

1kg Hand Weights Soft Grip

K113 v01: 13/08/21

Please read and retain these instructions for future reference



Dimensions

(W) 16.5 x (D) 5cm

Composition: Neoprene laminate polyester, iron, sand filling.

- PAIR OF 1KG (EACH) HAND WEIGHTS
- SOFT GRIP
- ADDS A LITTLE BIT OF EXTRA RESISTANCE TO YOUR WORKOUT
- GENTLE EXERCISE
- GREAT FOR WALKING AND EVEN EXERCISE AT HOME
- GREAT FOR REHABILITATION EXERCISES

ASSEMBLY INSTRUCTIONS / INSTRUCTIONS FOR USE:

Unpack the components carefully. Please check all parts have been removed from the packaging.

Before You Begin

Before you start any exercise program, consult with your GP especially if you have any medical problems.

Arm Raise

Sit back in a chair with your feet flat on the floor. Hold the weights in your hands with palms facing inward and arms resting at your side. Slowly raise your arms out to your side up to shoulder height. Hold the position for one to two seconds. Slowly lower your arms to the starting position. Aim for 8- 10 repetitions and slowly increase as you feel comfortable.

Shoulder Press

From the same sitting position hold the hand weights in each hand and raise the hands to shoulder level. Then slowly raise the right arm above your head until fully extended. Try to hold this position for one to two seconds and slowly lower to the starting position. Then slowly raise the left arm in the same manner. Aim for 8-10 repetitions with each arm and increase as you are comfortable.

Bicep Curl

From the same sitting position place the weights in each hand and relax your arms at your side. Bend your left elbow and raise your hand toward your shoulder. As you return to the starting position, bend your right elbow and raise your hand toward your shoulder. Try 8- 10 repetitions with each arm and increase repetitions as you progress.


To use hand weights when walking

Holding your arms close to your body, put one weight into each hand and bend your arms. As you walk push one weight forward and pull the other one back – keeping your arms close to your body throughout.

DISPOSAL

- Coopers of Stortford use recyclable or recycled packaging where possible.
- Please dispose of all packaging, paper, cartons, packaging in accordance with your local recycling regulations.
- Plastics, polybags – this is made from the following recyclable plastic.



Code & Symbol	 OTHER
Type of Plastic	Neoprene laminate polyester
Commonly used for	CD's, crisp packets, various flexible packaging, baby bottles, sunglass lenses
Notes	Not often or widely recycled

- At the end of the product's lifespan please check with your local council authorised household waste recycling centre for disposal.