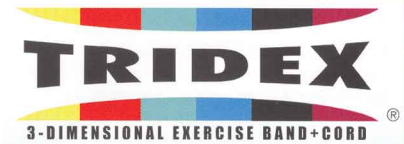


TRIDEX® made in England

TRIDEX® made in England



Made in England 

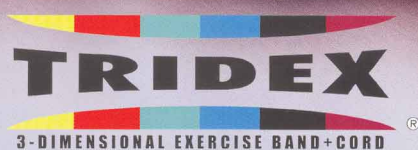


TRIDEX[®] made in England

England

COMPLIANT WITH

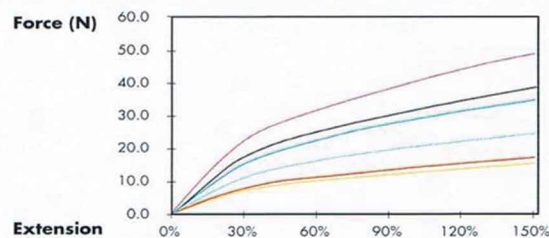
93/42 CEE
MEDICAL DEVICE
CLASS I



Band

- Suitable for Therapy, Sport and Fitness training.
- Providing 1.5m, 5m and 25m in length.
- Combi strap, Shin pad and foam handle to enhance the variety of exercises.
- Various tensions allow user to progress according to fitness condition.

Force Diagram



The Strength of TRIDEX BAND

Colour	Strength	Length & Code					
Yellow	Extra Light	1.5meter	5meter	10.10	10.20		
Red	Light				10.01	10.11	10.21
Blue	Medium				10.02	10.12	10.22
Green	Strong				10.03	10.13	10.23
Black	Extra Strong				10.04	10.14	10.24
Plum	Super Strong	10.05	10.15	10.25			

The Size of TRIDEX Band

1.5meter



5meter

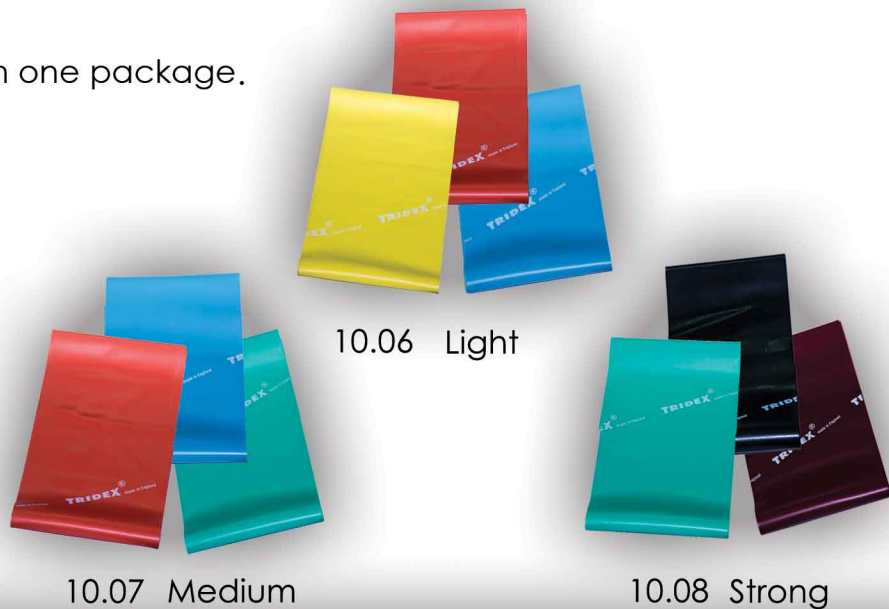


25meter



TRIDEX BAND TRIO

The combination of 3 types of Strength in one package.



The Accessories



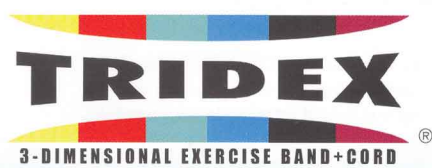
11.90 Deluxe foam handle with pairs



11.91 Combi Strap



11.92 Shinpad



Cord

COMPLIANT WITH

93/42 CEE
MEDICAL DEVICE
CLASS I

- Versatile and Flexible to use with the particular adoption of the snap hook solution.
- Suitable for Therapy, Sport and Fitness training.
- 35cm to 140cm long cords fitted with snap hooks allow the use of many accessories.
- Combi strap , Shin pad and also foam handle to enhance the variety of exercises.
- 4 Effective resistances in any customize length is suitable for all situations.



TRIDEX CORDS with Fixed Deluxe Handles

Deluxe foam handles are fixed to 120cm long tube.

Colour	Strenght	Length & Code
Red	Light	10.31
Green	Medium	120cm 10.32
Blue	Strong	10.33
Black	Extra Strong	10.34

TRIDEX CORD with 2 hooks

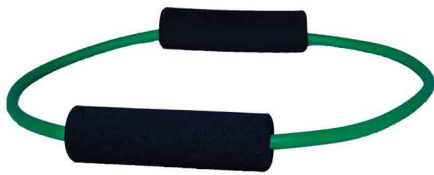
Available in 3 different lengths in 35cm, 120cm and 140cm. User may choose suitable tensions at desired lengths to be used with deluxe foam handles , combi straps or shinpad for a variety of exercises.



Colour	Strenght	Length & Code
Green	Medium	11.52 11.62 11.72
Blue	Strong	35cm 11.53 120cm 11.63 140cm 11.73
Black	Extra Strong	11.54 11.64 11.74

TRIDEX LOOP

Length of 85cm with a foam handles attached at each side forming a loop design for easier usage and variety of exercises Available in 3 different tensions.



Colour	Strenght	Length & Code
Red	Light	10.42
Green	Medium	85cm 10.43
Blue	Strong	10.44

TRIDEX LEXCORD

Length of 100cm attached with 2 foam handle , simplified into a fit size design available in 3 different tensions.

Colour	Strenght	Length & Code
Red	Light	10.52
Green	Medium	100cm 10.53
Blue	Strong	10.54



The Accessories



11.90 Deluxe foam handle with pairs



11.91 Combi Strap



11.92 Shinpad



Squeezed~
Twisted~
Pinched~

4D Putty

- 4D PUTTY is a resistive exercise putty with excellent quality and consistence.
- 4D PUTTY are clean, non toxic, non oily and will leave no colour or residue on the user.
- Each colour signifies a specific stiffness and strength, as needed by the user.
- Ideal for improving Strength in fingers and hands for both children and adults.
- 4D PUTTY are designed to be squeezed, stretched, twisted, pinched and many movements.
- 4D PUTTY is a great tool for strengthening and fine motor training.
- 4D PUTTY Defined by healthcare professionals.

Colour	Strenght	Weight & Code					
Pink	Extra Light	13.00	13.10	13.20			
Yellow	Light	13.01	13.11	13.21			
Red	Medium	65gram	13.02	100gram	13.12	450gram	13.22
Green	Strong	13.03	13.13	13.23			
Blue	Extra Strong	13.04	13.14	13.24			





DIGIBAND®

Resistance Band With Digital force Indicator
for daily fitness training and therapy

Elastic resistance bands have been used in therapy , sport and daily fitness training for around 20 years. This practical device has now been refined. The Powermarks specially printed on the DIGIBAND, are a unique feature when the oval is changed into a circle by pulling the band.

It shows that the desired strength indicated has been applied. So it's now possible to work out with precision , repeat the exercise accurately and measure the training success.

Colour	Strenght	Weight , Lenght & Code
Yellow	Medium	1.0 - 1.5kg 12.01 12.11
Jade Green	Strong	1.5 - 2.0kg 2.4meter 12.02 25meter 12.12
Orange	Very Strong	2.5 - 3.0kg 12.03 12.13
Ruby Blue	Super Strong	3.4 - 5.0kg 12.14





gymncare.com

Website : www.gymncare.com
Email : info@gymncare.com