

Nylon Ankle/Wrist Weights
2lb Pair BF7509 | 5lb Pair BF7510



2lb Pair (1lb each) BF7509




5lb Pair (2.5lbs each) BF7510



Strap them on and work out smarter - not longer!

- Grip strip closure for a perfect fit.
- One size fits all.

 **PRINT
PRODUCT SHEET**

 The Surgeon General has determined that everyone should get 30 minutes of moderate physical activity five days of the week.™

- Always consult a physician before performing any physical activity.
- No liability or responsibility is assumed by the manufacturer for any injury incurred as a result of using this product.