

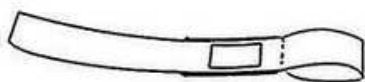
U-FIT[®]ONE



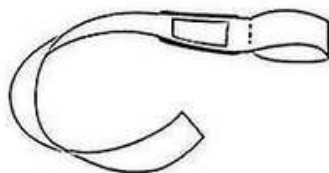
LIFTING STRAPS INSTRUCTIONS

HOW TO WEAR

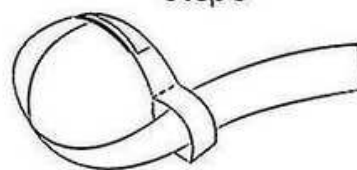
Step 1



Step 2

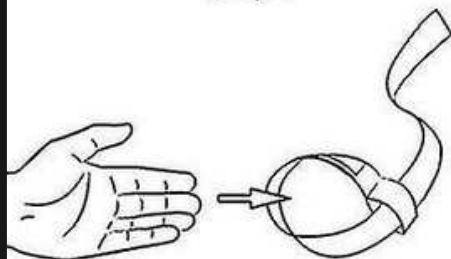


Step 3



Please insert non-slip pad part deep into opposite ring.

Step 4

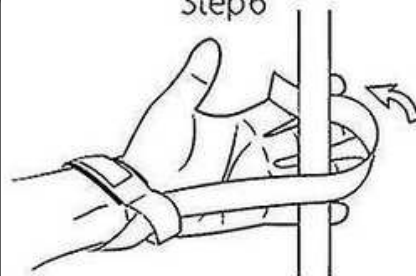


Step 5



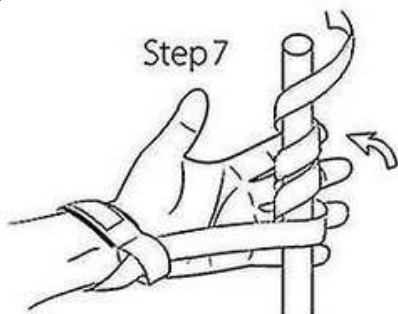
Please put your palm in the strap in the direction that you can reach, between the thumb and the index finger in the long strap.

Step 6



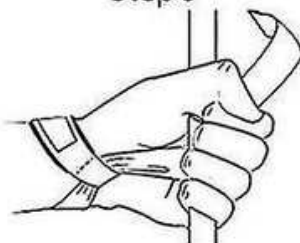
Please put your finger on the support and wrap the strap around your palm.

Step 7



Please Wrap non-slip pads tightly around the supports and wrists.

Step 8



Hold the pole and the strap by hand

LIFTING PLANNER

BEGINNER SCHEDULE

- Warm-up before each workout with 5-10 minutes of light cardio and dynamic stretching.
- Start with a weight that allows you to complete the desired number of reps with proper form.
- Gradually increase the weight as you get stronger.

MONDAY

BARBELL SQUATS: 3 SETS OF 8-10 REPS
BENCH PRESS: 3 SETS OF 8-10 REPS
BENT OVER ROWS: 3 SETS OF 10 REPS
DUMBBELL LUNGES: 3 SETS OF 10 REPS PER
LEG

LIFTING STRAP EXERCISE – DEADLIFTS:
3 SETS OF 8 REPS

TUESDAY

ACTIVE RECOVERY OR REST

WEDNESDAY

OVERHEAD PRESS: 3 SETS OF 8-10 REPS
PULL-UPS OR LAT PULLDOWNS:
3 SETS OF 8-10 REPS
DUMBBELL BENCH PRESS: 3 SETS OF 10 REPS
FACE PULLS: 3 SETS OF 12 REPS

LIFTING STRAP EXERCISE – BARBELL SHRUGS:
3 SETS OF 12 REPS

THURSDAY

ACTIVE RECOVERY OR REST

FRIDAY

DEADLIFTS: 3 SETS OF 8 REPS
LEG PRESS: 3 SETS OF 10 REPS
ROMANIAN DEADLIFTS: 3 SETS OF 10 REPS
PLANK: 3 SETS, HOLD FOR 30-60 SECONDS

LIFTING STRAP EXERCISE – FARMER'S WALK:
3 SETS, WALK FOR 30-60 SECONDS

SATURDAY/SUNDAY

LIGHT CARDIO ACTIVE R

LIFTING PLANNER

INTERMEDIATE SCHEDULE

- Warm-up before each workout with 5-10 minutes of light cardio and dynamic stretching.
- Start with a weight that allows you to complete the desired number of reps with proper form.
- Gradually increase the weight as you get stronger.

MONDAY

BARBELL SQUATS: 3 SETS OF 8-10 REPS
BENCH PRESS: 3 SETS OF 8-10 REPS
BENT OVER ROWS: 3 SETS OF 10 REPS
DUMBBELL LUNGES: 3 SETS OF 10 REPS PER
LEG

LIFTING STRAP EXERCISE - DEADLIFTS:
3 SETS OF 8 REPS

TUESDAY

OVERHEAD PRESS: 3 SETS OF 8-10 REPS
PULL-UPS OR LAT PULLDOWNS:
3 SETS OF 8-10 REPS
DUMBBELL BENCH PRESS: 3 SETS OF 10 REPS
FACE PULLS: 3 SETS OF 12 REPS

LIFTING STRAP EXERCISE - BARBELL SHRUGS:
3 SETS OF 12 REPS

WEDNESDAY

LIGHT CARDIO ACTIVE REST

THURSDAY

OVERHEAD PRESS: 3 SETS OF 8-10 REPS
PULL-UPS OR LAT PULLDOWNS:
3 SETS OF 8-10 REPS
DUMBBELL BENCH PRESS: 3 SETS OF 10 REPS
FACE PULLS: 3 SETS OF 12 REPS

LIFTING STRAP EXERCISE - BARBELL SHRUGS:
3 SETS OF 12 REPS

FRIDAY

DEADLIFTS: 3 SETS OF 8 REPS
LEG PRESS: 3 SETS OF 10 REPS
ROMANIAN DEADLIFTS: 3 SETS OF 10 REPS
PLANK: 3 SETS, HOLD FOR 30-60 SECONDS

LIFTING STRAP EXERCISE - FARMER'S WALK:
3 SETS, WALK FOR 30-60 SECONDS

SATURDAY/SUNDAY

LIGHT CARDIO ACTIVE REST