

natural  
**100%**  
biodegradable



The production of MSD-Band starts deep in the humid forests of Malaysia, where the best and strongest trees provide the natural latex rubber that will be processed from a milky fluid to your preferred resistive exercise band.

When a tree is 5–6 years old, harvesting can begin: incisions are being made orthogonally in the bark of the tree, just deep enough to tap the latex vessels without harming the tree's growth. The fluid is collected in small buckets, a process known as rubber tapping.

**“This is why we are not afraid to use the words ‘premium quality’ when referring to your MSD-Band.”**

Only the best quality latex is being selected to go to the MSD-Band factory. There, production starts under the constant supervision of a team of scientists, ensuring an immaculate product quality. Latex sheets are produced, powdered, washed, dried and cut to the exact width.

Each batch of latex sheeting that is produced, is subject to the meticulous inspection of our scientists by a series of laboratory experiments: color-coding, dryness, tensile strength, tearing resistance, snapping resistance, ...

During the rolling process, a 100% visual inspection is being conducted on both sides of the band. Indeed, before leaving the factory, every MSD-band has been completely analysed, checked and examined to ensure maximum product quality.

Did you know that rubber trees combat greenhouse gases and thereby slowing down global warming? Additionally, latex harvesting helps prevent deforestation...



MSD-BAND

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The Original

# MSD-BAND

## RESISTIVE EXERCISE SYSTEM



Our MSD-Band is a premium quality, low powder latex resistive exercise band. Using the MSD-Band for resistive exercise 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.

- 1,5m: 25 pieces of high quality MSD-Band in a sealed polybag in a great OTC dispenser box.
- 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 a polybag 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	RESISTANCE	MSD-BAND				
		1,5m	2,5m	5,5m	22,5m	45,5m
Tan	Extra Thin	n/a	n/a	01-100501	n/a	01-104501
Yellow	Thin	01-100102	01-100202	01-100502	01-102202	01-104502
Red	Medium	01-100103	01-100203	01-100503	01-102203	01-104503
Green	Heavy	01-100104	01-100204	01-100504	01-102204	01-104504
Blue	Extra Heavy	01-100105	01-100205	01-100505	01-102205	01-104505
Black	Special Heavy	01-100106	01-100206	01-100506	01-102206	01-104506
Silver	Super Heavy	n/a	n/a	01-100507	01-102207	n/a
Gold	Ultra Heavy	n/a	n/a	01-100508	01-102208	n/a
Set of 5 resistances (yellow to black)		n/a	01-100211	n/a	n/a	n/a

Our high quality MSD-Tube, ready to use, straight out of its blister pack in a 120 cm length with handles. The available colors are: yellow, red, green, blue, black and silver.



Ideal for exercises of stomach, bottom, hips and legs. With the MSD O-Ring Tube Loop you get an intensive training of each muscular group. The available colors are: yellow, red, green, blue and black.



For intensive training of the individual muscles. Efficient for all muscles of upper- and lower body. The centre of the MSD 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.



The MSD 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.



The Original  
**MSD-TUBE**  
RESISTIVE EXERCISE SYSTEM



Our high quality MSD-Tube is available in 7,5m and 30,00m rolls that are packed in a great dispenser box. In combination with safety handles, you get a superior grip. The available colors are: yellow, red, green, blue, black and silver.

Use Safety Handles (p12) for superior grip



COLOUR	RESISTANCE	MSD-TUBE WITH HANDLES	MSD O-RING TUBE LOOP	MSD FIGURE 8-RING TUBE LOOP	MSD CUFF-RING TUBE LOOP
Yellow	Thin	01-200102	01-200202	01-200302	01-200402
Red	Medium	01-200103	01-200203	01-200303	01-200403
Green	Heavy	01-200104	01-200204	01-200304	01-200404
Blue	Extra Heavy	01-200105	01-200205	01-200305	01-200405
Black	Special Heavy	01-200106	01-200206	01-200306	01-200406
Silver	Super Heavy	01-200107	n/a	n/a	n/a

COLOUR	RESISTANCE	MSD-TUBE	
		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





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

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



This MSD Shoulder Rope Pulley comes with a pulley, handles, nylon cord and metal bracket.



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



The MSD 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.

The MSD Shoulder Rope Pulley comes with a pulley, handles, nylon cord and door anchor.



Reference	Description	Unit
01-400101	Shoulder Rope Pulley   Door Anchor	1 pc



Just like the MSD Shoulder Rope Pulley, the MSD 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 Shoulder Tube Pulley can also be used for strength development.

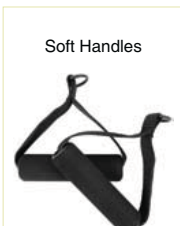
The MSD Shoulder Tube Pulley has a light, medium or heavy tubing. This set includes the selected resistance of tubing, soft handles, pulley and door anchor.

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





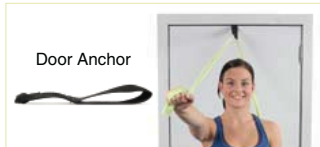
Safety Handles



Soft Handles



Universal Assist



Door Anchor

Reference	Description	Unit
01-300101	MSD Safety Handles	pair
01-300102	MSD Soft Handles	pair
01-300103	MSD Door Anchor	1 pc
01-300104	MSD Universal Assist	1 pc

MSD-BAND LOOPS



MSD-Band Loops are a small but effective instrument for stretching and strenghtening all muscle groups. Easy to use!



MSD-Band

UNIT	MSD-BAND RUBBER BAND LOOP	COLOUR	RESISTANCE	REGULAR RUBBER BAND LOOP	UNIT
10 pcs	01-100002	Yellow	Thin	01-100012	1 pc
10 pcs	01-100003	Red	Medium	01-100013	1 pc
10 pcs	01-100004	Green	Heavy	01-100014	1 pc
10 pcs	01-100005	Blue	Extra Heavy	01-100015	1 pc

MSD FLEX TUBE



The MSD Flex Tube improves the muscle tone, endurance and coordination. It also increases the elbow, upper arm and shoulder muscles flexibility. The MSD Flex Tube is made of stretchable, soft material and is a portable and lightweight product.

COLOUR	RESISTANCE	MSD FLEX TUBE
Red	Soft	01-999999



The MSD-Bar was developed after the repeated demands of numerous clients to come up with an MSD-Band quality flexible bar exerciser. And we must say that we are proud to present it to you. 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-Bar is available in 3 colors/resistances: light, medium and heavy. Size: 31 x 4,5 cm.

Packed in a polybag with full-color header.

COLOUR	RESISTANCE	MSD-BAR
Red	Light	01-600103
Green	Medium	01-600104
Blue	Heavy	01-600105



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 is 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 at, 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

