PRODUCT SPECIFICATIONS

Ankle | Wrist Weight 0.5 Kgs

Code: ADWT-12227

MRP : 1659.00

Soft, tactile and comfortable, the contoured weights wrap around your ankle or wrist securely. Ankle weights are especially effective in adding weight to pull-ups and dips. Effective in adding weight to pull-ups and dips, perhaps with leg raises incorporated into the movement too. Can also be used for single-leg drills, helping you to improve your balance, isolating and strengthening specific muscles.

Dim.(LxWxH)：	39 x 8 x 2cms
Made in：	Taiwan
Material：	Neoprene | Iron Ore
Net Weight：	1 Kg
Other Features：	Adjustable : Min.:14.5cm - Max.:20cm