

## **Elist Discussion on Wrist and Ankle Weights for Pediatrics**

### **10-10-12 From Carrie:**

I am looking for options for 1 pound total weight (1/2 lb each) wrist or ankle weights for my pediatric population. I currently have wrist weights from Sprint Aquatics and was looking for other suppliers.

### **From Patti:**

Kiefer offers weights for ankles and/or wrists. I believe even 1/4 pounds.