

Weights & WEIGHT KITS

WEIGHTS:



The Neoprene Dumbbell Set is constructed of high-quality cast-iron that features an easy-grip neoprene coating. This coating prevents these products from scratching the floor and other equipment. The colors may vary. Excellent for personal and professional use.

NEOPRENE DUMBBELL SET:

- NDS** - Neoprene Dumbbell Set
 - Designed for strength and training purposes
 - Set includes (1) of each weight, 1-10 lbs.
 - Wipe clean surface for cleaning and sanitation purposes

Qty _____

Add an extra challenge to your workout routine with weight cuffs. The Original Cuff Weights can be worn on the wrist or ankle. Wear on the ankle to build ankle/foot strength and stability. Weight cuffs are built with a securing system. The hook and loop strap with a double safety closure assures easy adjustment and a secure fit.

ORIGINAL CUFF WRIST & ANKLE WEIGHT SET:

- OCW** - Original Cuff Wrist & Ankle Weight Set
 - Full set includes 2 of each (1 lb, 1.5 lb, 2 lb, 2.5 lb, 3 lb, 4 lb, 5 lb), (1) 7 lb, and (1) 10 lb)
 - Double safety closure
 - Filled with lead free steel shots

Qty _____



The resistance bands are versatile for a wide variety of exercises. They make great yoga bands for warming up, as well as resistance straps for endurance training. These fitness bands are an easy way to workout at home and eliminate the need for expensive gym memberships. They are great for anything from stretching before a workout to exercises that tone muscles and increase strength. Rolyan Energizing Exercise Rolls also make great accessories for any physical therapy center or clinic. The boxes make them easy to distribute to patients and the bands are simple to work, yet effective.

ROLYAN ENERGIZING EXERCISE BAND SET:

- REB** - (5) Rolyan Energizing Exercise Band Set
 - Elastic bands for working out, rehabilitation, and stretching exercises
 - Latex bands measure 5" wide
 - Includes five resistance levels for progressive workouts
 - Packaged in boxes that allow for easy distribution

Qty _____



Weights & WEIGHT KITS

These weighted balls are designed for strengthening, plyometrics, balance training and mobilization of the user's hands or wrists. They can also be used with one or two hands to promote functional grip strength development. TheraBand Soft Weights are the perfect tool for recovering from an injury or surgery. TheraBand Soft Weights are made from durable PVC that is great for long-term use. This makes them perfect for professional gyms or at home use. The wipe-clean surface makes them easy to clean and keep sanitary. The exercise balls have their weights marked on the sides making them easy to identify. The balls are easy to hold and they come in six weights (1.1 lbs, 2.2 lbs, 3.3 lbs, 4.4 lbs, 5.5 lbs, and 6.6 lbs) that can be used for a progressive exercise regimen.



THERABAND SOFT WEIGHT SET:

- TSW** - (6) Theraband Soft Weights
 - Soft, weighted balls that are constructed of Pliable PVC shells that have a 4.5" diameter
 - Set includes: (6) Weights (1.1 lbs, 2.2 lbs, 3.3 lbs, 4.4 lbs, 5.5 lbs, and 6.6 lbs)
 - Ideal for strength training and muscle toning as well as rehabilitation regimens

- Weight marked in pounds and kilograms on the surface of each weighted ball
- Features a durable, wipe-clean surface that promotes hygienic use

Qty _____



Rehab Weight Bars are designed for individuals of all fitness levels and are used for therapy, rehabilitation and strength training purposes. These gray bars feature color labels to indicate weight, and include a progressive color system. The Rehab Weight Bars in this set include 1 lb, 2 lb, and 3 lb weights. The vinyl grip area is included in the center of each bar and is designed to facilitate single extremity exercise.

REHAB WEIGHT BAR SET:

- RWB** - (3) Rehab Weight Bars
 - Able to be used sitting down, standing up or by those with a single extremity
 - Set includes: 3 Weight bars (1 lb, 2 lbs, and 3 lbs)
 - Assorted color and weight options give the user visual progression
 - Constructed of a wipe-clean surface
 - Bars are 30"L (76 cm) and 1.5" (3.8 cm) in Diameter
 - Excellent for personal and professional use

Qty _____

WEIGHT KITS:

WEIGHT KIT 1:

- SR-WK1**
 - (2) Sets of 1-10 lb Dumbbells
 - (1) Set of (16) Original Cuff Wrist & Ankle Weights
 - (1) Set of (5) Rolyan Energizing Exercise Bands
 - Use on SR-001

Qty _____



NDS

NDS



OCW

REB

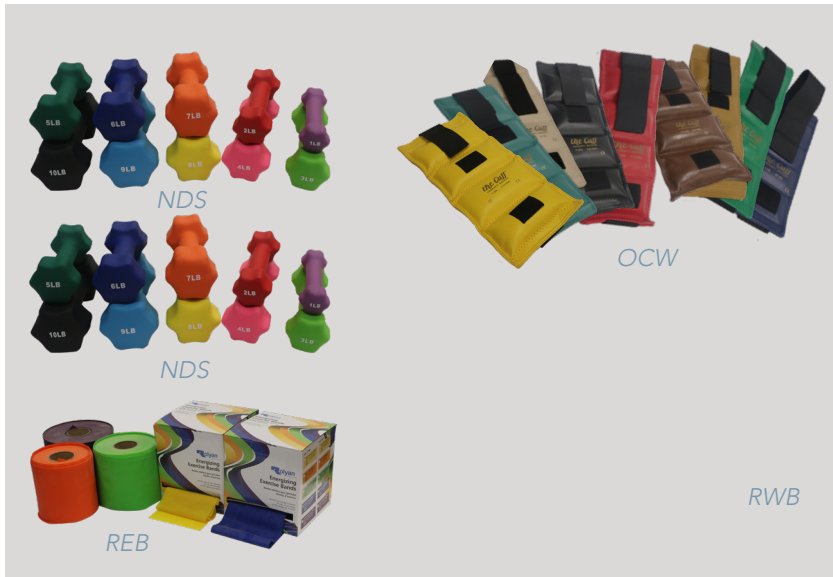
Weights & WEIGHT KITS

WEIGHT KIT 2:

SR-WK2

- (2) Sets of 1-10 lb Dumbbells
- (1) Set of (16) Original Cuff Wrist & Ankle Weights
- Use on SR-002

Qty _____



WEIGHT KIT 3:

SR-WK3

- (2) Sets of 1-10 lb Dumbbells
- (1) Set of (16) Original Cuff Wrist & Ankle Weights
- (1) Set of (5) Rolyan Energizing Exercise Bands
- (1) Set of 1-3 lb Rehab Weight Bars
- Use on SR-003, SR-005, SR-006, or SR-009

Qty _____

WEIGHT KIT 4:

SR-WK4

- (2) Sets of 1-10 lb Dumbbells
- (2) Sets of 1-5 lb Dumbbells
- (1) Set of (5) Rolyan Energizing Exercise Bands
- Use on SR-004

Qty _____



WEIGHT KIT 5:

SR-WK5

- (2) Sets of 1-10 lb Dumbbells
- Use on SR-015

Qty _____

