



**Use for progressive therapy or exercise.**

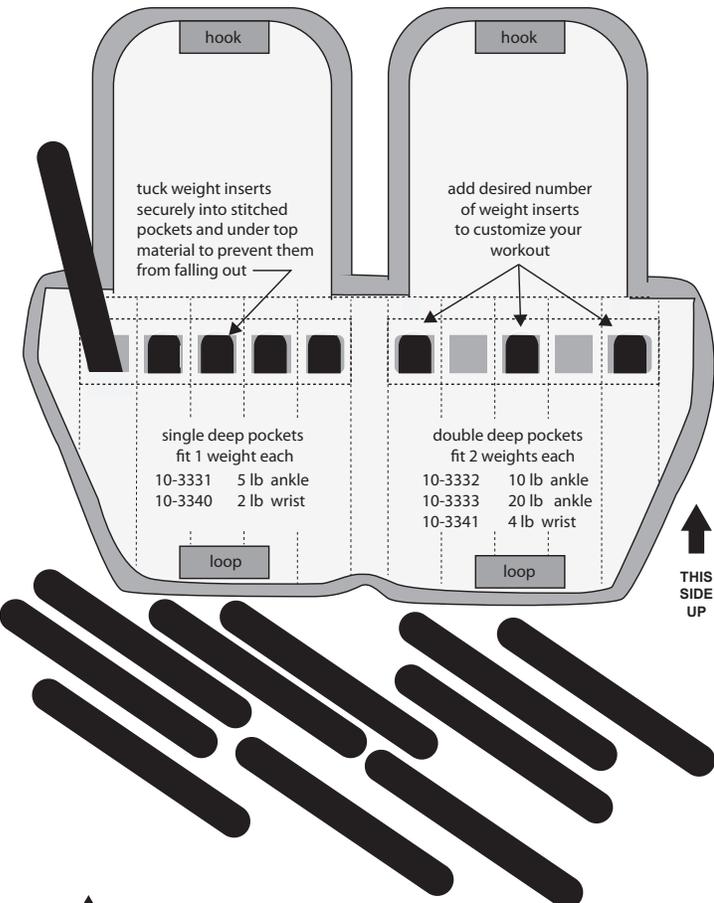
- ✓ Start with a few weight inserts and build up
- ✓ Always spread weight inserts uniformly throughout the ten (10) pockets
- ✓ Place weight inserts in pockets and cover with flaps securely fastening the hook/loop so the inserts will not fall out during use



**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



REF	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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