# PRODUCT SPECIFICATIONS

***ADWT-12320 NL Ankle/Wrist Weight ½ Kg.***

**Code: ADWT-12320 NL**

**MRP : 1849.00**

adidas Ankle/Wrist Weights bring added resistance to bodyweight exercises, making them ideal for increasing the intensity of your training. Ideal for strength, cardio and muscular endurance, the weights provide the extra difficulty needed to help you progress your fitness further.

| | |
|---|---|
| Colour： | Black, Green (802 C) |
| Dim.(LxWxH)： | 330x82x15mm |
| Material： | Iron sand (85%), polyester (10%) |
| Net Weight： | 1 Kg |