

PRODUCT SPECIFICATIONS

Ankle / Wrist Weight
Code: 12227

MRP : 1799.00

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.

COSCO[®]
SPORTS | FITNESS



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