

# Quality without Compromise. Color without Cost.



**North Coast Exercise Bands and Tubing** are processed using a rigorous 6 step cleaning and coating to remove virtually all of the powder residue that latex allergens typically adhere to. Using the Elisa Inhibition Assay Test, North Coast Band and Tubing has been found to have less than 0.2mg/g of antigenic latex protein as compared to other band and tubing products that can be as much as 64.8mg/g. The result is a cleaner feeling band with superior elasticity.

## **NORTH COAST EXERCISE BAND**

*Versatile, progressive, resistive band for rehabilitation and strength training.*

Use these latex bands to help improve strength, range of motion and coordination in almost any muscle group. Resistance levels are printed at 2' (.61m) intervals for easy identification and cutting. Sold in 6 yd. or 50 yd. (5.5 or 45m) rolls. All rolls are packaged in convenient dispenser boxes. 30 individually wrapped 5' (1.5m) lengths of band are also available in handy counter top display boxes (see back for more details).



6 yds. (5.5m)	Resistance		
NC91220-06	Level 0	White	6.50
NC91221-06	Level 1	Light Blue	6.95
NC91222-06	Level 2	Turquoise	7.95
NC91223-06	Level 3	Light Green	8.50
NC91224-06	Level 4	Dark Blue	9.50
NC91225-06	Level 5	Teal	10.50
NC91226-06	Level 6	Dark Green	13.95
NC91227-06	Level 7	Gray	18.50

50 yds. (45m)	Resistance		
NC91220-50	Level 0	White	43.50
NC91221-50	Level 1	Light Blue	48.50
NC91222-50	Level 2	Turquoise	54.95
NC91223-50	Level 3	Light Green	62.95
NC91224-50	Level 4	Dark Blue	69.95
NC91225-50	Level 5	Teal	76.95
NC91226-50	Level 6	Dark Green	69.95
NC91227-50	Level 7	Gray	105.95

## **NORTH COAST EXERCISE TUBING**

*Ideal for active resistive, strengthening exercises.*

This latex tubing is available in six color-coded resistances. Each resistance level can be used independently or as part of a progressive exercise program. Tubing can be knotted to form a loop, or used with handles. Resistance levels are printed at 2' (.61m) intervals for easy identification and to help determine cut length. Sold in 100' (30m) lengths. Packaged in a convenient dispenser box.



100' (30m)	Resistance		
NC91101-100	Level 1	Light Blue	37.95
NC91102-100	Level 2	Turquoise	41.95
NC91103-100	Level 3	Light Green	45.95
NC91104-100	Level 4	Dark Blue	49.95
NC91105-100	Level 5	Teal	54.95
NC91106-100	Level 6	Dark Green	59.95



Each individually wrapped band includes an illustrated instruction manual.

### NORTH COAST EXERCISE BAND DISPLAY BOX

Packaged in convenient, space-saving dispensers.

30 individual 5' (1.5m) lengths of North Coast Exercise Bands are available in handy counter top display boxes.

Display Box: 30 Individually wrapped bands  
5' (1.5m) Resistance

NC91220-30	Level 0	White	48.50
NC91221-30	Level 1	Light Blue	53.95
NC91222-30	Level 2	Turquoise	59.95
NC91223-30	Level 3	Light Green	63.95
NC91224-30	Level 4	Dark Blue	73.95
NC91225-30	Level 5	Teal	79.95
NC91226-30	Level 6	Dark Green	95.95
NC91227-30	Level 7	Gray	110.95



### NORCO™ EXERCISE LOOP ATTACHMENT

Economical loop secures exercise tubing easily to most doors.

- This nylon loop attaches tubing to the door so strengthening and ROM exercises can be performed more easily.
- Excellent for home exercise programs.
- Latex free.

NC91231-10	Package of 10	15.95
NC91231-50	Package of 50	59.95



Available in a variety of configurations to suit your needs.

- 6 yd. boxed roll of Band
- 50 yd. boxed roll of Band
- 5 ft. of 30 individually wrapped Bands in a display box
- Exercise Band Packs for progressive resistance
- 100 ft. boxed roll of Tubing



Light Resistance Exercise Pack  
Includes Levels 1, 2 and 3.

Each pack includes a card with illustrated exercises, instructions and tips for using exercise bands.

Heavy Resistance Exercise Pack  
Includes Levels 3, 4 and 5.



### NORTH COAST EXERCISE BAND PACKS

Prescribe a progressive exercise program.

The **Light Resistance Exercise Pack** has one 6' (1.8m) length each of Levels 1, 2 and 3. The **Heavy Resistance Exercise Pack** has one 6' (1.8m) length each of Levels 3, 4 and 5. Sold individually.

NC91229	Light Resistance Pack	9.95
NC91230	Heavy Resistance Pack	10.95

### NORTH COAST EXERCISE BAND RESISTANCE LEVEL GUIDE

Colors	Resistance Level	North Coast® Exercise Band
White	0	RESISTANCE 0 LEVEL
Light Blue	1	RESISTANCE 1 LEVEL
Turquoise	2	RESISTANCE 2 LEVEL
Light Green	3	RESISTANCE 3 LEVEL
Dark Blue	4	RESISTANCE 4 LEVEL
Teal	5	RESISTANCE 5 LEVEL
Dark Green	6	RESISTANCE 6 LEVEL
Gray	7	RESISTANCE 7 LEVEL

Choose from eight levels of progressive resistance.



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