



hand-held weights

SoftGrip™ hand weights

- comfortable SoftGrip™ 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 ½	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 2½	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

lb.	individual	weight pairs
green 8	10-0361	10-0361-2
blue 9	10-0362	10-0362-2
black 10	10-0363	10-0363-2

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.
10-0384 standard set



exercise

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

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

studio rack
width wheel to wheel: 18"
height: 33", length: 39"



wall rack

floor rack

Cando® Handy Grip™ 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	each
yellow	2 lb.	10-0441	
red	3 lb.	10-0442	
green	4 lb.	10-0443	
blue	5 lb.	10-0444	
yel red gre blu	set	10-0445	

