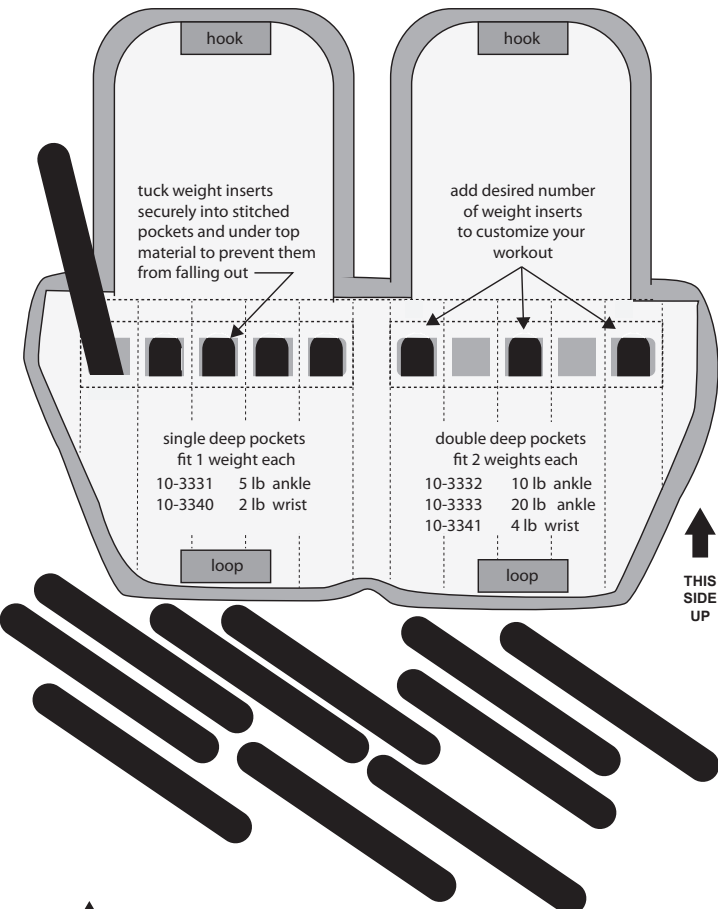




Use for progressive therapy or exercise.

- ✓ Start with a few weight inserts and build up
- ✓ Always spread weight inserts uniformly throughout the ten (10) pockets
- ✓ Place weight inserts in pockets and cover with flaps securely fastening the hook/loop so the inserts will not fall out during use



adjustable wrist weights

Place weight on wrist, arm or thigh

- ✓ Place loop of long strap over hook on shell (opposite side from metal D-ring)
- ✓ Place weight on body part and thread strap through D-ring
- ✓ Cinch (pull tight) the strap to give the weight a snug fit and fasten strap with hook/loop for secure closure



adjustable ankle weights

Place weight on ankle

- ✓ Same as above with additional instructions
- ✓ Place ankle weight so that open portion is in front and ankle cut-out is in rear with "this side up" in rear pointing up

! PRECAUTIONS Before beginning any exercise program, consult your trainer or health care provider



| SKU | adjustment range | type | weight inserts included | color |
|---------|------------------|-----------------|-------------------------|--------|
| 10-3340 | 0.2 - 2 lb | wrist | 10 x 0.2 lb | yellow |
| 10-3341 | 0.2 - 4 lb | wrist | 20 x 0.2 lb | red |
| 10-3345 | 0.167 - 2 lb | pediatric wrist | 12 x 0.167 lb | tan |
| 10-3331 | 0.5 - 5 lb | ankle | 10 x 0.5 lb | green |
| 10-3332 | 0.5 - 10 lb | ankle | 20 x 0.5 lb | blue |
| 10-3333 | 1.0 - 20 lb | ankle | 20 x 1.0 lb | black |
| 10-3335 | 0.167 - 2 lb | pediatric ankle | 12 x 0.167 lb | tan |



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