

the Cuff®

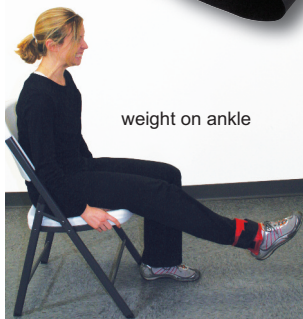
- flexible weight contours to snugly fit the ankle, wrist... and even thigh
- heavy duty materials and double-stitching make this the durable choice
- color-coded weight levels
- marked with both pounds and kilograms
- grommeted for hanging on any weight rack
- sold individually

wrist and ankle weights



exercise

the original Cuff® weight



weight on ankle

original	Cuff® weight (each)
10-0200 8.50	¼ lb 0.11 kg white
10-0201 9.00	½ lb 0.23 kg walnut
10-0202 9.50	¾ lb 0.34 kg orange
10-0203 10.00	1 lb 0.45 kg blue
10-0204 11.00	1½ lb 0.68 kg olive
10-0205 12.00	2 lb 0.91 kg white
10-0206 13.00	2½ lb 1.13 kg red
10-0207 14.00	3 lb 1.36 kg gold
10-0208 16.00	4 lb 1.81 kg turquoise
10-0209 18.00	5 lb 2.27 kg black
10-0210 20.00	6 lb 2.74 kg beige
10-0211 22.00	7 lb 3.19 kg lemon
10-0212 23.00	7½ lb 3.41 kg orange
10-0213 24.00	8 lb 3.64 kg red
10-0214 26.00	9 lb 4.09 kg parchment
10-0215 28.00	10 lb 4.55 kg brown
10-0216 33.00	12½ lb 5.69 kg olive
10-0217 38.00	15 lb 6.82 kg tan
10-0218 48.00	20 lb 9.09 kg blue
10-0219 58.00	25 lb 11.32 kg green

the deluxe Cuff® weight



deluxe	
10-2500 10.50	
10-2501 11.00	
10-2502 11.50	
10-2503 12.00	
10-2504 13.00	
10-2505 14.00	
10-2506 15.00	
10-2507 16.00	
10-2508 18.00	
10-2509 20.00	
10-2510 22.00	
10-2511 24.00	
10-2512 25.00	
10-2513 26.00	
10-2514 28.00	
10-2515 30.00	
10-2516 35.00	
10-2517 40.00	
10-2518 50.00	
10-2519 60.00	

- the deluxe Cuff® weight has all the features of the original Cuff® weight PLUS an extra-long loop strap with extra hook tabs
- extra long loop strap allows for firm closure on the largest wrist or ankle and facilitates use on larger areas such as the thigh
- extra hook tabs add additional fastening points and prevent extra-long strap from dangling

original Cuff® weight sets

Functional set (7 pieces)

1 ea: 1, 2, 3, 4, 5, 7½, 10 lb	
10-0250 functional set	112.50
10-0251 set with rack	397.50

Economy set (20 pieces)

2 ea: ¼, ½, ¾, 1, 1½, 2, 2½, 3, 4, 5 lb	
10-0252 economy set	227.50
10-0253 set with rack	512.50

Standard set (24 pieces)

2 ea: ¼, ½, ¾, 1, 1½, 2, 2½, 3, 4, 5, 7½, 10 lb	
10-0254 standard set	325.00
10-0255 set with rack	610.00

Deluxe set (32 pieces)

2 ea: ¼, ½, ¾, 1, 1½, 2, 2½, 3, 4, 5, 6, 7, 7½, 8, 9, 10 lb	
10-0256 deluxe set	500.00
10-0257 set with rack	785.00

Knee-Hip-Leg set (8 pieces)

2 ea: 10, 12½, 15, 20 lb	
10-0258 knee-hip-leg	277.50

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



weights sold separately

10-0150 mobile weight rack	300.00
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deluxe Cuff® weight sets

Functional set (7 pieces)

1 ea: 1, 2, 3, 4, 5, 7½, and 10 lb	
10-2550 functional set	127.50
10-2551 set with rack	412.50

Economy set (20 pieces)

2 ea: ¼, ½, ¾, 1, 1½, 2, 2½, 3, 4, and 5 lb	
10-2552 economy set	267.50
10-2553 set with rack	552.50

Standard set (24 pieces)

2 ea: ¼, ½, ¾, 1, 1½, 2, 2½, 3, 4, 5, 7½, 10 lb	
10-2554 standard set	370.00
10-2555 set with rack	655.00

Deluxe set (32 pieces)

2 ea: ¼, ½, ¾, 1, 1½, 2, 2½, 3, 4, 5, 6, 7, 7½, 8, 9, 10 lb	
10-2556 deluxe set	560.00
10-2557 set with rack	855.00

Knee-Hip-Leg set (8 pcs)

2 ea: 10, 12½, 15, 20 lb	
10-2558 knee-hip-leg set	292.50