

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
- Sold individually
- **The Cuff® deluxe weight** has all the features of the Cuff® original weight PLUS an extra-long loop strap with extra hook tabs; allows for firm closure on the largest wrist or ankle and allows use on larger areas such as the thigh



the Cuff® weight (each)			original	deluxe
¼ lb	0.11 kg	white	10-0200	10-2500
½ lb	0.23 kg	walnut	10-0201	10-2501
¾ lb	0.34 kg	orange	10-0202	10-2502
1 lb	0.45 kg	blue	10-0203	10-2503
1½ lb	0.68 kg	olive	10-0204	10-2504
2 lb	0.91 kg	white	10-0205	10-2505
2½ lb	1.13 kg	red	10-0206	10-2506
3 lb	1.36 kg	gold	10-0207	10-2507
4 lb	1.81 kg	turquoise	10-0208	10-2508
5 lb	2.27 kg	black	10-0209	10-2509
6 lb	2.74 kg	beige	10-0210	10-2510
7 lb	3.19 kg	lemon	10-0211	10-2511
7½ lb	3.41 kg	orange	10-0212	10-2512
8 lb	3.64 kg	red	10-0213	10-2513
9 lb	4.09 kg	parchment	10-0214	10-2514
10 lb	4.55 kg	brown	10-0215	10-2515
12½ lb	5.69 kg	olive	10-0216	10-2516
15 lb	6.82 kg	tan	10-0217	10-2517
20 lb	9.09 kg	blue	10-0218	10-2518
25 lb	11.32 kg	green	10-0219	10-2519



the Cuff® deluxe weight



the Cuff® weight sets	original	deluxe
functional set (7 pieces)		
1 ea: 1, 2, 3, 4, 5, 7½, 10 lb		
functional set	10-0250	10-2550
functional set with rack	10-0251	10-2551
economy set (20 pieces)		
2 ea: ¼, ½, ¾, 1, 1½, 2, 2½, 3, 4, 5 lb		
economy set	10-0252	10-2552
economy set with rack	10-0253	10-2553
standard set (24 pieces)		
2 ea: ¼, ½, ¾, 1, 1½, 2, 2½, 3, 4, 5, 7½, 10 lb		
standard set	10-0254	10-2554
standard set with rack	10-0255	10-2555
deluxe set (32 pieces)		
2 ea: ¼, ½, ¾, 1, 1½, 2, 2½, 3, 4, 5, 6, 7, 7½, 8, 9, 10 lb		
deluxe set	10-0256	10-2556
deluxe set with rack	10-0257	10-2557
knee-hip-leg set (8 pieces)		
2 ea: 10, 12½, 15, 20 lb		
knee-hip-leg set	10-0258	10-2558

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



10-0150 mobile weight rack

weights sold separately

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