

Step 1. Securely attach your exerciser to a door anchor.

Step 2. Place your hand into the last Large Grip and then turn to face away from the anchor point.

Step 3. Step away from the anchor until you feel appropriate resistance. With an open hand grip, hold your arm fully extended in front of you. Push forward against the resistance moving only your shoulder.

Step 4. Keep your elbow straight and avoid shrugging your shoulder. Hold briefly and return to your starting position.

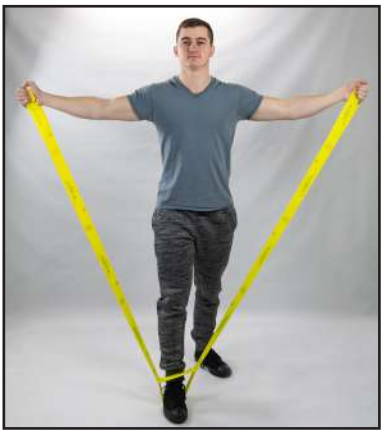


Bilateral Shoulder Elevation

Step 1. Place hands inside the end Large Grips. Stand with one foot in front of the other, with the front foot placed inside a Large Grip at the center of the exerciser.

Step 2. With a closed hand grip, begin raising your arms to shoulder level, maintaining a 30° (slightly forward) angle. For best results, keep your back straight and limit shoulder movements.

Step 3. Hold briefly and slowly return to starting position.



Shoulder Throw

Step 1. With one foot in front of the other, place your front foot in the second to last Large Grip of the exerciser.

Step 2. Place your hand that is opposite your front foot into the Large Grip that creates resistance at the top of the exercise.

Step 3. Slowly lift your hand up and out, as if initiating the start of a throwing motion. Hold a moment at peak height and then slowly let your “throwing arm” come down across your body, finishing the throwing motion. Repeat as necessary.



Body Jump

Step 1. Place your feet in the middle Large Grips separated by one Small Grip.

Step 2. Using a closed or open-handed grip, hold the ends of the exerciser in each hand. Spread your feet to hip-width apart and assume a semi-squat position.

Step 3. From this position, jump up while extending your arms against the exerciser. For best results, try to keep your knees in line with your shoulders and avoid letting your knees buckle inward.



Resistant Push Up

Step 1. Place one hand in a Large Grip, wrap the exerciser around your back and place your other hand in the Large Grip that provides the desired resistance.

Step 2. With the exerciser flat across your back, kneel-down and assume the traditional push up position. For an added challenge, after a resistant push up, roll into a side plank and perform a full-arm extension with resistance. Switch arms after each successful push up.

Step 3. Slowly return to starting position and repeat on opposite side.



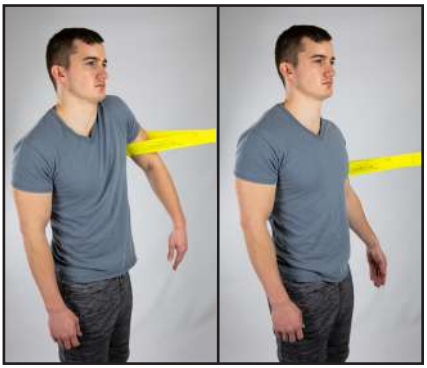
Back Shoulder Pull

Step 1. Securely attach the end Large Grip of your exerciser to a door anchor at a level above your head.

Step 2. With your body diagonally facing the anchor point, place your arm into and through a Large Grip so that the exerciser is anchored just below the shoulder. Adjust your standing point as needed 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. As an added challenge, take one small step backward once you have your shoulder pulled down.

Step 4. Hold briefly and slowly return to start position.



Shoulder Rotation Up and Out

Step 1. Place 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. Pull the hand in the last Large Grip up to the side of your chest and hold.

Step 3. Externally rotate your shoulder and lift your arm up and outward against the exerciser, keeping your thumb facing upward until your arm is parallel with the ground.

Step 4. Hold and slowly return to starting position and repeat.



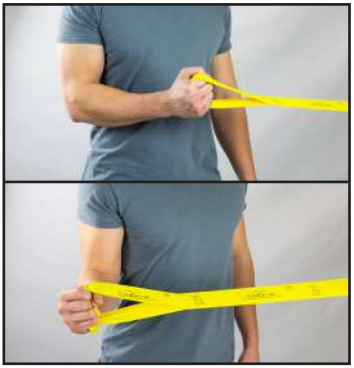
Shoulder Side Rotation

Step 1. Securely attach your exerciser to a door anchor.

Step 2. Hold 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. While keeping your elbow steady, use an open-handed grip and move your arm so your hand is now lined up with the side of your body.

Step 4. Hold briefly and return to starting position. As an alternate exercise, you can complete this movement with a closed hand grip. To do this grab the Large Grip in your hand and complete exercise as normal.



Shoulder Hug

Step 1. Place your hands in the center Large Grips, about 2 to 3 Large Grips apart, enough to create resistance.

Step 2. Wrap the exerciser flat around your back and adjust your hands resulting in an open-handed grip with palms facing down.

Step 3. Pull back your shoulders about 60° and bend your elbows about 45°. With your arms raised, push forward and inward as if you were giving a big bear hug. As your hands cross at the center-point, hold that position for a moment, then slowly return to the starting position. For best results, avoid any unnecessary shoulder movements.



Open-Gripped Shoulder Throw

Step 1. Place your foot through the middle Large Grip of the exerciser and anchor it.

Step 2. Take one of the last Large Grips on the exerciser and run your arm through it up to the elbow. Grab the available Large Grip at the other end with an open-handed grip of the same arm.

Step 3. Place one foot in front of the other so you are balanced.

Step 4. With the open-handed grip, slowly mimic a throwing motion by raising your arm up and out.

Step 5. Slowly complete the throwing motion by bringing your arm down across your body. Repeat as necessary.



Stride n' Push

Step 1. Place a foot into the middle Large Grip of the exerciser and anchor it.

Step 2. Step forward and slightly lunge with your non-anchored leg, raising your hands and arms into a "blocking" position. Return to starting position and repeat as necessary.



Wrist Pull (Pronation)



Step 1. While seated, grab one of the Large Grips at either end of the exerciser. With your forearm resting on your thigh, place your foot through the Large Grip that provides the desired resistance. You should be in a closed-handed grip, palm and fist facing upward.

Step 2. Turn your hand and fist toward the center of your body so it now faces inward. To be effective, make certain that only your hand and wrist are rotating while keeping your elbow stationary and your thumb tight to your hand.

Step 3. Hold briefly and slowly return to starting position.

Anchored Arm Pull



PLEASE NOTE: *Always wear appropriate eye protection during this exercise*

Step 1. Place your hands through two Large Grips with two other Large Grips in-between. Keep your hands in an open-handed grip.

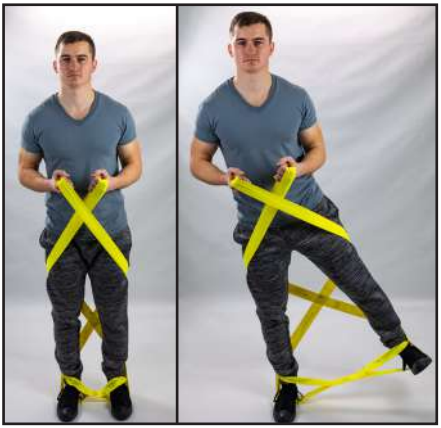
Step 2. Place the exerciser around your head in line with your ears. With your arms at eye-level in front of you, bend your elbows to 90° while maintaining slight tension on the exerciser.

Step 3. With your neck in a neutral position and head tilted down, straighten your arms and fully extend your elbows.

Step 4. Hold briefly and slowly return to your starting position.

LOWER BODY EXERCISES

Cross-Cross Leg Pull



Step 1. Place your feet into the middle Large Grips, step on them and stand hip-width apart.

Step 2. Cross the exerciser behind your legs to form an “X”. As you pull the exerciser in front of your legs, make another “X” and grab the two end Large Grips.

Step 3. Bend your knees slightly and kick out one leg straight to the side. Return your leg to the ground and kick out the opposite. For best results, maintain an upright torso, keep your back in a neutral position and make certain your hips or trunk don’t lean to either side. For an extra challenge, complete a mini-squat between leg kicks.

Ankle Rotation



Step 1. While seated, place your feet into the two middle Large Grips.

Step 2. Pull the remaining exerciser into your lap and place feet hip-width apart. Rotate your ankles so that your toes turn from facing forward to facing outward. For best results, make certain your heels remain on the ground and your legs remain stationary.

Step 3. Hold briefly and slowly return to your starting position.

Resistant Squat

Step 1. Place your feet into the Large Grips at each end of the exerciser and step on them. Place your arms through the two center-point Large Grips leaving one Large Grip in-between. Pull the grips up to your biceps.

Step 2. Place feet hip-width apart, raise your arms to shoulder height and fold them. In this position, slowly squat until your thighs are parallel with the floor.

Step 3. Slowly return to the standing position while maintaining a neutral back and neck alignment. For best results, complete the exercise without leaning forward.



Hip Kick

Step 1. Place each foot into a Large Grip, with one Large Grip in-between them, and pull the grip to ankle height. With feet hip-width apart, lean to one side and gain balance on that one foot. If necessary, use a chair for added safety.

Step 2. With knees straight, kick outwards to the side with the other foot. Continue kicking without letting that leg touch the ground. For best results, keep your back straight and avoid leaning or bending over.

Step 3. After a series of kicks, return to the standing position and switch legs.



Hip Walk

Step 1. Put your feet through the middle two Large Grips and place them right above your knees on your thighs.

Step 2. With your hands holding the exerciser ends or placed inside the Large Grips, position yourself in an athletic stance with knees and hips slightly bent.

Step 3. Take 3 steps sideways while keeping your back straight.

Step 4. Return to your starting position and repeat.



Backward Hip Kick

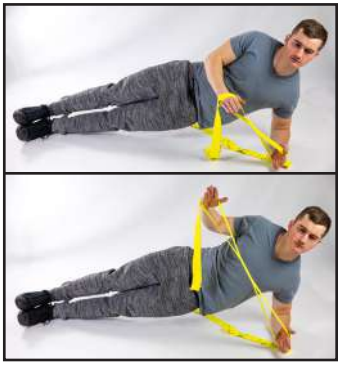
Step 1. Place each foot into a Large Grip, with one Large Grip in-between them, and pull the grip to ankle height. With feet hip-width apart, lean to one side and gain balance on that one foot. If necessary, use a chair for added safety.

Step 2. With knees straight, slowly kick backwards with the other foot. Continue kicking without letting that leg touch the ground. For best results, keep your back straight and avoid leaning or bending over.

Step 3. After a series of kicks, return to the standing position and switch legs.



CORE EXERCISES



Side Plank Pull

Step 1. While laying on your side on a padded surface, place both hands in a Large Grip at the desired distance to create the preferred resistance.

Step 2. Leaning on your bent arm located directly below your shoulder, raise your hips off the ground and engage your core to stabilize you.

Step 3. With your elbow bent at 90° and kept close to your side, rotate your open hand outward until It can't move any further.

Step 4. Hold briefly and return to starting position and repeat on both sides.

Total Core Stretch



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. Extend the leg until your knee is straight and parallel to the floor while maintaining stability. For best results, keep your head and neck in a neutral position throughout the exercise.

Step 4. Slowly return and repeat on the other side.

Reverse Core Stretch



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. On your back, begin the exercise with knees bent, feet on the floor and hands by your side. Simultaneously lift one knee and the opposite arm while stabilizing. For best results, keep your back in a neutral position during the exercise.

Step 4. Slowly return and repeat on the other side.

Seated Core Stretch



Step 1. While seated, place 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. Pull your arms through the near-center Large Grips up to the elbow, leaving the Large Grip empty in-between. Raise your arms to shoulder height and cross them.

Step 3. Bend forward rounding your upper back. Return to the straight back seated position with arms remaining at shoulder height, pulling against the resistance of the exerciser.

Step 4. Hold briefly and repeat.

Forward Lunge



Step 1. Securely attach both ends of the exerciser to a door anchor at waist level.

Step 2. With feet hip-width apart, wrap the middle of the exerciser around your waist. Step out to the side away from the anchor and complete a forward lunge. For best results, keep your trunk upright during the exercise.

Step 3. Hold briefly and slowly return to starting position and repeat.

Featuring the Preferred Colors® sequence

Difficulty level	*light* →		*medium* →			*heavy* →		
Color level	tan 0	yellow 1	red 2	green 3	blue 4	black 5	silver 6	gold 7
Resistance at 100% elongation	2 lb	3 lb	4 lb	5 lb	6 lb	7 lb	10 lb	13 lb
Resistance at 200% elongation	5 lb	7.5 lb	10 lb	12.5 lb	15 lb	17.5 lb	25 lb	32.5 lb

AVAILABLE IN 2 SIZES AND 8 RESISTANCE LEVELS

		9 grips, 6 foot exerciser	9 grips, 6 foot exerciser (24 ea)	135 grips, 30 yard roll, 15 exercisers
tan	xx-light	10-6600	10-6600-24	10-6610
yellow	x-light	10-6601	10-6601-24	10-6611
red	light	10-6602	10-6602-24	10-6612
green	medium	10-6603	10-6603-24	10-6613
blue	heavy	10-6604	10-6604-24	10-6614
black	x-heavy	10-6605	10-6605-24	10-6615
silver	xx-heavy	10-6606	10-6606-24	10-6616
gold	xxx-heavy	10-6607	10-6607-24	10-6617
yel red grn blu blk	set of 5 (1 ea)	10-6608	10-6608-24	10-6618

SAFETY AND CARE INFORMATION

- Consult with your clinician before starting an exercise program using the Multi-Grip™ exerciser. Anyone with a medical condition should only use this product with a clinician's approval.
- 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
- NOTE: Wear eye protection during the use of any band or tubing exercisers.
- This product is not a toy. Keep out of reach of children or pets.
- **To Clean:** Use a mild soap and warm water to clean, then pat dry. Exerciser is machine washable / dryable.

FEI
Fabrication Enterprises Inc
PO Box 1500
White Plains, NY 10602 (USA)
tel: +1-914-345-9300 • 800-431-2830
fax: +1-914-345-9800 • 800-634-5370
FabEnt.com

EC REP
Authorized CE representative:
AJW Technology Consulting GmbH
Königsallee 106
40215 Düsseldorf (Germany)

Made in Thailand

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