

wrist and ankle weights



exercise



CanDo® Cuff® adjustable weights



- weight can be adjusted by removing or adding weight inserts
- hook/loop strap with D-ring closure for snug fit
- padded interior for comfortable fit
- designed to contour to wrist or ankle

use for progressive therapy or exercise



adult	total weight	inserts (qty x weight)	each	pair
wrist weight	2 lb (0.90 kg)	10 x 0.2 lb (0.09 kg) inserts	10-3340-1 17.50	10-3340-2 32.50
wrist weight	4 lb (1.81 kg)	20 x 0.2 lb (0.09 kg) inserts	10-3341-1 22.50	10-3341-2 42.50
ankle weight	5 lb (2.27 kg)	10 x 0.5 lb (0.22 kg) inserts	10-3331-1 25.00	10-3331-2 47.50
ankle weight	10 lb (4.54 kg)	20 x 0.5 lb (0.22 kg) inserts	10-3332-1 40.00	10-3332-2 75.00
ankle weight	20 lb (9.08 kg)	20 x 1.0 lb (0.45 kg) inserts	10-3333-1 65.00	10-3333-2 122.50

pediatric

wrist weight	2 lb (0.90 kg)	12 x 0.17 lb (0.08 kg) inserts	10-3345-1 17.50	10-3345-2 32.50
ankle weight	2 lb (0.90 kg)	12 x 0.17 lb (0.08 kg) inserts	10-3335-1 17.50	10-3335-2 32.50



CanDo® Cuff® economy weights

- weights for aerobic and fitness core training
- helps increase strength and toning in arms, wrists, shoulders and ankles
- soft and comfortable - won't slip off your wrist or ankle
- durable covering with padding
- hook/loop strap with D-ring closure for snug fit
- sold in pairs



Cuff® economy weight sets

	individual weight (each)	total weight (pair)	pair
10-3380-2	½ lb (0.21 kg)	2 ea 1 lb (0.45 kg)	15.00
10-3381-2	1 lb (0.45 kg)	2 ea 2 lb (0.91 kg)	17.50
10-3382-2	1½ lb (0.68 kg)	2 ea 3 lb (1.36 kg)	20.00
10-3383-2	2 lb (0.91 kg)	2 ea 4 lb (1.81 kg)	22.50
10-3384-2	2½ lb (1.13 kg)	2 ea 5 lb (2.27 kg)	25.00

pouch® adjustable weight

adjustable weight



- each set has 5 weight packets and a weight shell
- weight is varied by inserting or removing the individual weight packets
- for example, a 5-lb Pouch® weight includes five 1-lb weight packets and a shell

The Pouch® weight sets

	total weight	color	inserts (qty x weight)	each
10-0300	2½ lb (1.13 kg)	red	5 x ½ lb (0.22 kg)	45.00
10-0301	5 lb (2.27 kg)	black	5 x 1 lb (0.45 kg)	55.00
10-0302	10 lb (4.53 kg)	brown	5 x 2 lb (0.91 kg)	65.00
10-0303	15 lb (6.80 kg)	tan	5 x 3 lb (1.36 kg)	75.00
10-0304	20 lb (9.07 kg)	blue	5 x 4 lb (1.81 kg)	85.00
10-0305	25 lb (11.34 kg)	green	5 x 5 lb (2.27 kg)	95.00