

- used for upper body rehabilitation and fitness exercises
- bright colors allow for easy weight identification
- vinyl coating reduces potential scratching of floor

REF

color

weight

10-3191	yellow	5 lb. (2.3 kg.)
10-3192	red	7.5 lb. (3.4 kg.)
10-3193	green	10 lb. (4.6 kg.)
10-3194	blue	15 lb. (6.8 kg.)
10-3195	black	20 lb. (9.1 kg.)
10-3196	silver	25 lb. (11.4 kg.)
10-3197	gold	30 lb. (13.6 kg.)

10-3198 kettlebell rack - holds 660 pounds



CAUTION

Consult your healthcare professional before beginning your rehabilitation or exercise program

