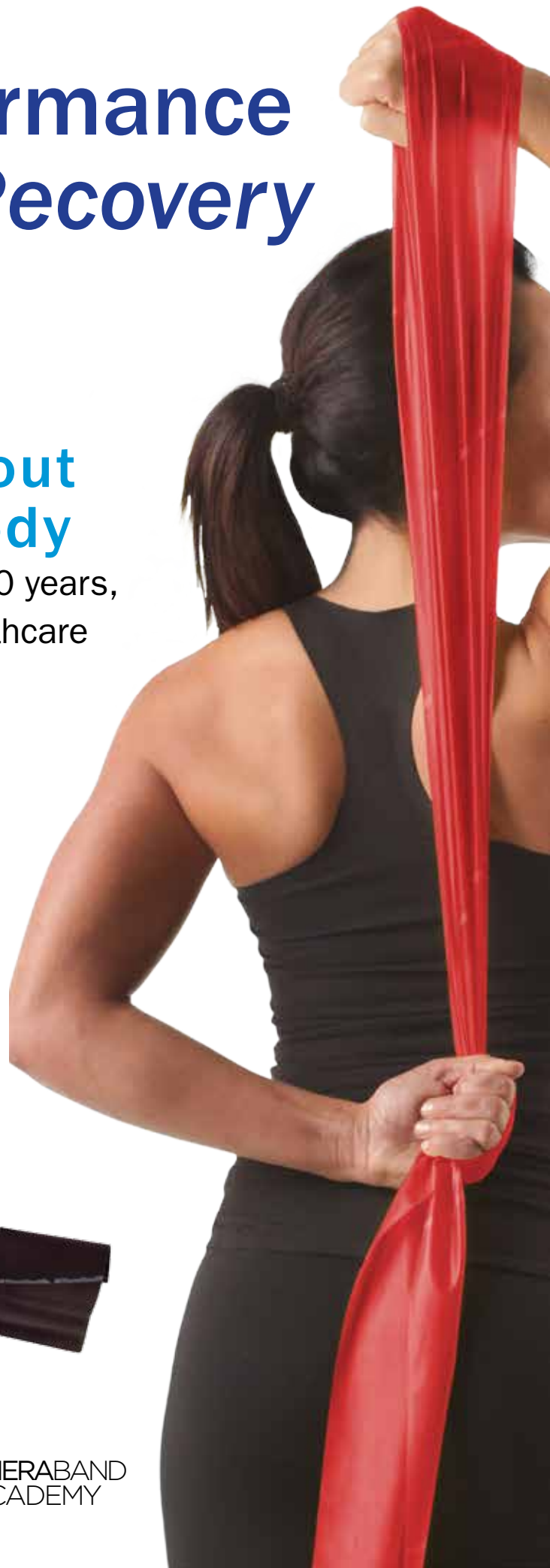


ELEVATE Performance ***ACCELERATE Recovery***

**Heighten your workout
and restore your body**

with Thera-Band® products. For over 30 years, Thera-Band has been trusted by healthcare professionals and trainers to provide consistency between training & clinic rehab sessions and home exercise.

Only Thera-Band has the System of Progressive Exercise – a color progression system that provides a consistent pull force resistance challenge across the full range of bands.



**Thera-Band**[®]
Systems of Progressive Exercise



THEBAND
ACADEMY

2.5m Band with Zippered Bag - EU

General Description

Thera-Band® Resistance Bands are latex bands used for resistive exercise – providing both positive and negative force on the muscles. Five levels of color-coded progressive resistance in the retail packaging improve strength, range of motion, and cooperation of muscle groups. With progressive resistance, Thera-Band Resistance Bands offer visual documentation of the patient's improvement during progression from one level of resistance to the next. Used in clinics, gyms, and home settings.



Market Position

Thera-Band Resistance Bands are the original exercisers used in Physical Therapy, Occupational Therapy, Orthopedics, Pediatrics, Sports Medicine, Home Health Care, Geriatrics, Hand Therapy, Rehabilitation Therapy, Acute Care and Chiropractic.

For specific pull force values by Thera-Band color, you can refer to the chart below. However, clinicians no longer need to reference a chart during a hectic patient visit! Our elastic resistance products are calibrated so each progressive step represents a consistent pull force increase of 25% in the clinical range (Tan through Black) and 40% in the advanced range (Silver through Gold). That means the Thera-Band color progression is even easier to explain to patients and simple to remember.

Thera-Band® Color Progression

Thera-Band® Band/Tubing Color	Increase from Preceding Color at 100% Elongation	Resistance in Kilograms at:	
		100% Elongation	200% Elongation
Thera-Band Tan	-	1.1	1.5
Thera-Band Yellow	25%	1.3	2.0
Thera-Band Red	25%	1.7	2.5
Thera-Band Green	25%	2.1	3.0
Thera-Band Blue	25%	2.6	3.9
Thera-Band Black	25%	3.3	4.6
Thera-Band Silver	40%	4.6	6.9
Thera-Band Gold	40%	6.5	9.5

Represents typical values. All products not available in all colors.

Technical Specifications

- Contains natural rubber latex.
- 2.5 meter band available in five levels of resistance easily identified by color: yellow, red, green, blue, black
- Color specific, zippered carrying bag
- Multi-lingual packaging
- Multi-lingual insert

Features & Benefits

- **Lightweight** – portable therapy equipment
- **Progressive** – positive ongoing reinforcement. Different resistance levels allow each exercise program to be geared to the capabilities of each individual
- **Elastic** – the unique properties allow it to be stretched and relaxed in an even, consistent manner
- **Imprinted Brand Logo** – bands differentiated with Thera-Band logo printed on one side
- **QR Code** – link to wide range of exercises at Thera-Band.com
- **Retail Packaged** – zippered carrying bag protects the band during home and gym use
- **Multi-Lingual Instruction Insert** – featuring eight illustrated exercises

Packaging Details

Part #	DESCRIPTION	Case Qty.
12192	Yellow – 2.5m band with Zipper Bag	24
12193	Red – 2.5m band with Zipper Bag	24
12194	Green – 2.5m band with Zipper Bag	24
12195	Blue – 2.5m band with Zipper Bag	24
12196	Black – 2.5m band with Zipper Bag	24

With multi-lingual packaging and instruction insert including English, Spanish, Portuguese, German, French, Italian, Greek, Danish, Finnish, Dutch, Swedish, Russian, Turkish and Hungarian



VISIT US AT: www.thera-band.com/instructions.php