



DON'T HAVE ENOUGH TIME TO EXERCISE? Jolie Weights turn everyday activities into a workout! Durable, compact weights add resistance to every step, helping to tone glute, thigh and calf muscles and burn up to 15% more calories. Designed for all fitness levels, ages and body types, they can be worn at work, while running errands, taking a leisurely stroll, or add them to your regularly scheduled workout for an increased cardio workout and a higher caloric burn rate. Jolie Weights unique design makes them so comfortable you'll want to wear them all day!

Jolie Weights tie to any laced shoe and secure with an adjustable Velcro® strap. Unlike ankle weights, shoe weights safely add input right at the extended area of the foot, rather than the ankle joint. The positioning of the weight on the foot vs. the ankle prevents the body from being thrown off balance while wearing them. Ankle weights also slip, chafe and catch on your clothes—not to mention they're quite unattractive. Attachable shoe weights are the ankle weights of the 21st Century!

Jolie Weights are flexible, so they contour to your shoe for a custom fit. They can be conveniently left on your shoes so they're already attached when you're ready to go. Use the concealed pocket to carry a key or money while you walk. **Fitness has never been so easy!**

SPECS

- 1 lb. weights – 2 1/2" wide x 4" tall x 1 1/4" thick
- 2 lb. weights – 2 3/4" wide x 5" tall x 1 1/2" thick

"I have been doing trade shows for over 12 years and have seen many new products come and go. Jolie Weights are a unique product and **caught the interest of more buyers** at their first trade show than many new products do in 5 years!"

– **John Schiek**
Schiek Sports, Inc.
2003 Health & Fitness Business Expo, Denver, CO

“I am **so excited about your Jolie 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!!!”

– **Susan Butterworth**
Pittsburgh, PA

"I have two pair of the one pound weights and I wear them **EVERY DAY**. I'm excited to now find the two pound weights."

– **Sandra Beuten**
Tinley Park, IL



**Twice the
resistance,
Twice the
workout!**

"I work out at CURVES and **needed to add a little more 'oomph' to my workout**. A friend said to add ankle weights but I spotted an article in Women's Day and it included your weights. I just bought a pair!"

– **Anna Marie**
Cantu Port Arthur, TX