



**NZ MANUFACTURING**

**STREHCORDZ®**

**MEDICORDZ®**

**TURFCORDZ®**

Professional  
training tools for  
**every** athlete  
at **every** level.

Product Catalog



# Professional training tools for every athlete at every level.

StrechCordz®, TurfCordz® and MediCordz® are registered trade names for resistance-based exercise tools made by NZ Manufacturing in Tallmadge, Ohio. They are high-quality, professional-strength products made in the USA. Noted for their high range of resistance levels and safety features, they are used by athletes at all levels – from high school to professional – to improve performance and rehabilitate injuries.

Made in  
**USA**



StrechCordz wet and dry swim training products are the original resistance training tools for in-water applications. Swimmers use StrechCordz resistance exercise products to improve stroke, strength and endurance. StrechCordz products in lighter resistance levels are now available for use in water aerobics and other public pool exercise programs as well as home pool use.

<b>In-Water Training</b>	page
Stationary Swim Trainer	5
Short Belt	5
Safety Cord Short Belt	5
Long Belt Slider	6
Grudge Belt	7
Kick Trainer	7
Pool Aqua Band	8
Quick Connect	10
Drag Belt and Tow Tether	11
Large Drag Chutes	12
Knee Elastic	13
Ankle Elastic	13
<b>Dry-Land Training</b>	
StrechCordz with Paddles	14
StrechCordz with Handles	15
StrechCordz with Leg Straps	15
Breaststroke Machine	16
Mini Modular Set	16
Modular Set	17
Stretch & Mobility Strap	18
<b>StrechCordz Accessories</b>	<b>20</b>



<b>Resistance Tubing</b>	page
TurfCordz with Handles	25
TurfCordz with Handles and Safety Cord Tubing	25
Safety Cord Tubing	26
Jump Belt	27
Ankle Cordz	27
Cuff Tuff	28
Squat Cordz	28
Safety Cord Speed Belt	29
Safety Cord Sprint Belt	30
<b>Bungie Cordz</b>	
Super Bungie Kit	32
Safety Super Bungie	33
<b>Agility &amp; Strength Training</b>	
Tug-of-War with Belt or Harness	34
Resist-Assist	35
Quick React	35
<b>TurfCordz Accessories</b>	<b>36</b>

Professional football, baseball and basketball teams, the United States Olympic Training Center and many collegiate and high school athletic departments incorporate TurfCordz products into their training programs. Exercising with TurfCordz resistance increases strength and stamina and improves agility at the highest levels of athletic training.



<b>Bungie Cordz</b>	page
Modular Bungie Cordz	39
Bungie Upper Body Kit	40
Bungie Rehab Kit	41
<b>Tubing Kits</b>	
MediCordz Modular Tubing	42
Tubing Rehab Kit	43
Door Mount Strap Kit	44
Wall Mount Kit	45
Headset Kit	46
Upper Body and Back Kit	47
Head Strap Kit	47
<b>MediCordz Accessories</b>	<b>48</b>

MediCordz elastic resistance products for clinical use are available in as many as 10 resistance levels to facilitate rehabilitation from day one through an athlete's return to competition or a patient's return to pain free activity. Proven exercises and proven results make MediCordz a favorite of athletic trainers, physical therapists and chiropractors.



# STRECHCORDZ®

*Gear for stretching, exercising and training.*

The original wet and dry swim training resistance tools. Used by the United States Olympic Swim Team and Olympian, collegiate and high school swimmers worldwide.

**Notice:** All tubing products contain natural latex. Products printed in the catalog may differ slightly from those received. Manufacturer reserves the right for substitutions.




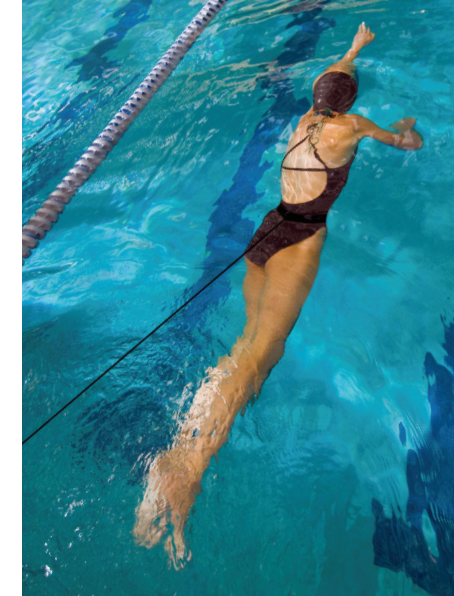
## Stationary Swim Trainer

Uses lane lines for in-place resistance swimming exercises. Allows multiple swimmers to occupy one lane at the same time. Ideal for coaching hip rotation and stroke efficiency.

**Features:** Waist belt that fits up to a 44 in / 1.1 m waist, two 2 ft / 60 cm latex tubes, two 2.5 ft / 76 cm adjustable nylon fasteners with clips on each end. Sold as a unit only.

### # S121 – Stationary Swim Trainer

Not interchangeable.  
Resistance options: 






## Short Belt

Turn a backyard or hotel swimming pool into an endless pool to burn calories, improve endurance and increase strength. Practice long swims without countless flip turns. Sold as a unit only. No removable components or replacement parts.

**Features:** One 2 in / 5 cm waist belt with buckle fits up to a 44 in / 1.1 m waist and connects to a 4 ft / 1.2 m length of tubing.

### # S119 – Short Belt







Not interchangeable.  
Resistance options:   

## Safety Cord Short Belt

Excellent for push-off drills and in-place resisted swimming, walking and running.

**Features:** One 2 in / 5 cm waist belt fits up to a 44 in / 1.1 m waist. One 4 ft / 1.2 m tube with a safety cord. A loop on the end of tubing is included for pool mounting. Sold as a unit.

### #S600 - Safety Cord Short Belt







Interchangeable.  
Resistance options:      

See Accessories pages for replacement and additional parts.



### StrechCordz Resistance Levels

Resistance levels are determined by the **pounds of pull** used to stretch tubing from one to three times its length, also known as its working range.

-  **3 – 8 lbs** (1.3 – 3.6 kg)
-  **8 – 24 lbs** (3.6 – 10.8 kg)
-  **14 – 34 lbs** (6.3 – 15.4 kg)
-  **5 – 14 lbs** (2.2 – 6.3 kg)
-  **12 – 31 lbs** (5.4 – 14.1 kg)
-  **20 – 45 lbs** (9.1 – 20.4 kg)



### Long Belt Slider ▶

**Best Seller!**

For adding resistance to swimming, the Long Belt Slider is the leading in-water training tool. It provides swim-out and pull-back resistance to improve strength and stamina. A proprietary, embedded safety cord runs the full length of the tubing and acts as a limiter to help prevent over-stretching. Ideal for use in 25 yd or 25 m pools.

**Features:** 2 in / 5 cm waist belt fits up to 44 in / 1.1 m waist, padded for comfort. 20 ft / 6 m latex with safety cord tubing and sliding attachment that moves freely around the belt for unrestricted movement.

**# S11875 – Long Belt Slider**  
Interchangeable.

*Resistance options:*  


See Accessories pages for replacement and additional parts.



### What is a Safety Cord?

Embedded inside latex tubing is a strong nylon cord capable of spanning the maximum stretch length of the tube. This proprietary feature minimizes over-stretching, while providing the safety and security to overcome physical and mental barriers.



**Safety Cord**




### Grudge Belt

Add some competition to resisted swimming with two-person tug-of-war, barge pulls and other exercises.

**Features:** Two adjustable waist belts that fit up to a 44 in / 1.1 m waist, connected by 8 ft / 2.4 m heavy latex tubing. Sold as a unit only. No removable components or replacement parts.

**# S120BK – Grudge Belt**

Not interchangeable.  
*Resistance options:* 

### Kick Trainer ▼

Adds resistance during kick sets. Strengthens abdominals during dolphin kicks and helps ankle recovery during breaststroke kicks.

**Features:** Two nylon shoulder harnesses and two adjustable foot harnesses that connect to two 20 in / 50 cm tubes. Sold as a unit only. No removable components or replacement parts.







**# S123 – Kick Trainer**

Not interchangeable.  
*Resistance options:*



### StretchCordz Resistance Levels

Resistance levels are determined by the pounds of pull used to stretch tubing from one to three times its length, also known as its working range.

-  **3 – 8 lbs** (1.3 – 3.6 kg)
-  **8 – 24 lbs** (3.6 – 10.8 kg)
-  **14 – 34 lbs** (6.3 – 15.4 kg)
-  **5 – 14 lbs** (2.2 – 6.3 kg)
-  **12 – 31 lbs** (5.4 – 14.1 kg)
-  **20 – 45 lbs** (9.1 – 20.4 kg)

### Pool Aqua Band ▶

**New!**

Developed with input from the inventor of Hydro-Pilates™, Pool Aqua Band is a new versatile in-water or dry-land resistance training tool. Used for aquatic therapy, rehabilitation and exercise programs, dry-land resistance and stretching exercises.

**Features:** Includes one 38 in / 96.5 cm latex tube, one adjustable ankle cuff with Velcro® closure and one color-coded handle. Sold as a unit only. No removable components or replacement parts.

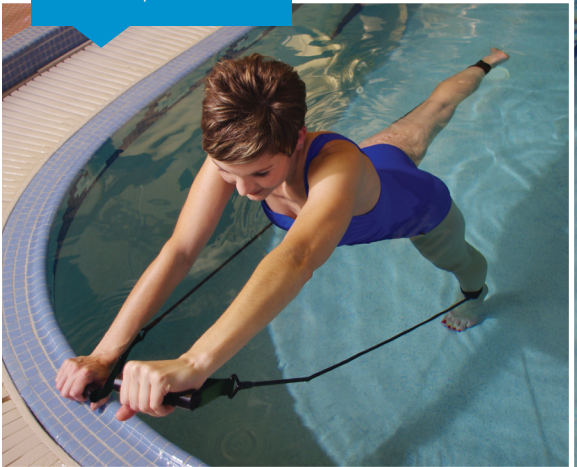
#### # S300 – Pool Aqua Band

Not interchangeable.

Resistance options:



Use **two** Pool Aqua Bands to expand your exercise possibilities.



#### StrechCordz Resistance Levels

Resistance levels are determined by the **pounds of pull** used to stretch tubing from one to three times its length, also known as its working range.

- 3 – 8 lbs** (1.3 – 3.6 kg)
- 8 – 24 lbs** (3.6 – 10.8 kg)
- 14 – 34 lbs** (6.3 – 15.4 kg)
- 5 – 14 lbs** (2.2 – 6.3 kg)
- 12 – 31 lbs** (5.4 – 14.1 kg)
- 20 – 45 lbs** (9.1 – 20.4 kg)



### Quick Connect

The Quick Connect, an enhancement for the Long Belt Slider, serves as an answer to trainers and coaches seeking faster transitions during practices. The Quick Connect's buckle closure allows the product to be quickly and easily transferred between swimmers as they enter and exit the pool.

**Features:** Two neoprene-padded waist belts with connection strap, fits up to 44 in / 1.1 m waist; one 20 ft / 6 m safety cord tube with a Quick Connect buckle on one end and a mounting loop on the opposite end.

**# S11875QC – Quick Connect**  
Interchangeable.  
*Resistance options:*



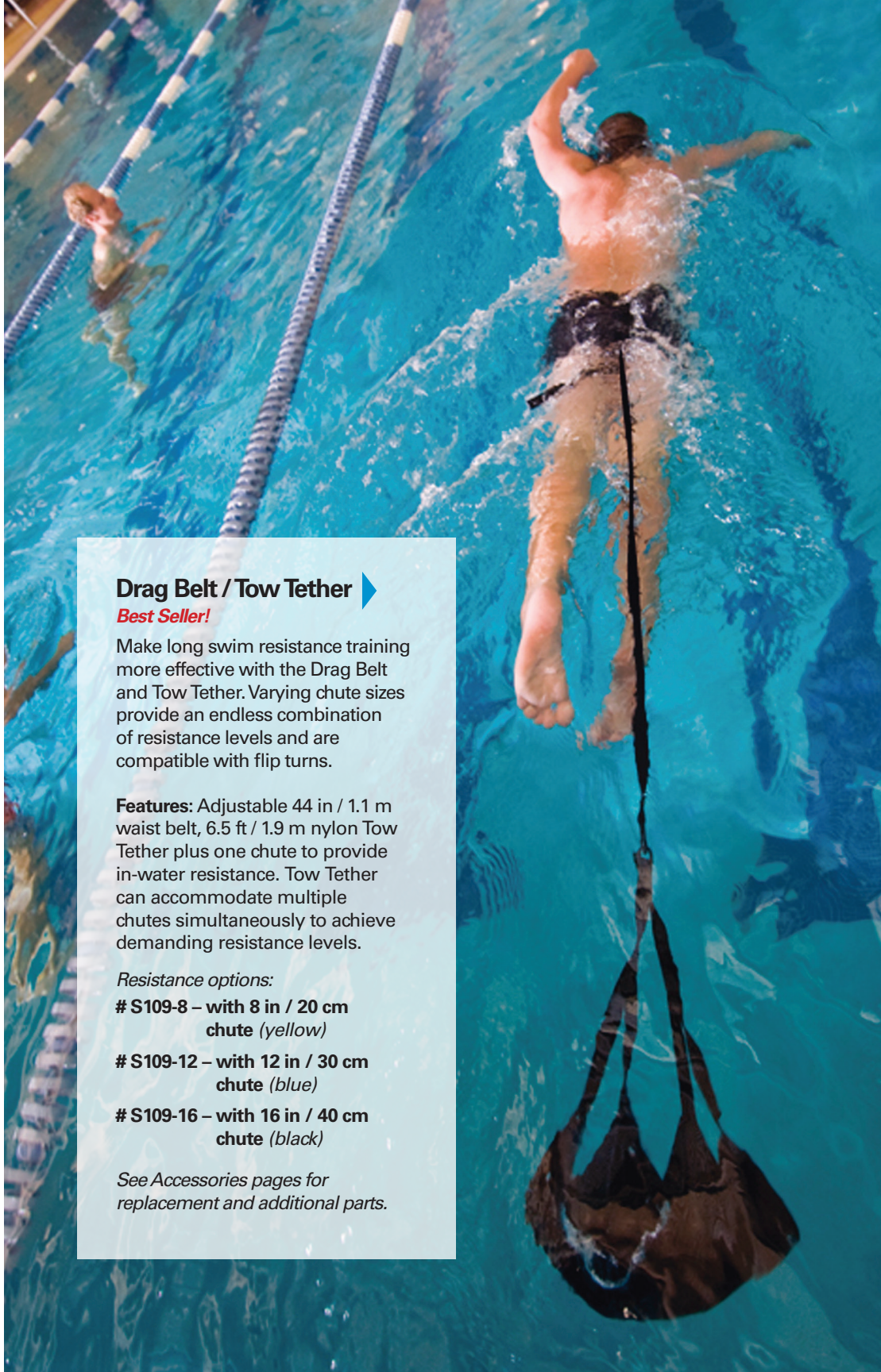
See Accessories pages for replacement and additional parts.



#### StrechCordz Resistance Levels

Resistance levels are determined by the **pounds of pull** used to stretch tubing from one to three times its length, also known as its working range.

- **3 – 8 lbs** (1.3 – 3.6 kg)
- **8 – 24 lbs** (3.6 – 10.8 kg)
- **14 – 34 lbs** (6.3 – 15.4 kg)
- **5 – 14 lbs** (2.2 – 6.3 kg)
- **12 – 31 lbs** (5.4 – 14.1 kg)
- **20 – 45 lbs** (9.1 – 20.4 kg)



### Drag Belt / Tow Tether

**Best Seller!**

Make long swim resistance training more effective with the Drag Belt and Tow Tether. Varying chute sizes provide an endless combination of resistance levels and are compatible with flip turns.

**Features:** Adjustable 44 in / 1.1 m waist belt, 6.5 ft / 1.9 m nylon Tow Tether plus one chute to provide in-water resistance. Tow Tether can accommodate multiple chutes simultaneously to achieve demanding resistance levels.

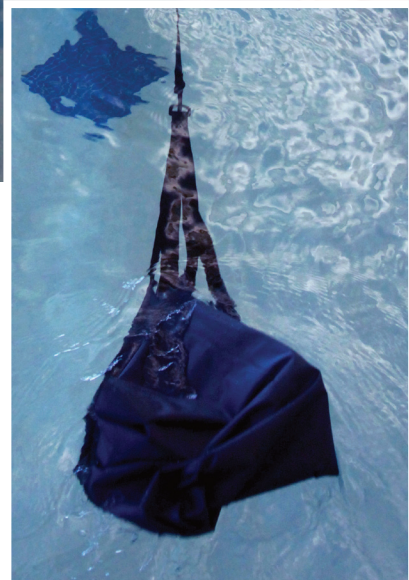
*Resistance options:*

- # S109-8 – with 8 in / 20 cm chute (yellow)
- # S109-12 – with 12 in / 30 cm chute (blue)
- # S109-16 – with 16 in / 40 cm chute (black)

See Accessories pages for replacement and additional parts.



Used for Hydro-Pilates™ and warm-ups for aquatic exercise programs.

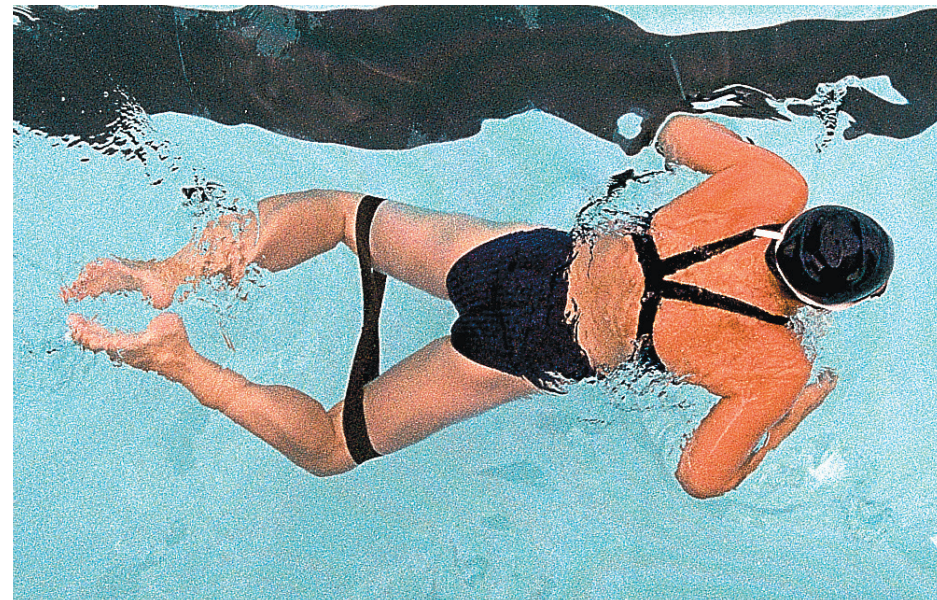


### Large Drag Chutes

*New!*

Improve in-water walking and running with our newest and largest Drag Chute. Suitable for a wide range of applications, from triathlete training to aquatic exercise warm-ups.

# S109-30 – with 30 in / 76 cm chute (navy)



### Knee Elastic

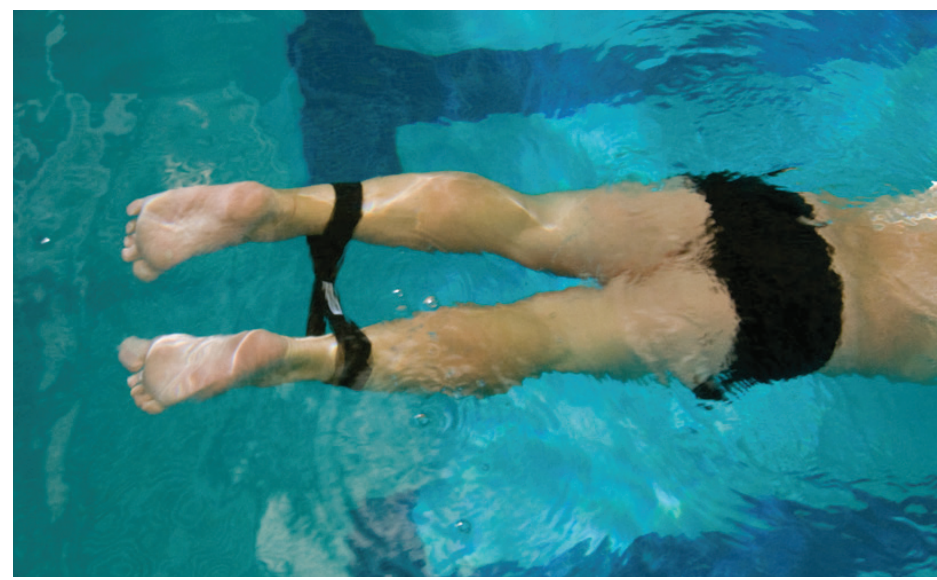
Elastic band fits above knees to provide resistance and control position during breaststroke kick; assists with recovery from groin injuries.

# S1225 – Knee Elastic  
Not interchangeable.

### Ankle Elastic

Elastic band fits around ankles for control of position during kicks. Helps neutralize kicking motion during pull sets.

# S122E – Ankle Elastic  
Not interchangeable.





### StrechCordz with Paddles

**Best Seller!**

Our #1 Best Seller, StrechCordz with Paddles adds resistance to the pull in dry-land practice swim strokes. It trains swimmers to keep hands flat while opposing every movement to increase strength and ultimately speed. Used by the United States Olympic Swim Team!

**Features:** Includes two paddles connected to two 4 ft / 1.2 m tubes and a combination mounting loop. Sold as a unit only. No removable components or replacement parts.

#### # S101 – StrechCordz with Paddles

Not interchangeable.

*Resistance options:*



### StrechCordz with Handles

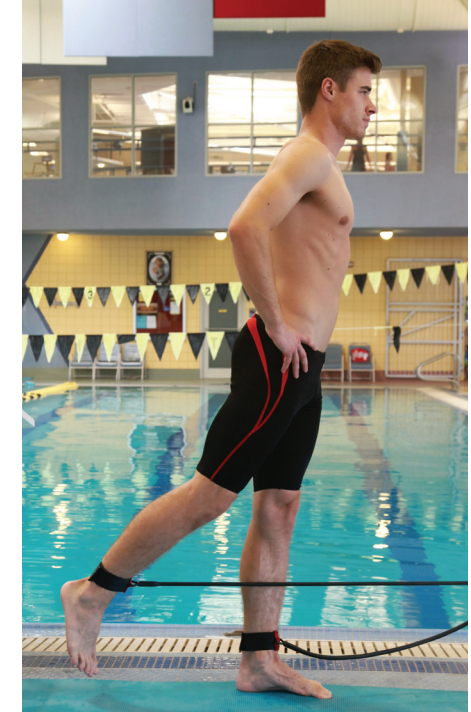
The original dry-land training device. Use for curls, tricep extensions, flies and lat pulls to enhance speed, endurance and swim stroke.

**Features:** Includes two handles connected to two 4 ft / 1.2 m tubes and a combination mounting loop. Sold as a unit only. No removable components or replacement parts.

#### # S100 – StrechCordz with Handles

Not interchangeable.

*Resistance options:*



### StrechCordz with Leg Straps

For dry-land leg abduction and adduction, extensions and curls. Also can be used in water for resisted stationary swimming.

**Features:** Two 2 in / 5 cm wide adjustable leg straps are connected to two 4 ft / 1.2 m tubes and combination mounting loop. Sold as a unit only. No removable components or replacement parts.

#### # S102 – StrechCordz with Leg Straps

Not interchangeable.

*Resistance options:*



Choose your StrechCordz, TurfCordz and MediCordz resistance levels wisely. Higher resistance levels are professional-grade products that require extreme athletic strength to utilize fully throughout their working range.

#### StrechCordz Resistance Levels

Resistance levels are determined by the **pounds of pull** used to stretch tubing from one to three times its length, also known as its working range.

3 – 8 lbs (1.3 – 3.6 kg)

8 – 24 lbs (3.6 – 10.8 kg)

14 – 34 lbs (6.3 – 15.4 kg)

5 – 14 lbs (2.2 – 6.3 kg)

12 – 31 lbs (5.4 – 14.1 kg)

20 – 45 lbs (9.1 – 20.4 kg)





### Breaststroke Machine

Strengthens muscles and increases power through outward and inward sweep exercises. Attaches to a diving board, fence, rail or any stationary object. Sold as complete kit only. No removable components or replacement parts.

**Features:** Includes two paddles each with two tubes and two combo mounting loops. Inside tubes are 27 in / 68.6 cm, outside tubes are 41 in / 1 m.

**# S108 – Breaststroke Machine**  
Not interchangeable.  
*Resistance options:*



### Mini Modular Set

Get many tools for wet or dry-land training from the Modular Set in a smaller, more compact set.

**Features:** StrechCordz® carry bag with one pair each of handles and adjustable leg straps and two 3 ft / 90 cm tubes with attached mounting straps and clips.

**# S104 – Mini Modular Set in StrechCordz logo bag**

Interchangeable.  
*Resistance options:*



*See Accessories pages for replacement and additional parts.*



#### StrechCordz Resistance Levels

Resistance levels are determined by the pounds of pull used to stretch tubing from one to three times its length, also known as its working range.

3 – 8 lbs (1.3 – 3.6 kg)	8 – 24 lbs (3.6 – 10.8 kg)	14 – 34 lbs (6.3 – 15.4 kg)
5 – 14 lbs (2.2 – 6.3 kg)	12 – 31 lbs (5.4 – 14.1 kg)	20 – 45 lbs (9.1 – 20.4 kg)

### Modular Set **Best Value!**

An exercise machine in a bag, the Modular Set is a complete wet or dry-land swim training tool that can be used for pulls, rows, raises, curls, flies – nearly any resistance exercise you can imagine.

**Features:** StrechCordz® carry bag with one pair each of interchangeable handles, paddles, adjustable leg straps, mounting straps and two 4 ft / 1.2 m tubes.

**# S103 – Modular Set in StrechCordz logo bag**

Interchangeable.  
*Resistance options:*



*See Accessories pages for replacement and additional parts.*



## Stretch & Mobility Strap

**New!**

Challenge stretching abilities with this new product. A dual design features one elastic strap connected to a static strap of nylon webbing that facilitates deep stretching and improves flexibility. Sold as a single unit. No removable components or replacement parts.

**Features:** 1 in / 2.5 cm wide strap is 6 ft / 1.8 m in length with six loop placements throughout.

**# S400 – Stretch & Mobility Strap**  
Not interchangeable.





**Modular Paddle # S111**  
 Plastic paddle, nylon webbing with D-ring for attachment, single unit.



**Modular Handle # S112**  
 Plastic handle, nylon webbing, D-ring for attachment, single unit.



**Modular Leg Strap # S1125**  
 Nylon with adjustable Velcro® closure, D-ring for attachment, single unit.



**Combo Mounting Loop # S113**  
 Nylon webbing to loop around stationary objects or place in a door jamb to serve as anchor point. Sold as a single unit.



**Short Belt Waist Belt Extension # S119BEX**  
 Provides an additional 20 in / 50 cm of length to the waist belt to fit a waist with a 66 in / 1.6 m circumference. For use with #S119, #S121, #S109 or #S600.



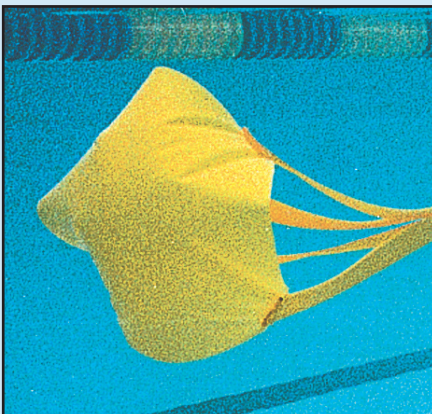
**Short Belt Strap Extension # S119EX**  
 Nylon strap measuring 6 ft / 1.8 m in length can be used to extend the Short Belt to any suitable mounting device that is not in close proximity to the pool.



**StretchCordz Replacement Tubing**  
 Resistance options:  
 ■ ■ ■ ■ ■  
**# S110 – 4 ft / 1.2 m tubing (sold in pairs, for Modular Set – S103)**  
**# S1103 – 3 ft / 90 cm tubes (sold in pairs, for Mini Modular Set – S104)**

**StretchCordz Resistance Levels**  
 Resistance levels are determined by the **pounds of pull** used to stretch tubing from one to three times its length, also known as its working range.

■ <b>3 – 8 lbs</b> (1.3 – 3.6 kg)	■ <b>8 – 24 lbs</b> (3.6 – 10.8 kg)	■ <b>14 – 34 lbs</b> (6.3 – 15.4 kg)
■ <b>5 – 14 lbs</b> (2.2 – 6.3 kg)	■ <b>12 – 31 lbs</b> (5.4 – 14.1 kg)	■ <b>20 – 45 lbs</b> (9.1 – 20.4 kg)



**Replacement or Additional Chutes for the Drag Belt Tow Tether**

Chutes are available in four resistance levels and can be combined for added resistance.

- # S109-8R – with 8 in / 20 cm chute (yellow)
- # S109-12R – with 12 in / 30 cm chute (blue)
- # S109-16R – with 16 in / 40 cm chute (black)
- # S109-30R – Large Drag Chute – with 30 in / 76 cm chute (navy)



**Replacement or Additional Waist Belt for Long Belt Slider # S11875BLT**

This 2 in / 5 cm-wide, padded waist belt fits up to a 44 in / 1.1 m waist.



**Quick Connect Replacement Tubing # S11875QC-RT**

Replacement tubing comes complete with a loop end for mounting and female Quick Connect buckle on opposite end to allow for connection with Quick Connect belt assembly.

Resistance options:



**Replacement or Additional Safety Cord Tubing for Long Belt Slider # S11875RT**

20 ft / 6 m latex with safety cord tubing running throughout its length.

Resistance options:



**Quick Connect Replacement Strap # S11875QCST**

Connection sliding strap with male end of Quick Connect buckle.



**Quick Connect Replacement Belt and Strap # S11875QCBLT**

Additional or replacement belt for the Quick Connect with sliding strap on belt and male end of Quick Connect buckle.

**StrechCordz Resistance Levels**

Resistance levels are determined by the pounds of pull used to stretch tubing from one to three times its length, also known as its working range.

- 3 – 8 lbs** (1.3 – 3.6 kg)
- 8 – 24 lbs** (3.6 – 10.8 kg)
- 14 – 34 lbs** (6.3 – 15.4 kg)
- 12 – 31 lbs** (5.4 – 14.1 kg)
- 20 – 45 lbs** (9.1 – 20.4 kg)



# TURFCORDZ®

**Gear for stretching, exercising and training.**

Stronger than the professional athletes who use them. Test your strength against TurfCordz products that deliver up to 200 pounds of resistance. These high performance tools deliver increased strength and endurance for higher performing athletes, all with safety features paramount.

**Notice:** All tubing products contain natural latex. Products printed in the catalog may differ slightly from those received. Manufacturer reserves the right for substitutions.



## TurfCordz with Handles

Resistance tubing with handles provides endless exercise opportunities. Handles are attached to a single 4 ft / 1.2 m tube. No removable components or replacement parts.

### # S116 – TurfCordz with Handles

Not interchangeable.

Resistance options:



## TurfCordz with Handles and Safety Cord Tubing

A variation of the TurfCordz with Handles, this product includes the exclusive Safety Cord Tubing. Users can exercise more freely with the nylon limiter within the tube providing an extra level of protection from over-stretching and breakage.

### # S127 – TurfCordz with Handles and Safety Cord Tubing

Not interchangeable.

Resistance options:



#### TurfCordz Resistance Levels (Tubing)

Resistance levels are determined by the **pounds of pull** used to stretch tubing from one to three times its length, also known as its working range.

■ 3 – 8 lbs (1.3 – 3.6 kg)

■ 8 – 24 lbs (3.6 – 10.8 kg)

■ 14 – 34 lbs (6.3 – 15.4 kg)

■ 5 – 14 lbs (2.2 – 6.3 kg)

■ 12 – 31 lbs (5.4 – 14.1 kg)

■ 20 – 45 lbs (9.1 – 20.4 kg)



**Safety Cord Tubing** ▲

*Best Seller!*

Take resistance training to the next level. With six resistance options in eight available lengths, Safety Cord Tubing provides a range that meets the resistance training needs of every athlete.

**Features:** A proprietary safety cord design with a strong nylon cord spanning the length of the heavy latex tube. Available in all resistances in lengths of:

- 1.5-ft      6-ft
- 2-ft        8-ft
- 3-ft        10-ft
- 4-ft        20-ft

**# S126 – Safety Cord Tubing**

Interchangeable.

Resistance options:



*\*Harness not included.*



**What is a Safety Cord?**

Embedded inside latex tubing is a strong nylon cord capable of spanning the maximum stretch length of the tube. This proprietary feature minimizes over-stretching, while providing the safety and security to overcome physical and mental barriers.



▲ **Jump Belt**

Reach new heights in athletic training by strengthening leg muscles to enhance vertical leap.

**Features:** Includes an adjustable belt that fits up to a 36 in / 90 cm waist and two 30 in / 75 cm rubber tubes connected to foot straps. No removable components or replacement parts.

**# S130 – Jump Belt**  
Not interchangeable.  
Resistance options:



▶ **Ankle Cordz**

For use in resisted-agility workouts, abduction, leg curls, hip flexion and more, Ankle Cordz make athletes lighter on their feet and more agile on the court and field.

**Features:** Two interchangeable 8 in / 20.3 cm tubes in silver and yellow resistance levels and two padded, adjustable ankle straps.

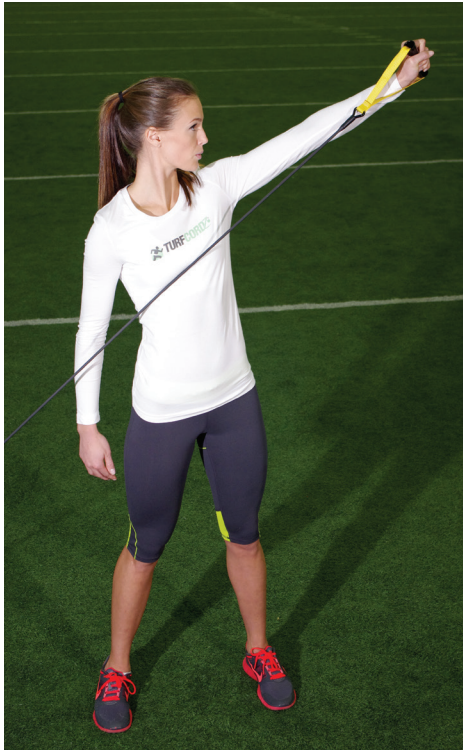
**# S140 – Ankle Cordz**  
Comes with **both** silver and yellow resistance tubes.



**TurfCordz Resistance Levels (Tubing)**

Resistance levels are determined by the **pounds of pull** used to stretch tubing from one to three times its length, also known as its working range.

- **3 – 8 lbs** (1.3 – 3.6 kg)
- **8 – 24 lbs** (3.6 – 10.8 kg)
- **14 – 34 lbs** (6.3 – 15.4 kg)
- **5 – 14 lbs** (2.2 – 6.3 kg)
- **12 – 31 lbs** (5.4 – 14.1 kg)
- **20 – 45 lbs** (9.1 – 20.4 kg)



**Cuff Tuff**

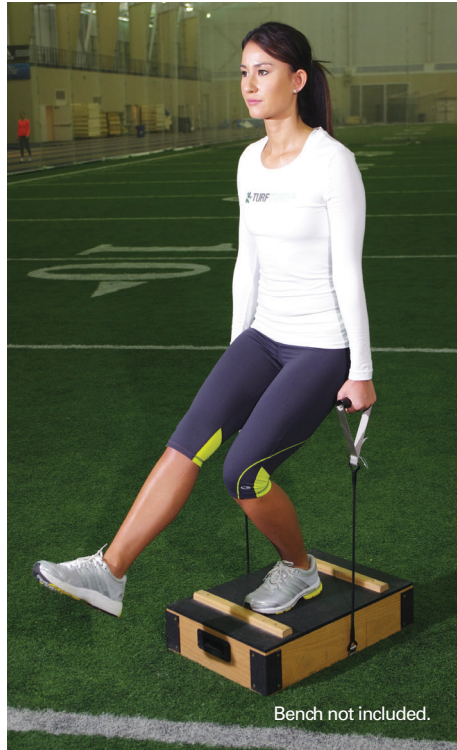
Used to strengthen the shoulder rotator cuff with internal and external rotation exercises.

**Features:** Includes one 4 ft / 1.2 m rubber tube with handle and combination mounting loop. No removable components or replacement parts.

**# S117 – Cuff Tuff**

Not interchangeable.

Resistance options:



Bench not included.

**Squat Cordz**

A versatile product to work the quadriceps, gluteus and shoulders. Designed to be user-friendly, this product can be used independently or with a step bench.

**Features:** Two 12 in / 30 cm dedicated tubes attached to an 18 in / 45 cm center strap. No removable components or replacement parts.

**# S99 – Squat Cordz**

Not interchangeable.

Resistance options:



**Safety Cord Speed Belt**

*Best Seller!*

Improve acceleration and speed by incorporating this best-selling kit into two-person resisted running and speed-assisted exercises.

**Features:** A 20 ft / 6 m Modular Tube with Safety Cord connects two 2 in / 5 cm-wide waist belts with adjustable Velcro® closures. Belts fit up to a 52 in / 1.3 m waist.

**# S125 – Safety Cord Speed Belt**

Interchangeable.

Resistance options: ■



**TurfCordz Resistance Levels (Tubing)**

Resistance levels are determined by the pounds of pull used to stretch tubing from one to three times its length, also known as its working range.

<span style="background-color: grey; border: 1px solid black; display: inline-block; width: 15px; height: 10px;"></span> <b>3 – 8 lbs</b> (1.3 – 3.6 kg)	<span style="background-color: green; border: 1px solid black; display: inline-block; width: 15px; height: 10px;"></span> <b>8 – 24 lbs</b> (3.6 – 10.8 kg)	<span style="background-color: blue; border: 1px solid black; display: inline-block; width: 15px; height: 10px;"></span> <b>14 – 34 lbs</b> (6.3 – 15.4 kg)
<span style="background-color: yellow; border: 1px solid black; display: inline-block; width: 15px; height: 10px;"></span> <b>5 – 14 lbs</b> (2.2 – 6.3 kg)	<span style="background-color: red; border: 1px solid black; display: inline-block; width: 15px; height: 10px;"></span> <b>12 – 31 lbs</b> (5.4 – 14.1 kg)	<span style="background-color: black; border: 1px solid black; display: inline-block; width: 15px; height: 10px;"></span> <b>20 – 45 lbs</b> (9.1 – 20.4 kg)

### Safety Cord Sprint Belt Kit

**Best Seller!**

Used by Olympic Speed Skaters to strengthen abductors and adductors, this product is well suited for speed skating, baseball and tennis training.

**Features:** Includes 8 ft / 2.4 m Modular Tube with Safety Cord, mounting loop, adjustable ankle strap and two adjustable Velcro® 2 in / 5 cm-wide belts that fit up to a 52 in / 1.3 m waist.

**#S115BK – Safety Cord Sprint Belt Kit**  
Interchangeable.

Resistance options: ■



#### TurfCordz Resistance Levels (Tubing)

Resistance levels are determined by the **pounds of pull** used to stretch tubing from one to three times its length, also known as its working range.

- 3 – 8 lbs** (1.3 – 3.6 kg)
  - 5 – 14 lbs** (2.2 – 6.3 kg)
- 8 – 24 lbs** (3.6 – 10.8 kg)
  - 12 – 31 lbs** (5.4 – 14.1 kg)
- 14 – 34 lbs** (6.3 – 15.4 kg)
  - 20 – 45 lbs** (9.1 – 20.4 kg)



**Bungie vs. Tubing**

TurfCordz **Bungies** feature patented braided nylon over rubber to provide a heavier load and lasting durability, while TurfCordz **Rubber Tubing** has a higher capacity to stretch during use, extending up to three times its length. Whatever your needs, TurfCordz has the right resistance tools to meet them.



**Super Bungie Kit**

In one package you get all the resistance tools and accessories you will need for serious athletic training.

**Features:** Includes Super Bungie Belt that fits up to a 52 in / 1.3 m waist, Super Bungie Handle and three 8 ft / 2.4 m Super Bungie Cordz in 75 lbs / 34 kg of pull, 150 lbs / 68 kg of pull and 200 lbs / 90 kg of pull resistance levels.

**# SBK – Super Bungie Kit**  
Interchangeable.

See Accessories pages for replacement and additional parts.

**Safety Super Bungie**

*Best Seller!*

The top-selling TurfCordz resistance product used by professional and competitive athletes worldwide. This patented product features a high-strength, large-diameter bungie cord with industrial-strength metal snaps. Available in three lengths and three resistance levels.



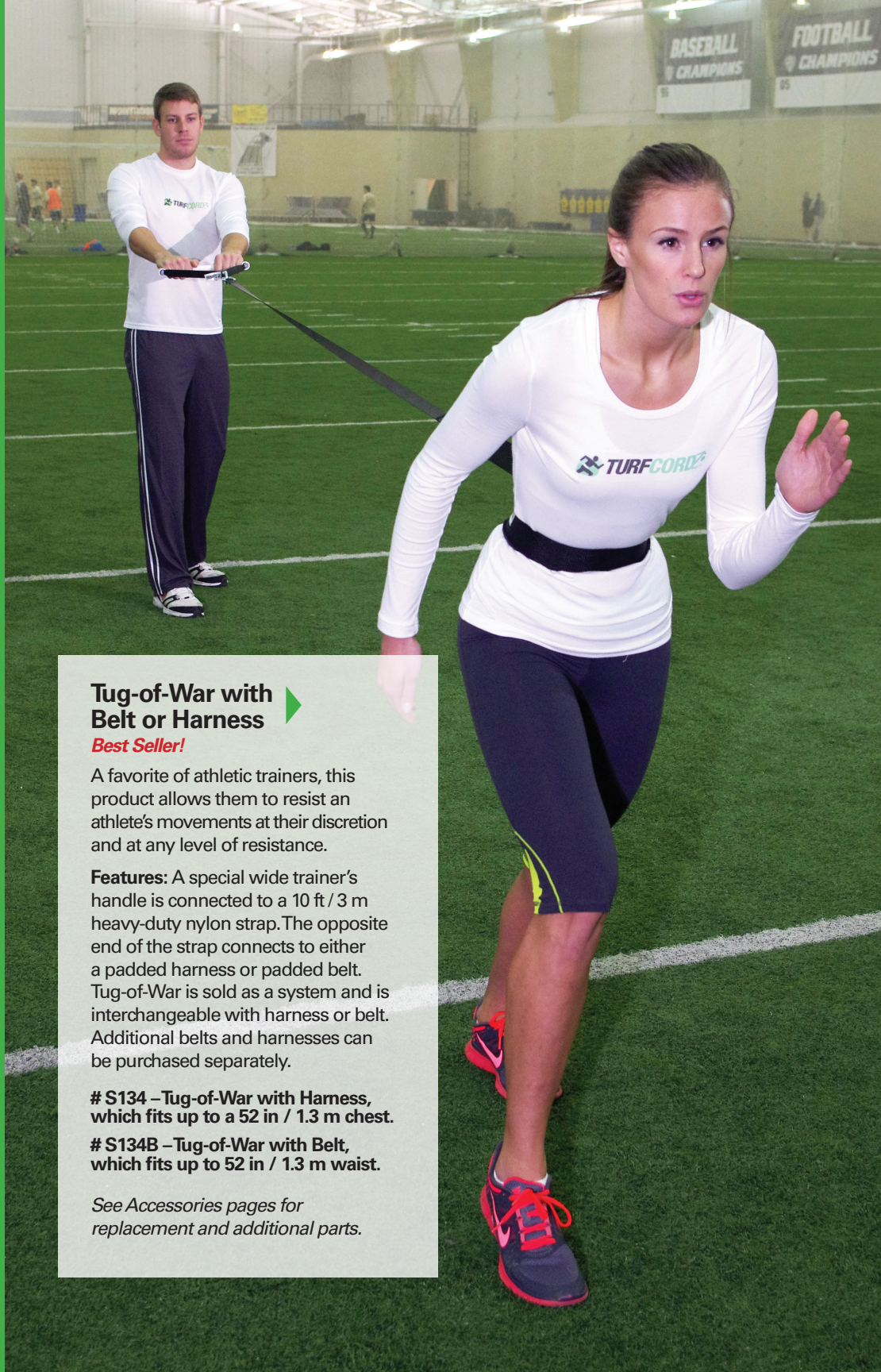
**Available Safety Super Bungie Resistance Levels**

- 75 lbs / 34 kg of pull**
- # B612 – 6 ft / 1.8 m
- # B812 – 8 ft / 2.4 m
- # B1012 – 10 ft / 3.0 m

- 150 lbs / 68 kg of pull**
- # B658 – 6 ft / 1.8 m
- # B858 – 8 ft / 2.4 m
- # B1058 – 10 ft / 3.0 m

- 200 lbs / 90 kg of pull**
- # B634 – 6 ft / 1.8 m
- # B834 – 8 ft / 2.4 m
- # B1034 – 10 ft / 3.0 m

All interchangeable.  
See Accessories pages for belt and strap.



### Tug-of-War with Belt or Harness

**Best Seller!**

A favorite of athletic trainers, this product allows them to resist an athlete's movements at their discretion and at any level of resistance.

**Features:** A special wide trainer's handle is connected to a 10 ft / 3 m heavy-duty nylon strap. The opposite end of the strap connects to either a padded harness or padded belt. Tug-of-War is sold as a system and is interchangeable with harness or belt. Additional belts and harnesses can be purchased separately.

**# S134 – Tug-of-War with Harness, which fits up to a 52 in / 1.3 m chest.**

**# S134B – Tug-of-War with Belt, which fits up to 52 in / 1.3 m waist.**

See Accessories pages for replacement and additional parts.



### Resist-Assist

Improves core strength, while increasing agility and acceleration during two-person drills.

**Features:** Two looped belts are connected with a 10 ft / 3 m heavy-duty nylon strap, allowing athletes and/or a trainer to resist movement. Non-adjustable belts fit up to a 52 in / 1.3 m waist. No removable components or replacement parts.

**# S150 – Resist-Assist**

Not interchangeable.



### Quick React

A tackle mirrors a defensive end. A point guard mirrors his or her counterpart. Quick React is for what its name implies – a tool for quick reaction drills to improve agility and explosiveness.

**Features:** Includes two adjustable waist belts with side release buckles that fit up to 54 in / 1.3 m waists. Features a Velcro® connection in the middle that snaps when there is separation between opponents. No removable components or replacement parts.

**# S151 – Quick React**

Not interchangeable.





**Mounting Loop with Carabineer – # S180**

A mounting device for TurfCordz products, the Mounting Loop should be attached to a stationary object, such as a pole, with a slipknot to secure it. Clip on any resistance product for a quick, dependable mounting station. Includes a metal carabineer clip.



**Super Bungie Handle – # SBH**

Used independently or with a partner for pulling, strength and stretching exercises. This single, wide handle is designed to maintain user comfort and to act as an anchoring point when none is available.



**Super Bungie Belt – # BB308HD**

**Best Seller!**

Padded cinch belt with 2 in / 5 cm metal D-ring is used for core strength and agility workouts. One-size belt is 4.5 in / 11.4 cm wide, interchangeable and adjusts to fit up to a 52 in / 1.3 m waist.



**Ankle Cinch Strap – # M302DX**

One-size padded strap is 4.5 in / 11.4 cm wide and 15 in / 37.5 cm long. Includes stationary 1 in / 2.5 cm metal D-ring. Sold as a single unit.



**Thigh Cinch Strap – # M303DX**

One-size padded strap is 4.5 in / 11.4 cm wide and 29 in / 72.5 cm long. Includes stationary 1 in / 2.5 cm metal D-ring. Sold as a single unit.



**Padded Harness – # S135**

Padded harness with adjustable side release buckle. Includes stationary 2 in / 5 cm metal D-ring. Sold as a single unit in one size that adjusts to fit a 52 in / 1.3 m chest.



**Padded Waist Belt – # S132B**

Padded belt is 2.5 in / 6.3 cm wide. Includes stationary 1 in / 2.5 cm metal D-ring. Sold as single unit in one size with cinch closure that adjusts to fit a 52 in / 1.3 m waist.



**MEDICORDZ**  
*Gear to reduce pain, rehab injuries.*

Better tools for a quicker comeback. MediCordz resistance products come in the widest range of resistance levels and are suitable for everyone from older adults to professional athletes.

**Notice:** All tubing products contain natural latex. Products shown in the catalog may differ slightly from those received. Manufacturer reserves the right for substitutions.



**Modular Bungie Cordz**  
*Best Seller!*

With seven resistance levels, MediCordz patented Bungie Cordz are a great addition to any rehabilitation program. Bungies come with a combo mount on one end and a metal clip on the other. Sold in single units.

- # M3494 – 4 ft / 1.2 m
- # M3497 – 7 ft / 2.1 m

Not interchangeable.  
 Resistance options:



**Safety First**  
 MediCordz patented Bungie Cordz are engineered for safety. Made from premium quality rubber wrapped in braided nylon, they are more durable than the competition's products. Mounting straps are heavy-duty nylon with metal D-rings and heavy-gauge metal connecting clips.

**MediCordz Resistance Levels (Bungies)** Resistance levels are determined by the pounds of pull used to stretch bungee up to two times its length, also known as its working range.

- 1 – 7 lbs** (0.5 – 3.1 kg) of pull
- 3 – 9 lbs** (1.3 – 4.1 kg) of pull
- 5 – 12 lbs** (2.2 – 5.4 kg) of pull
- 7 – 14 lbs** (3.1 – 6.3 kg) of pull
- 16 – 30 lbs** (7.2 – 13.6 kg) of pull
- 25 – 55 lbs** (11.3 – 24.9 kg) of pull
- 55 – 150 lbs** (25 – 68 kg) of pull



**Bungie Upper Body Kit** ▼

This kit provides patients with the tools to perform a comprehensive upper body exercise program. No removable components or replacement parts.

**Features:** Includes two handles, combo mount and two 4 ft / 1.2 m Bungie Cordz.

**# M400 – Bungie Upper Body Kit**  
Not interchangeable.  
*Resistance options:*

■ ■ ■ ■ ■ ■ ■



**MediCordz Resistance Levels (Bungies)** Resistance levels are determined by the pounds of pull used to stretch bungie up to two times its length, also known as its working range.

■ 1 – 7 lbs (0.5 – 3.1 kg) of pull	■ 5 – 12 lbs (2.2 – 5.4 kg) of pull	■ 25 – 55 lbs (11.3 – 24.9 kg) of pull
■ 3 – 9 lbs (1.3 – 4.1 kg) of pull	■ 7 – 14 lbs (3.1 – 6.3 kg) of pull	■ 55 – 150 lbs (25 – 68 kg) of pull
■ 16 – 30 lbs (7.2 – 13.6 kg) of pull		



**Bungie Rehab Kit** ▲

**Best Seller!**

Get the complete package for upper and lower body rehab and conditioning in one kit.

**Features:** Includes a 52 in / 1.3 m adjustable waist belt with movable D-ring, two handles, padded ankle strap, and two Bungie Cordz with combination mounting straps. Available in 4 ft / 1.2 m or 7 ft / 2.1 m lengths and seven resistance levels ranging from 1 pound / .5 kg to 150 pounds / 68 kg of pull. Interchangeable.

**# M394 – Bungie Rehab Kit (4 ft / 1.2 m)**  
**# M397 – Bungie Rehab Kit (7 ft / 2.1 m)**

Interchangeable.  
*Resistance options:*

■ ■ ■ ■ ■ ■ ■

*See Accessories pages for replacement and additional parts.*

**Bungie vs. Tubing**

MediCordz patented **Bungies** feature braided nylon over rubber to provide a heavier load and lasting durability, while MediCordz **Rubber Tubing** has a higher capacity to stretch during use, extending up to three times its length. Whatever your needs, MediCordz has the right resistance tools to meet them.



**MediCordz Modular Tubing**

*Best Seller!*

The heart and soul of a resistance rehabilitation and exercise program, each MediCordz Tube includes fittings and plastic clips\* on each end for attachment. Tubing stretches up to three times its original length.

*\*4-ft length tubing and all black and blue resistances contain metal attachment clips.*

- # M345 – 1.5 ft / 45 cm Modular Tubing
- # M342 – 2 ft / 60 cm Modular Tubing
- # M340 – 3 ft / 90 cm Modular Tubing
- # M382 – 4 ft / 1.2 m Modular Tubing

MediCordz Modular Tubing is unmatched among resistance tubing for quality, durability and safety. With a range of resistance levels and lengths, it's the ideal rehabilitation tool.

**MediCordz Resistance Levels (Tubing)**

Resistance levels are determined by the pounds of pull used to stretch tubing from one to three times its length, also known as its working range.

<b>0.3 – 1.5 lbs</b> (.13 – .68 kg) of pull	<b>2.5 – 5.5 lbs</b> (1.1 – 2.5 kg) of pull	<b>12 – 31 lbs</b> (5.4 – 14.1 kg) of pull
<b>1 – 2.3 lbs</b> (.45 – 1 kg) of pull	<b>3 – 8 lbs</b> (1.3 – 3.6 kg) of pull	<b>14 – 34 lbs</b> (6.3 – 15.4 kg) of pull
<b>1.5 – 4.5 lbs</b> (.68 – 2 kg) of pull	<b>5 – 14 lbs</b> (2.2 – 6.3 kg) of pull	<b>20 – 45 lbs</b> (9.1 – 20.4 kg) of pull
	<b>8 – 24 lbs</b> (3.6 – 10.8 kg) of pull	



**Tubing Rehab Kit**

Improve strength and mobility with a full conditioning system used for upper and lower body exercises. With ten resistance levels, the Tubing Rehab Kit is ideal for patients at all levels.

**Features:** Includes a 52 in / 1.3 m adjustable waist belt with movable D-ring, two handles, padded ankle strap, two 4 ft / 1.2 m modular tubes with metal clips and a combo mount. Additional 4 ft / 1.2 m modular tubes with metal clips are available separately in 10 resistance levels.

**# M380 – Tubing Rehab Kit**

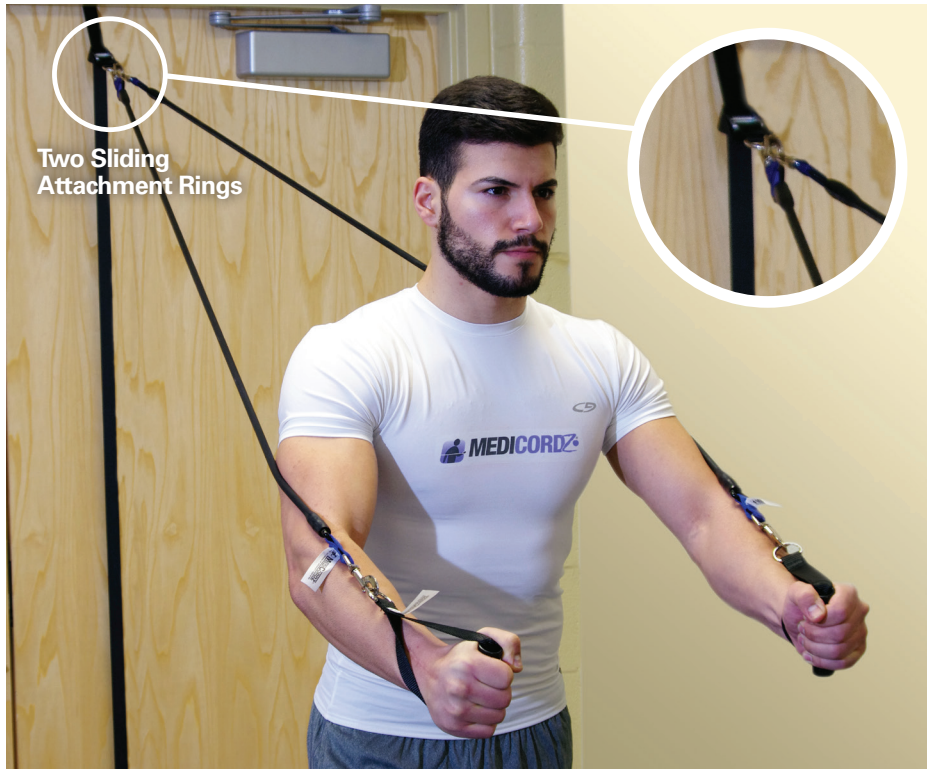
Interchangeable.

Resistance options:



See Accessories pages for replacement and additional parts.





Two Sliding Attachment Rings

### Door Mount Strap Kit

Take your rehab workouts on the road with this portable and adjustable system. Kit includes a nylon strap that wraps around the door, providing an anchoring point for other products. It is ideal for both clinic or home use.

**Features:** Includes door mount strap with adjustable rings and mounting hardware, two 3 ft / 90 cm modular tubes, ankle strap and two handles.

#### # MADSKIT – Door Mount Kit

Interchangeable.

Resistance options:



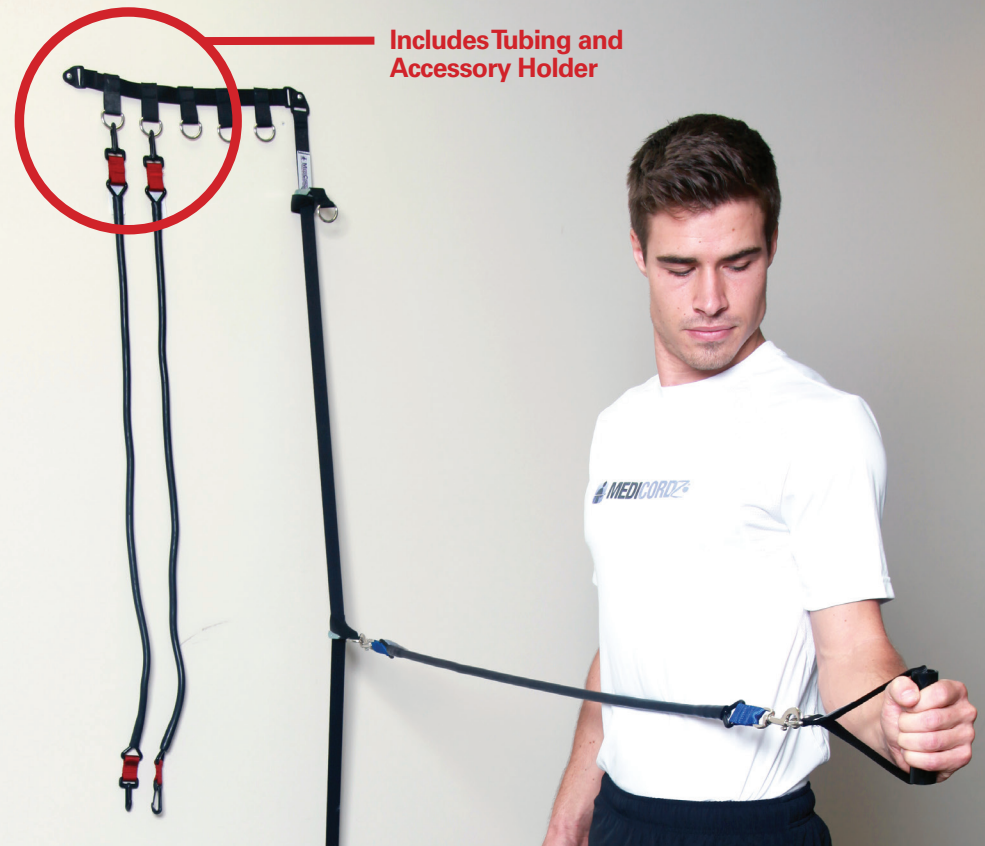
See Accessories pages for replacement and additional parts.



### MediCordz Resistance Levels (Tubing)

Resistance levels are determined by the pounds of pull used to stretch tubing from one to three times its length, also known as its working range.

<input type="checkbox"/> 0.3 – 1.5 lbs (.13 – .68 kg) of pull	<input type="checkbox"/> 2.5 – 5.5 lbs (1.1 – 2.5 kg) of pull	<input type="checkbox"/> 12 – 31 lbs (5.4 – 14.1 kg) of pull
<input type="checkbox"/> 1 – 2.3 lbs (.45 – 1 kg) of pull	<input type="checkbox"/> 3 – 8 lbs (1.3 – 3.6 kg) of pull	<input type="checkbox"/> 14 – 34 lbs (6.3 – 15.4 kg) of pull
<input type="checkbox"/> 1.5 – 4.5 lbs (.68 – 2 kg) of pull	<input type="checkbox"/> 5 – 14 lbs (2.2 – 6.3 kg) of pull	<input type="checkbox"/> 20 – 45 lbs (9.1 – 20.4 kg) of pull
<input type="checkbox"/> 8 – 24 lbs (3.6 – 10.8 kg) of pull		



Includes Tubing and Accessory Holder

### Wall Mount Kit

**Best Seller!**

Preserve space and ensure proper anchoring with the Wall Mount Kit, for use in clinic and home settings. This kit is also cost-efficient with a total price that's nearly 75 percent less than the cost of competitive systems.

**Features:** Includes wall mount, mounting hardware, two 3 ft / 90 cm modular tubes, padded ankle strap and two handles.

#### # MAWSKIT – Wall Mount Kit

Interchangeable.

Resistance options:



See Accessories pages for replacement and additional parts.





### Headset Kit

**Best Seller!**

Increase neck strength and mobility through forward and lateral flexion, extension and rotation exercises.

**Features:** Head harness with four attachment points, 2 ft / 60 cm modular tubing with 1.5 - 4.5 lbs / 0.68 - 2 kg of pull and a door mount.

#### # M357 – Headset Kit

Interchangeable.

Resistance options: ■

See Accessories pages for replacement and additional parts.

### Headset Circumference Sizes

**X-Small (silver)**  
18.5 – 19.6 in  
(46.9 – 49.8 cm)

**Small (yellow)**  
19.6 – 21.2 in  
(49.8 – 53.8 cm)

**Medium (green)**  
21.2 – 22.4 in  
(53.8 – 56.9 cm)

**Large (red)**  
22.4 – 24.0 in  
(56.9 – 60.9 cm)

**X-Large (blue)**  
24.0 – 25.1 in  
(60.9 – 63.8 cm)

Headset should fit snugly around head. Choose smaller size if in between sizes.

### Upper Body and Back Kit

This kit includes the tools for rows, flies, presses, curls and more to reduce pain, increase strength and improve range of motion.

**Features:** Includes two handles, two interchangeable 3 ft / 90 cm modular tubes with metal clips and one combo mount.

#### #M251 – Upper Body and Back Kit

Interchangeable.

Resistance options:



See Accessories pages for replacement and additional parts.



### Head Strap Kit

Get the tools patients need to perform key exercises to stretch upper back and neck muscles with this complete kit.

**Features:** Includes head strap that adjusts from 20 - 26 in / 50 - 66 cm, door mount and 2 ft / 60 cm modular tubing with 1.5 - 4.5 lbs (0.5 - 2.0 kg) resistance.

#### # M351KT – Head Strap Kit

Interchangeable.

Resistance options: ■

See Accessories pages for replacement and additional parts.

### MediCordz Resistance Levels (Tubing)

Resistance levels are determined by the pounds of pull used to stretch tubing from one to three times its length, also known as its working range.

■ 0.3 – 1.5 lbs (.13 – .68 kg) of pull	■ 2.5 – 5.5 lbs (1.1 – 2.5 kg) of pull	■ 12 – 31 lbs (5.4 – 14.1 kg) of pull
■ 1 – 2.3 lbs (.45 – 1 kg) of pull	■ 3 – 8 lbs (1.3 – 3.6 kg) of pull	■ 14 – 34 lbs (6.3 – 15.4 kg) of pull
■ 1.5 – 4.5 lbs (.68 – 2 kg) of pull	■ 5 – 14 lbs (2.2 – 6.3 kg) of pull	■ 20 – 45 lbs (9.1 – 20.4 kg) of pull
	■ 8 – 24 lbs (3.6 – 10.8 kg) of pull	





**Waist Belt – # M150**

Secures around the waist with a cam buckle closure for use during core physical rehabilitation exercises. Fits up to a 52 in / 1.3 m waist and features metal D-ring.



**Waist Cinch Belt – # M308**

Padded cinch closure belt can fit up to a 52 in / 1.3 m waist and can be used for core physical rehabilitation exercises. Features metal D-ring.



**Ankle Cinch Strap – # M302**

Padded ankle strap features cinch closure and metal D-ring. It has an overall length of 16 in / 40.6 cm. Product is available in one size and is best used for lower extremity exercises.



**Ankle Strap – # M300P**

Padded strap is interchangeable and features Velcro® closure and metal D-ring. Used for lower body workouts. Overall length of strap is 14.5 in / 36.8 cm. Sold in one size as a single unit.



**Thigh Cinch Strap – # M303**

One-size, adjustable thigh strap with a cinch closure and metal D-ring. Overall length of padded strap is 27 in / 68.6 cm.



**Wrist Cuff – # M110**

Interchangeable, padded strap features Velcro® closure and metal D-ring. It is used for upper body workouts. Sold in pairs. See sizing chart below.



**Foot Strap – # M305**

Padded strap is interchangeable and features Velcro® closure and metal D-ring. Used for lower body workouts. Overall length of strap is 17 in / 43.2 cm. Sold in one size as a single unit.



**Thigh Strap – # M310P**

Padded strap with Velcro® closure is interchangeable and can be used for lower body workouts. Features metal D-ring. See sizing chart below.

- Small**  
14 – 16 in (35.6 – 40.6 cm)
- Medium**  
16 – 18 in (40.6 – 45.7 cm)
- Large**  
18 – 21 in (45.7 – 53.3 cm)
- X-Large**  
23 – 26 in (58.4 – 66 cm)

- Small**  
5 – 6 in (12.7 – 15.2 cm)
- Medium**  
6 – 7 in (15.2 – 17.8 cm)
- Large**  
7 – 8 in (17.8 – 20.3 cm)
- X-Large**  
8 – 9 in (20.3 – 22.9 cm)



**Head Strap – # M351**

Padded strap allows for comfortable neck and upper back stretching. Includes single attachment metal D-ring. The strap is available in one size that adjusts from 20-26 in / 50-66 cm. Interchangeable.

**Head Harness – # M350**

Features four attachment points to allow for a wide range of exercises, including forward and lateral flexion, extension and rotation. Neoprene padded and adjustable.

*Head Harness should fit snugly. Choose smaller circumference size if between sizes.*

- X-Small (silver)**  
18.5 – 19.6 in (46.9 – 49.8 cm)

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- Small (yellow)**  
19.6 – 21.2 in (49.8 – 53.8 cm)

---

- Medium (green)**  
21.2 – 22.4 in (53.8 – 56.9 cm)

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- Large (red)**  
22.4 – 24.0 in (56.9 – 60.9 cm)

---

- X-Large (blue)**  
24.0 – 25.1 in (60.9 – 63.8 cm)



**Handle – # M315D**

This plastic handle with metal D-ring is interchangeable. It allows patients to complete exercises comfortably and securely while using maximum gripping strength.



**Door Mount – # M320D**

Mounts easily and conveniently to top, bottom or middle of doorframe. This interchangeable mount with metal D-ring is sold as a single unit.



**Door Mount Strap – # MADS**

Door mount strap features two adjustable attachment rings and mounting hardware. This mount is interchangeable and is sold as a single unit.



**Rehab Kit Replacement Tubing – # M382**

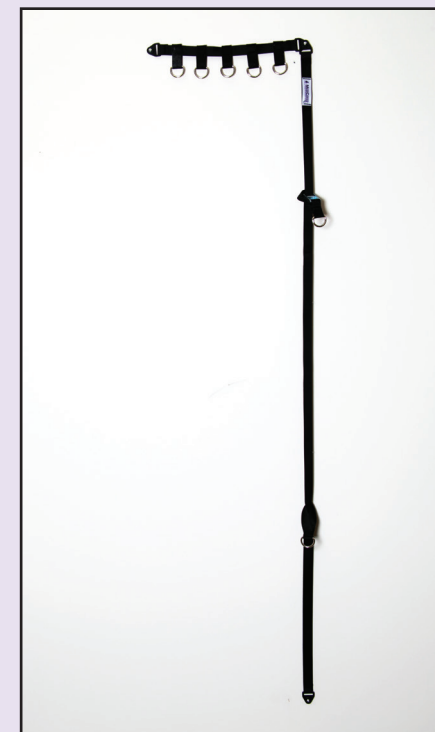
Additional and/or replacement tubing for the Tubing Rehab Kit (#M380). Tubing is 4 ft / 1.2 mand is available in all resistance levels. Includes metal clips. Sold as a single unit.

*Resistance options:*



**Combo Mount – # M330D**

Interchangeable mount features metal D-ring and can be used around doorframe, doorknob, handrails or other heavy stationary objects. Sold as a single unit.



**Wall Mount – # MAWS**

Interchangeable mount features two adjustable attachment rings and mounting hardware. Mounts to metal or wooden studs in the the wall and is sold as a single unit.

**MediCordz Resistance Levels (Tubing)**

Resistance levels are determined by the pounds of pull used to stretch tubing from one to three times its length, also known as its working range.

- |   |   |  |
|---|---|--|
| <b>0.3 – 1.5 lbs</b> (.13 – .68 kg) of pull | <b>2.5 – 5.5 lbs</b> (1.1 – 2.5 kg) of pull | <b>12 – 31 lbs</b> (5.4 – 14.1 kg) of pull |
| <b>1 – 2.3 lbs</b> (.45 – 1 kg) of pull     | <b>3 – 8 lbs</b> (1.3 – 3.6 kg) of pull     | <b>14 – 34 lbs</b> (6.3 – 15.4 kg) of pull |
| <b>1.5 – 4.5 lbs</b> (.68 – 2 kg) of pull   | <b>5 – 14 lbs</b> (2.2 – 6.3 kg) of pull    | <b>20 – 45 lbs</b> (9.1 – 20.4 kg) of pull |
| <b>8 – 24 lbs</b> (3.6 – 10.8 kg) of pull   |   |  |



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**NZ MANUFACTURING®**  
**STREHCORDZ™ MEDICORDZ™ TURFCORDZ™**

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