

the Cuff®

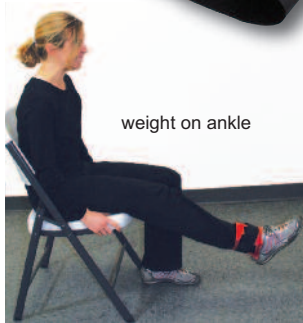
- flexible weight contours to snugly fit the ankle, wrist... and even thigh
- heavy duty materials and double-stitching make this the durable choice
- color-coded weight levels
- marked with both pounds and kilograms
- grommeted for hanging on any weight rack
- sold individually

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