

Twist-n-Bend® Bar

all bars are 1.75" diameter so the same muscles are used for all resistance levels

ALCO®
Sales & Service Co.



- lightweight and portable
- use for hand, wrist and shoulder exercises
- great exerciser for tennis elbow
- perfect for rehab and sports training
- each resistance has same bar diameter
- bend, twist and shake

color	resistance	12" long
tan	xx-light	AL-63203TN
yellow	x-light	AL-63203YW
red	light	AL-63203RD
green	medium	AL-63203GN
blue	heavy	AL-63203BL
black	x-heavy	AL-63203BK

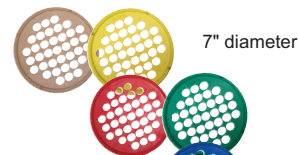
Finger Flexion, Extension & Wrist Exerciser



- perform flexion, extension, opposition and supination exercises
- modify exercises by adjusting the hand position or depth of finger insertion
- modify resistance by switching to a different resistance color web
- available in both 14" and 7" diameter size; latex and latex-free
- resistance levels are color-coded

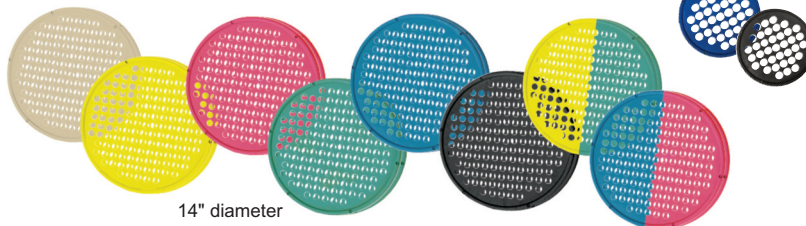


		Large 14" diameter	Small 7" diameter
color	resistance	latex	latex
tan	xx-light	AL-63144TN	AL-63150TN
yellow	x-light	AL-63144YW	AL-63150YW
red	light	AL-63144RD	AL-63150RD
green	medium	AL-63144GN	AL-63150GN
blue	heavy	AL-63144BL	AL-63150BL
black	x-heavy	AL-63144BK	AL-63150BK



multi-resistance 14" large diameter, latex

yellow	green	x-light/medium	Call
red	blue	light/heavy	



800.323.4282

www.alcosales.com