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› FitBeast Forearm Strengthener & Wrist Roller User Manual

## FitBeast SBXLQ202401

# FitBeast Forearm Strengthener & Wrist Roller User Manual

Model: SBXLQ202401

Brand: FitBeast

## PRODUCT OVERVIEW

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The FitBeast Forearm Strengthener & Wrist Roller is designed to enhance grip and forearm strength. This versatile tool is suitable for users of all levels, from beginners to seasoned athletes, and can be used for general fitness, muscle building, and rehabilitation purposes. It features ergonomic, anti-slip handles and a durable nylon strap with a 220lbs weight capacity, ensuring a comfortable and effective workout experience.



Image: The FitBeast Forearm Strengthener in use, demonstrating its application with both a kettlebell and a weight plate for forearm and grip training.

## KEY FEATURES

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- **25% Thicker Handles:** Designed for a superior grip challenge, targeting more muscles in hands and forearms for improved strength, endurance, and control.
- **Comprehensive Forearm Strength & Rehabilitation Tool:** Aids in strengthening forearms, wrists, and hands, and assists in recovery from injuries like carpal tunnel or tennis elbow.
- **Heavy-Duty Nylon Strap:** Supports up to 220 lbs, easily adjustable for various weights including kettlebells, dumbbells, or weight plates.
- **Bonus Extension Strap:** A 20.4" (52cm) extension strap is included for enhanced training options, allowing attachment to various objects like bottles, backpacks, or weight plates.
- **Durable Construction:** Built to withstand intense workouts, ensuring long-term performance for rigorous daily use.

# 25% Thicker Handles for a Tougher Grip Challenge



Image: A detailed view of the FitBeast forearm strengthener's handle, highlighting its 25% increased thickness for enhanced grip challenge.

**220**  
**lbs**

# Supported by Strong Nylon Strap

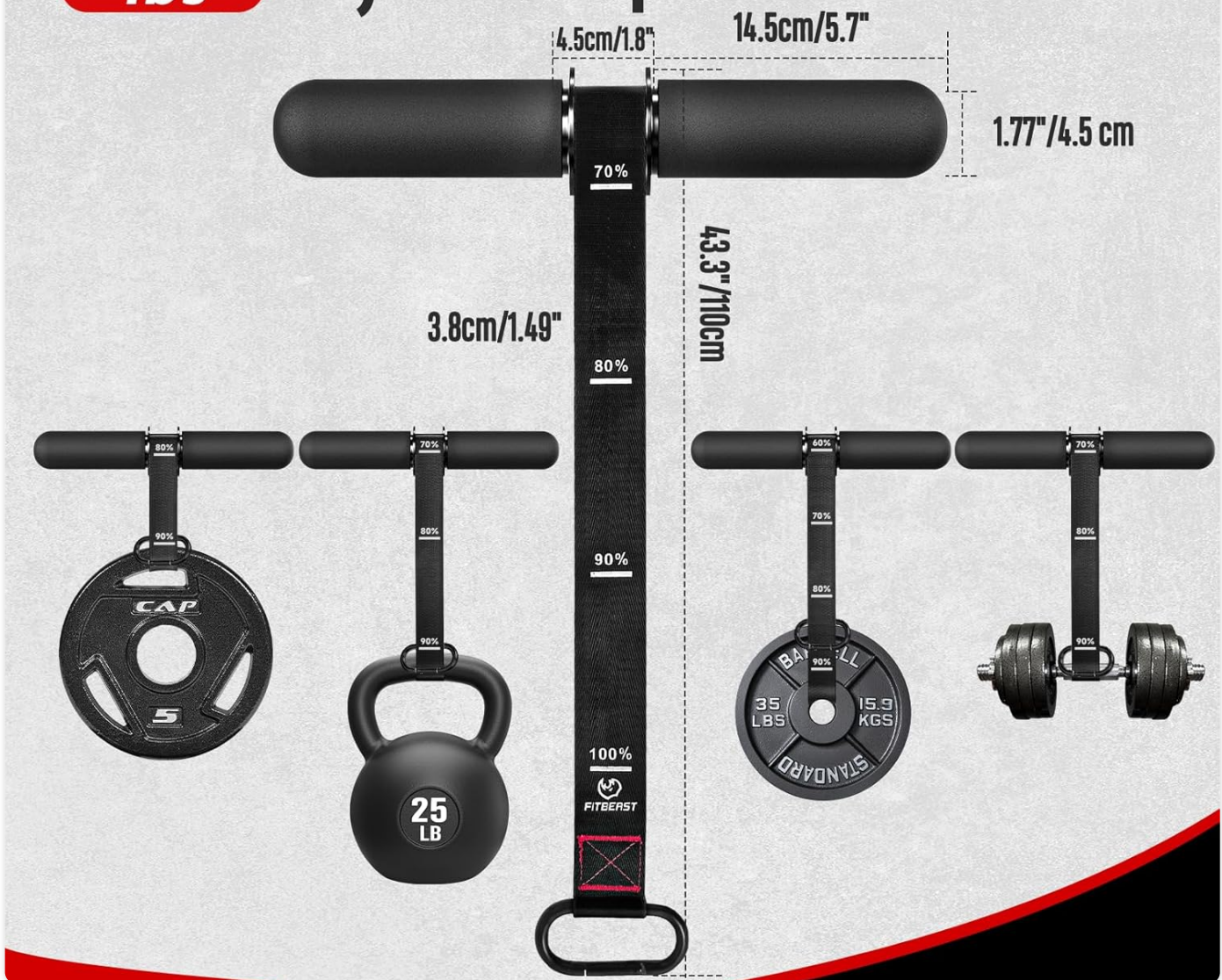


Image: A diagram illustrating the robust nylon strap, its dimensions, and its capability to support up to 220 lbs, with various weight types shown.

# Bonus **Extension Strap** for Extra Flexibility

20.4" / 52cm



**Weight Capacity**



**Bottle**

**Backpack**

**Weight Plate**

**Toolbox**

Image: The bonus 20.4-inch extension strap is displayed, demonstrating its versatility by attaching to items such as a water bottle, backpack, weight plate, and toolbox.

## **PACKAGE CONTENTS**

Upon unboxing your FitBeast Forearm Strengthener, please ensure all components are present:

- 1 x Wrist and Forearm Strengthener
- 1 x Extension Strap
- 1 x User Manual



Image: The FitBeast product packaging, indicating the contents within.

## SETUP

The FitBeast Forearm Strengthener is designed for quick and easy setup. Follow these steps to begin your workout:

1. **Attach a Weight:** Select your desired weight (dumbbell, kettlebell, weight plate, or even a water bottle/backpack using the extension strap).
2. **Secure the Carabiner:** Open the carabiner clip located at the end of the main strap (or extension strap). Loop it around the handle or opening of your chosen weight. Close the carabiner securely.
3. **Adjust Strap Length (Optional):** The main strap has percentage markings (10% to 100%) to indicate how much of the strap is wound up. If you need more length or range of motion, attach the extension strap between the main strap and your weight.

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Video: Official FitBeast demonstration of attaching weights and basic setup for the forearm strengthener.

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Video: A short preview video from FitBeast showing the forearm strengthener in action, highlighting its ease of use and portability.

## OPERATING INSTRUCTIONS & EXERCISES

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The FitBeast Forearm Strengthener allows for a variety of exercises to target different muscle groups. Always start with a weight that allows you to maintain proper form throughout the exercise.

### 1. Wrist Curls (Standard Forearm Roll)

- Hold the forearm strengthener with both hands, palms facing down, arms extended in front of you or slightly bent.
- Slowly rotate your wrists to roll the strap upwards, lifting the attached weight.
- Once the weight reaches the top, slowly unroll the strap by rotating your wrists in the opposite direction, lowering the weight with control.
- Maintain tension throughout the movement.



**Stronger Grips, Better Strikes**

Image: A woman demonstrating the wrist curl exercise with the FitBeast forearm strengthener, highlighting improved grip and forearm strength.

### 2. Bicep Curls

- Hold the forearm strengthener with both hands, palms facing up, arms extended downwards.

- Curl the weight upwards by bending your elbows, focusing on contracting your biceps.
- Slowly lower the weight back to the starting position with control.

### 3. Triceps Extensions (Overhead)

- Hold the forearm strengthener with both hands, arms extended overhead.
- Slowly lower the weight behind your head by bending your elbows, keeping your upper arms stationary.
- Extend your arms to lift the weight back to the overhead position, contracting your triceps.

### 4. Shoulder Lateral Raises

- Hold the forearm strengthener with one hand, arm extended downwards at your side.
- Slowly raise your arm out to the side, keeping a slight bend in your elbow, until your arm is parallel to the floor.
- Lower the weight back down with control. Repeat on the other side.

### 5. Rows (Bent-Over)

- Bend at your hips, keeping your back straight, and let the forearm strengthener hang towards the floor.
- Pull the weight upwards towards your torso, squeezing your shoulder blades together.
- Slowly lower the weight back down with control.

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Video: A short demonstration from FitBeast showcasing various exercises possible with the forearm strengthener, including wrist curls and bicep curls.

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Video: Another brief video from FitBeast illustrating the versatility of the strength trainer for different arm and shoulder exercises.

## MAINTENANCE

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- **Cleaning:** Wipe down the handles and strap with a damp cloth after each use to remove sweat and debris. Use mild soap if necessary, then rinse and air dry completely.
- **Storage:** Store the forearm strengthener in a cool, dry place away from direct sunlight and extreme temperatures.
- **Inspection:** Periodically inspect the strap, carabiner, and handles for any signs of wear, tear, or damage. Discontinue use if any damage is observed and contact customer support.

## TROUBLESHOOTING

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If you encounter any issues with your FitBeast Forearm Strengthener, please refer to the following common solutions:

Problem	Possible Cause	Solution
Strap not rolling smoothly.	Strap is twisted or tangled.	Ensure the strap is untwisted before and during use. Lower the weight completely and re-roll.
Difficulty attaching weight.	Carabiner not fully open or weight is too large.	Ensure carabiner is fully open. Use the extension strap for larger items or different weight types.
Handles feel slippery.	Sweat or residue buildup.	Wipe handles clean with a damp cloth. Consider using gym gloves for extra grip.
Product appears damaged.	Wear and tear or manufacturing defect.	Discontinue use immediately. Refer to the warranty section and contact customer support.

## SPECIFICATIONS

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**Brand:** FitBeast

**Model Name:** SBXLQ202401

**Material:** Nylon, Iron

**Color:** Black

**Item Weight:** 0.86 Kilograms

**Tension Level:** 220 lbs (Max Capacity)

**Strap Type:** Adjustable

**Item Package Dimensions L x W x H:** 14.21 x 3.58 x 3.35 inches

**Included Components:** 1\*User Manual, 1\*Wrist and Forearm Strengthener, 1\*Extension Strap

## WARRANTY AND SUPPORT

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The FitBeast Forearm Strengthener comes with a **5 YEAR WARRANTY**. For any product inquiries, technical support, or warranty claims, please contact FitBeast customer service through their official store page or the contact information provided in your user manual.

Visit the official FitBeast Store for more products and support: [FitBeast Store](#)