FITNESS GEAR
Driven by Quality

How to use a lifting belt:

If you've never used a lifting belt, start by placing it where you splitting your belly button horizontally. From there, everyone is going to have to learn where they get more benefit from the belt. Don't be afraid to try it in different places. Start there, and then you're going to have to learn where you want to place it, whether that's higher or lower or angled higher in the back and lower in the front, or lower in the front and higher in the back. To find out how to use the belt effectively, do not be afraid to try it in different positions.

Also, be smart. Don't move your belt to a spot you've never worn it for your top set or a heavy set.

A good way to learn how to brace and push into your belt is to do core/ab work in your belt. For example, you can do sit ups off a GHR, weighted side bends, planks, or any core exercise you can think of. You would wear the belt loose and brace by engaging your core and pushing into the belt during the whole movement. That's an easy way to learn how to brace and push into the belt effectively.

How tight should the belt be?

As tight as you need it. But you can put a belt on too tight. You will know if it's too tight if it's limiting your mobility or range of motion. And if you can't take a full deep breath with the belt on, it's too tight. For example: if someone is rushing to get the belt off after a set, then the belt is on too tight.

Washing/Cleaning Instructions:

Do Not Wash The Belt if you see sweat stains please clean with the wet cloth & let it dry.