



Use for progressive therapy or exercise.

- ✓ Start with a few weight inserts and build up
- ✓ Always spread weight inserts uniformly throughout the ten (10) pockets
- ✓ Place weight inserts in pockets and cover with flaps securely fastening the hook/loop so the inserts will not fall out during use

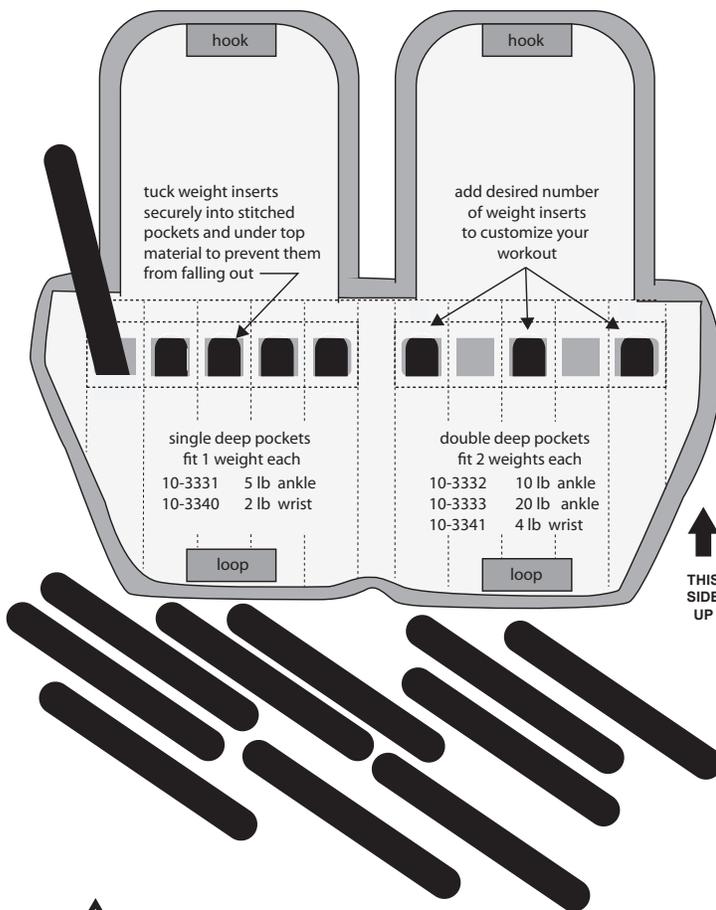


adjustable wrist weights



Place weight on wrist, arm or thigh

- ✓ Place loop of long strap over hook on shell (opposite side from metal D-ring)
- ✓ Place weight on body part and thread strap through D-ring
- ✓ Cinch (pull tight) the strap to give the weight a snug fit and fasten strap with hook/loop for secure closure



adjustable ankle weights



Place weight on ankle

- ✓ Same as above with additional instructions
- ✓ Place ankle weight so that open portion is in front and ankle cut-out is in rear with "this side up" in rear pointing up



PRECAUTIONS Before beginning any exercise program, consult your trainer or health care provider



SKU	adjustment range	type	weight inserts included	color
10-3340	0.2 - 2 lb	wrist	10 x 0.2 lb	yellow
10-3341	0.2 - 4 lb	wrist	20 x 0.2 lb	red
10-3345	0.167 - 2 lb	pediatric wrist	12 x 0.167 lb	tan
10-3331	0.5 - 5 lb	ankle	10 x 0.5 lb	green
10-3332	0.5 - 10 lb	ankle	20 x 0.5 lb	blue
10-3333	1.0 - 20 lb	ankle	20 x 1.0 lb	black
10-3335	0.167 - 2 lb	pediatric ankle	12 x 0.167 lb	tan



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