



Exercise your options

Ankle Cuffs: Underwater, Mini Cuffs work like ankle weights on land, toning and strengthening all the major muscles in your lower body.

Buoyancy Belt: Fasten your Mini Cuffs together to create a comfortable and secure buoyancy belt for deep water exercise and water running. Mini Cuffs' segmented design distributes buoyancy evenly around your torso and fits waists up to 38". Because Mini Cuffs provide only half the level of buoyant support in deep water as HYDRO-FIT Cuffs, it is necessary to wear two pairs, one pair around your ankles and one pair around your waist.

Wrist Cuffs: On your wrists, Mini Cuffs provide the resistance and buoyancy of buoyant barbells to tone and strengthen all the major muscles in your upper body. Our Mini Cuffs hold onto you, you don't have to hold onto them—less grip, more stability, and secure comfort.

Arm Cuffs: Around your upper arms, Mini Cuffs give you buoyant support in deep or shallow water. Ideal for abdominal toning exercises and deep water activities where a buoyancy belt is not suitable.