

BSTAW 10 & 20 lb. Ankle Weights



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The Body-Solid Ankle Weights offer a vast variety of benefits for cardio workouts, cycling, running, body-resistance exercises like pull-ups or chin-ups, or simply a walk around the block. Increasing resistance to any movement is the best way to improve your overall strength and conditioning. Customizable in 1 lb. increments with secure velcro closures and adjustable straps for a secure fit on any size user.

Special Features

- Available in 10 or 20 lb. pairs
- Removable 1 lb. weights to adjust increments
- Velcro enclosure and adjustable strap for secure fit
- Padded interior for comfort