



WEIGHTED GLOVES

Burn more calories and tone and shape your upper body with Beachbody's weighted gloves. Simply wear these weighted gloves during any of our Beachbody® workouts and take your results to the next level.

DIRECTIONS

Put gloves on so that two fingers and your thumb are within the holes provided, and the weighted section rests comfortably in the palm of your hand.* Secure gloves with Velcro closure to ensure a stable fit.

CARE INSTRUCTIONS

Store in a cool, dry place. **Hand wash only.** Lay gloves flat and allow to air dry thoroughly.

CAUTION

When just starting to incorporate weighted gloves into your fitness routine, begin slowly, taking care not to overextend your shoulder joint. Build up gradually to using weighted gloves during your entire routine.

*An alternative that some people prefer is to wear gloves so the weight rests on the back of the hand.

If you are a member of the Team Beachbody™ community, contact your Coach for information and support or log in at TeamBeachbody.com. For Beachbody and Team Beachbody Customer Service, please call 1 (800) 818-5174 or go to Beachbody.com.

© 2008 Beachbody. All rights reserved.

Product Partners, LLC, is the owner of Beachbody, Team Beachbody, and all related designs and trademarks.