

In this document, you will find the following frequently asked questions (FAQs):

1. What a typical class needs for strength training exercises
2. Where to purchase weights
3. More frequently asked questions

See also: Equipment for fitness checks

### 1. What a typical class needs for strength training exercises

For the strengthening exercises, each EnhanceFitness participant will need a pair of adjustable ankle and wrist weight cuffs.



If an EnhanceFitness class is generally active, a typical set of weights for a class of 25 participants might look like this:

Quantity	Description
24 pairs of 5-pound cuffs	Each cuff is adjustable in half-pound increments, from 0.5 pounds up to 5 pounds per cuff.
3 pairs of 10-pound cuffs	Each cuff is adjustable in 1-pound increments, from 1 pound up to 10 pounds per cuff.

If an EnhanceFitness class is just starting and is generally inactive, a typical set of weights for a class of 25 participants might look like this:

Quantity	Description
25 pairs of 5-pound cuffs	Each cuff is adjustable in half-pound increments, from 0.5 pounds up to 5 pounds per cuff.

[Back to top](#)

---

## 2. Where to purchase weights

You can purchase weights from us or any sporting goods store.

### ***Purchasing weights through Senior Services***

Senior Services, Project Enhance (Seattle, WA) can assist your site coordinator with the ordering and delivery of the recommended weights.

We order weights from All Pro Exercise Products ([www.allproweights.com](http://www.allproweights.com)). The weights are adjustable in 0.5- or 1-pound increments to meet the individual needs of class participants. They are also easy to wear, to put on, and to take off. (See “More information about All Pro Exercise Products.”)

All Pro Exercise Products offers wholesale rates when ordered through Senior Services. Each small pair costs \$15.70, but you have to order them in multiples of three (because that is how they are automatically packed -- 3 per carton), so the minimum order would be 3 pairs at a cost of \$47.10 plus shipping and handling. As of October 2007 the typical weights order was around \$850.00 with shipping and handling (i.e., shipping from the East Coast to Seattle, WA).

The big unknown in giving you an estimate is the shipping and handling. We won't know what this cost is until we receive All Pro's invoice.

We recommend that you order 21 to 27 pairs of the small weights for a class that is just starting out.

To order your weights, send an email to [brendab@seniorservices.org](mailto:brendab@seniorservices.org) or call (206) 727-6259. We will need the following information:

- How many pairs of weights for each site
- Where to ship the weights (name of site, street address, city, state, zip)
- Contact information (name and phone number) of the person at the site where the weights are to be shipped

Shipping time is 10 to 14 business days.

---

### ***Purchasing weights elsewhere***

When you purchase weights on your own, please keep in mind the following characteristics and information:

- The resistance of the weights should be adjustable, preferably in 0.5-pound increments.
- Cuffs should be comfortable and easy to put on and take off.
- If you are ordering online, ask about the shipping and handling costs.
- If you are picking up the weights at your local sporting goods store, consider the wear and tear on your vehicle and back as you deliver the weights to your sites.

Besides your local sporting goods store, you may also consider using the following online vendors:

- Amazon.com: <http://www.amazon.com/>
- Allegro Medical Supplies, Inc.: <http://www.allegromedical.com/index.html>
- KarateDepot.com: <http://www.karatedepot.com/>

Search for “adjustable therapeutic ankle weights.”

**Note!** Although we have listed the above vendors, we do not endorse them. We have not used them nor do we know anyone who has (as of October 2007). If you do use one of them, let us know how the experience went.

### ***More information about All Pro Exercise Products***

If you are comparing All Pro Exercise Products weights to another source, you may find the follow table useful.

<b>All Pro Style #</b>	<b>Description</b>	<b>Cost*</b>
400	Style #400 -10lb. pair, adjustable in 1/2 lb increments  Each cuff is adjustable in half-pound increments, from 0.5 pounds up to 5 pounds per cuff. A pair of cuffs will weigh 10 pounds. The cuffs are packaged 3 pairs per carton.	\$15.70 per pair  \$47.10 per carton (minimum order)
500	Style #500 - 10 LB UNIT  Each cuff is adjustable in 1-pound increments, from 1 pound up to 10 pounds per cuff. A pair of cuffs will weigh 20 pounds. The cuffs are packaged 1.5 pairs (3 cuffs) per carton.	\$34.60 per pair  \$51.90 per carton (minimum order)
M20M	Style #M20M - 20 LB UNIT  Each cuff is adjustable in 1-pound increments, from 1 pound up to 20 pounds per cuff. A pair of cuffs will weigh 40 pounds. The cuffs are packaged 1 pair (2 cuffs) per carton.	\$62.00 per pair  \$62.00 per carton (minimum order)

\* **Cost does not include shipping and handling.**

---

### 3. More frequently asked questions

*Q: Can the participants use hand-held weights?*

A: For the lower body strength training exercises, your participants will definitely need cuff weights that can wrap around the ankle.

For the upper body strength training exercises, participants can use either hand-held weights or the cuff weights wrapped around the wrist. Some people are more comfortable holding the hand-held weights; others prefer the cuff weights.

Most new sites that are starting up will buy one set of cuff weights and use them for both the lower and upper body strength training exercises. Storage and budget are often the issues that preclude most sites from buying both kinds of weights.

*Q: What is the recommended resistance?*

A: If your site is just starting an EnhanceFitness class and you expect the participants to be generally inactive, we recommend that your participants start with cuff weights that are adjustable in 0.5-pound increments. Their starting resistance would be 0 to 0.5 pounds.

[Back to top](#)