THERABAND®



2025

DISTRIBUIDOR EXCLUSIVO PARA COLOMBIA

GYM® Shop

Bienestar, Salud & Felicidad

MP2208205 - V1.2

THERABAND®

Proven Science, Trusted Performance.



THERABAND®

THERABAND was created over 40 years ago by two clinicians to help patients recover safely and with confidence. Since then, **THERABAND has transformed the lives of millions for the better.** That passion is in the DNA of this storied brand. As the leader and pioneer, THERABAND is the standard that others measure themselves against; we are the original.

Our exacting levels of pull-force testing and product validation—as well as our proprietary formulas, processes and Trusted Progression™ System—were born to serve clinicians and the patients they guide. Designed and engineered in the USA, today the THERABAND brand and its portfolio lead worldwide.

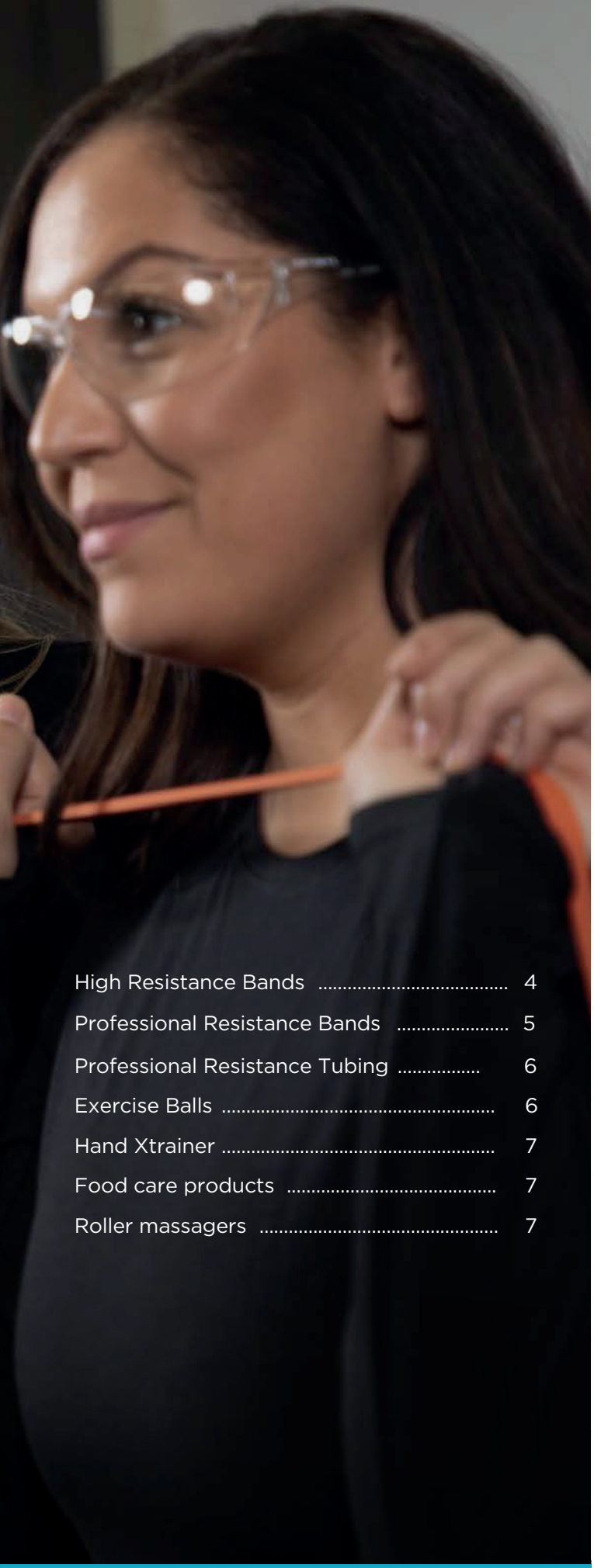
Proven Science. Trusted Performance.

THERABAND is the original, the innovator and the creator of the category.

THERABAND Trusted Progression™ System

- Created by clinicians for clinicians.
- Proven science – proprietary formulas, processes, testing.
- Trusted Progression™ System.
- Confidently ensuring safe, consistent progress in patient recovery.
- Designed and engineered in the USA.
- Transformed millions of lives over 40 years.

*2021 Maia Strategy Group brand perception analysis research



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Proven Science, Trusted Performance.

THERABAND® Trusted Progression™ System

THERABAND is the originator and creator of the Trusted Progression System. It is far more than colors, it is an exacting color-coded system of resistance levels that are pull-force tested and validated at THERABAND manufacturing facilities to ensure band integrity. We stand alone in providing the clinician confidence to help their patients progress in their recovery.

Learn more about the Trusted Progression System on page 9.

Resistance level	Recommended exercise level/ activity/intensity
2.4lbs 1.1kg RESISTANCE	**Easy intensity** Light rehab/flexibility
3lbs 1.3kg RESISTANCE	
3.7lbs 1.7kg RESISTANCE	**Low intensity** Medium rehab/ beginner fitness/ light conditioning
4.6lbs 2.1kg RESISTANCE	
5.8lbs 2.6kg RESISTANCE	**Moderate intensity** Intermediate rehab/ everyday fitness/ moderate conditioning & Fitness
7.3lbs 3.3kg RESISTANCE	
10.2lbs 4.6kg RESISTANCE	**Hard intensity** Advanced rehab/strength training/sports & fitness
14.2lbs 6.5kg RESISTANCE	
15lbs 7kg RESISTANCE	**Heavy intensity** Strength training/ sports rehab/ heavy fitness
25lbs 11kg RESISTANCE	
35lbs 16kg RESISTANCE	
50lbs 23kg RESISTANCE	
10lbs 100lbs RESISTANCE 4.5kg 45.4kg	**Variable & adjustable intensity** Multiple fitness levels/ comprehensive strength training & conditioning

HIGH RESISTANCE BANDS

New THERABAND® High Resistance Bands are designed to improve your sports performance, elevate your fitness and increase your strength. Backed by over 40 years of professional use, THERABAND continues to be the brand most trusted by clinicians, professional athletes, and everyday fitness enthusiasts.

- Made from highly durable, natural latex* rubber
- Four multiple band bundles
- Imprinted with visual resistance indicator to confirm proper stretch
- Ideal for assisted pull-ups, power lifting, Pilates, targeted stretching and toning exercises and full-body workouts
- Perfect for adding tension to common exercises like push-up and dips

(*) Estimated resistance levels are based on pull forces to stretch band between 100% and 200% elongation

THERABAND® DYNAMIC RESISTANCE

Retail Single Packs

Item.

TRB 22403434: Light 7 Kg-15 Lbs
TRB 22403435: Medium 11 Kg-25 Lbs
TRB 22403436: Heavy 16 Kg-35 Lbs
TRB 22403437: XHeavy 23 Kg-50 Lbs



50lbs 23kg RESISTANCE — XHEAVY
35lbs 16kg RESISTANCE — HEAVY
25lbs 11kg RESISTANCE — MEDIUM
15lbs 7kg RESISTANCE — LIGHT

VISUAL RESISTANCE INDICATOR:

Band at rest: 50lbs 23kg RESISTANCE

100% Elongation: 50lbs 23kg RESISTANCE



Bands include a visual resistance indicator showing kg resistance oval turning to circle at 100% stretch. This helps improve user technique and track progression.

Not all products available in all markets.
*Caution: These products contain natural rubber latex which may cause allergic reactions.



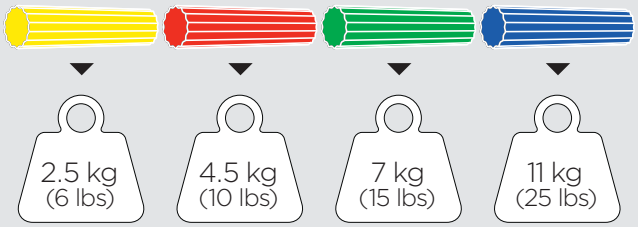
FLEXBAR®

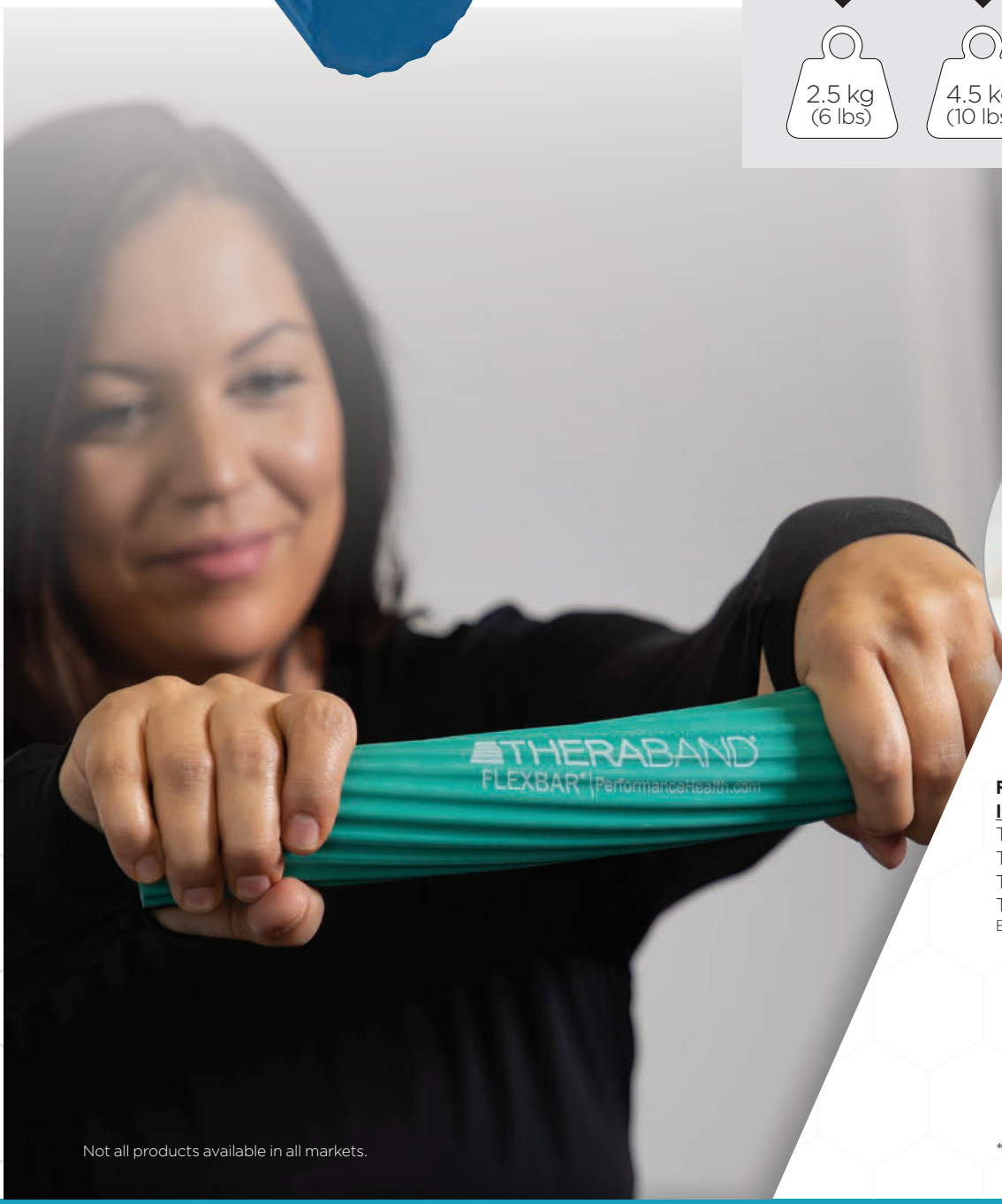
Improve grip and forearm strength

Eliminate pain in the arm, hand and shoulder with an effective, non-surgical option to increase strength and dexterity

- Simple, effective and high-quality treatment for elbow pain and strength building
- Designed and engineered by the original, global leader in resistance products

FLEXBAR ▸ FORCE







FlexBar* (single/individually wrapped)

Item.

TRB 22403434: Yellow/Extra Light
TRB 22506100: Red/Light
TRB 22506101: Green/Medium
TRB 22506102: Blue/Heavy

Exercise manual included.

Not all products available in all markets.

*This product contains dry natural rubber.

TRUSTED PROGRESSION™ SYSTEM

Elastic resistance force and torque

Elastic resistance is a unique type of resistance training compared to other traditional forms, such as isotonic or isokinetic resistances. The resistance provided by elastic bands or tubing is based on the amount that the band or tubing is stretched. This resistance can be measured in pounds/kilograms of force depending on the percentage the band or tubing is stretched from its resting length; this is known as force-elongation.

Color	Resistance at 100% elongation	Resistance increase
Max	14.2 lbs 6.5 kg	40%
Super heavy	10.2 lbs 4.6 kg	40%
Special heavy	7.3 lbs 3.3 kg	25%
Extra heavy	5.8 lbs 2.6 kg	25%
Heavy	4.6 lbs 2.1 kg	25%
Medium	3.7 lbs 1.7 kg	25%
Thin	3 lbs 1.3 kg	25%
Extra thin	2.4 lbs 1.1 kg	———

Regardless of how long the band or tubing is before it's stretched, the force produced at its stretched length depends on the percent elongation. For example, an initial 2-foot (60 cm) length of green band that is stretched to 4 feet (120 cm, double its resting length), is at 100% elongation. Therefore, the resistance of the band is 4.6 pounds at that elongation. 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 and Gold).

Patients should progress to the next-level band when 3 sets of 10-15 repetitions are achieved. *Refer to RISE Scale study below:

Resistance intensity scale for exercise (RISE)



DID YOU KNOW?

What is 100% elongation?
When a length of band is stretched to twice its original measurement, it reaches 100% elongation.

When using elastic resistance products, always wear eye protection.

Developed by Juan Carlos Colado, PHD, University of Valencia, Valencia, Spain
1. Colado et al. 2012. J Strength Cond Res. 26 (11):3018-3024
2. Colado et al. 2014. J Sports Sci Med. 13:758

PROFESSIONAL RESISTANCE BANDS*

Professional - Economical bulk rolls that facilitate cutting band length to patient requirement.

45.5 m (50 yd) dispenser box

Item.	
TRB 22402600:	Yellow/Thin
TRB 22402600:	Red/Medium
TRB 22405500:	Green/Heavy
TRB 22405700:	Blue/Extra Heavy
TRB 22405800:	Black/Special Heavy
TRB 22409200:	Silver/Super Heavy
TRB 22409300:	Gold/Max



THERABAND–LATEX BAND 1.5 MT
Individually wrapped 1.5 meter latex bands in a single color. Commonly used exercises for foot, ankle, hip, neck, shoulder pads Each band includes an insert with link to perform exercises.

Item.	
TRB 22402615	Yellow/Thin
TRB 22402615	Red/Medium
TRB 22402615	Green/Heavy
TRB 22402615	Blue/Extra Heavy
TRB 22402615	Black/Special Heavy

Includes Multi-lingual instructional insert



NON-LATEX** ELASTIC RESISTANCE

Non-latex** - identical performance to latex

- Many patients who react to certain proteins found in natural rubber latex must avoid latex bands.
- Unfortunately, most non-latex* elastic resistance bands do not offer the same performance as latex bands without the potential for causing a latex allergy reaction.
- THERABAND® Non-Latex* Professional Resistance Bands provide the same quality and trusted resistance progression of our natural latex bands ... they stretch like latex!
- THERABAND® Non-Latex* bands do not have a scent, powder or proteins.
- THERABAND® Non-Latex* Professional Resistance Bands match the pull forces of our latex bands, and they follow the THERABAND® color-coded System of Progressive Resistance® .



Non-Latex Professional Resistance Bands** – Economical bulk rolls that facilitate cutting band length to patient requirement.

22 meter (25 yd) dispenser box

Item.	
TRB 22402420:	Yellow/Thin
TRB 22402430:	Red/Medium
TRB 22402440:	Green/Heavy
TRB 22402450:	Blue/Extra Heavy
TRB 22402460:	Black/Special Heavy

Not all products available in all markets.
*Caution: These products contain natural rubber latex which may cause allergic reactions.

PROFESSIONAL RESISTANCE TUBING*

THERABAND® Professional Resistance Tubing are made of natural rubber and are ideal for upper-body exercise, rehabilitation and conditioning. Available in seven color-coded levels of resistance.

30.5 meter (100 ft) dispenser box

N.Am./Int.	Int./EU	
21120	51120	Yellow/Thin
21130	51130	Red/Medium
21140	51140	Green/Heavy
21150	51150	Blue/Extra Heavy
21160	51160	Black/Special Heavy
21170	51170	Silver/Super Heavy

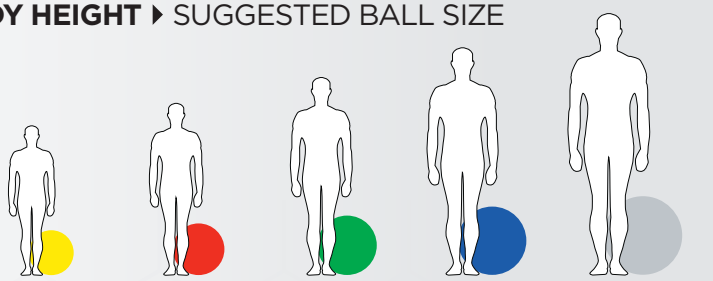


EXERCISE BALLS

The professional slow-deflate ball



BODY HEIGHT ▸ SUGGESTED BALL SIZE



140-153 cm (4,7-5')	153-168 cm (5,1-5,6')	170-185cm (5,7-6,1')	188-203 cm (6,2-6,8')	over 205 cm (over 6,9')
Yellow	Red	Green	Blue	Silver
45 cm (18")	55 cm (2")	65 cm (2")	75 cm (30")	85 cm (33")

The THERABAND® Pro Series SCP Exercise Ball is available in five sizes for a custom fit. Each slow-deflate exercise ball comes with two plugs, an inflation adapter, a measuring tape to help insure proper inflation, and a poster detailing 24 exercises.

Bulk packaged in a Poly-Bag

Item.		
TRB 22200150:	45 cm	Yellow
TRB 22200155:	55 cm	Red
TRB 22200165:	65 cm	Green
TRB 22200175:	75 cm	Blue
TRB 22200185:	85 cm	Silver

SOFT WEIGHTS

Versatile, easy-to-grip alternative to dumbbells

Soft Weights

TRB 22350810:	Tan	0.5 kg (1.1 lb)
TRB 22350820:	Yellow	1.0 kg (2.2 lb)
TRB 22350830:	Red	1.5 kg (3.3 lb)
TRB 22350840:	Green	2.0 kg (4.4 lb)
TRB 22350850:	Blue	2.5 kg (5.5 lb)
TRB 22350860:	Black	3.0 kg (6.6 lb)



Mini Ball

THERABAND® Mini Ball is soft and inflatable to support a range of varied and effective exercises designed to increase core strength in the back and abdominals. Tactile, stretchy PVC makes the yellow 23 cm (9") diameter ball responsive to the touch and non-slip when placed against a hard surface. Includes an instructional poster.

Item

TRB 22200109: Yellow



HAND XTRAINER

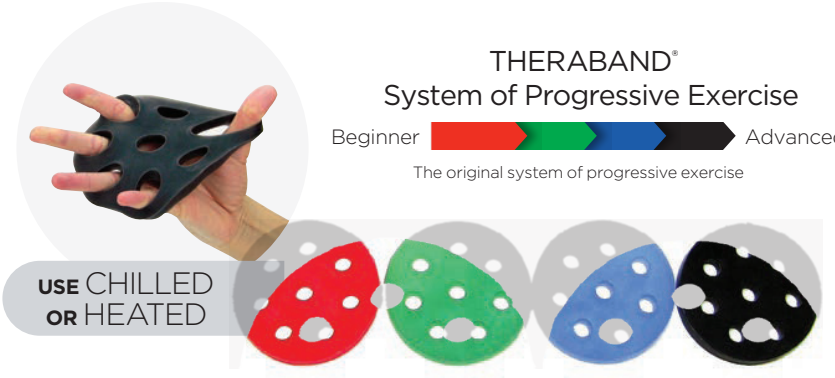
The ultimate hand therapy tool

- Supports flexion and extension
- Easily cleaned between patients
- Great for home exercise

Hand Xtrainer

Item:

TRB 22506153 Red/Beginner
TRB 22506154 Green/Intermediate
TRB 22506155 Blue/Advanced
TRB 22506156 Black/Advanced Sport Training



THERABAND®
System of Progressive Exercise

Beginner Advanced

The original system of progressive exercise

ROLLER MASSAGERS+

Unique ridged design provides massage-like experience

Roller Massager+

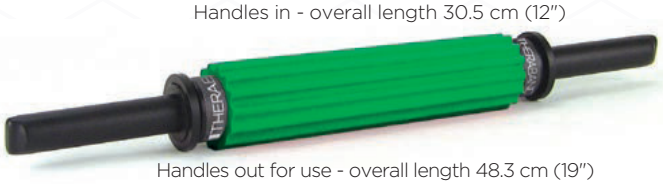
- The THERABAND™ Roller Massager+ is an innovative tool for myofascial release and deep tissue massage.
- Use of the Roller Massager+ can help increase blood flow and circulation in targeted areas while helping to increase muscle flexibility and range of motion.
- The Roller Massager+ is available in a standard version plus a portable version with patent-pending retractable handles.
- They are constructed with durable latex-free** thermoplastic material for extended life and easy cleaning.

Roller Massager+

Item.

TRB 22908510: Green/Ridged Standard

Handles in - overall length 30.5 cm (12")



Handles out for use - overall length 48.3 cm (19")

Premium

Our premium products, relationships and experience are what the world has come to expect from the leader and originator. Our exacting quality standards, customer experience and value to the clinician and patient are uncompromised and unmatched. THERABAND is Proven Science, Trusted Performance.

Confidence

Clinicians worldwide have been trained on THERABAND and place confidence in our brand. Our scientific research conducted, rigorous product testing and dedication to the clinician ensure that, every step of the way, you can trust THERABAND.

Leader

THERABAND is the original, the innovator and the creator of the category. THERABAND continues to set the standard of excellence. Our proprietary formulas, processes, testing and Trusted Progression™ System were born from that leadership.

Proven science

THERABAND is the leader with science on its side. THERABAND has been tested, validated, studied and researched to ensure superior patient safety and recovery. We control the aspects of production, from formulation to supply chain. THERABAND products comply with FDA and EU Class I Medical Device requirements.

Transformational

THERABAND was created to improve the lives of the clinician as well as the patient. THERABAND products and our Trusted Progression™ System have positively transformed the lives of millions worldwide.



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THERABAND®

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