



2 lb. Pair Ankle/Wrist Weights

INSTRUCTIONS:

With the strap side facing out, wrap a weight around your ankle or wrist.

Thread the strap through the metal ring and pull it back around until it is taut.

Keeping the weight secure around your ankle or wrist, attached the strap to the colored strap on the outside.

Make sure this fastening is secure before beginning any exercise.



USING YOUR WEIGHTS:

Once secure, carefully test moving your body with this additional weight to ensure you do not experience any unusual pain or discomfort, especially in your joints.

It is recommended that those new to this type of product begin by using only while walking or other low impact exercises until you are used to how your body reacts to the additional weight.

During your workout, you should periodically check the attachments and fastenings on these weights to ensure that they remain secure for the duration of the exercise.

Washing Instructions: Do not machine wash. Do not tumble dry. To clean, use a cloth dampened with a mild solution of a gentle cleanser and warm water. Allow to air dry before resuming use. Do not immerse this product in water.

Comments or Questions? Call Customer Service: 866-498-5269

PRODUCT WARNINGS

- Always consult with your physician before beginning any exercise program to determine your current level of fitness and health.
- Never begin a new exercise with these weights until you are certain how your body, balance and muscles will respond and function with additional weight.
- Never hyper extend your arms or legs while using these weights. Joint damage can occur.
- Before each use, always carefully check the strap, metal ring, and stitching on each weight for any signs of damage, fraying, or breakage. Do not use if any of these conditions are found.
- Always check the strap before beginning an exercise to ensure it is securely fastened, and periodically check during a workout routine.
- To prevent possible chafing, it is recommended that you wear these weights over light, breathable clothing or use wrist/ankle bands as skin protection.
- Never use this product in any manner not consistent with its intended use.
- If you experience any dizziness, faintness, or unusual discomfort, stop exercising and contact your doctor and/or obtain medical assistance.
- This product is only intended for use by individuals over the age of 13.
- This product is only intended for individual, home consumer use only.
- Keep this product away from children.