

hand-held weights

exercise

CanDo® SoftGrip® hand weights

the alternative to standard dumbbells

- not intimidating to use
- easy to grasp
- comfortable and soft, but not floppy
- color-coded to indicate weight
- stores on standard Cuff® weight rack (see page 43)



	weight (lb / kg)	each	pair
tan	½ / 0.23	10-0350-1	10-0350-2
yellow	1 / 0.45	10-0351-1	10-0351-2
red	1½ / 0.68	10-0352-1	10-0352-2
green	2 / 0.91	10-0353-1	10-0353-2
blue	2½ / 1.13	10-0354-1	10-0354-2
black	3 / 1.36	10-0355-1	10-0355-2
silver	4 / 1.81	10-0356-1	10-0356-2
gold	5 / 2.27	10-0357-1	10-0357-2
tan	6 / 2.72	10-0358-1	10-0358-2
yellow	7 / 3.18	10-0359-1	10-0359-2
red	7½ / 3.40	10-0360-1	10-0360-2
green	8 / 3.13	10-0361-1	10-0361-2
blue	9 / 4.08	10-0362-1	10-0362-2
black	10 / 4.54	10-0363-1	10-0363-2

each

LiTE® Set (10-piece)

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

Standard Set (16-piece)

2 each: ½, 1, 1½, 2, 2½, 3, 4, 5 lb
10-0384 standard set



Thera-Band® Soft Weights™

- soft cover and pliable filler is free of any hard edges or rims
- 4½" diameter
- use for strengthening, plyometrics, balance training, mobilization and functional grip strength development
- supports one or two-hand activities
- comfortable to hold, easily fits in gym bag



4½" diameter	weight (lb / kg)	each
tan	1.1 / 0.5	10-3150
yellow	2.2 / 1.0	10-3151
red	3.3 / 1.5	10-3152
green	4.4 / 2.0	10-3153
blue	5.5 / 2.5	10-3154
black	6.6 / 3.0	10-3155
tan yel red gre blu blk	set (1 ea)	10-3156
tan yel red gre blu blk	set w/2-tier rack	10-3158
tan yel red gre blu blk	set w/1-tier rack	10-3159

CanDo® Handy Grip™ balls

achieve the benefits of traditional weight training without grasping metal dumbbells

- ergonomic shape, texture and strap make gripping easier
- enables a variety of strength training activities and functional movements
- secure ball to hand with adjustable strap for firm grasp
- ideal for people with limited grip



	weight (lb / kg)	each
tan	1 / 0.45	10-0440
yellow	2 / 0.91	10-0441
red	3 / 1.36	10-0442
green	4 / 1.81	10-0443
blue	5 / 2.27	10-0444
tan yel red grn blu	set (1 ea)	10-0445

CanDo® WaTE™ hand balls

- color-coded weighted balls
- small and flexible enough to grasp with one hand, yet big enough to hold with two hands
- weight increases from 1.1 lb through 6.6 lb (0.5 kg to 3 kg) while maintaining a constant 5" (12.7cm) diameter
- use a bicycle pump to deflate/inflate to make ball easier/more difficult to grasp



5" diameter	weight (lb / kg)	each
tan	1.1 / 0.5	10-3160
yellow	2.2 / 1.0	10-3161
red	3.3 / 1.5	10-3162
green	4.4 / 2.0	10-3163
blue	5.5 / 2.5	10-3164
black	6.6 / 3.0	10-3165
tan yel red grn blu blk	set (1 ea)	10-3166
tan yel red grn blu blk	set w/2-tier rack	10-3188
tan yel red grn blu blk	set w/1-tier rack	10-3189

PVC WaTE™ racks

2-tier (18"L x 6"W x 12"H) 10-3167
1-tier (31"L x 6"W x 5¼"H) 10-3168



2-tier rack*

1-tier rack*

*balls sold separately