

HUGGER WEIGHTS, DUMBBELLS & RACKS

Series 5580 Hugger® Gold-Line Wrist & Ankle Weights



FEATURES:

- Vinyl weights color-coded and weight imprinted for ease of use.
- Extra long 17" strap with hook and loop fasteners allows you to double-strap weight in place for added security.
- Heavy-duty stitching assures greater strength and longevity.
- Extra-large brass hanging grommet.
- All weights 6 lbs. and over have (2) grommets & (2) straps with hook and loop fasteners and (6) vertical pockets.
- All weights are filled with smooth non-absorptive steel pellets for comfort.
- Hugger® weights are hygienically sealed in individual plastic protective packages.
- Hugger® weights are sold individually or in sets.



Model 5580-1

MODEL	LBS.	COLOR
5580-05	½	Tan
5580-1	1	Blue
5580-15	1½	Olive
5580-2	2	White
5580-25	2½	Red
5580-3	3	Gold
5580-4	4	Turquoise
5580-5	5	Black
5580-6	6	Tan
5580-7	7	Blue
5580-75	7½	Orange
5580-8	8	Tan
5580-9	9	Green
5580-10	10	Brown
5580-12	12	Black
5580-150	15	Black
5580-200	20	Tan

Model 5580-75



Each weight is factory sealed.
All weights are sold individually or in sets.

Series 5580 Hugger® Weights



Model 5581 (not shown) Set of 16 Hugger® Weights



Consists of: (2) each of 1 lb., 1½ lb., 2 lb., 2½ lb., 3 lb., 4 lb., 5 lb. and (1) each of 7½ lb. and 10 lb.

MODEL	TYPE
5581	Set of (16) Hugger® Weights

Model 5588 (not shown) Set of 5 Hugger® Weights



Consists of: (1) each of 1 lb., 2 lb., 3 lb., 4 lb., and 5 lb.

MODEL	TYPE
5588	Set of (5) Hugger® Weights

Vinyl Coated Dumbbells



MODEL	LBS.	COLOR
5510-V	1	Pink
5511-V	2	Aqua
5512-V	3	Plum
5513-V	4	Grape
5514-V	5	Teal-Green
5515-V	6	Burnt Orange
5516-V	7	Bluish Green
5517-V	8	Burgundy
5518-V	9	Blue
5519-V	10	Ebony Black

A. Model 5505 Sold as sets or individually



Weight is embossed on each end

Model 5502 (not shown) Set of 6 Vinyl Dumbbells



MODEL	CONSISTS OF
5502	(2) each 1 lb. through 3 lb.

Model 5503 (not shown) Set of 5 Vinyl Dumbbells



MODEL	CONSISTS OF
5503	(1) each 1 lb. through 5 lb.

A. Model 5505 Set of 10 Vinyl Dumbbells



MODEL	CONSISTS OF
5505	(1) each 1 lb. through 10 lb.

A. Model 5555



B. Model 5555-100



A. Model 5555 Economy Wall Dumbbell Rack

- Black powder coated metal wire rack attaches easily to any wall.
- (10) hooks are graduated in size to hold 1 to 10 lb. vinyl coated Dumbbells.

MODEL	HEIGHT	WIDTH	DEPTH
5555	53 1/4"	10"	3 1/2"

B. Model 5555-100 Accessorized Wall Dumbbell Rack

MODEL	CONSISTS OF
5555-100	(1) 5555 rack, (1) 5505 set of (10) Dumbbells



C. Model 5576

All weights, dumbbells and bands must be ordered as accessories.

C. Model 5576 Dumbbell Wagon

- Oak laminate finish on all surfaces.
- Upper 34 1/2" x 22 1/2" tray work surface accommodates up to (20) various size Dumbbells.
- Lower storage shelf with vertical divider.
- Can store weights and accessories.
- 3" diameter heavy duty casters.

MODEL	LENGTH	WIDTH	HEIGHT
5576	39"	24"	32"

Model 5576-100 Accessorized Dumbbell Wagon

MODEL	CONSISTS OF
5576-100	5576 with (2) 5505 sets of (10) Dumbbells each

D. Model 5541



Model 5539 (not shown) Set of 3 Exercise Weight Bars

- A series of 1 to 3 lb. easy-to-grip color-coded 36" long weighted bars.
- Ideal for geriatric and nursing home use.
- Features built-in Hanger end cap on one end and Anti-Roll end cap on other end.

MODEL	CONSISTS OF
5539	(1) each 1 lb., 2 lbs., 3 lbs.

D. Model 5541 Set of 5 Exercise Weight Bars

- A series of 1 to 5 lb. easy-to-grip color-coded 36" long weighted bars.
- Ideal for rehabilitation exercise activity.
- Features built-in Hanger end cap on one end and Anti-Roll end cap on other end.

MODEL	CONSISTS OF
5541	(1) each 1 lb., 2 lbs., 3 lbs., 4 lbs, 5 lbs.

E. Model 5545



E. Model 5545 "Soft-Ball" Weights, Set of 6

- Each 5" ball can be gripped with one hand.
- PVC exterior, anti-slip, color-coded, inflatable with sealed weight pellets.

MODEL	CONSISTS OF
5545	(1) each 1.1 lbs., 2.2 lbs., 3.3 lbs., 4.4 lbs, 5.5 lbs., and 6.6 lbs.



A. Model 5570

A. Model 5570 Weight Rack



- Almond coated pegboard on both front and back side.
- Natural Oak laminate base and frame.
- Includes (11) pegboard safety hooks.
- 2" diameter swiveling easy-rolling casters.

MODEL	WIDTH	DEPTH	HEIGHT
5570	24"	18"	57"

Model 5570-100 Accessorized Weight Rack



MODEL	CONSISTS OF
5570-100	(1) 5570 rack, (1) 5581 Set of (16) Hugger® Weights



B. Model 5565 Front view

B. Model 5565 "Combo" Weight/ Dumbbell Mobile Rack



FEATURES:

- Almond pegboard panel on front of rack for storage of optional Hugger® Weights, includes (11) hooks.
- Black laminate panel on back equipped with hooks for (20) dumbbells.
- Oak laminate frame & base.
- 3" diameter swiveling, easy-rolling casters.

MODEL	WIDTH	DEPTH	HEIGHT
5565	24"	18"	57"



Model 5565 Reverse view

All weights and dumbbells shown must be ordered as accessories

Model 5565-100 Accessorized Combo Rack



MODEL	CONSISTS OF
5565-100	5565 Rack, (1) 5581 Set of (16) Hugger® Weights, (2) 5505 Sets of (10) Dumbbells each

Model 5571 Pegboard Hooks



- Set of (11) additional Pegboard Hooks with ball tip ends for safety.

MODEL	LENGTH	QUANTITY
5571	4"	11

Common Features

LATEX-FREE RESISTIVE EXERCISE BANDS:



- For multi-functional exercise use.
- Bands are 50 yds. long x 4" wide. Supplied in dispensing box.
- Available in (5) color-coded resistance levels.
- Non-slip, non-latex elastomer.
- No powder, no odor.
- Use this clinically tested allergen-free safer alternative.

C. Model 5531 Set of (5) REP Bands™

Consists of the following:

LEVEL	COLOR
Extra-Light	Peach
Light	Orange
Medium	Green
Heavy	Blue
Extra-Heavy	Plum



C. Model 5531



Common Features

COMBINATION WEIGHT RACKS —
MODELS 5560, 5569:



- Almond coated pegboard on front of rack for (16) optional Hugger® weights.
- (11) pegboard safety hooks.
- (10) dumbbell hooks on left side and (10) hooks on right side (total of 20 hooks). Dumbbells are optional.
- Durable Black laminate finish.
- Base plate has bumper “T” molding on all four sides.
- 3” diameter swiveling, easy-rolling casters.

A. Model 5560 Multi-Purpose Combination Rack

SPECIAL FEATURES:

- Built-in dispensers for #5531 set of (5) REP Bands™ (see page 50). Includes scissors.
- Full view distortion-free glass mirror with ANSI “shatter stop” safety backing.

MODEL	WIDTH	DEPTH	HEIGHT
5560	34”	19”	71”

Model 5560-100 Accessorized Multi-Purpose Combination Rack

MODEL	CONSISTS OF
5560-100	(1) 5560 Rack, (1) 5581 Set of (16) Hugger® Weights, (1) 5531 Set of (5) REP Bands™, (2) 5505 Sets of (10) dumbbells each

B. Model 5569 Multi-Purpose Weight/Storage Rack

SPECIAL FEATURES:

- Two-door storage cabinet with lock.
- Doors have 165° self-closing Euro-hinges.
- (2) adjustable shelves and (1) fixed shelf.

MODEL	WIDTH	DEPTH	HEIGHT
5569	30”	24”	61”

Model 5569-100 Accessorized Weight/Storage Rack

MODEL	CONSISTS OF
5569-100	(1) 5569 Rack, (1) 5581 Set of (16) Hugger® Weights, (2) 5505 Sets of (10) dumbbells each

(REP Resistive Exercise Bands™ must be ordered as optional accessory. See page 50).



A. Model 5560 Front view



Full View Posture Mirror

Model 5560 Reverse view

All weights, dumbbells and bands must be ordered as accessories.

B. Model 5569 Front view



Model 5569 Reverse view



4-SIDED WEIGHT RACKS

A. Model 5557
Front view



Model 5557
Reverse view



B. Model 5566
Front view



Model 5566
Reverse view



A. Model 5557 Rotating Weight Rack



- Rotates 360° for ease of use.
- Built-in dispensers for (5) REP Bands™.
- Hooks for (20) Dumbbells.
- Pegboard with (6) hooks for weights.
- Stationary base plate has T-molding.

MODEL	WIDTH	DEPTH	HEIGHT
5557	20"	20"	56"

Model 5557-100 Accessorized Rack

MODEL	CONSISTS OF
5557-100	(1) 5557 Rack, (2) Sets of 5588 Hugger® Weights, (2) 5505 Sets of (10) Dumbbells each, (1) 5531 Set of (5) REP Bands™

B. Model 5566 Econo Weight Rack



- Pegboard with (11) hooks for Hugger® Weights.
- (20) Dumbbell hooks on reverse side of rack.
- Built-in dispensers for (5) REP Bands™.
- Built-in compartment for Weight Bars.
- Black laminate finish. Base plate has T-molding.
- (4) 3" diameter swiveling casters.

MODEL	LENGTH	DEPTH	HEIGHT
5566	30"	18"	59½"

All weights and dumbbells shown must be ordered as accessories

Model 5566-100 Accessorized Rack



MODEL	CONSISTS OF
5566-100	(1) 5566 Rack, (1) 5581 Set of (16) Hugger® Weights, (2) 5505 Sets of (10) each 1 to 10 lb. dumbbells, (1) Set of 5531 Set of (5) REP™ Bands, (1) 5539 Set of (3) Weight Bars (1 lb, 2 lb, 3 lb)



C. Model 5592
Front view



Model 5592
Reverse view



C. Model 5592 Compact Weight Rack



- Pegboard with (11) hooks for Hugger® Weights.
- Built-in dispensers for (5) REP Bands™.
- Hooks to hold (20) Dumbbells.
- Storage compartment for Weight Bars.
- Laminate shelves with (3) plastic Storage Tubs.
- Black laminate finish. Base plate has T-molding.
- (4) 3" diameter swiveling casters.

MODEL	LENGTH	DEPTH	HEIGHT
5592	32"	24"	68"

Model 5592-100 Accessorized Rack

MODEL	CONSISTS OF
5592-100	(1) 5592 Rack, (1) 5581 Set of (16) Hugger® Weights, (2) 5505 Sets of (10) Dumbbells each, (1) 5531 Set of (5) REP Bands™, (1) 5541 Set of (5) Weight Bars, (1) 5545 Set of (6) "Soft-Ball" Hand Weights

Common Features

WEIGHT RACKS – MODELS 5562, 5563:



- Durable Black laminate finish with Oak laminate Door and Drawer fronts.
- Almond coated Pegboard with (11) Safety Hooks for Hugger® Weights.
- Hooks for (20) Dumbbells.
- 3 sets of hooks for optional Weight Bars.
- Built-in dispensers for optional REP Bands™.
- Full view distortion-free glass mirror with ANSI “shatter stop” safety backing.
- 32” x 32” Base Plate has bumper T-molding on all 4 sides.
- 4” dia. twin-wheel, locking casters.

A. Model 5562 Mega-Rack



FEATURES:

- Convenient Drop Lid work counter with lock.
- (3) 8” high laminate Drawers on nylon rollers.
- Built-in dispenser for VELCRO® brand rolls (VELCRO® not included).

MODEL	LENGTH	WIDTH	HEIGHT
5562	32”	32”	72”

Model 5562-100 Accessorized Rack



MODEL	CONSISTS OF
5562-100	(1) 5562 Mega-Rack, (1) 5581 Set of (16) Hugger® Weights, (1) 5531 Set of (5) REP Bands™, (2) 5505 Sets of (10) Dumbbells ea., (1) 5539 Set of (3) Weight Bars

B. Model 5563 “Grand Stand” Storage/ Weight Rack

FEATURES:

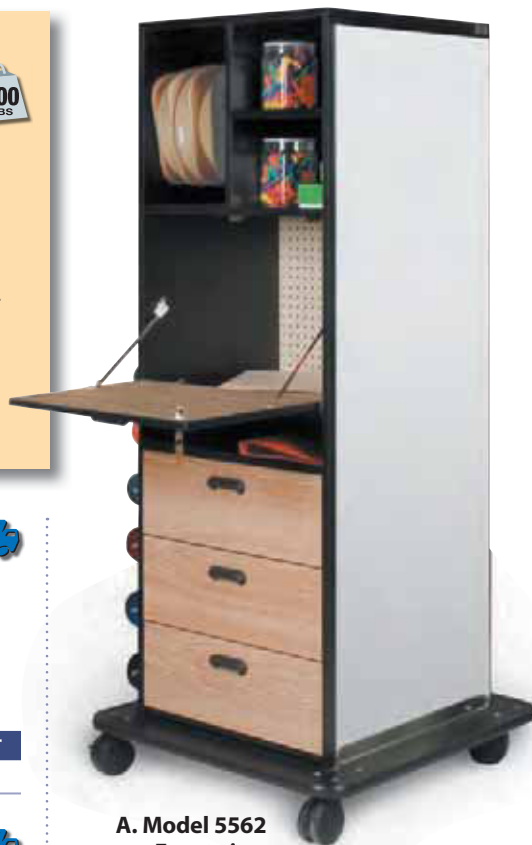
- Full height 15” wide Oak laminate Door with lock and self-closing Euro-hinges.
- Laminate cupboard with (5) adjustable laminate shelves.
- 3” high wire basket at top of rack holds miscellaneous supply items.

MODEL	LENGTH	WIDTH	HEIGHT
5563	32”	32”	72”*

*75” Including Wire Basket

Model 5563-100 Accessorized Rack

MODEL	CONSISTS OF
5563-100	(1) 5563 Rack, (1) 5581 Set of (16) Hugger® Weights, (1) 5531 Set of (5) REP Bands™, (2) 5505 Sets of (10) Dumbbells ea., (1) 5539 Set of (3) Weight Bars



A. Model 5562
Front view



Model 5562
Reverse view

All weights and dumbbells shown must be ordered as accessories



B. Model 5563
Front view



Model 5563
Reverse view