

Exercise Weights

- Covered in heavy-duty, supple vinyl
- Individual pocket design allows easy wrapping around the wrist or ankle
- Snuggly secured with Velcro[®]
- Lock-stitched sewing
- Color coded and marked in "lbs" and "kgs" for quick weight identification

<i>Item</i>	<i>Weight</i>	<i>Color</i>
1891	1 lb (.45 kg)	Orange
1893	1 ½ lb (.68 kg)	Dark Brown
1894	2 lb (.91 kg)	Turquoise
1895	2 ½ lb (1.13 kg)	Tan
1896	3 lb (1.36 kg)	Green
1897	4 lb (1.81 kg)	Blue
1898	5 lb (2.27 kg)	Gold
1899	7 ½ lb (3.40 kg)	Red
1900	10 lb (4.52 kg)	Black



1893



1897



1899