

Ankle weights and weight vest are used as training devices commonly. You can significantly improve your fitness during every day activities by using these weights and weight vest. Most of the ankle weights are like mini sandbags that can be attached around the ankles by a Velcro strap. Similarly, the weight vest is attached around the chest with the belt.

Typically, the ankle weights will range from one to three pounds that is roughly 0.5-1.5 kgs. They can be incorporated into your workout routine or used during day-to-day activities. The weight vest, on the other hand, will be almost four to ten percent of the body weight.

Ankle weights and weight vest have not been studied very extensively compared to the standard fitness training methods. Researches have suggested that [ankle weights](#) can be beneficial for the improvement of your dynamics of walking. They also reduce body fat and lessen the risk of cardiovascular diseases. Moreover, for older people, wearing the ankle weights will improve the repositioning of the knee joint and help them improve balance in people who are recovering from the events of stroke.

Related articles

[Getting the Most out of Your Ankle Weights and Weight Vest](#)

[Why are Gymnastics Rings Effective Fitness Rings?](#)

Generally, the ankle weights and weight vest offer a lot of benefits for fitness, and healthy individuals can also use them safely.

Importance of Ankle Weights and Weight Vest



Ankle weights and weighted vest have not been invented recently. The researches these weights were started earlier, around the 1990s. There is not much research on ankle weights and weighted vest as the training method compared to other fitness methods. However, recent studies have suggested that both the ankle weights and weight vest are great for different applications.

Clinical uses of ankle weights and weight vest

The uses of ankle weights and weighted vest in the clinical setting are:

- Improving the walking gait of older adults
- Balancing rehabilitation in individuals who are recovering from a stroke
- Reduced body weight and fat mass in the patients who have obesity

Another study conducted in 2016 found that if you combine the ankle weighting with 0.5%, 1%, and 1.5% of the subject's body mass, it lowered the errors in the repositioning of the knee joint in older people compared with no resistance. The group that got 1% ankle weight gave the best performance, and an improvement was seen in all other weighted groups. It was shown by another study on stroke rehabilitation patients that adding 3% to 5% of the

person's body weight in his ankle on the leg that was affected by stroke improved the ability of balance for the patient. You need to consult your healthcare professional before you start using ankle weights or [weight vest](#) for a medical reason.

Best Ways of Using the Ankle Weights and Weighted vest



Given below are some suggestions for incorporating the ankle weights and weight vest in your life.

Ankle weights:

- Get the ankle weight that is between 1% to 2% of the weight of your body
- Use them three times a week for 20 minutes at least in every session
- If you are walking slow, add an ankle weight for enhanced quality of movement
- Use them for a limited time to avoid imbalances and injuries.
- Never exceed 3% of the body weight.
- Increase the weight incrementally to avoid overuse injuries.

Weight vest

- Use the weighted vest when you are lifting weights or exercising to make the workout challenging.
- Go on a hike or walk while wearing your weighted vest to turn it into a workout.
- Wear it on the cycle to increase the cycling benefits. Although it may look odd, it is very beneficial.
- Wear the weighted vest as you do your everyday activities or run errands to turn them into a significant workout

Exercise with Ankle Weights

Given below are the exercises that you can perform with the weights. They target your glutes and hips.

1. Single-leg glute bridge

For doing this exercise:

- Lie on the back and make sure your heels are in together toward the hips.
- Extend one of your legs straight up in the air.
- Press against the surface with the non-extended leg evenly with the foot for raising the hips off the surface.
- Contract the glutes at the top position, and then return the hips gently to the floor.
- Do the same with the other leg.

2. Prone hamstring curl

For doing this exercise:

- Lie on the stomach, with the legs behind and extended and the toes on the ground.
- Extend the hands in front so that they can provide stability.
- Curl your leg up slowly by bending it at the knee, and then raise the foot till the shin forms an angle of 90 degrees with the ground.
- Return to the start position slowly. You should be to keep the pelvis and hips on the floor for a proper form.

- Do the same on the other side.

3. Side-lying hip abduction

For doing this exercise:

- Lie on a side with the elbow and your upper arm on the floor. Use your hand to support your head.
- Bend the bottom leg to a form 90 degrees for providing stability.
- Keep the leg straight at the top and raise it slowly as high as you can.
- Contract the glute at the top. Then lower the leg slowly back to the ground.
- Do the same on the other side.

Ankle weights and weighted vest are rehabilitation tools and methods for improvement of general fitness improvements. You can add these weights to your routine to make your workouts more effective. They can also be incorporated into your day-to-day activities. It is essential to be cautious while you are using them.

If you want the best quality of ankle weights and weight vest, get them at [fitness Equipments](#). We have a wide range of products available for you that you can select from.