

# 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.

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