

# PRODUCT SPECIFICATIONS

ADWT-12320-NL Ankle/Wrist Weights - 0.5KG

Code: ADWT-12320-NL

MRP : 1849.00

Designed to enhance your workouts, the 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. Fitted with a secure Velcro fastening, the weights wrap seamlessly around your ankles and wrists, creating a comfortable and secure fit.

**COSCO**  
SPORTS | FITNESS



|                  |  |
|------------------|--|
| Colour :         | 095A-Black (BLACK C), SS20-ADB5-Signal Green(328 C)    |
| Dim.(LxWxH) :    | 330x82x15mm  |
| Material :       | Iron sand (85%) Polyamide (10%) Polyester (4%) PU (1%) |
| Net Weight :     | 1 Kg   |
| Other Features : | Packed in 100% recyclable and plastic-free packaging   |