## 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.





39 x 8 x 2cms Dim.(LxWxH):

Neoprene | Iron Ore Material:

1 Kg Net Weight:

Adjustable: Min.:14.5cm - Max.:20cm Other Features: