

Weights

Accommodate any exercise program



Original

Deluxe Weights feature extra-long strap

Standard or
extra-long straps



Color-Coded Weights Highest quality. **Original** has 14"L hook-and-loop closures. **Deluxe** has extra-long 20" straps and extra hook tabs for additional fastening points—facilitates use on larger areas like the thigh, and hook-and-loop helps prevent long straps from dangling. ½"-diameter grommets for hanging.

WEIGHT	COLOR	ORIGINAL	QTY	DELUXE	QTY
0.5 lb	WALNUT	#2970001132	EACH	#2970000943	EACH
1 lb	BLUE	#2970001134	EACH	#2970000944	EACH
1.5 lbs	OLIVE	#2970001141	EACH	#2970000945	EACH
2 lbs	WHITE	#2970001144	EACH	#2970000946	EACH
2.5 lbs	RED	#2970001147	EACH	#2970000947	EACH
3 lbs	GOLD	#2970001159	EACH	#2970000948	EACH
4 lbs	TURQUOISE	#2970001171	EACH	#2970000949	EACH
5 lbs	BLACK	#2970001182	EACH	#2970000950	EACH
6 lbs	BEIGE	#2970001193	EACH	#2970000951	EACH
7 lbs	LEMON	#2970001203	EACH	#2970000952	EACH
7.5 lbs	ORANGE	#2970001214	EACH	#2970000953	EACH
8 lbs	RED	#2970001222	EACH	#2970000954	EACH
9 lbs	PARCHMENT	#2970001233	EACH	#2970000955	EACH
10 lbs	BROWN	#2970001243	EACH	#2970000956	EACH
12.5 lbs	OLIVE	#2970001254	EACH	—	—
15 lbs	TAN	#2970001265	EACH	#2970000957	EACH
20 lbs	BLUE	#2970001276	EACH	#2970000958	EACH
25 lbs	GREEN	#2970001286	EACH	#2970000959	EACH

MD • California residents, see below.

Comfortable vinyl coating will not scratch flooring

Vinyl-Coated Dumbbells are made of cast iron and are conveniently color-coded according to weight. Vinyl coating provides a comfortable grip and prevents dumbbells from scratching flooring. Ideal for upper body exercises, physical therapy, weight training, and toning workouts.



INDIVIDUAL DUMBBELLS

WT.	ITEM #	QTY	ITEM #	QTY	WT.	ITEM #	QTY	ITEM #	QTY
1 lb	#2970001303	EACH	#2970001313	PAIR	7 lbs	#2970001309	EACH	#2970001319	PAIR
2 lbs	#2970001304	EACH	#2970001314	PAIR	8 lbs	#2970001310	EACH	#2970001320	PAIR
3 lbs	#2970001305	EACH	#2970001315	PAIR	9 lbs	#2970001311	EACH	#2970001321	PAIR
4 lbs	#2970001306	EACH	#2970001316	PAIR	10 lbs	#2970001312	EACH	#2970001322	PAIR
5 lbs	#2970001307	EACH	#2970001317	PAIR	15 lbs	#2970001298	EACH	#2970001300	PAIR
6 lbs	#2970001308	EACH	#2970001318	PAIR	20 lbs	#2970001299	EACH	#2970001301	PAIR

DUMBBELL SETS

#2970001323	10-PIECE SET, TWO OF EACH: 1-5 lbs	10/SET
#2970001302	10-PIECE SET w/WALL RACK, TWO OF EACH: 1-5 lbs	10/SET
#2970001324	20-PIECE SET, TWO OF EACH: 1-10 lbs	20/SET

California residents, see below.

California Proposition 65 Statement

WARNING: This product can expose you to chemicals including Di(2-Ethylhexyl) Phthalate (DEHP), which is known to the State of California to cause cancer and birth defects or other reproductive harm. For more information go to <https://www.p65warnings.ca.gov>.

5-lb. Weight shown



Fully padded for comfort

Adjustable Wrist and Ankle Weights Just add included cylindrical steel weights to pouches for desired weight. Fully padded throughout for Achilles tendon protection. Won't interfere with wrist and ankle joints ROM.

Ankle pouch: 6¼"W • Wrist pouch: 4"W • Includes weights • Blue

ADJUSTABLE ANKLE WEIGHT

#2970001327	5 lbs, (10) 0.5-lb WEIGHTS	EACH
#2970001328	10 lbs, (20) 0.5-lb WEIGHTS	EACH

ADJUSTABLE WRIST WEIGHT

#2970001329	2 lbs, (10) 3.2-oz. WEIGHTS	EACH
#2970001330	4 lbs, (20) 3.2-oz. WEIGHTS	EACH

California residents, see below.

Inflate/deflate to adjust diameter



Adjustable

Hand Water™ Balls are small and flexible enough to grasp with one hand, yet large enough to use for two-handed exercise. Balls increase in weight from **1.1 lb. to 6.6 lbs.** while maintaining constant 5" diameter. Vary diameter slightly by inflating/deflating, making ball harder/easier to grasp.

#2970000693	TAN, 1.1 lbs	EACH
#2970000695	YELLOW, 2.2 lbs	EACH
#2970000696	RED, 3.3 lbs	EACH
#2970000697	GREEN, 4.4 lbs	EACH
#2970000698	BLUE, 5.5 lbs	EACH
#2970000699	BLACK, 6.6 lbs	EACH
#2970000700	ONE OF EACH COLOR	6/SET

California residents, see below.



Scan to shop more
Weights and
Exercise Balls online!

[AliMed.com/exercise](https://www.ali-med.com/exercise)