

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