

- 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



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