## ANKLE/WRIST WEIGHTS OVERVIEW





Even weight distribution ensures a seamless fit around both ankles and wrists



Ideal for developing strength, cardio and muscular endurance



Fitted with a strong velcro fastening for a secure and comfortable fit



Sold as a pair and available in 0.5, 1.0 and 1.5 kg options

## **FEATURES**





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VEIGHTS

## PROGRESS YOUR FITNESS





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