

TEXSTRETCH

Becoming You...



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www.texstretch-sports.com

ANKLE WEIGHTS

Texstretch Ankle weights make great exercise tools for individuals of all ages. Not only are they easy to carry around, but they also provide an accessible way to perform strength training exercises anywhere. They provide you the ability to work out in a confined area like next to your work desk or in your living room. Ankle weights can be used in many ways. For light training and injury rehabilitation, using them provides a small amount of resistance.



FEATURES

- Carries sieved stone rubbles.
- Eco friendly.
- Supports increase of strength in leg muscles.
- Ideal for High Knees, Glute Kicks, Drum Majors and Leg Swing exercises.
- Soft and comfortable grip.
- Plays as a therapeutic product in treatment of injuries.

INSTRUCTIONS

- Simply use the neoprene strap to wrap around the ankle and attach it using hook-and-loop fasteners.
- Not recommended to continuous use in walking or running.
- Use the product as prescribed by your coach/physiotherapist for the prescribed sets and repetitions.
- Relax before you commence exercises. Always do warm-up before exercises. Take a rest between sets.

WARNING

- Before each use, check the product for damages. Avoid it being scratched by the sharp edges.
- Consult your instructor or personal doctor, in case of any physical discomfort or injury.
- Keep the product away from children.

SPECIFICATIONS

- Available in 04 SKUs: 250g, 500g, 1kg and 2kg

* Follow the applicable disposal mechanism available at your domain.



MANUFACTURED IN SRI LANKA:

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