Pesas Tobilleras O'Live Fitness 3kg

O’Live Ankle Weights – Adjustable, Durable and Hygienic Resistance for Functional Training

Adjustable ankle weights ranging from 0.5 to 6 kg, featuring durable materials and hygienic construction. Secure **Velcro fastening** ensures a comfortable and customized fit. Ideal for **toning, functional training, and rehabilitation programs**.

Product description:

The **O’Live Professional Ankle Weights** are designed to add controlled resistance to **toning, endurance, and functional training** exercises. Available from **0.5 kg to 6 kg**, these weights are built for **intensive use** in **fitness centers, physiotherapy clinics**, and **personal training sessions**.

Manufactured from **high-strength technical nylon**, they resist sweat absorption and unpleasant odors, ensuring a **clean and hygienic experience** even during prolonged use.

Professional Design and Comfort

- **Durable nylon exterior** – resistant to wear, sweat, and deformation
- **Adjustable Velcro fastening** – ensures a secure and comfortable fit around ankles or wrists
- **Metal eyelet** – ideal for hanging or storage on professional racks and wall panels

- **Sold in pairs**
- **Color:** Black (discreet and professional finish)

Note: Heavier models (3–6 kg) have larger dimensions and may not perfectly contour to smaller ankles.

Common Professional Applications

- Progressive **muscle toning** in group or personal training sessions
- **Rehabilitation and reconditioning** in physiotherapy programs
- **HIIT, core, and functional training** with additional resistance
- **Glute, abductor, and core stability** exercises
- Improvement of **localized endurance and proprioception**

Size Chart by Weight Weight Dimensions (cm) 0.5 kg 40 × 9 × 2 1 kg 40 × 9.5 × 2 1.5 kg 40 × 10.5 × 2.5 2 kg 40 × 11 × 3 3 kg 43 × 13.5 × 3 4 kg 43 × 16 × 3 5 kg 47 × 16.5 × 3.5 6 kg 47 × 20 × 3.5 **FAQs**

Can they be used on arms or wrists?
Yes. The Velcro fastening allows flexible adjustment for both wrists and ankles.

Are they washable or sweat-resistant?
Yes. The nylon material repels moisture and odors, making them **easy to clean and hygienic**.

Can I use them for high-intensity workouts?
Absolutely. They are built to **withstand**

dynamic and functional training.

What weight is suitable for beginners?
Start with **0.5 kg or 1 kg** and increase progressively based on fitness level and exercise type.

Are they sold individually or in pairs?
They are **sold in pairs**.

Benefits for Your Fitness Facility

- Professional-grade equipment with **minimal maintenance**
- Enhances rehabilitation and functional training versatility
- Safe, hygienic, and long-lasting design
- Compatible with all training levels

Weight: 3kg

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