

S103 StrechCordz Modular Set



A complete modular set for dry-land training. This set includes handles, paddles, leg straps and a pair of 4-foot modular tubing with mounting straps, in a convenient carry bag. (Please specify resistance level by color when ordering)

Available in: Silver (8-10 yr), Gold (10-12 yr)
 Green (13+ yr), Red (15+ yr), Blue (adult)

Each	6+	12+
\$69.00	\$55.20	\$46.00

S108 Breaststroke Machine

A unique device used for both outward and inward sweep in breaststroke pull. (Please specify resistance level by color when ordering)



Available in Silver (8-10 yr)
 Gold (10-12 yr), Green (13+ yr)
 Red (15+ yr), Blue (adult)

Each	6+	12+
\$54.10	\$43.25	\$36.05

MEDICORDZ

MediCordz with the new Safety Bungee system do not have the potential to break like conventional latex tubing. They are made from premium quality durable rubber surrounded by braided nylon. They are available in 5 different levels of resistance. (Specify working range by color when ordering.)

Color:	Lbs of Pull:	Kg of pull:
Silver	1 - 7	0.5 - 3.1
Yellow	3 - 9	1.3 - 4.1
Green	5 - 12	2.2 - 5.4
Red	7 - 14	3.1 - 6.3
Blue	16 - 30	7.2 - 13.6

* Working range: stretch tube up to 2 times its original length.

M394 Bungee Rehab Kit



A complete kit for upper body and lower body rehabilitation and conditioning. Includes modular handles, waist belt with removable D-ring, padded ankle strap and two modular tubes with combo mounting strap. Specify color when ordering.

Each	6+	12+
\$62.30	\$49.85	\$41.55

M400 Bungee Upper Body Kit



Dedicated upper body kit with handles and combo mount. 4 foot length bungee. Specify color when ordering.

Each	6+	12+
\$46.00	\$36.80	\$30.70

M600 Bungee Upper Body and Back Kit



Developed for stabilizing the back with rowing and back muscle exercises. Includes modular handles, two 3 foot modular tubes and one combination mount. Specify color when ordering.

Each	6+	12+
\$50.00	\$40.00	\$33.35

PD0043-Core Shoulder Stabilization Video



Complete shoulder strengthening program designed for swimmers by a swimmer and physical therapist. Two video set with vinyl coated instructions (waterproof for pool side use).

DP0043 \$87.60

Other StrechCordz Available:

	Each	6+	12+
S111 Modular Paddle	7.00	5.60	4.70
S112 Modular Handle	4.80	3.85	3.20
S1125 Modular Leg Strap	7.00	5.60	4.70
S113 Mounting Loop	4.20	3.35	2.80



S111



S112



S1125



S113

For 24+ Pricing, Please call 1-800-558-0428

THERA-BAND® RESISTANCE TUBING BULK

Made of latex rubber, exercise tubing is available in seven levels of progressive resistance. Resistance levels, obtained by varying the thickness of the tubing are color coded.



Resistance Level	Resistance Level @ 100%	Color	Item-25'	Price	Item-100'	Price
Extra Thin	2 lbs	Tan	21010	\$16.90	21110	\$55.70
Thin	3 lbs	Yellow	21020	\$18.60	21120	\$62.20
Medium	4 lbs	Red	21030	\$20.20	21130	\$69.10
Heavy	6 lbs	Green	21040	\$21.80	21140	\$75.60
Extra Heavy	8 lbs	Blue	21050	\$24.20	21150	\$84.70
Special Heavy	10 lbs	Black	21060	\$26.40	21160	\$94.50
Super Heavy	13 lbs	Silver	21070	\$29.60	21170	\$109.00

THERA-BAND® EXERCISE BANDS

Low-cost, portable and versatile. Thera-band® Exercise Bands, made from latex, improve strength, mobility and flexibility. Scientifically-based exercises rehabilitate injuries, improve the functional ability of older adults, improve athletic performance, and aid in treating many chronic diseases.

Resistance Level	Resistance Level @ 100%	Color	Item - 18'	Price	Item - 150'	Price
Extra Thin	2 lbs	Tan	20010	\$14.60	20110	\$95.80
Thin	3 lbs	Yellow	20020	\$15.90	20120	\$104.40
Medium	4 lbs	Red	20030	\$17.10	20130	\$110.90
Heavy	6 lbs	Green	20040	\$19.20	20140	\$122.50
Extra Heavy	8 lbs	Blue	20050	\$20.20	20150	\$138.40
Special Heavy	10 lbs	Black	20060	\$23.00	20160	\$152.50
Super Heavy	13 lbs	Silver	20070	\$35.30	20170	\$196.60
Max	21 lbs	Gold	20080	\$47.50	20180	\$265.90

