

*“Perfect for people who have difficulty gripping conventional weights”*

# Palm Bell™ Hand Weights

## The New Standard for Easy-Grip Hand Weights.

Get the benefits of traditional weight training without using hard-to-hold metal dumbbells. The round shape and unique Velcro safety strap of the Palm Bell™ hand weights keep them in your hand, even if you have arthritis or have trouble gripping. This makes the Palm Bell™ hand weights very safe to use and easy to hold. And, an inflatable air chamber inside the Palm Bell allows you to adjust the fit perfectly to your hand.

- > Adjustable for Perfect Fit
- > Made of Soft, Flexible Materials
- > Straps Keep Weights on Hands

*“with Easy-Grip Straps”*



Includes 2 Palm Bell weights and Air Pump



Bicep Curls



Shoulder Press

***Here are just a few of the exercises you can do with the Palm Bell™ weights...***



Bent Rows



Lateral Raises

### Available in Five Weight Levels:

Item	Color	Model No.	Case Qty.	Price
1-lb. Set	Orange	71201	2	\$39.95
2-lb. Set	Purple	71202	2	\$44.95
3-lb. Set	Red	71203	2	\$49.95
4-lb. Set	Green	71204	2	\$54.95
5-lb. Set	Blue	71205	2	\$59.95