



Black Iron Lite



Black Iron Lite Pivot

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Product Code: *BIL, BILPIVOT*

Features:

- The **BLACKIRONLITE** is designed for light-weight aerobic style dumbbell exercise and light weight barbell, dumbbell and cable machine, resistance exercise and training.
- The **BLACKIRONLITE** is not recommended to be used with weights in excess of ten pounds!
- The **BLACKIRONLITE** is molded from high strength polymers and is equipped with a ratchet type lock down strap for securely capturing weights and handles.

- The **BLACKIRONLITE PIVOT** is an advanced, additional, version of the BIL, which is very popular for light-weight aerobic workouts and training with free weights and other exercise apparatus. The PIVOT provides an ~ 32 extra, degrees of friction-adjustable freedom, in wrist movement. This added range of motion enhances the usefulness and performance of the BIL providing better, more comfortable control of exercise equipment. The added wrist function enables an "Add-on" LCODE (L6620) to the primary L6704.

Application:

- Right or Left. Light duty weight training and exercise
- Aerobic/dance style dumbbell exercise
- **BLACKIRONLITE** units can be used with the following wrist units: TRS® Omega Large Oval, All Wedgegrips, All Disconnects, FM Disconnect

Wrist Units:

- **TRS® Omega Large Oval & Round**

SPECIFICATIONS

Models:	BLACK IRON LITE	BLACK IRON LITE PIVOT
Product Code:	<i>BIL</i>	<i>BIL PIVOT</i>
Length:	3.3 in. (8.4 cm)	4.4 in. (11 cm)
Width:	2.0 in. (5.1 cm)	2.0 in. (5.1 cm)
Weight:	11.7 oz. (332 g)	13.0 oz. (369 g)
Load Rating:	Not recommended for weights in excess of 10 pounds (4.5 kg)	
Bar Diameters:	0.875 in. (2.2 cm) to 1.5 in. (3.8 cm)	
Material:	High strength polyurethane and nylon.	
Colors:	Black, Teal (TL), Violet (V)	Black
L-Code:	L6704	L6704, Add-on code L6620