

## Safety and Precautions

The MediCordz® brand of exercise tubing is only to be used as directed by your health care professional. The products are not to be used as toys; nor should children use these products unless supervised by an adult.

When mounting products, do not pull the tubing/cords more than 3 times its original length. Overstretching may result in exceeding the elastic limit of the tubing/cord which may result in breakage.

- Inspect product prior to each use for cracks, tears or other damage. If damaged, do not use.
- Keep tubing/cords away from face when performing exercises.
- Never release the tubing when it is under tension.
- Allow for adequate space allowance when exercising near others.
- Read this usage guide in its entirety before using product.

NZ Manufacturing assumes no liability for accidents or damage that may occur with the use of these products.

Consult your health care provider or fitness advisor before using these products or any other exercise device.

MediCordz® products are intended as a portable exercise device used in developing strengthening and conditioning programs.

## Warranty

MediCordz® products are warranted against defects in materials and workmanship for 90 days from the date of purchase under intended usage.



Since 1985 NZ Manufacturing has been producing the highest quality resistive exercise products for swim training, physical rehabilitation, sports training and general fitness. For more information about these products listed below, visit us online at [www.nzmfg.com](http://www.nzmfg.com) or call us toll-free at 800-886-6621 to order our catalog.



From in-water swimming tethers, spa tethers and grudge belts to dry-land resistance training, these products fit the need for serious and novice swimmers.



Designed for maximum function and comfort at a reasonable cost, these products accommodate all major joints and muscle groups to fulfill any rehabilitation need.



Used by leading professional football, baseball, hockey and basketball teams for explosive start drills, power building footwork exercises and simulated play action.



800-886-6621

Toll Free Fax: 866-320-3653

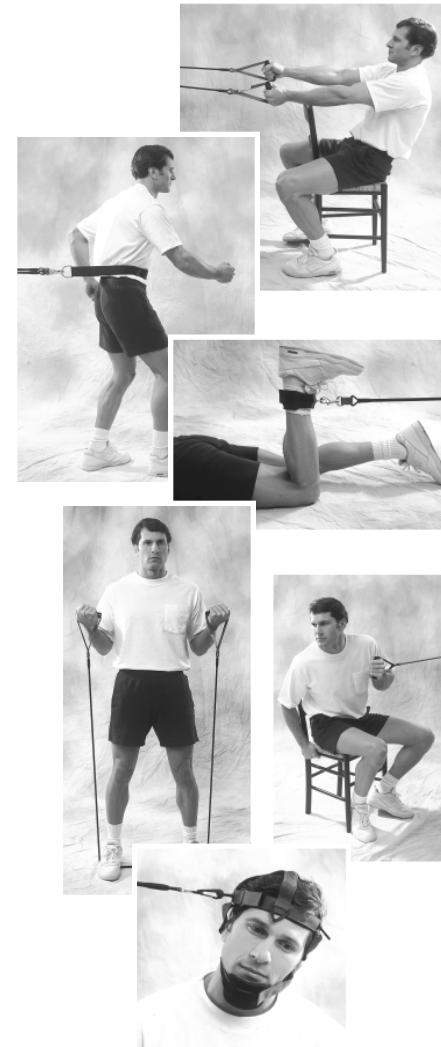
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## Usage Guide



## Welcome

Thank you for your purchase from NZ Manufacturing; exclusive manufacturer of a full line of health and fitness products.

## MediCordz® Products

Designed by a team of physical therapists, exercise physiologists and materials engineers, MediCordz® is the one resistance exercise training device to accommodate all of your rehabilitation and strength training needs. Resistance training provides for a wide range of motion and can address specific muscular or joint strengthening. MediCordz® products are often used as part of a total fitness program following rehabilitation.

For additional information regarding the entire line of health and fitness products offered by NZ Manufacturing, please contact one of our friendly customer representatives today!

## Suggested Exercises

The following exercises are provided as a guide for use. It is not intended to serve as a comprehensive exercise and training program. Please consult your health care provider or fitness advisor on a program that is suitable for your level of fitness.

## MediCordz® Set Up

In an area with plenty of room to do all the exercises, select a sturdy anchor point such as a door knob, door jamb, or railing (see photos below). Use the door mount strap at the hinge side of a door, where the door is shut facing you. Lock the door if possible as to not allow the door to open while you are exercising.



Door Knobs

Door Jamb

Railings

# Upper Body Exercises

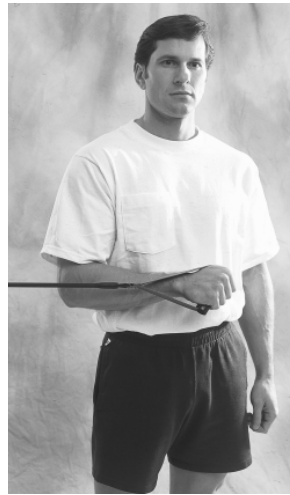


## Neck Flexion:

*(Utilizing the MediCordz® Headset Kit)*

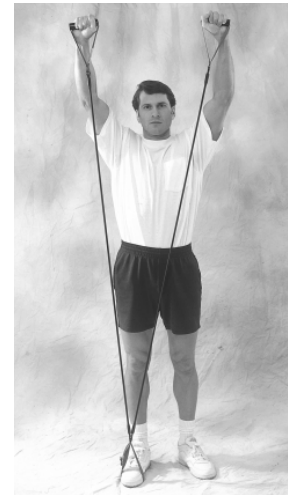
- Flex neck laterally to one side while working against resistance.
- Hold. Return to start position.
- Repeat on opposite side and return to start position.
- This exercise can be performed with vertical movements; (front & backwards vertical neck flexion).

*Note: The upper body exercises (shown below) can be performed with the MediCordz® Back Kit or MediCordz® Rehab Kit. Start by securing door mount in door jamb where door is shut facing you. Lock door if possible as to not allow door to open while exercising.*



## Internal Shoulder Rotation:

- In a standing position, grasp handle of one tube end and hold at waist level with elbow close to side.
- Begin with arm extended outward and slowly moving forearm internally toward your midsection.
- Hold. Return to start position.



## Overhead Chest Press:

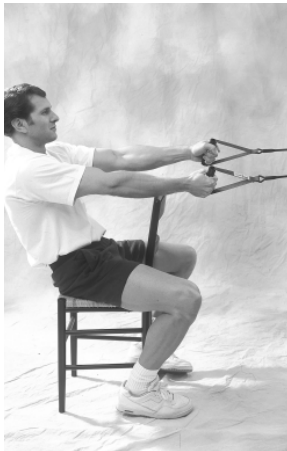
- In a standing position, grasp handles of both tubes while anchoring web strap around one foot. Stand with one foot slightly behind the other for balance.
- Raise arms vertically above your shoulders.
- Hold. Return to start position.

# Lower Body Exercises



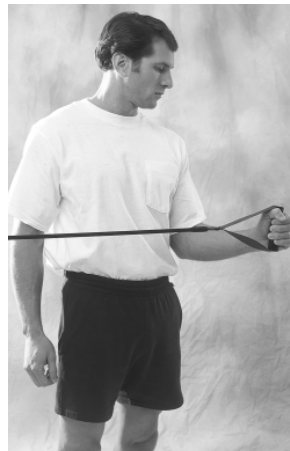
## Hamstring Curl:

- In a lying position on the floor, secure ankle strap to ankle. Lie on your stomach with tips of toes touching the floor.
- Slowly raise foot to a 90 degree angle with ankle in a flexed position.
- Hold. Return to start position.



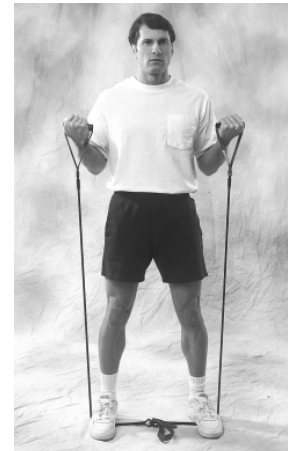
## Trunk Extension:

- In a backwards seated position, grasp handles of tubing and gently lower trunk away from chair back while holding onto tubing and working against resistance.
- Hold. Return to start position.



## External Shoulder Rotation:

- In a standing position, grasp handle of one tube end and hold at waist level with elbow close to your side.
- Begin with arm toward your midsection. Slowly rotate your arm outward while keeping elbow close to your side.
- Hold. Return to start position.



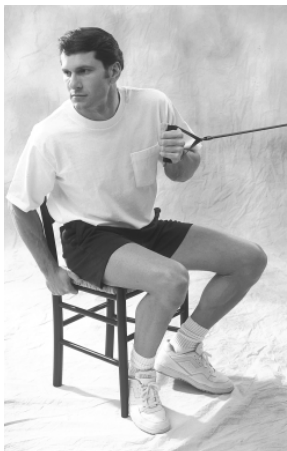
## Double Bicep Curl:

- In a standing position, grasp handles of both tubes while anchoring tube under both feet. Stand shoulder width apart with arms at waist level.
- Raise tubes from waist level vertically up to shoulder height.
- Hold. Return to start position.



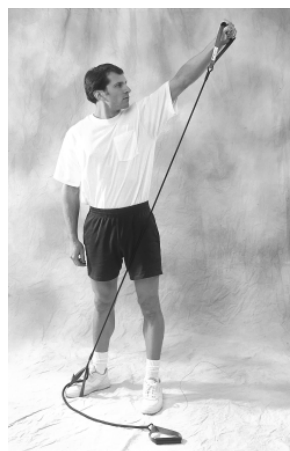
## Leg Extension:

- In a seated position, secure ankle strap around ankle, with other end secured around a stationary object. Using a chair, sit upright with feet planted on the floor.
- Slowly raise the leg parallel against the resistance of tube, while maintaining a straight back.
- Hold. Return to start position.



## Trunk Rotation:

- In a seated position, grasp handle of one tube with elbow bent at waist level. Slowly rotate trunk against resistance of tube.
- Hold. Return to start position.



## PNF: *(Proprio Neuromuscular Facilitation) or Shoulder Abduction*

- In a standing position, grasp handle of one tube while anchoring web strap around opposing foot. Stand shoulder width apart.
- Raise arm on a diagonal at or slightly higher than shoulder level while keeping hips straight and in alignment.
- Hold. Return to start position.



## Running/Work Hardening:

- Secure waist belt at waist level with modular tubing attached to waist belt with other end secured to a stationary object (inset photo shows squatting against resistance from the tube).
- Move away from stationary object while working against resistance of tubing.
- Hold. Return to start position.



## Hip Rotation:

- In a standing position, secure strap above knee level. Stand against a wall or use a high back chair for balance.
- Start with your leg extended away from your body, then slowly rotate it around the front of your body until the leg has extended past your stationary leg.
- Hold. Return to start position.