

PRODUCT SPECIFICATIONS

Ankle / Wrist Weight 0.5 Kgs

Code: ADWT-12227

MRP : 1659.00

COSCO[®]
SPORTS | FITNESS



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.