



0,5 - 2kg

To quickly build stamina and muscle, simply add Mambo Max Wrist and Ankle Weights to your workout. They are filled with iron sand and will effectively shape and tone your body and can be worn anywhere. Wear them around the office, out shopping or at the gym. Eventually, your body will adjust to running, walking and living with this extra weight.



3 - 5kg

Reference	Description	Weight	Unit
06-020102	Mambo Max Wrist & Ankle Weights	0,5kg	pair
06-020103	Mambo Max Wrist & Ankle Weights	1kg	pair
06-020104	Mambo Max Wrist & Ankle Weights	1,5kg	pair
06-020105	Mambo Max Wrist & Ankle Weights	2kg	pair
06-020107	Mambo Max Wrist & Ankle Weights	3kg	pair
06-020108	Mambo Max Wrist & Ankle Weights	4kg	pair
06-020109	Mambo Max Wrist & Ankle Weights	5kg	pair



The Mambo Max Thumb Lock Wrist Weight enables you to fix the weight to your thumb, ensuring a fixed position during your entire workout. Being it boxing, running or Zumba, the weights will remain in place.

Reference	Description	Weight	Unit
06-020202	Mambo Max Thumb Lock Wrist Weights	0,5kg	pair
06-020203	Mambo Max Thumb Lock Wrist Weights	1kg	pair