



southpaw enterprises, inc.®

Instruction Sheet

Store these instructions in a safe place or with the enclosed maintenance checklist

Pediatric Weights

2261 Ankle

241001 Wrist



Take time to familiarize yourself with the use and maintenance of this equipment before using. Please file this Instruction Sheet in an accessible location: the Instruction Sheet must be read and familiar to anyone who is using Southpaw Enterprises Equipment.

IMPORTANT: Please check equipment immediately for any damage that may have occurred during shipping. If any damage has occurred, please contact Southpaw Enterprises, Inc. immediately.

MATERIALS LIST:

- 2 - Adjustable Ankle / Wrist Weights
- 24 - Steel Weights (2-1/2 oz. each)
- 1 - Instruction Sheet
- 1 - Maintenance Checklist

INSTRUCTIONS FOR USE:

- Select the weight desired.
- Lift the flap covering the weight pouches to add or remove weights as desired. **SAFETY NOTE: Keep all weights out of reach of client when not in use.**
- Replace the flap cover over the weights.
- Pull apart the hook and loop fastener.
- Wrap the Ankle / Wrist Weight around ankle / wrist with the weight pouch to the rear and the hook and loop fastener to the front.
- Press fastener in place.

SPECIAL NOTES

- Weights should never be used outside around any kind of water and always with constant supervision.
- The weights are not designed to be used as a brace or correctional device.
- The weights should never be used during strenuous physical activity such as running, jumping, turning upside down, or any activity involving sudden movements, except in carefully monitored instances.

CLEANING INSTRUCTIONS:

- Wipe soiled areas with a damp sponge and mild soap.

Safety Precautions - The safety of your clients is dependent on the appropriate choice of activity to match, yet challenge their physical abilities. Use appropriate spotting / safety techniques. In addition, the layout of your activity area, proper installation and maintenance of your equipment is critical. Southpaw equipment is not intended for recreational or outdoor use. Under no condition should this equipment be used without proper supervision.

This sheet is for example only. It is not meant to, in any way, replace local, county, state, or Federal standards. Be aware - it is your responsibility to find all pertinent safety information that pertains to your facility.



**Southpaw
Enterprises Inc.®**

If you have any questions or comments, please call or write
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Come see us on the World Wide Web at <http://southpawenterprises.com>