

WEIGHTS



Wrist and Ankle Cuff Weights

- Extra-long strap makes double strapping easy
- Heavy duty stitching throughout
- Filled with new steel pellets
- Shipped in individual, sealed plastic bags
- All weights are color coded and clearly marked
- Large brass, hanger grommets punched through the strap for extra stiffness
- All weights 6 lbs. and over have 2 straps to secure weight in place

Each packed in a sealed plastic bag.

MODEL	LBS
4706-A	.25 lb.
4706-B	.50 lb.
4706-C	1 lb.
4706-D	1.50 lbs.
4706-E	2 lbs.
4706-F	2.50 lbs.
4706-G	3 lbs.
4706-H	4 lbs.
4706-I	5 lbs.
4706-J	6 lbs.
4706-K	7 lbs.
4706-L	7.50 lbs.
4706-M	8 lbs.
4706-N	9 lbs.
4706-O	10 lbs.
4706-P	12 lbs.

4706-X

Set of 16 Cuff Weights

- 2 each —1 lb./1.50 lbs. / 2 lbs. / 2.50 lbs / 3 lbs. / 4 lbs. / 5 lbs.
- 1 each —7.50 lbs. / 10 lbs.

4706-Z

Set of 48 Cuff Weights

- 6 each —1 lb./1.50 lbs. / 2 lbs. / 2.50 lbs / 3 lbs. / 4 lbs. / 5 lbs.
- 3 each —7.50 lbs. / 10 lbs.



Vinyl Coated Dumbbells

- Cast iron core
- Vinyl coating helps prevent marring and scratching
- Easy-grip surface
- All weights are color coded and clearly marked
- Available from 1 to 10 lbs. in 1 lb. increments

MODEL	LBS	COLOR
4715-A	.1 lb.	Pink
4715-B	2 lbs.	Light Green
4715-C	3 lbs.	Purple
4715-D	4 lbs.	Yellow
4715-E	5 lbs.	Light Blue
4715-F	6 lbs.	Orange
4715-G	7 lbs.	Dark Green
4715-H	8 lbs.	Red
4715-I	9 lbs.	Black
4715-J	10 lbs.	Dark Blue

4715-X

10-Piece Dumbbell Set

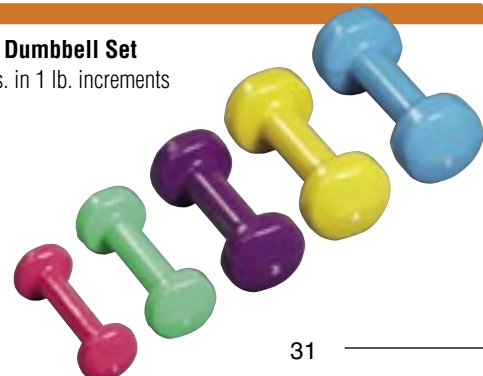
- 1-10 lbs. in 1 lb. increments



4715-Z

5-Piece Dumbbell Set

- 1-5 lbs. in 1 lb. increments



Exercise Balls



MODEL	DENSITY	COLOR
8301	Soft	Orange
8302	Medium	Green
8303	Firm	Blue
8304	Extra Firm	Purple

Squeeze Balls

- Excellent for hand exercise
- 4 different densities for progressive exercise
- Non-stick material
- 50 mm diameter



7801

WIDTH	HEIGHT	THICKNESS
68"	24"	1/8"

Thin Exercise Mat

- Designed to help stabilize feet and hands during exercise



MODEL	SIZE	COLOR
8540	40 cm	Yellow
8550	50 cm	Red
8560	60 cm	Blue
8570	70 cm	Green

Peanut Balls

- Burst resistant balls
- Deflates slowly if punctured*
- Made from durable, ribbed PVC material
- Latex-free
- Peanut shape helps control motion in the center of ball
- For inside use only

* Deflation rate is determined by size of puncture and weight of person.



8402

DIAMETER
45 cm

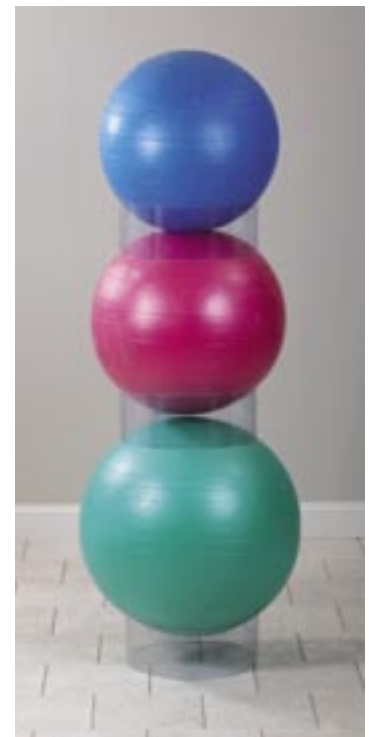
Ball Base

- Provides stability for beginners
- Helps keep ball stationary
- Cut-outs in base allow for band exercise while seated on the ball
- Also can be used to store balls



8403

Air Pump To Inflate Balls



MODEL	ACCOMMODATES
8405	45 cm–85 cm balls

Ball Stackers

- Flexible adjustable plastic ring allows the stacking of 3 exercise balls
- Sold as a set of 3 rings



MODEL	CENTIMETERS	INCHES	PATIENT HEIGHT	COLOR
8030	30 cm	15 1/2"	—	Green
8045	45 cm	17 1/2"	55"–60"	Yellow
8055	55 cm	21 1/2"	61"–66"	Red
8065	65 cm	25 1/2"	67"–71"	Blue
8075	75 cm	29 1/2"	72"–75"	Green
8085	85 cm	33 1/2"	76"–80"	Black

MODEL	WEIGHT
8202	2 lbs.
8204	4 lbs.
8206	6 lbs.
8208	8 lbs.
8210	10 lbs.
8212	12 lbs.
8200	Set of 6

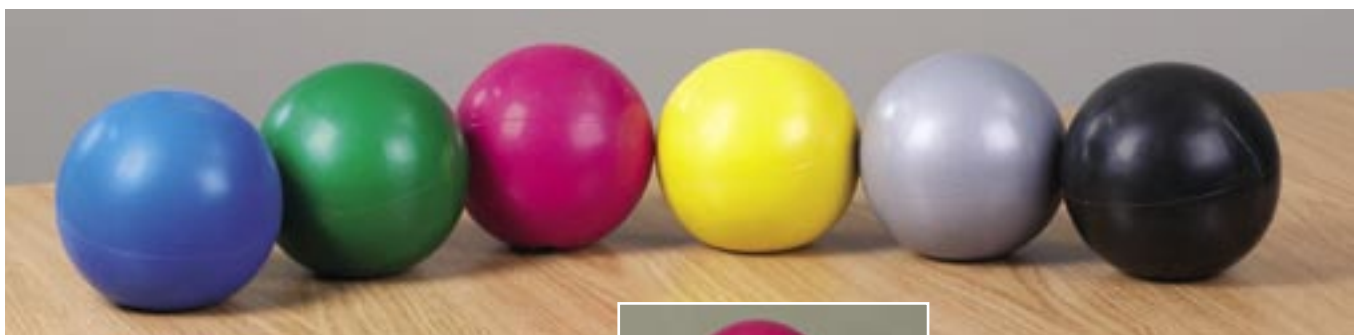
Heavy-Duty Exercise Balls

- Burst resistant balls
- Deflates slowly if punctured*
- Made from durable, ribbed PVC material
- Latex-free
- Bright colors
- Intended for indoor use only on a clean, dry surface

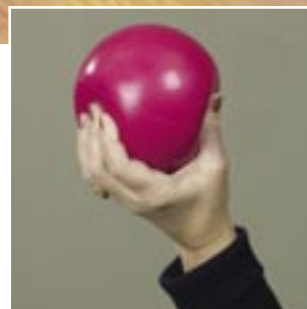
* Deflation rate is determined by size of puncture and weight of person.
For additional information contact Clinton Industries

Superior Quality Medicine Balls

- Durable solid textured exterior
- Air can be added or removed to affect bounce
- Bright colors with weights clearly marked
- All balls bounce



MODEL	WEIGHT	COLOR
8101	1 lb.	Yellow
8102	2 lbs.	Green
8103	3 lbs.	Red
8104	4 lbs.	Blue
8105	5 lbs.	Gray
8106	6 lbs.	Black
8100	Set of 6	—



Soft Grip Balls

- Durable, easy to hold outer shell
- Promotes functional grip strength
- Non-bounce
- May be used on rebounders
- All balls are marked with weight for easy identification