

Step-Up Your Workouts!

Increasing the effectiveness of your workouts has never been so easy! Safely add resistance with attachable shoe weights to help strengthen and tone muscles, increase stamina and burn up to 15% more calories.



Designed for all fitness levels, ages and body types, shoe weights can be worn by everyone – whether you're a serious athlete, an avid exerciser or you run a busy household and family – you are taking every movement to the next level.

Durable and compact shoe weights easily attach to any laced shoe and secure with an adjustable Velcro® strap. Unlike ankle weights, shoe weights safely add input at the extended area of the foot, as opposed to wrapping around the ankle joint and Achilles tendon, which can cause irritation, injury and potentially cause the body to be thrown off-balance.

Attachable shoe weights can be conveniently left on your shoes so they're already attached when you're ready to go!

In a 2015 test conducted by a leading provider of health related products, the following data was obtained, supporting the safety and effectiveness of attachable shoe weights.

Nurse who Runs (4x week)

Reported that she liked the added weight on the slope of the foot, instead of weights that wrap around the ankles - her steps felt safe. She said she could feel her muscles working harder.

Competitive Long Distance Runner

Reported that he liked the constant added resistance. He said they would definitely help him train for his races.

Professional Cross Fit Trainer

Reported that he really liked the 1 lb. weights for his personal workouts and for training clients. He tried the 2 lb. weights but said they were a little tough with his high-intensity workouts.

Basketball Player (2x week)

Reported that he wore the weights during his warm-up. He said that his feet felt super light during the game and when making jump shots. He said it also enhanced his footwork.

Fitness Walker and Hiker (2 - 3x week)

Reported that they were easy to walk in, they didn't feel awkward. She said she could feel the added weight make a difference, especially while fitness walking.

"I run every day and wanted to enhance my workouts. I found your weights and bought a pair - they make such a difference. Thank you for a great idea!"

N. Tomasik
Joliet, IL



"I am so excited about your weights, I really like wearing them. What's great is that I just do my normal running around, but with your weights on I'm not doing anything extra, but I'm benefiting!"

S. Butterworth
Pittsburgh, PA



"After my knee surgery I was unable to continue running. My PT told me I could still get a good workout if I power walk. She suggested weights to boost it. I was skeptical but I bought some of your weights and I'm shocked at how much they work!"

Gena Marie J.
Santa Monica, CA

"My sister bought a pair of your weights for her daily walks. I borrowed them to wear while warming up for my weekly basketball game. I couldn't believe how light my feet felt when I took them off to play! It was the highest I'd ever jumped during a game and my legs were sore the next day. All of my friends want a pair."



D. Kachur
Danbury, CT