

Weight Bars

The easy-to-grip exercise weight bars come in weights ranging from 1 lb. to 25 lbs. Weight bars are used in the supine, sitting and standing position to increase strength and ROM, and to improve endurance, balance and motor skills. The weight bar is perfect for use in therapy, fitness, aerobics, yoga and pilates.

Anti-roll end cap

prevents bar from rolling around and becoming a safety hazard.



Hanger end cap

for the most space effective storage, hang on a hook rack! (for up to 10 lbs).



Slim Weight Bars

AL-63124A	1 lb.	.45 kgs.	tan
AL-63124C	1½ lb.	.68 kgs.	tan stripe
AL-63124D	2 lb.	.91 kgs.	yellow
AL-63124E	2½ lb.	1.14 kgs.	yellow stripe
AL-63124F	3 lb.	1.36 kgs.	red
AL-63124G	3½ lb.	1.59 kgs.	red stripe
AL-63124H	4 lb.	1.82 kgs.	green
AL-63124J	4½ lb.	2.05 kgs.	green stripe
AL-63124K	5 lb.	2.27 kgs.	blue
AL-63124L	6 lb.	2.73 kgs.	blue stripe

AL-63124M	7 lb.	3.18 kgs.	black
AL-63124N	7½ lb.	3.41 kgs.	black stripe
AL-63124P	8 lb.	3.64 kgs.	silver
AL-63124R	9 lb.	4.09 kgs.	silver stripe
AL-63124T	10 lb.	4.55 kgs.	gold

Jumbo Weight Bars

AL-63138A	15 lbs.
AL-63138C	20 lbs.
AL-63138E	25 lbs.

6.80 kgs.	black
9.07 kgs.	silver
11.34 kgs.	gold

UPPER BODY EXERCISES for Conditioning and Strengthening

These are just a few exercises. The jumbo weight bars are so versatile, you can use them in any upper body exercise in your present strengthening regime. *The limit is your imagination!!!*

Grip the weight bar with hands shoulder-width apart.

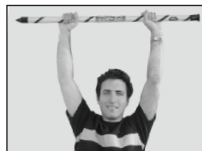
SHOULDER FORWARD PRESS (sitting or standing)

Hold bar with palms DOWN. Exhale as you slowly raise your arms to shoulder level. Maintaining this level, inhale as you bring the bar to your chest. Exhale as you push the bar away. Repeat for desired repetitions.



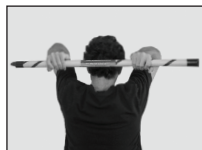
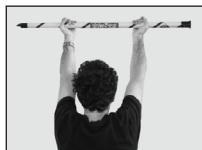
OVERHEAD LIFTS (sitting, standing or lying down)

Hold bar with palms DOWN. Keeping elbows slightly bent, exhale as you raise the weight bar over your head. Inhale as you lower bar to starting position. Repeat for desired repetitions.



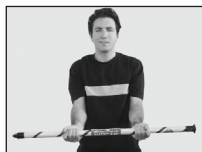
FOREARM PRESS (sitting or standing)

Hold bar with palms facing UP. Starting with bar resting on thighs, elbows slightly bent, exhale as you raise the bar over your head. Inhale as you lower the bar behind your head resting on the neck, elbows pointing to ceiling. Exhale as you lift the bar overhead until elbows are nearly extend. Repeat for desired repetitions.



FOREARM CURLS (sitting, standing or lying down)

Hold bar with palms facing UP. Starting with bar resting on thighs, elbows straight. Keep elbows close to your side for this exercise. Exhale as you "curl" bar as close to your chest as you can. Inhale as you lower your arms to starting position. Repeat for desired repetitions.



WARNING: Consult with your doctor or therapist before starting any rehabilitation or exercise program. Immediately consult your doctor or therapist if any discomfort is experienced while performing exercise(s).