

## Sample Adjustable Ankle Weights

### CAP Barbell 10 lb Pair Ankle Weights



Rated 3.9/5 stars on Amazon.com

\$22 (2017)

#### Product Features

- 10-pound pair (5 lbs each)
- Each individual weight is 13.5 oz.
- Velcro closures
- One size fits all

As of March 2018, available from:

- [www.amazon.com](http://www.amazon.com)

## Sample Adjustable Ankle Weights

### All Pro 10 lb Pair Ankle Weights



Rated 4.5/5 stars on Amazon.com

\$29.95 - \$140 (2018)

#### Product Features

- 10-pound pair (5 lbs each)
- Includes 20 individual 1/2-lb metal bars
- Cushioned flaps protect ankles and permit full freedom of movement

As of March 2018, available from:

- [www.amazon.com](http://www.amazon.com)

## Sample Adjustable Ankle Weights

### GoFit 10 lb Pair Ankle Weights



Rated 3.7/5 stars on Amazon.com

\$20-\$101 (2018)

#### Product Features

- 10-pound pair (5 lbs each)
- Includes 20 individual 1/2-lb metal bars
- Made with soft padding for comfort
- Secure nylon strap with Velcro closure

#### As of March 2018, available from:

- [www.amazon.com](http://www.amazon.com)
- [www.walmart.com](http://www.walmart.com)
- [www.dickssportinggoods.com](http://www.dickssportinggoods.com)

## Sample Adjustable Ankle Weights

### Valeo AW10 10 lb Pair Ankle Weights



Rated 4.3/5 stars on Amazon.com

\$28-\$40 (2018)

#### Product Features

- 10-pound pair (5 lbs each)
- 10 one pound weight packs
- Adjustable metal d-ring closure system
- Soft padding provides extra comfort

#### As of March 2018, available from:

- [www.amazon.com](http://www.amazon.com)
- [www.walmart.com](http://www.walmart.com)