



MSD-BAND

RESISTIVE EXERCISE SYSTEM



MSD-BAND

RESISTIVE EXERCISE SYSTEM



LEADER IN TECHNOLOGY

What is Snap-Stop®? Snap-Stop® makes exercising with bands very safe. The unique feature/benefit will avoid snapping, even if there's a cut or puncture in your MSD-Band or MSD-Band Global.

While you're working out with a resistive exercise band, the band has to endure extremely high tensions. A small cut can have a big consequence...

Our MSD-Band and MSD-Band Global are unique in their field. Thanks to extended research and development we achieved a special production process. This process results in a product that won't snap, even if there's a cut or puncture and it's exposed to high forces. This does not apply to a very old band, or band that has been exposed outdoors for some time, as well as abused bands. First advise still remains to use a fresh and clean sheet of band.

Try it at home:

1. Make a small incision in your MSD-Band (Global) sample,
2. Stretch the MSD-Band (Global),
3. Do the same test with any other competitive Band,
4. Be amazed... **Snap-Stop®** !



MSD-Band
Snap-Stop®

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FITNESS

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NEW
2016 - 2017
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MSD-BAND KNEE ROPE PULLEY

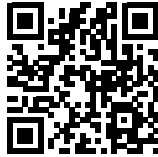
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SAEHAN SMEDLEY HAND DYNAMOMETER STANDARD

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www.msd-europe.com

MSD Europe's B2B site, with all the available products, downloadable high resolution pictures and full catalog.



www.msd-northamerica.com

The B2B site from our American division, with all the available products, downloadable high resolution pictures and full catalog. This site is accessible for North America, Canada and Latin America.



www.msd-band.com

The virtual home of our MSD-Band, MSD-Band Global and Manus product line. This B2C platform connects our distributors directly to the end users, with product information, a shop locator and numerous free downloadable exercises. The website has been upgraded and is mobile friendly.



www.mambomax.com

The virtual home of our Mambo Max product line. This B2C platform connects our distributors directly to the end users, with product information and numerous free downloadable exercises.



By making our exercises available on our websites, not only do we reduce our ecological footprint by cutting down on the number of unused prints, it allows us to reduce the cost too, ensuring an affordable product for everybody.

In order to keep all the information in this catalogue as clear and easy accessible as possible, we introduce a system of icons that are shown next to the product where applicable.



Contains multilingual instructions.



Packed in a polybag with full colour header.



Packaging contains printed exercises.



Packed in a full colour cardboard box.



Packed in a shrinkfoil wrap.



Downloadable exercises available on our websites.



Packed in a blister pack with full colour insert.



Comes with a pump.



Product Diameter
Product Height
Maximum Load



The Original

MSD-BAND

RESISTIVE EXERCISE SYSTEM

Our MSD-Band is a premium quality, low powder latex resistive exercise band. The unique Snap-Stop® fabrication process makes this product extremely tear resistant. Using the MSD-Band for resistive exercises provides positive as well as negative force on the muscles and improves the range of motion, the strength and the cooperation of the muscle groups. The different resistance levels are determined by the thickness of the band. These bands are available in 1,50m, 2,50m, 5,50m, 22,50m and 45,50m and they all come with a full colour manual.

Dispenser: 25 pieces of 1,5m high quality MSD-Band in a sealed polybag in a great OTC dispenser box.

- 1,5m: 10 pre-cut pieces of the same resistance or 5 pieces of different resistance. (yellow, red, green, blue and black) that come in separate polybags with header.
- 2,5m: 10 pre-cut pieces of the same resistance or 5 pieces of different resistance. (yellow, red, green, blue and black) that come in separate polybags with header.
- 5,5m: A small roll of our premium MSD-Band.
- 22,5m: A medium roll of our premium MSD-Band.
- 45,5m: A big roll of our premium MSD-Band.

COLOUR	TOTAL KG / ELONGATION %				
	50%	100%	150%	200%	250%
Yellow	1,0	1,3	1,5	1,9	2,3
Red	1,5	2,0	2,5	3,2	3,7
Green	1,6	2,5	3,0	3,5	4,1
Blue	2,2	3,0	3,6	4,4	5,2
Black	2,5	3,4	4,0	4,9	6,1
Silver	4,1	5,8	7,2	7,9	9,5
Gold	5,8	7,9	10,0	12,0	14,0

SNAP-STOP®

EXTENDED RANGE

MSD-BAND
RESISTIVE EXERCISE SYSTEM
25 pcs of 150 cm

COLOUR	RESISTANCE	MSD-BAND					
		Dispenser	1,5m	2,5m	5,5m	22,5m	45,5m
Tan	Extra Thin	n/a	n/a	n/a	01-100501	n/a	01-104501
Yellow	Thin	01-100102	01-101502	01-100202	01-100502	01-102202	01-104502
Red	Medium	01-100103	01-101503	01-100203	01-100503	01-102203	01-104503
Green	Heavy	01-100104	01-101504	01-100204	01-100504	01-102204	01-104504
Blue	Extra Heavy	01-100105	01-101505	01-100205	01-100505	01-102205	01-104505
Black	Special Heavy	01-100106	01-101506	01-100206	01-100506	01-102206	01-104506
Silver	Super Heavy	n/a	01-101507	01-100207	01-100507	01-102207	n/a
Gold	Ultra Heavy	n/a	n/a	n/a	01-100508	01-102208	n/a
Set of 5 resistances (yellow to black)		n/a	01-101511	01-100211	n/a		n/a

Snap-stop®



The Original

MSD-BAND

RESISTIVE EXERCISE SYSTEM


SNAP-STOP®


Our MSD-Band, a premium quality low powder latex resistive exercise band, is available in an alternative color sequence: the MSD-Band Global. The different resistance levels are determined by thickness of the band. These bands are available in peach, orange, lime green, blueberry, plum and gray. The 5,5m, 22,5m and 45,5m MSD-Band Global are packed on a roll in a full-color dispenser box.

COLOUR	TOTAL KG / ELONGATION %					Compares to STANDARD
	50%	100%	150%	200%	250%	
Peach	1,0	1,3	1,5	1,9	2,3	Yellow
Orange	1,5	2,0	2,5	3,2	3,7	Red
Lime Green	1,6	2,5	3,0	3,5	4,1	Green
Blueberry	2,2	3,0	3,6	4,4	5,2	Blue
Plum	2,5	3,4	4,0	4,9	6,1	Black
Gray	4,1	5,8	7,2	7,9	9,5	Silver

Our high quality 2,5m MSD-Band Global is packed in retail packs. 10 pre-cut pieces of the same resistance or 5 pieces of different resistance that come in separate polybags with header for easy dispensing. Full-color instruction manual is included. This 2,5m band is easy to use and cutting is not required. The available colors are peach, orange, lime green, blueberry, plum and gray.

COLOUR	RESISTANCE	MSD-BAND GLOBAL			
		8ft / 2,5m	6yd / 5,5m	25yd / 22,5m	50yd / 45,5m
Peach	Level 1	01-110202	01-110502	n/a	01-114502
Orange	Level 2	01-110203	01-110503	n/a	01-114503
Lime Green	Level 3	01-110204	01-110504	n/a	01-114504
Blueberry	Level 4	01-110205	01-110505	n/a	01-114505
Plum	Level 5	01-110206	01-110506	n/a	01-114506
Gray	Level 6	01-110207	01-110507	01-112207	n/a
Set of 5 resistances (peach to plum)		01-110211	n/a	n/a	n/a

CE
Snap-Stop®

LATEX-FREE

MSD-BAND

RESISTIVE EXERCISE SYSTEM

New! MSD-Band Latex-Free! Thanks to our leadership in technology, we achieved a Latex-Free exercise band with characteristics that were never before so close to its latex counterpart.

We noticed an increasing demand for Latex-Free products due to allergic reactions associated to latex products, especially in the healthcare sector. With an exceptional 'resistance vs. elongation' linearity, we are confident our MSD-Band Latex-Free Resistive Exercise Band is the best product to fulfil these needs.

With the addition of MSD-Band Latex-Free next to MSD-Band and MSD-Band Global, our brand is covering a huge share of the global market for resistive exercise bands.

1,5m: 10 pre-cut pieces of the same resistance or 5 pieces of different resistance. (yellow, red, green, blue and black) that come in separate polybags with header.

5,5m: A small roll of our premium MSD-Band Latex-Free.

45,5m: A big roll of our premium MSD-Band Latex-Free

COLOUR	TOTAL KG / ELONGATION %				
	50%	100%	150%	200%	250%
Yellow	1,4	1,9	2,2	2,5	2,8
Red	1,6	2,1	2,5	2,9	3,3
Green	2,1	2,7	3,3	3,6	4,2
Blue	2,4	3,2	3,9	4,5	5,2
Black	2,8	3,8	4,8	5,2	6,2



NEW

CE

COLOUR	RESISTANCE	MSD-BAND LATEX-FREE		
		1,5m	5,5m	45,5m
Yellow	Thin	01-121502	01-120502	01-124502
Red	Medium	01-121503	01-120503	01-124503
Green	Heavy	01-121504	01-120504	01-124504
Blue	Extra Heavy	01-121505	01-120505	01-124505
Black	Special Heavy	01-121506	01-120506	01-124506
Set of 5 resistances (yellow to black)		01-121511	n/a	n/a



LATEX-FREE

RESISTIVE EXERCISE

HAND EXERCISE

UPPER & LOWER BODY EXERCISE

WELLNESS

FITNESS

STRENGTH

THERMAL TREATMENT

RECOVERY



The Original

MSD-BAND

RESISTIVE EXERCISE SYSTEM



To answer the continuously growing demand for a universal color, we do provide our high quality MSD-Band Resistive Exercise Tubing in a different colour sequence too. These 'Global' colours are derived from the original colours, but will be applied globally as a product on its own, next to the 'Standard' colours.

Our high quality MSD-Band Global Resistive Exercise Tubing, is ready to use, straight out of its polybag in a 120cm length with handles. It's also available in 30m rolls, packed in a great dispenser box. In combination with safety handles, you get a superior grip.

As we constantly continue to develop our products, we present the amazing resistances in the table below. They are available in 6 different resistances.

COLOUR	TOTAL KG / ELONGATION %					Compares to STANDARD
	50%	100%	150%	200%	250%	
Peach	1,0	1,5	1,9	2,3	2,9	Yellow
Orange	1,4	2,0	2,5	2,8	3,4	Red
Lime Green	2,4	3,4	4,0	4,9	5,5	Green
Blueberry	2,9	3,9	4,7	5,6	5,9	Blue
Plum	3,4	4,4	5,4	6,2	7,1	Black
Gray	4,0	5,4	6,5	7,7	8,1	Silver



CE

COLOUR	RESISTANCE	48" / 120cm in polybag	100ft / 30m roll
Peach	Level 1	01-210102	01-213002
Orange	Level 2	01-210103	01-213003
Lime Green	Level 3	01-210104	01-213004
Blueberry	Level 4	01-210105	01-213005
Plum	Level 5	01-210106	01-213006
Gray	Level 6	01-210107	01-213007



Use Safety Handles (p18) for superior grip

The Original

MSD-BAND

RESISTIVE EXERCISE SYSTEM



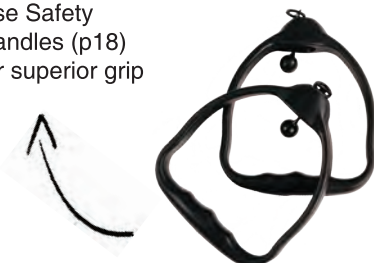
Our high quality MSD-Band Resistive Exercise Tubing is available in 7,5m and 30m rolls that are packed in a great dispenser box. In combination with safety handles, you get a superior grip.

The table below shows the resistance from each available tubing color in kilogram per percentage of elongation. Did you notice the exceptional linearity?

COLOUR	TOTAL KG / ELONGATION %					
	50%	100%	150%	200%	250%	300%
Yellow	1,0	1,5	1,9	2,3	2,9	3,6
Red	1,4	2,0	2,5	2,8	3,4	4,0
Green	2,4	3,4	4,0	4,9	5,5	6,5
Blue	2,9	3,9	4,7	5,6	5,9	7,4
Black	3,4	4,4	5,4	6,2	7,1	8,1
Silver	4,0	5,4	6,5	7,7	8,1	9,5



Use Safety Handles (p18) for superior grip



COLOUR	RESISTANCE	MSD-BAND TUBING	
		30m roll	7,5m roll
Yellow	Thin	01-203002	01-200702
Red	Medium	01-203003	01-200703
Green	Heavy	01-203004	01-200704
Blue	Extra Heavy	01-203005	01-200705
Black	Special Heavy	01-203006	01-200706
Silver	Super Heavy	01-203007	01-200707

RESISTIVE EXERCISE

HAND EXERCISE

UPPER & LOWER BODY EXERCISE

WELLNESS

FITNESS

STRENGTH

THERMAL TREATMENT

MEASUREMENT INSTRUMENTS



MSD-BAND O-RING TUBE LOOP

Ideal for exercises of stomach, bottom, hips and legs. With the MSD-Band O-Ring Tube Loop you get an intensive training of each muscular group.

The available colors are:
yellow, red, green, blue and black.

CE



MSD-BAND FIGURE 8-RING TUBE LOOP

CE

For intensive training of the individual muscles. Efficient for all muscles of upper- and lower body. The centre of the MSD-Band Figure 8-Ring Tube Loop offers lots of possibilities for short and long pull exercises.

The available colors are:
yellow, red, green, blue and black.



MSD-BAND CUFF-RING TUBE LOOP*

The MSD-Band Cuff-Ring Tube Loop is a versatile exercise tool to tone and strengthen all the muscles of the lower body. With velcro closure that fits most sizes.

The available colors are:
yellow, red, green, blue and black.

* This product is not available in Germany.

CE

COLOUR	RESISTANCE	MSD-BAND O-RING TUBE LOOP	MSD-BAND FIGURE 8-RING TUBE LOOP	MSD-BAND CUFF-RING TUBE LOOP
Yellow	Thin	01-200202	01-200302	01-200402
Red	Medium	01-200203	01-200303	01-200403
Green	Heavy	01-200204	01-200304	01-200404
Blue	Extra Heavy	01-200205	01-200305	01-200405
Black	Special Heavy	01-200206	01-200306	01-200406

A very useful tool for physiotherapy and muscle training is our MSD-Band Tubing with Handles (120cm). These high quality and very resistant tubes are created to train all the muscles in your body and improve body flexibility. The lighter resistances are perfect for physiotherapy or a light work-out, while the highest resistances will even convince the more trained athlete. The MSD-Band Tubing with Handles include a set of handles attached to a quality resistive tubing of 120cm in a polybag with header. Now they are also available in 2 sets.

These sets, Light and Heavy, are new in our product range. The Light set includes 3 tubings of 120cm (1x Yellow, 1x Red, 1x Green) while the Heavy set contains 2 tubings of 120cm (1x Blue, 1x Black). Both come with a pair of easily interchangeable handles which can endure huge forces and are packed in a full color cardboard packaging with butterfly hole for optimal presentation.

- Separate: 1x Tubing 120cm of choice with fix handles in polybag with header.
- Light Set: 1x Tubing Yellow + 1x Tubing Red + 1x Tubing Green + 1 pair of interchangeable handles.
- Heavy Set: 1x Tubing Blue + 1x Tubing Black + 1 pair of interchangeable handles.



NEW
Combo Pack



COLOUR	RESISTANCE	MSD-BAND TUBING WITH HANDLES	MSD-BAND TUBING WITH HANDLES (SET)
Yellow	Thin	01-200102	Light: 01-200111
Red	Medium	01-200103	
Green	Heavy	01-200104	
Blue	Extra Heavy	01-200105	Heavy: 01-200112
Black	Special Heavy	01-200106	
Silver	Super Heavy	01-200107	n/a

RESISTIVE EXERCISE
HAND EXERCISE
UPPER & LOWER BODY EXERCISE
WELLNESS
FITNESS
STRENGTH
THERMAL TREATMENT
MEASUREMENT INSTRUMENTS

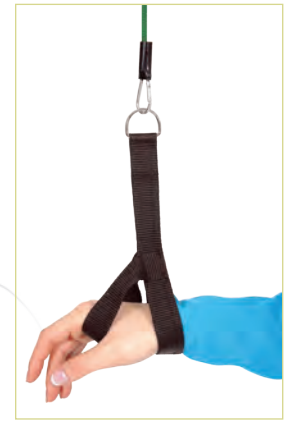


MSD-BAND SHOULDER ROPE PULLEY - HAND SUPPORT



IMPROVED WITH STOPPERS

This MSD-Band Shoulder Rope Pulley comes with a pulley, door anchor, nylon cord, stopper system, and detachable hand supports. These hand supports allow patients without gripping power to use the shoulder pulley.



Reference	Description	Unit
01-400103	MSD-Band Shoulder Rope Pulley Hand Support	1 pc



MSD-BAND SHOULDER ROPE PULLEY - METAL BRACKET



This MSD-Band Shoulder Rope Pulley comes with a pulley, wooden handles, nylon cord, stopper system, and metal bracket.

IMPROVED WITH STOPPERS & WOODEN HANDLES



Reference	Description	Unit
01-400102	MSD-Band Shoulder Rope Pulley Metal Bracket	1 pc



MSD-BAND SHOULDER TUBE PULLEY



For rehab use only

Just like the MSD-Band Shoulder Rope Pulley, the MSD-Band Shoulder Tube Pulley helps increase range of shoulder motion. It can be used for prevention and rehabilitation of shoulder injuries. Due to its resistive tubing, the MSD-Band Shoulder Tube Pulley can be used for strength development too.

The MSD-Band Shoulder Tube Pulley has a light, medium or heavy tubing. This set includes the selected resistance of tubing, soft handles, pulley and door anchor.



IMPROVED PACKAGING

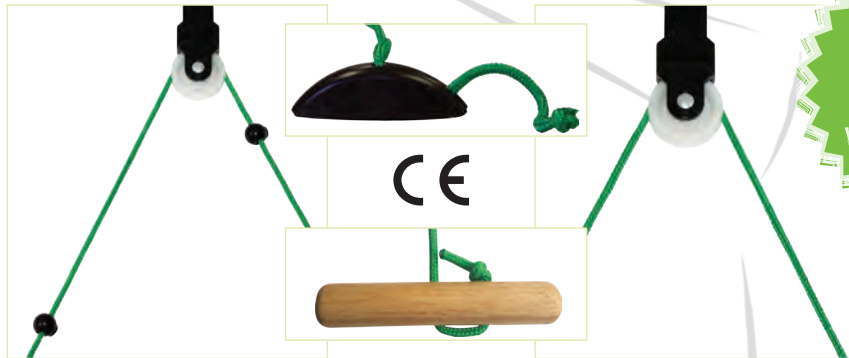


COLOUR	RESISTANCE	MSD-BAND SHOULDER TUBE PULLEY
Yellow	Thin	01-400202
Red	Medium	01-400203
Green	Heavy	01-400204

The MSD-Band Shoulder Rope Pulley is an economical, easy-to-use device that helps increase range of shoulder motion. It can be used for prevention and rehabilitation of shoulder injuries. This easy to use shoulder rope pulley can be mounted in a doorway. It is available with notch handles or wooden handles.

The unique notch handles allow the user to easily adjust the length of the rope through the handle while the revolutionary stopper system is a great aid for consistent and progressive exercising.

The MSD-Band Shoulder Rope Pulley comes in a blister pack with a pulley, notch or wooden handles, stopper system, nylon cord and door anchor. The ECO PACK is packed in a polybag, without stoppers.



NEW
Available with
Wooden handles



Reference	Description	Unit
01-400101	MSD-Band Shoulder Rope Pulley Door Anchor Notch Handles Stoppers	1 pc
01-400104	MSD-Band Shoulder Rope Pulley Door Anchor ECO PACK (notch handles, polybag, no stoppers)	1 pc
01-400105	MSD-Band Shoulder Rope Pulley Door Anchor Wooden Handles Stoppers	1 pc

MSD-BAND KNEE ROPE PULLEY

The MSD-Band Knee Rope Pulley helps increase range of knee motion. This easy-to-use product can be mounted in a doorway to help you recover or prevent knee injuries.

While sitting on a chair, fit your foot into the ankle strap. A rope starts from that ankle strap, goes through a pulley and ends at a wooden handle designed for a 2-handed grip. Pull your foot carefully upwards by moving the handle towards your stomach which will generate a rotational movement at your knee.

The rope length can easily be adjusted at the handle while a print on the ankle strap helps you to secure your foot in the right position. The MSD-Band Knee Rope Pulley comes in a full color cardboard packaging with a pulley, wooden 2-handed handle, ankle strap, nylon cord and door anchor.



NEW



Reference	Description	Unit
01-400301	MSD-Band Knee Rope Pulley Door Anchor 2-handed Wooden Handle	1 pc



The MSD-Band Loop is a small but effective instrument for stretching and strengthening all muscle groups. Easy to use!



COLOUR	RESISTANCE	UNIT	MSD-BAND LOOP Ø28cm
Yellow	Thin	10 pcs	01-100002
Red	Medium	10 pcs	01-100003
Green	Heavy	10 pcs	01-100004
Blue	Extra Heavy	10 pcs	01-100005



COLOUR	RESISTANCE	UNIT	MSD-BAND GLOBAL LOOP Ø28cm
Peach	Thin	10 pcs	01-110002
Orange	Medium	10 pcs	01-110003
Lime Green	Heavy	10 pcs	01-110004
Blueberry	Extra Heavy	10 pcs	01-110005

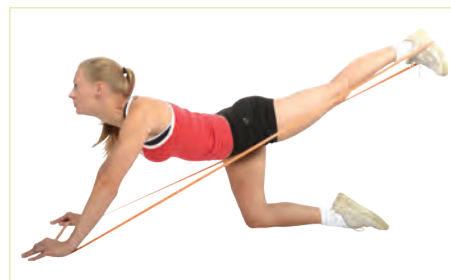


The MSD-Band Global Loop is easy to use and perfect for stretching and strengthening all muscle groups. It contains the same high quality as the regular MSD-Band Loops, but comes in a different color sequence.



With the MSD-Band Global Superloop, you can easily stretch and strengthen different muscle groups. It can be used for rehabilitation and for fitness purposes. The MSD-Band Superloop is 104cm long (circumference is 208cm) and has an incredible elasticity.

The MSD-Band Superloop is available in 5 different resistances: Peach, Orange, Lime Green, Blueberry and Plum. Combine it with our MSD-Band Superloop Wall Mount to achieve an even higher versatility of exercises.



Unlimited exercises?
Go to p18 and discover our new
MSD-Band Superloop Wall Mount

COLOUR	RESISTANCE AT 100% ELONGATION	SIZE IN MM
Peach	7,5 kg	1040 x 15 x 3,0
Orange	15 kg	1040 x 22 x 4,0
Lime Green	22,5 kg	1040 x 30 x 4,4
Blueberry	30 kg	1040 x 40 x 4,4
Plum	40 kg	1040 x 53 x 4,4



COLOUR	RESISTANCE	MSD-BAND GLOBAL SUPERLOOP
Peach	Level 1	01-110402
Orange	Level 2	01-110403
Lime Green	Level 3	01-110404
Blueberry	Level 4	01-110405
Plum	Level 5	01-110406

Reference	Description	Unit
01-300001	MSD-Band Superloop Wall Mount	1 pc



RESISTIVE EXERCISE
HAND EXERCISE
UPPER & LOWER BODY EXERCISE
WELLNESS
FITNESS
STRENGTH
THERMAL TREATMENT
MEASUREMENT INSTRUMENTS



Door Anchor



Universal Assist



MSD-Band Superloop Wall Mount

Soft Handles



Safety Handles

Reference	Description	Unit
01-300001	MSD-Band Superloop Wall Mount (Plug & Play)	1 pc
01-300101	MSD-Band Safety Handles	pair
01-300102	MSD-Band Soft Handles	pair
01-300103	MSD-Band Door Anchor	1 pc
01-300104	MSD-Band Universal Assist	1 pc



The MSD-Band Bar is the ideal product to treat and resolve the golfer's and tennis elbow. This efficient product is developed to focus on hand, arm and shoulder problems, this product allows flexion and extension exercises, adduction and abduction exercises and even soft tissue mobilization, far more than the twisting and bending you would imagine. The MSD-Band Bar is available in 5 colors / resistances: light, medium, heavy, extra heavy and special heavy. Size: 31 x 4,5 cm.

Packed in a polybag with full-color header. Material: dried natural rubber

Ideal against golfer's & tennis elbow



1 size Ø; 5 Colors / Resistances



COLOUR	RESISTANCE	MSD-BAND BAR
Yellow	Light	01-600102
Red	Medium	01-600103
Green	Heavy	01-600104
Blue	Extra Heavy	01-600105
Black	Special Heavy	01-600106

MSD-BAND ANKLECISER

The MSD-Band Ankleciser is a great ankle exerciser, complying to all the rigorous quality standards MSD Europe demands of its MSD-Band brand products. It's as easy in use as it's effective. The feet slip comfortably into the latex free elastic band which consists of two stitched loops. Available in 4 different resistances, this progressive exercise system enables the user to chose the desired resistance level to perform the exercises, ranging from rehab to athlete. Available in a set of 4 resistances, or in a 5-pack of the same resistance. Packed in a polybag with full-color header and exercise chart.



COLOUR	RESISTANCE	MSD-BAND ANKLECISER
Yellow	Light	01-500102
Red	Medium	01-500103
Green	Heavy	01-500104
Blue	Extra Heavy	01-500105
Set of 4 resistances		01-500111