

CUFF WEIGHTS

Clinton Cuff Weights feature:

- All shot weight is packed in plastic pouches inside the cuff weight to help prevent spills and moisture absorption
- All weights 6 lbs. and over have 2 long straps
- All weights 5 lbs. and less have 1 long strap and 4 vertical weight pouches
- Extra-long straps allow double strapping for a snug fit
- Grommet positioned on the strap for extra reinforcement (12 lb. cuff weight does not have grommets)
- One-piece extra long strip makes fastening easy
- Outside closing seam is double stitched for durability

NOTE: Colors of individual cuff weights are subject to change.

Long Strap, Wrist and Ankle Cuff Weights

| | lbs. | kg |
|--------|------|------|
| 4706-A | .25 | .11 |
| 4706-B | .5 | .22 |
| 4706-C | 1 | .45 |
| 4706-D | 1.5 | .68 |
| 4706-E | 2 | .9 |
| 4706-F | 2.5 | 1.13 |
| 4706-G | 3 | 1.36 |
| 4706-H | 4 | 1.81 |
| 4706-I | 5 | 2.26 |
| 4706-J | 6 | 2.72 |
| 4706-K | 7 | 3.17 |
| 4706-L | 7.5 | 3.4 |
| 4706-M | 8 | 3.62 |
| 4706-N | 9 | 4.08 |
| 4706-O | 10 | 4.53 |
| 4706-P | 12 | 5.44 |

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— 7.5 lbs. & 10 lbs.

4706-X

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 —7.5 lbs. & 10 lbs.

4706-Z



Each packed in a plastic bag.



Double strapping capability



DUMBBELL RACS & DUMBBELLS

Dumbbell Strip/Gray

- Wall mounted with pre-drilled mounting holes included
- Strong polycarbonate rods, angled for stability
- Gray laminate surface
- Holds up to 11 dumbbells (Not included)

| | | |
|-------|---------|-----------|
| 5113K | width | height |
| | 3" | 55" |
| | 7.62 cm | 139.70 cm |

5113KN in Oak Laminate

5113SMP in Maple Laminate

5113DC in Dark Cherry Laminate



5113K



4715-X



4715N-X

Vinyl Coated Dumbbells

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

NOTE: Colors of individual dumbbells are subject to change.

| | lbs. | kg |
|--------|------|------|
| 4715-A | 1 | .45 |
| 4715-B | 2 | .9 |
| 4715-C | 3 | 1.36 |
| 4715-D | 4 | 1.81 |
| 4715-E | 5 | 2.26 |
| 4715-F | 6 | 2.72 |
| 4715-G | 7 | 3.17 |
| 4715-H | 8 | 3.62 |
| 4715-I | 9 | 4.08 |
| 4715-J | 10 | 4.53 |

10-Piece Vinyl Coated Dumbbell Set

- 1-10 lbs. in 1 lb. increments

4715-X

5-Piece Vinyl Coated Dumbbell Set

- 1-5 lbs. in 1 lb. increments

4715-Z

Neoprene Coated Dumbbells

- Cast iron core
- Neoprene coating resists splitting
- Easy to clean and sanitize surface
- Easy-grip, slip-resistant, textured surface
- All weights are color coded and clearly marked
- Available from 1 to 10 lbs. in 1 lb. increments

NOTE: Colors of individual dumbbells are subject to change.

| | lbs. | kg |
|---------|------|------|
| 4715N-A | 1 | .45 |
| 4715N-B | 2 | .9 |
| 4715N-C | 3 | 1.36 |
| 4715N-D | 4 | 1.81 |
| 4715N-E | 5 | 2.26 |
| 4715N-F | 6 | 2.72 |
| 4715N-G | 7 | 3.17 |
| 4715N-H | 8 | 3.62 |
| 4715N-I | 9 | 4.08 |
| 4715N-J | 10 | 4.53 |

10-Piece Neoprene Coated Dumbbell Set

- 1-10 lbs. in 1 lb. increments

4715N-X

5-Piece Neoprene Coated Dumbbell Set

- 1-5 lbs. in 1 lb. increments

4715N-Z