



Information for  instructors

ALL PRO's patented Ankle Weights – designed specifically for your ankles



All Pro's weight adjustable ankle weights are specifically designed to fit the ankle joint. The Achilles Tendon (behind the ankle) is very sensitive and fragile with regard to stress. That's why All Pro's ankle weights have extra padding and cushioning on the Achilles Tendon and no weight on that specific area. All Pro's products also protect the front of the ankle by placing no weight on the instep. This allows the ankle to move freely (both up & down, and left & right). The product is also designed so that the weights come away from the body, so you feel the cushioned padding & not the iron weights.

ALL PRO's patented Wrist Weights – designed specifically for your wrists



The hand is very fragile and sensitive. There are 3 main nerve endings found on top of the hand; the radius, ulnar and median nerves. The hand is designed for gripping things. The hand is not designed for having weight placed directly on top of it. The stress caused by excess weight placed directly on the hand can result in a Colles' fracture. All Pro's wrist weights are specifically designed with health, safety and comfort in mind.

All Pro's weight adjustable wrist weights place the weight on the upper and lower part of the wrist, not directly on the hand. This allows the wrist to move freely (both up & down, and left & right). The product is also designed so that the weights come away from the body, so you feel the cushioned padding & not the iron weights. All Pro's wrist weights are weight adjustable up to 2-lbs per wrist (the optimal weight for the two bones of the forearm). Heavier weight on the wrist increases the risk of fracture or displacement of the radius and ulna bones. As a result, additional weight on the wrist should only be recommended under the direct supervision of a physician or therapist.

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