

# the Cuff®



## ORIGINAL

### The original Cuff® rehabilitation weight

The Cuff® weight has been proven effective in hospitals for over 30 years. It contours to snugly fit the ankle, wrist... and even thigh. Its long velcro closure strap assures a secure and comfortable fit even during the most strenuous exercise program. It features heavy-duty materials and double-stitching throughout. They are color-coded, marked with both pounds and kilograms and grommeted for hanging on any weight rack.

#### Cuff® mobile weight rack

Heavy-duty steel rack helps to keep weights and accessories organized and out of the way when not in use. Holds up to 500 pounds on the 2-sided pegboard and still has capacity in the tray for more. 3-inch rubber ball-bearing wheels allow the rack to easily be moved to wherever it is needed (even over carpet). Ships UPS.

10-0150 **mobile weight cart**

#### individual weights

¼ lb. white	10-0200	6 lb. beige	10-0210
½ lb. walnut	10-0201	7 lb. lemon	10-0211
¾ lb. orange	10-0202	7½ lb. orange	10-0212
1 lb. blue	10-0203	8 lb. red	10-0213
1½ lb. olive	10-0204	9 lb. parchment	10-0214
2 lb. white	10-0205	10 lb. brown	10-0215
2½ lb. red	10-0206	12½ lb. olive	10-0216
3 lb. gold	10-0207	15 lb. tan	10-0217
4 lb. turquoise	10-0208	20 lb. blue	10-0218
5 lb. black	10-0209	25 lb. green	10-0219

#### weight sets

**Functional set (7 pieces)** 1 each: 1, 2, 3, 4, 5, 7½, 10  
functional set 10-0250 1 set with rack 10-0251

**Economy set (20 pieces)**  
2 each: ¼, ½, ¾, 1, 1½, 2, 2½, 3, 4, 5  
economy set 10-0252 1 set with rack 10-0253

**Standard set (24 pieces)**  
2 ea.: ¼, ½, ¾, 1, 1½, 2, 2½, 3, 4, 5, 7½, 10  
standard set 10-0254 1 set with rack 10-0255

**Deluxe set (32 pieces)**  
2 each: ¼, ½, ¾, 1, 1½, 2, 2½, 3, 4, 5, 6, 7, 7½, 8, 9, 10  
deluxe set 10-0256 1 set with rack 10-0257

**Knee-Hip-Leg set (8 pieces)** 2 each: 10, 12½, 15, 20  
knee-hip-leg 10-0258



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3. Tubing with Handles™
4. TBS™ bar
5. Exercise web
6. Digi-Extend™
7. Digi-Flex™
8. Theraputty™ material
9. Wate™ bar
10. Dumbbell
11. Cuff® weight
12. Handy ball
13. Medicine ball
14. Balance pad
15. Closed cell fitness mat
16. Open cell fitness mat
17. Jumbo™ foam roller
18. MVP™ balance board
19. Vestibular disc
20. Inflatable ball

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