

Weight Training



1 | Ironwear Versatile Weight Cuffs

These ankle and wrist cuffs are adjustable and can be added to in 200-g increments. They are great for aerobics, (kick) boxing, fitness and running training. The wide hook-and-loop fasteners mean they fit the wrist perfectly. 100% nylon. Can also be used in water thanks to the Flex-metal inserts.

Available in two weight classes:

71 198 2448 1.10 kg Pair
71 198 2451 2.25 kg Pair



2 | Ironwear Artificial Leather Wrist and Ankle Cuffs

These wrist and ankle cuffs can be used for fitness training, aerobics, karate, boxing and running. The soft surface makes training comfortable and safe. The cuffs are adjustable using the extra-wide hook-and-loop fastener. Can be used in water due to Flex-metal. Easy-to-clean surface, artificial leather. 0.45 kg.

71 111 0904 Pair

Accessories



✓ For the individual fitting of Ironwear products

3 | Ironwear Additional Weights

Additional weights for adding individually to the Ironwear products. The weights are particularly soft and flexible. With rounded edges for a safe and convenient workout. 10 Flex-metal weights, each 230 g.

71 148 5628 Pack of 10

Ironwear weight trainers



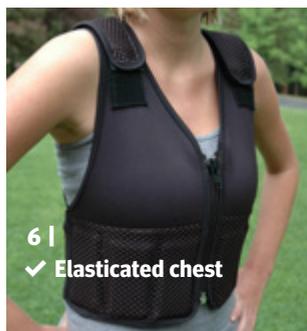
Ironwear weight vests, trousers, wrist cuffs and ankle cuffs are best suited for fitness, running and strength training. Ironwear weight products have the advantage of soft and versatile Flex-metal additional weights. They allow all of the products to be used in water, offer an excellent fit – even in periods of high sporting activity – and can be used in various ways because the weights can be changed. Thanks to their special protective covers, the weights slip easily into the weight pockets and the soft rubber is also protected.



4 | Ironwear Short Weight Vest

Weight vest with 4.5 kg of additional weight. For more intensive and effective workouts. With 18 Flex-metal weights, each 230 g, for bespoke adjustment. Ideal for running, strength and fitness training. Weight can be increased to a max. of 9 kg. Thanks to the Flex-metal weights, the vest can also be used in water. 100% nylon.

71 148 5615 Each



5 | Ironwear Weight Shorts

Strengthens and stabilises the leg muscles. Shorts with 4.5 kg additional weight (can be increased up to 9 kg of extra weight). Open inner thigh section ensures maximum freedom of movement. Adjustable hook-and-loop belt from approx. 65–135 cm. Includes 18 Flex-metal weights of 230 g each. Flex-metal also enables use in water. 100% nylon.

71 148 5703 Each



✓ Extra weights can be added

✓ 9 small weight bags, 1 kg each

7 | Sport-Thieme Weighted Vest

For fitness training in all types of sport. 100% polyester, approx. 10 kg. With nine removable weight bags, suitable for people of all sizes.

71 148 9239 Each



✓ Breathable
✓ Quick drying
✓ Ideal for endurance sports
✓ Very good visibility when running

8 | Ironwear Short Sports Vest

Sports vest with 4.5 kg of additional weight for an intensive endurance, strength and stability training session. Ideal for increased efficiency in a variety of sports. Athletic cut for maximum freedom of movement. Includes 20 Flex-metal weights, each 230 g. Breathable and quick drying. Thanks to the Flex-metal weights, the vest can also be used in water. 100% polyester.

71 148 5602 Yellow Each
71 148 5631 Black Each

6 | Ironwear Women's Weighted Vest

Comfortable ladies' weight vest with elasticated chest area. With 16 Flex-metal weights of 250 g. Weights can be added or removed according to fitness level. Perfect for strength, running and fitness training. Thanks to the Flex-metal weights, the vest can also be used in water, weight vest is washable.

71 111 2001 Each

SPORT-THIEME®



✓ Wide hook-and-loop fasteners for a perfect fit to your wrist
✓ For your wrists and/or ankles

9 | Sport-Thieme Weight Cuffs

The wider and longer hook-and-loop straps mean you can use these on both the wrists and ankles. 100% polyester.

71 218 3608 0.5 kg Pair
71 218 3611 1.0 kg Pair
71 218 3624 1.5 kg Pair
71 218 3637 2.0 kg Pair
71 218 3640 2.5 kg Pair

10 | Ironwear Wrist/Ankle Cuffs

Wrist/Ankle Irons are wrist and/or ankle cuff weights for aerobics, (kick)boxing, karate, fitness and running training. They will fit all wrists perfectly thanks to their wide hook-and-loop fasteners. 100% nylon. The 'Flex-metal' weights also mean the cuffs can be used in water. Available in 2 weight categories:

71 198 2435 0.45 kg Pair
71 198 2464 1.10 kg Pair

✓ 1.5 kg and upwards: 2 hook-and-loop fasteners for secure fit
✓ For your wrists and/or ankles