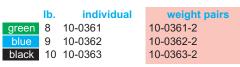
# hand-held weights

## SoftGrip™ hand weights

- comfortable SoftGrip<sup>™</sup> hand weight is an alternative to standard dumbbells
- easier to grasp and less intimidating than traditional dumbbell
- · comfortable, soft, not floppy
- color-coded to indicate weight
- stores on standard Cuff® weight rack
- made in USA

	lb.	individual	weight pairs
tan	1/2	10-0350	10-0350-2
yellow	1	10-0351	10-0351-2
red	1½	10-0352	10-0352-2
green	2	10-0353	10-0353-2
blue	21/2	10-0354	10-0354-2
black	3	10-0355	10-0355-2
silver	4	10-0356	10-0356-2
gold	5	10-0357	10-0357-2
tan	6	10-0358	10-0358-2
yellow	7	10-0359	10-0359-2
red	7½	10-0360	10-0360-2



## SoftGrip™ hand weight sets

### Lite™ Set (10-piece)

2 each: 1, 2, 3, 4, 5 lbs. 10-0383 functional set

### Standard Set (16-piece)

2 each: ½, 1, 1½, 2, 2½, 3, 4, 5 lbs.

standard set



## Cando® vinyl coated cast-iron dumbbells

- vinyl coated, color-coded cast iron dumbbells are ideal for upper body exercise
- · coated weight does not scratch floor
- coating gives weight comfortable feel
- clearly marked in pounds and kilograms

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lb.		individual	weight pairs
1	pink	10-0550	10-0550-2
2	purple	10-0551	10-0551-2
3	green	10-0552	10-0552-2
4	silver	10-0553	10-0553-2
5	blue	10-0554	10-0554-2
6	pink	10-0555	10-0555-2
7	purple	10-0556	10-0556-2
8	black	10-0557	10-0557-2
9	yellow	10-0558	10-0558-2
10	orange	10-0559	10-0559-2
15		10-0560	10-0560-2
20	not coated	10-0561	10-0561-2

## weight sets Lite™ set (10 pieces)

2 each: 1, 2, 3, 4, 5 lbs. 10-0563 economy 10-0564 with wall rack 10-0578 with floor rack

### standard set (20 pieces) 2 each: 1 through 10 lbs.

10-0565 standard 10-0566 with 2 wall racks 10-0579 with floor rack

#### weight racks

wall rack (holds 10 each) 10-0575 wall rack

floor rack (holds 10 pair) 10-0577 floor rack

### studio rack (holds 1100 pounds)

- mobile studio rack has casters
- holds 10 columns of dumbbells

10-0581 studio rack



## Cando<sup>®</sup> Handy Grip<sup>™</sup> balls

- achieve the benefits of traditional weight training without grasping metal dumbbells
- ergonomic shape makes for easy grasping and textured surface adds grip
- enables a variety of strength training activities and functional movements
- secure ball to hand with adjustable strap for firm grasp
- available in 1 to 5 lb. weights

tan	1 lb.	10-0440
yellow	2 lb.	10-0441
red	3 lb	10-0442
green	4 lb.	10-0443
blue	5 lb.	10-0444









