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Best Ankle Weights of 2024

By **Maureen Farrar, 500-hour Registered Yoga Teacher (RYT-500)**



Reviewed by **Marlo Jappen Porto**

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Save

Incorporating ankle weights into your exercise routine can add intensity and promote strength development. You can wear these workout accessories during Pilates, yoga, low-impact cardio, strength training, and even casual walks. The compact size of these weights means easy storage and portability, making them a valuable addition to both gym bags and home workout spaces.

To help you narrow down the options, we compared dozens of models while considering weight, adjustability, materials, and prices. Additionally, we tapped a fitness expert for her insights and advice on choosing the best ankle weights for your needs.

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Best Overall

The Sculpt Society 2 Lb. Adjustable Ankle Wei...



PROS:

- ✓ Adjustable weight
- ✓ Ridges designed to boost breathability
- ✓ Adjustable strap for security and comfort

CONS:

- ✗ Expensive
- ✗ Limited color options

Buy From The Sculpt Society

These ankle weights from The Sculpt Society have a user-friendly design focused on comfort and customization. Made from a durable silicone material, each of the two in this set weighs 2 pounds. Their innovative adjustment system sets them apart from other weights. Eight individual weight blocks per ankle weight can be slid on or off in 4-ounce increments, allowing for more specific weight adjustments to match your fitness level and exercise needs. We found this to be much easier than removing or adding weighted pockets into the weights, which can be cumbersome.

We like the silicone construction because it’s grippy enough to stay in place while you’re exercising – you don’t have to worry about the weights sliding when you’re doing leg lifts or arm curls. The strap adjusts much like a watch band, so it fits better than most and is more secure as well. This set is also available in a 1-pound version for \$50.

Specs

List Price:	\$65
Material(s):	Silicone
Weight:	2 lbs.
Adjustable Weight:	Yes

Buy From The Sculpt Society »

Best Budget

ProsourceFit Ankle Weights »



PROS:

- ✓ Affordable price
- ✓ Wide weight range
- ✓ Secure closure

CONS:

- ✗ Not the most stylish
- ✗ Sand may leak from weights

[Buy From Amazon](#)

The ProsourceFit Ankle Weights prioritize function, making them a solid choice if you're focused on heavy resistance training or injury rehabilitation. These weights boast a no-nonsense design and heavier iron-sand filling, so they offer a challenge for advanced exercisers or those needing significant resistance for rehab purposes.

The set is available in multiple weight options: 1, 1.5, 2, 2.5, 3, and 5 pounds. These ProSourceFit Ankle Weights feature a secure double-attachment system. The neoprene material is more comfortable against your skin, preventing chafing and absorbing the sweat from your workouts. Each weight features two adjustable Velcro straps with additional metal clasps, ensuring a secure and comfortable fit even under heavy loads.

Specs

List Price:	Starting at \$12.99 (1 lb., green)
Material(s):	Neoprene
Weight:	1, 1.5, 2, 2.5, 3, or 5 lbs.
Adjustable Weight:	No

[Buy From Amazon »](#)

Best for Walking

TheraBand Ankle Weights »

**PROS:**

- ✓ Light enough for walking
- ✓ Comfortable fit
- ✓ Secure closure

CONS:

- ✗ Weights aren't adjustable
- ✗ Doesn't come in a 2-pound option

[Buy From Amazon](#)

You may know TheraBand from its resistance [bands](#), but the company also makes ankle weights, which are a comfortable option for walkers. The plush interior lining is made of a terry cloth material that not only feels comfortable against your skin but also helps absorb moisture and prevents slipping during even the sweatiest workouts. The exterior material is neoprene, which is durable and water-resistant. The Velcro straps adjust easily for a snug fit. These ankle weights come in three weight options (1, 1.5, and 2.5 pounds) to suit different fitness levels.

Specs

List Price:

Starting at \$18.27 (1.5 lbs., green)

Material(s):

Neoprene

Weight:

1, 1.5, or 2.5 lbs.

**Adjustable
Weight:**

No

[Buy From Amazon »](#)

Best for Glutes

Pvolve 3-Pound Ankle Weights »



PROS:

- ✓ 3-pound set is designed to intensify lower-body workouts
- ✓ Slim design
- ✓ Padded cover conforms to ankle shape

CONS:

- ✗ Sand-filled weights aren't as durable as other options
- ✗ Fit may be too loose for those with smaller ankles

[Buy From Amazon](#)

Pvolve's 3-Pound Ankle Weights are designed to intensify lower-body workouts. However, they're also versatile enough to add to any workout where you want an extra challenge. Crafted from soft, nonslip neoprene, these weights stay in place during exercises. The contoured, padded cover conforms to your ankle shape and feels comfortable whether you're walking or performing booty-burning glute exercises like leg lifts or glute presses. These sand-filled weights distribute evenly for a nice balance, and they have a slim profile that doesn't feel bulky or restrict movement.

The neoprene material keeps you dry during the sweatiest sessions, and the Velcro closure is easy to adjust. We like the 3-pound weight, but Pvolve also sells a 1.5-pound version for those who prefer lighter weights.

Specs

List Price:	\$29.99
Material(s):	Neoprene
Weight:	3 lbs.
Adjustable Weight:	No

[Buy From Amazon »](#)

Best for Yoga and Pilates

Bala Bangles »

**PROS:**

- ✓ Silicone material is grippy and keeps weights in place
- ✓ Sleek design
- ✓ Comes with carrying case

CONS:

- ✗ Expensive
- ✗ Not adjustable

[Buy From Amazon](#)

Bala Bangles are a versatile and functional workout tool with a sleek and stylish design. While yoga relies primarily on body weight, the addition of ankle weights can increase the effort required. Made from recycled stainless steel wrapped in soft silicone, the set comfortably adds resistance to your workouts without adding too much weight.

The silicone material is grippy, keeping the bangles from sliding around during movement. Maureen Farrar, the author of this piece, owns the 1-pound version of these bangles and appreciates how they don't slip when she uses them while doing leg lifts and yoga poses. The long Velcro fasteners fit various sizes, allowing for a customized fit for wrists and ankles.

Thanks to the silicone coating, this weight set is more water-resistant than neoprene options, so sweat or moisture won't cling to it. This also makes them easy to clean – simply hand-wash them with a cloth or mild soap and let them dry. The Bala Bangles come in a color-matched carrying case so that you can take them with you to the gym or on vacation. Available in 1-, 2-, and 3-pound weight options, they even come in several fashionable colors.

Specs

List Price:	Starting at \$55 (1 lb.)
Material(s):	Steel and silicone
Weight:	1, 2, or 3 lbs.
Adjustable Weight:	No

[Buy From Amazon »](#)

Best Adjustable

Sportneer Adjustable Ankle Weights »

**PROS:**

- ✓ Weight is adjustable in small increments
- ✓ Available in multiple size options
- ✓ Neoprene wicks away moisture

CONS:

- ✗ Sand-filled bags aren't the most durable
- ✗ Sandbags can be difficult to put back in

[Buy From Amazon](#)

If you're looking for customizable ankle weights, the Sportneer Adjustable Ankle Weights are a great pick. These versatile weights utilize a traditional design with a D-ring and Velcro closure that easily adjusts and secures the weights so that they stay put during exercise. Each ankle weight comes with removable sandbags that each weigh 1 pound. This allows you to adjust the weight in small increments, which essentially gives you multiple weights in one. This customization also makes them ideal for beginners and advanced users alike. The Velcro strap is 12.5 inches long, ensuring it fits most people.

The exterior is crafted from soft, breathable neoprene, and the inner lining absorbs moisture to keep you dry during your workouts. Additionally, the

reinforced stitching and sturdy outer trim help the weights stay secure and comfortable even during intense exercise. It’s worth noting, though, that the sand-filled bags may rip after being handled too often, likely because the pockets are snug. Sportneer offers this set in three weight options (2, 3.5, and 5 pounds) to suit your needs, and they come in multiple colors, too.

Specs

List Price:	Starting at \$19.99 (2 lbs.)
Material(s):	Neoprene
Weight:	2, 3.5, or 5 lbs.
Adjustable Weight:	Yes

[Buy From Amazon »](#)

Best Moisture-Wicking

Henkelion Adjustable Ankle Weights »

**PROS:**

- ✓ Soft, breathable cotton
- ✓ Customizable
- ✓ Long strap for a better fit

CONS:

- ✗ Somewhat bulky
- ✗ Need to off-gas when first opened

[Buy From Amazon](#)

The Henkelion Adjustable Ankle Weights make it possible to adjust the intensity of your exercises with removable weight bags, allowing you to start light and gradually increase the weight as you get stronger. Made from a soft, breathable cotton material, these weights are comfortable against your skin and absorb moisture and sweat, keeping you cool and dry during your workout.

The outer fabric is moisture-wicking neoprene with reinforced stitching for durability. The elongated, adjustable Velcro strap helps the weight conform to your ankle or wrist for a comfortable fit, and the reflective strips provide safety for outdoor walks in the dark.

The manufacturer recommends that you wear clothing (like socks or leggings) under the weights to reduce friction. These are durable and come in various weights – 2, 3, or 5 pounds – to suit different fitness levels and goals. They’re also available in multiple colors.

Specs

List Price:	Starting at \$18.99 (3 lbs., grey or pink)
Material(s):	Cotton
Weight:	2, 3, 4, 5, 6, or 10 lbs.
Adjustable Weight:	Yes

[Buy From Amazon »](#)

Best Heavier-Weight

CAP Barbell 10-Pound Adjustable Ankle Weigh...



PROS:

- ✓ Heavier than most options
- ✓ Adjustable in increments of 2 pounds
- ✓ Long straps fit most users

CONS:

- ✗ Some say strap closure is time-consuming to adjust
- ✗ May be too heavy for some users

Buy From Amazon

The CAP Barbell 10-Pound Adjustable Ankle Weights cater to both beginners and experienced exercisers. Each weight is adjustable from 2 up to 10 pounds. The removable sandbags allow you to customize the weight for each ankle in increments of 2 pounds, and you can add or remove weight without taking the ankle weight off. This means you can gradually increase the intensity of your workouts as you progress. The 10.5-inch-long Velcro straps are big enough to fit most ankles, though some users think the double straps are too time-consuming to adjust and would prefer a single, wider strap.

Specs

List Price:	\$20.99
Material(s):	Polyester
Weight:	10 lbs.
Adjustable Weight:	Yes

[Buy From Amazon »](#)

The Bottom Line

Comfort and fit, weight, material, and durability are all important factors to consider when shopping for ankle weights. With their precise weight adjustability, silicone material, and secure strap, The Sculpt Society's 2 Lb. Adjustable Ankle Weights are our top choice. They're a little more expensive than other options, but they're durable and should last a long time.

Things To Consider When Buying Ankle Weights

Comfort and Fit: A secure and comfortable closure system is important when selecting ankle weights. This helps prevent injuries and minimizes chafing during your workout, says Susane Pata, master trainer and National Academy of Sports Medicine (NASM) certified personal trainer. Velcro closures are easy to use and adjustable, conforming to a wide range of ankle shapes and sizes and ensuring a snug and supportive fit. If you don't like Velcro or you prefer a more precise fit, there are ankle weights with magnetized belt buckles. These offer a different level of adjustability, but keep in mind they might be slightly pricier. Ultimately, the best closure type depends on your personal preference and what feels most secure and comfortable for you.

Material: Neoprene is a popular choice for ankle weights because it allows your skin to breathe during your workout. However, some people prefer the feel of softer materials like polyester, cotton, or terry cloth. While these options can be comfy, they might not be as tough as neoprene and could rip more easily.

When it comes to filling material, ankle weights come with a variety of fillings, each with benefits and setbacks. Many people prefer sand-filled weights because they tend to mold comfortably to your body. However, they can leak. Other options include steel shot and iron powder fillings, which are generally more reliable but might feel a bit bulkier. Water-filled weights offer a unique experience, as they adjust to your movements and can feel a bit more dynamic.

Weight: When shopping for ankle weights, choose an option that matches your current fitness level. Think “light and lots of reps” when starting. Pata recommends 1- or 2-pound weights to help you get comfortable with the added resistance. As you get stronger, you can always graduate to a heavier set. While you might see weights up to 15 pounds out there, consider that heavier weights can put a lot of strain on your joints, especially your wrists and ankles, which can potentially lead to injuries down the line. Plus, heavier weights often come with a steeper price tag.

Durability: To ensure your ankle weights will hold up to repeated use, look for reinforced stitching, strong fasteners, and high-quality materials like neoprene or nylon. Recycled steel or weighted steel blocks tend to hold up longer than weights made from sand or other soft fillings.

Style and Colors: You can find ankle weights in an array of colors, allowing you to choose an option that matches your style. Neutral colors like black or gray offer versatility and will coordinate well with most workout clothes. However, if you like a pop of color, you can find that, too. For added safety during outdoor workouts at night, consider a set of ankle weights with reflective trim. This reflective material catches car headlights and helps improve your visibility to drivers when walking, running, or cycling in low-light conditions.

How We Chose the Best Ankle Weights

To compile our list of the best ankle weights, we consulted [Susane Pata](#), a NASM-certified personal trainer and certified group fitness instructor. She offered insights into the best way to safely use ankle weights, what weight to look for, and what exercises you can do with them. We also did a thorough analysis of some of the most popular and well-reviewed ankle weights available. We narrowed down our selections based on price, durability, and our writer’s experiences with these weights.

WHY SHOULD YOU TRUST US?

Our contributors and editors have years of experience researching, testing, and reviewing products. The author of this piece, [Maureen Farrar](#), is a commerce writer

and product reviewer specializing in fitness, health, and lifestyle. Notably, she's a 500-hour registered yoga teacher and owns some of the ankle weights mentioned in this article. In addition to her contributions to U.S. News & World Report, including the [best foam rollers](#) and [yoga mats](#), her work has appeared in The Spruce, Yoga Journal, and Outside, among other publications.

FAQ

What are the benefits of using ankle weights?

+

What exercises can I perform with ankle weights?

+

What exercises should I avoid with ankle weights?

+

How heavy should my ankle weights be?

+

How long should ankle weights be worn?

+

About Our Team



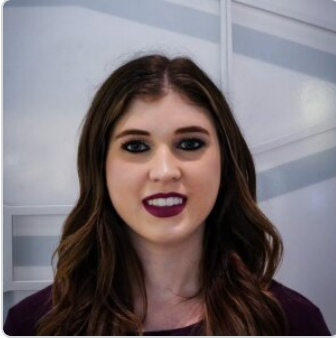
Maureen Farrar, 500-hour Registered Yoga Teacher (RYT-500)

Contributor



Based in the Pacific Northwest, Maureen Farrar is a seasoned writer and editor who is passionate about crafting content that empowers readers to live their healthiest lives. Her expertise spans fitness, nutrition, and home. A regular contributor to publications such as Outside, Wide Open Spaces, and Yoga Journal, Farrar is also a certified 500-hour yoga instructor.

[Read more](#)



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Marlo Jappen Porto is a former editor for U.S. News 360 Reviews, focusing on home goods. Prior to joining the team, she was a researcher at NBCUniversal, where she gathered compelling and relevant archival content for live broadcasts. In addition, she has spent years working as an editor and community journalist.

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