

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.

COSCO
SPORTS | FITNESS



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