

The **HandiThings hand weight** is reversible and can be worn on either hand. To switch between the left and right hand simply flip the weight over. The weighted pouch rests on the back of the hand with the hook and loop closure securing around the wrist. The elastic loops can then be stretched over the fingers and thumb securing the weight to the back of the hand.



MEASUREMENT CHART

SIZE	WIDTH	WEIGHT
XSmall	Up to 2"	1/4 lb
Small	2" to 2 1/4"	3/8 lb
Medium	2 1/4" to 2 3/4"	1/2 lb
Large	2 3/4" to 3 1/4"	1/2 lb
XLarge	3 1/4" and Up	1/2 lb

Size is determined by the WIDTH of the hand across the knuckles, not including the thumb. When on the border between 2 sizes please choose the larger of the 2.
Please refer to the sizing video for more information.

The **HandiThings arm weight** can be worn on either arm. Slide the sleeve over the hand using the larger end and then pull up the forearm until the weight is centered between the wrist and elbow and feels comfortable. The weighted pouches should be on the top of the forearm and the seam on the inside of the forearm.



ARM WEIGHT MEASUREMENT CHART



Size	Forearm Circumference	Weight
X-SMALL	5.0"- 6.5"	1/4 lb.
SMALL	6.5"- 8.0"	1/2 lb.
MEDIUM	8.0"- 9.5"	1 lb.
LARGE	9.5"- 11.5"	1 lb.
X-LARGE	11.5"- 14"	1 lb.

The **HandiThings pencil weight** secures around the writing utensil with the hook and loop closure. Lay the weight in the open position on a table and center the writing utensil on it and the secure with the hook and loop closure. For best results if using a thinner pencil or writing device wrap a thin rubber band around the utensil before putting the weight on to prevent slippage. The pencil weight can be used on a variety of writing instruments.



All of our weight products can be cleaned using a warm slightly damp cloth rubbing with the grain of the fabric then hang to let air dry or blow dry with a hair dryer. The weights should never be submersed in water or subjected to extreme heat.