

CANDo®

Twist-n' Bend® exercise bar

Exercises for use



Each bar is the same diameter 1.75"

Overview

The CanDo® Twist-n' Bend exercise bar is an extremely versatile exercise product. It can be used to perform three distinct forms of exercise. The bar can be positioned anywhere to exercise almost all muscle groups.

For all exercises, resistance can be changed by varying the distance between hands and/or using a different resistance bar. Each resistance bar has the same bar diameter 1.75".

Twist: Place both hand on the bar. Twist the bar 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. This force will flex the bar in the middle.

Twist-n' Bend®: Combine the Twist and Bend operations for a whole new group of exercises.

Choose your Twist-n' Bend Exerciser 12" long

	xx-light	10-1510
	x-light	10-1511
	light	10-1512
	medium	10-1513
	heavy	10-1514
	x-heavy	10-1515
     	set of 6 (1 ea)	10-1516

Wrist Pronation Strengthening

- Step 1. Hold the end of the bar, palm facing up. The bar should at a 90 degree angle going towards your body in relation to your arm.
- Step 2. Stabilize your arm by holding your upper arm with your free hand.
- Step 3. Lift and try to fold the bar in half until your palm is facing downward.



Wrist Supination Strengthening

- Step 1. Hold the end of the bar, palm facing down. The bar should at a 90 degree angle away from your body in relation to your arm.
- Step 2. Stabilize your arm by holding your upper arm with your free hand.
- Step 3. Lift and try to fold the bar in half until your palm is facing upward.



Wrist Ulnar Deviation Strengthening

- Step 1. Hold the end of the bar and place bar away from your body.
- Step 2. Stabilize your arm by holding your upper arm with your free hand.
- Step 3. Lift the bar so your wrist is downward and away from your body.



Wrist Radial Deviation Strengthening

- Step 1. Hold the end of the bar and place the rest of the bar towards your body.
- Step 2. Stabilize your arm by holding your upper arm with your free hand.
- Step 3. Pull bar upward and towards your body.



Strengthening Exercises

Grip Strengthening

- Step 1. Grasp bottom of the bar with one hand.
- Step 2. Twist the top of the bar with your other hand.



Wrist Flexion / Extension Strengthening

- Step 1. Hold the end of the bar horizontal with one hand
- Step 2. With your free hand, grasp the other end of the bar and twist upward, away from your body (extension) or downward, towards your body (flexion).



Shoulder Abduction Strengthening

- Step 1. Hold the bar with both hands, palms facing down.
- Step 2. Lift your elbows upward towards the ceiling. The bar should form an upside down "U" shape.



Shoulder Adduction Strengthening

- Step 1. Hold the bar with both hands, palms facing down.
- Step 2. Move your elbows down and into your body. The bar should form a U" shape.



Strengthening Exercises

Thumb Abduction Strengthening

- Step 1. Hold the bar in hand with your thumb resting horizontally on the outside of the bar.
- Step 2. Push your thumb into the bar.



Thumb Adduction Strengthening

- Step 1. Hold the bar in hand with your thumb wrapped horizontally around the bar.
- Step 2. Push your thumb into the bar.



Thumb Flexion Strengthening

- Step 1. Hold the bar in hand with your thumb resting upward vertically against the bar.
- Step 2. Push your thumb into the bar.



Knee Quad Set / Terminal Knee Extension

- Step 1. Place bar under your knee.
- Step 2. Flex your thigh and lift your heel upward.



Oscillation Exercises

Elbow Oscillation

- Step 1. Hold the base of the bar.
- Step 2. Oscillate the bar (move back and forth) while keeping your wrist, elbow, and shoulder steady.



Shoulder Oscillation

- Step 1. Hold the base of the bar and lift over your head.
- Step 2. Oscillate the bar (move back and forth) while keeping your wrist, elbow, and shoulder steady.



Shoulder Oscillation Balance

- Step 1. Hold the base of the bar and lift over your head.
- Step 2. Balance on one leg.
- Step 3. Oscillate the bar (move back and forth) while keeping your wrist, elbow, and shoulder steady.



Soft Tissue Mobilization

Hand Soft Tissue Mobilization

- Step 1. Place your hand on top of the bar.
- Step 2. Roll the palmar surface of your hand over the bar from your fingertips to your wrists.



Cervical Soft Tissue Mobilization

- Step 1. Place the bar under the base of your skull.
- Step 2. Gently move your head backward into the bar.



Plantar Fascia Soft Tissue Mobilization

- Step 1. Place your foot on top of the bar.
- Step 2. Roll the bar from your heel to your toes.



Joint Mobilization Exercises

Finger Extension Mobilization

- Step 1. Place your fingertips on top of the bar.
- Step 2. Push fingertips into the bar, applying pressure.



Finger Flexion Mobilization

- Step 1. Bend your fingers and rest your fingernails on top of the bar.
- Step 2. Push fingers into the bar, applying pressure.



Elbow Flexion Mobilization

- Step 1. Place the bar over the crease of your elbow.
- Step 2. Bend your elbow to secure bar and apply pressure.
- Step 3. Stabilize by holding your wrist with your other hand.



Knee Flexion Mobilization

- Step 1. Lie on the floor and place the bar behind your knee and squeeze.
- Step 2. Apply pressure and hold onto your ankle for support.



Knee Extension Mobilization

- Step 1. Sit on the floor and place the bar behind your upper calf.
- Step 2. Push the back of your knee downward and apply pressure.



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