

the Cuff[®] Weights

- Flexible weight contours to snugly fit the ankle, wrist... and even thigh
- Heavy duty materials and double-stitching make this the durable choice
- Color-coded weight levels
- Marked with both pounds and kilograms
- Grommeted for hanging on any weight rack

the Cuff[®] weight set

functional set (7 pieces)

1 ea: 1, 2, 3, 4, 5, 7½, 10 lb
functional set

AL-63112

functional set with rack

AL-78125



Mobile Weight Rack

- Heavy duty steel rack helps keep weights and accessories organized
- 2-sided pegboard and tray hold up to 500 lb
- Includes (22) 6" hooks
- 3" wheels allow rack to be easily moved
- Assembly required; finished size 24"L x 35"W x 60"H
- 35 lb, ships UPS



AL-63115