

EXERCISE WEIGHTS & RACKS



Model	Weight	Color
8101	1 lb.	Yellow
8102	2 lbs.	Green
8103	3 lbs.	Red
8104	4 lbs.	Blue
8105	5 lbs.	Gray
8106	6 lbs.	Black
8100	Set of 6	—



Firmness can be adjusted by adding or extracting air

Soft Grip Weight Balls

- Durable, easy to hold outer shell
- Promotes functional grip strength
- Non-bouncing
- May be used on rebounders
- All balls are marked with weight for easy identification



	Height	Depth	Length
8108	6"	6"	32"

Single Level Soft Grip Ball Rack

- All Gray laminate construction
- Store up to 6 soft Grip weight balls
- Ships fully assembled
- Balls not included

	Height	Depth	Length
8188	6"	6"	32"

Single Level Soft Grip Ball Rack Plus Balls

- Same as above with set of Soft Grip Balls (1 lb.-6 lbs.)

	Height	Depth	Length
8109	15"	6"	32"

Double Level Soft Grip Ball Rack

- All Gray laminate construction
- Store up to 12 soft Grip weight balls
- Ships fully assembled by FedEx® Ground or UPS®
- Balls not included

	Height	Depth	Length
8199	15"	6"	32"

Double Level Soft Grip Ball Rack Plus Balls

- Same as above with 2 sets of Soft Grip Balls (1 lb.-6 lbs.)



Model	Weight
8202	2 lbs.
8204	4 lbs.
8206	6 lbs.
8208	8 lbs.
8210	10 lbs.
8212	12 lbs.
8200	Set of 6

Superior Quality Medicine Balls

- Durable solid textured exterior
- Air can be added or removed to affect bounce and feel
- Bright colors with weights clearly marked
- All balls bounce
- Colors may vary from balls shown



	Height	Depth	Length
8209	24"	16"	35"

Double Level Medicine Ball Rack

- All Gray laminate construction
- Store up to 6 medicine balls
- Easy assembly with steel fasteners
- Ships KD by FedEx® Ground or UPS®
- Balls not included

	Height	Depth	Length
8299	24"	16"	35"

Double Level Medicine Ball Rack

- Same as above with a set of Medicine Balls

CUFF WEIGHTS

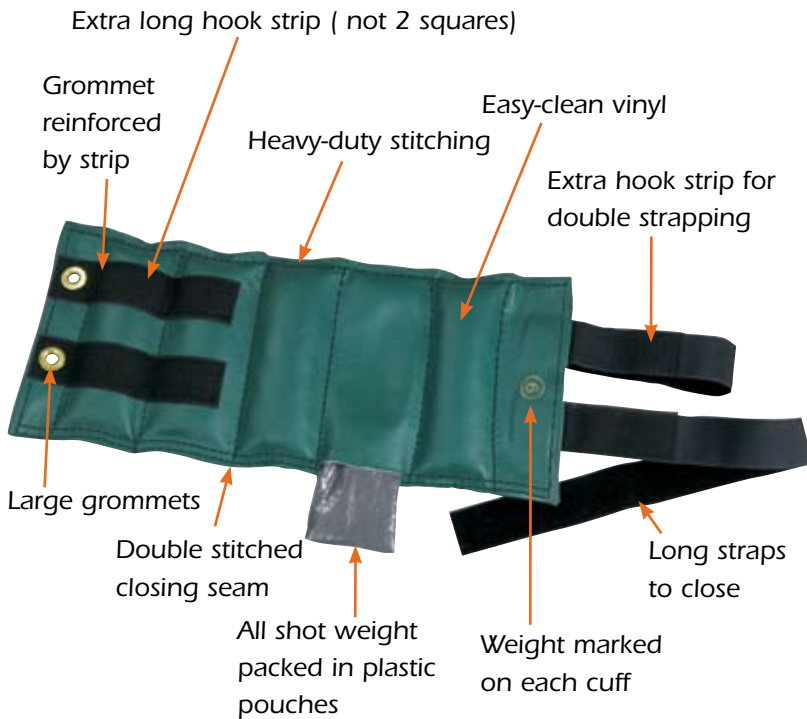
FEATURES

- All shot weight is packed in plastic pouches inside the cuff weight to help prevent spills and moisture absorption
- All weights 6 lbs. and over have 2 long straps
- All weights 5 lbs. and less have 1 long strap and 4 vertical weight pouches
- Extra-long straps allow double strapping for a snug fit
- Grommet positioned on the strap for extra reinforcement (12 lb. cuff weight does not have grommets)
- One-piece extra long strip makes fastening easy
- Outside closing seam is double stitched for durability



Long Strap, Wrist and Ankle Cuff Weights

Model	LBS
4706-A	.25 lb.
4706-B	.50 lb.
4706-C	1 lb.
4706-D	1.50 lbs.
4706-E	2 lbs.
4706-F	2.50 lbs.
4706-G	3 lbs.
4706-H	4 lbs.
4706-I	5 lbs.
4706-J	6 lbs.
4706-K	7 lbs.
4706-L	7.50 lbs.
4706-M	8 lbs.
4706-N	9 lbs.
4706-O	10 lbs.
4706-P	12 lbs.



Each packed in a plastic bag.



Double strapping capability

4706-X

Set of 16 Cuff Weights

- 2 each — 1 lb. ▪ 1.50 lbs. ▪ 2 lbs. ▪ 2.50 lbs.
- 3 lbs. ▪ 4 lbs. ▪ 5 lbs.
- 1 each — 7.5 lbs. ▪ 10 lbs.

4706-Z

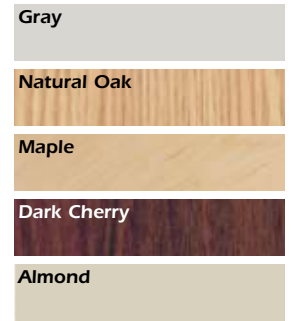
Set of 48 Cuff Weights

- 6 each — 1 lb. ▪ 1.50 lbs. ▪ 2 lbs. ▪ 2.50 lbs.
- 3 lbs. ▪ 4 lbs. ▪ 5 lbs.
- 3 — 7.5 lbs.
- 3 — 10 lbs.

DUMBBELL RACKS & DUMBBELLS



LAMINATE COLOR CHOICES



	Height	Width
5113K	55"	3"

Dumbbell Strip/Gray

(Dumbbells not included in model 5113K)

- Wall mounted with pre-drilled mounting holes included
- Strong polycarbonate rods, angled for stability
- Gray laminate surface
- Holds up to 11 dumbbells

	Height	Width
5113KN	55"	3"

Dumbbell Strip/Oak

- Same as 5113K in Oak laminate

	Height	Width
5113SMP	55"	3"

Dumbbell Strip/Maple

- Same as 5113K in Maple laminate

	Height	Width
5113DC	55"	3"

Dumbbell Strip/Dark Cherry

- Same as 5113K in Dark Cherry laminate

ALL MODELS NOW AVAILABLE IN 5 LAMINATE COLORS!

	Height	Width
5113AL	55"	3"

Dumbbell Strip/Almond

- Same as 5113K in Almond laminate



4715-X

10-Piece Dumbbell Set

- 1-10 lbs. in 1 lb. increments

4715-Z

5-Piece Dumbbell Set

- 1-5 lbs. in 1 lb. increments

Vinyl Coated Dumbbells

- Cast iron core
- Vinyl coating helps prevent marring and scratching
- Easy to clean and sanitize vinyl surface
- Easy-grip surface
- All weights are color coded and clearly marked
- Available from 1 to 10 lbs. in 1 lb. increments

Model	LBS
4715-A	1 lb.
4715-B	2 lbs.
4715-C	3 lbs.
4715-D	4 lbs.
4715-E	5 lbs.
4715-F	6 lbs.
4715-G	7 lbs.
4715-H	8 lbs.
4715-I	9 lbs.
4715-J	10 lbs.

THE PT BAR

PT Bars are made tough for years of use. With durable PVC tubing and anti-roll end caps, PT Bars are engineered specifically for physical therapy use, and are also color-coded and clearly labeled for easy identification. Go for quality with The PT Bar.



FEATURES

- 9 1/2" long end grips
- Center grip makes one-hand exercise easier
- All grips are heavy wall
- Anti-roll end caps help keep bars in place
- Two labels for easy identification
- Color coded for easy weight group identification
- Heavy wall PVC tubing
- All end caps weight and spacer are glued in place to prevent them from in-tube sliding
- All grips are field changeable if ever damaged
- All bars can easily be hung on the wall with our Side Grip Bar Strips (no end loops to tear on a nail)

* Value version has all of the same construction features as standard The PT Bar, except they have short end caps instead of long grips.



The PT Bar

- Premium quality weight bar with anti-roll cap
- Used to increase strength and range of motion
- Can be used sitting standing or in the supine position

Model	LBS	Color	Length
4701-01	1 lb.	Red	29"
4701-15	1.5 lb.	Red	29"
4701-20	2 lb.	Yellow	29"
4701-25	2.5 lbs.	Yellow	29"
4701-30	3 lbs.	Orange	29"
4701-35	3.5 lbs.	Orange	29"
4701-40	4 lbs.	Navy	29"
4701-45	4.5 lbs.	Navy	29"
4701-50	5 lbs.	Green	29"
4701-60	6 lbs.	Light Blue	29"
4701-70	7 lbs.	Light Yellow	29"
4701-80	8 lbs.	Pink	39"
4701-90	9 lbs.	Black	39"
4701-10	10 lbs.	Gray	39"
4701-12	12 lbs.	White	39"

4702-05

Set of 5 PT Bars

- In increments of 1, 2, 3, 4, and 5 lbs. (1 each)

4702-10

Set of 10 PT Bars

- In increments of 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, lbs. (1 each)

4702-15

Set of 15 PT Bars

- In increments of 1—12 lbs. (1 each)



The PT Short Bar

- 14" long with anti-roll ends
- For single-hand use

Model	LBS	Color	Length
4703-10	1 lb.	Red	14"
4703-15	1.5 lb.	Red	14"
4703-20	2 lb.	Yellow	14"
4703-25	2.5 lbs.	Yellow	14"
4703-30	3 lbs.	Orange	14"
4703-35	3.5 lbs.	Orange	14"



Value PT Bar

- Same features as standard PT Bar with 2" end caps (one end cap is anti-roll)
- Color coded center grip
- No end grips

Model	LBS	Color	Length
4704-01	1 lb.	Red	29"
4704-15	1.5 lb.	Red	29"
4704-20	2 lb.	Yellow	29"
4704-25	2.5 lbs.	Yellow	29"
4704-30	3 lbs.	Orange	29"
4704-35	3.5 lbs.	Orange	29"
4704-40	4 lbs.	Navy	29"
4704-45	4.5 lbs.	Navy	29"
4704-50	5 lbs.	Green	29"
4704-60	6 lbs.	Light Blue	29"
4704-70	7 lbs.	Light Yellow	29"
4704-80	8 lbs.	Pink	39"
4704-90	9 lbs.	Black	39"
4704-10	10 lbs.	Gray	39"
4704-12	12 lbs.	White	39"

4705-05

Set of 5 Value PT Bars

- In increments of 1, 2, 3, 4, and 5 lbs. (1 each)

4705-10

Set of 10 Value PT Bars

- In increments of 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, lbs. (1 each)

4705-15

Set of 15 Value PT Bars

- In increments of 1—12 lbs. (1 each)

WEIGHT BAR STRIPS & RACS

	Height	Depth
4716	36 ¹ / ₂ "	23 ¹ / ₂ "

Wall Weight BarRac

(Weight bars not included.)

- Plastic mounting hooks will not scratch bars
- Laminate surface
- Mounting holes included
- Holds 8 weight bars



	Width	Height	Depth
4717	15 ⁷ / ₈ "	13"	12"

Floor Weight BarRac

(Weight bars not included.)

- Easy-clean all laminate construction
- Holds 12 weight bars



	Width	Height	Depth
4719	17"	17 ¹ / ₂ "	12"

Mobile Weight BarRac

(Weight bars not included.)

- Easy-clean all laminate construction
- 3 swivel casters
- Holds 12 weight bars





	Height	Depth
4718	5 1/2"	20"

Grip System Weight Bar Strip

(Weight bars not included.)

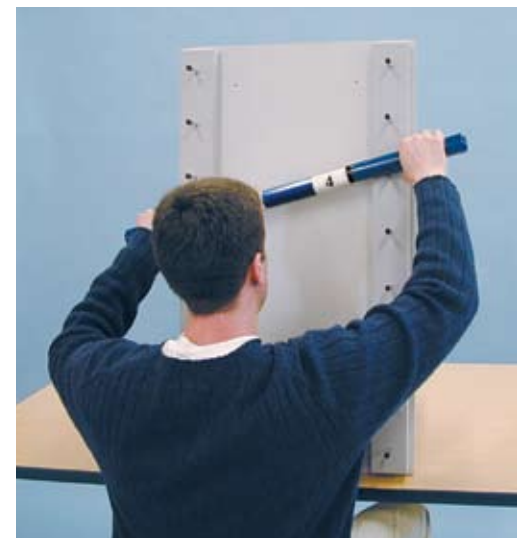
- Gravity mechanism grips bars and holds them securely into place
- Mounting holes included



Innovative grip system holds weight bars in place



BarRacs 4716B & 4716D can also be used to store weight bars.



	Width	Height	Depth
4716B	20 1/2"	36 1/2"	4 1/2"

Wall Mount Ladder BarRac

- Can be used as a flexion shoulder ladder and/or a BarRac to store bars (Weight bars not included.)
- 8 levels provide a wide range of motion
- Sitting to standing exercise can be achieved by combining 2 wall mount units and mounting them vertically, one above the other.
- Virtually unbreakable polycarbonate rods

	Width	Height	Depth
4716D	20 1/2"	36 1/2"	4 1/2"

Desktop Ladder BarRac

- Can be used as a flexion shoulder ladder and/or a BarRac to store bars (Weight bars not included.)
- 8 levels provide a wide range of motion
- Unit folds for easy storage
- Virtually unbreakable polycarbonate rods