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› WALITO Gym Weight Lifting Straps - User Manual

## WALITO weight lifting straps-red

# WALITO Gym Weight Lifting Straps - User Manual

Model: weight lifting straps-red

## 1. INTRODUCTION

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Thank you for choosing WALITO Gym Weight Lifting Straps. These straps are designed to enhance your grip strength, allowing you to lift heavier weights and perform more repetitions with improved safety and focus on target muscle groups. Constructed with durable materials and thick padding, they provide comfort and support for various strength training exercises.



Image 1.1: WALITO Gym Weight Lifting Straps (Red) and other available colors.

## 2. SAFETY INFORMATION

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- Always inspect straps for wear and tear before each use. Discontinue use if any damage is observed.
- Ensure straps are securely wrapped around your wrists and the bar to prevent slipping during lifts.
- Do not rely solely on straps for grip; maintain a firm grip on the bar with your hands.
- Consult a fitness professional for proper lifting techniques, especially when using lifting aids.
- Start with lighter weights when first using straps to familiarize yourself with the feel and technique.

## 3. PRODUCT FEATURES

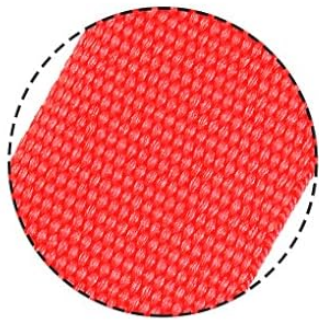
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- **Enhanced Grip Strength:** 24-inch cotton strap length and 4mm neoprene padding improve grip and reduce injury risk.

- **Durable Construction:** Reinforced cross-stitching and double walking lines designed to withstand weights over 300kg (660lbs).
- **Wrist Protection:** 0.31-inch thick padding offers superior wrist protection, breathability, and comfort.
- **Versatile Use:** Suitable for weightlifting, deadlifting, bodybuilding, strength training, rows, squats, and other exercises requiring grip support.
- **Portable Design:** Compact and easy to carry in your gym bag.

# QUALITY MATERIALS

The suspenders are made of the highest quality materials with meticulous attention to detail.



Heavy duty  
cotton webbing



Premium  
neoprene padding



Image 3.1: Detail of materials: heavy-duty cotton webbing and premium neoprene padding.

# WALITO WEIGHTLIFTING STRAPS

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- ✔ 5mm Thick Neoprene Wrist Support
- ✔ Extended 24" Length for Multiple Wraps
- ✔ Irrefutably Comfortable Cotton Fabric
- ✔ 15 x 5 cm Wider Wrist Padding Slab
- ✔ High-Density Weaving Grip for Better Hold
- ✔ Stitched to Last Longer
- ✔ Pair of Straps for Deadlifting, Powerlifting, and Other Bodybuilding Workoutssales

Image 3.2: Key features of WALITO Weightlifting Straps.

## 4. SETUP AND USAGE

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### 4.1. Wearing the Straps

1. Insert your hand through the loop of the strap. The padded section should rest comfortably on the back of your wrist.
2. Adjust the strap so that the loose end hangs down on the palm side of your hand.
3. Ensure the strap is snug but not overly tight around your wrist, allowing for blood circulation.

### 4.2. Wrapping the Bar

1. With the strap hanging from your wrist, place your hand over the barbell or dumbbell.
2. Feed the loose end of the strap underneath the bar, between the bar and your palm.
3. Wrap the strap around the bar one or more times, depending on the length and your preference, ensuring it is tight against the bar.
4. Grip the bar firmly, securing the wrapped strap between your fingers and the bar.



**THICKENED PAD / / BETTER WRIST PROTECTION**

*Image 4.1: Proper technique for wearing and wrapping WALITO lifting straps.*



Image 4.2: WALITO lifting straps in use during different strength training exercises.

## 5. MAINTENANCE

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- **Cleaning:** Hand wash with mild soap and cold water. Do not use harsh chemicals or bleach.
- **Drying:** Air dry completely before storing. Do not tumble dry or expose to direct sunlight for prolonged periods.
- **Storage:** Store in a cool, dry place away from direct heat and moisture.
- **Inspection:** Regularly check for fraying, tears, or damage to the stitching and padding.

## 6. TROUBLESHOOTING

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**Issue:** Straps feel too stiff or slick out of the box.

**Solution:** New straps may require a break-in period. Continue using them, and they will become more pliable and less slick over time with use.

**Issue:** Straps are not providing adequate grip support.

**Solution:** Ensure the strap is wrapped tightly around the bar and that you are maintaining a firm grip with your hand. The strap should be secured between your fingers and the bar. Adjust the number of wraps if necessary.

**Issue: Wrist padding feels uncomfortable or too loose/tight.**

**Solution:** Adjust the position of the loop on your wrist to ensure the padding sits correctly on the back of your wrist. The strap should be snug but not restrict circulation.

## 7. SPECIFICATIONS

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Attribute	Detail
Brand	WALITO
Model Name	weight lifting straps
Model Number	weight lifting straps-red
Material	Nylon (webbing), Cotton (grip), Neoprene (padding)
Color	Red
Product Dimensions	24"L x 1.6"W
Item Weight	0.11 Kilograms (per pair)
Padding Thickness	0.31 inches (approx. 8mm)
UPC	767136219293
Included Components	2 x weight lifting straps

## 8. WARRANTY AND SUPPORT

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WALITO Gym Weight Lifting Straps come with a **1-Year Warranty** from the date of purchase, covering manufacturing defects.

For any questions, concerns, or warranty claims, please contact WALITO-US customer support via email. We aim to respond to all inquiries within 24 hours.

**Contact Information:** Please refer to your purchase platform or the WALITO official store page for the most current contact details.

*We are committed to providing quality products and ensuring a pleasant purchasing experience.*